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**NATURALLY
ENHANCED**

By Alexander Leonidas

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Introduction

Have you ever thought of using anabolic steroids? No more must these thoughts cross for mind, because once you follow this program, you'll be smoking guys on juice. I know this to be true, because I and everyone I've ever trained with have already done this. When I walk into a gym, my presence is intimidating. I'm not only the biggest guy there, but I also put up the greatest lifting numbers. Of course, this leads to people asking me for advice every day. I'll get skinny teenagers and middle-aged men asking me what my secrets are. Interestingly, it's always the same question. "What supplements do you take and which training split do you follow?" If I gained an ounce of muscle for every time I've heard this question, I would look like Ronnie Coleman today. What's funny is that I always give these guys the same response. "I don't take supplements, and I do full body workouts." Usually their face will appear puzzled and they'll reply with something like "So you don't take ANY supplements? Not even whey protein? No creatine? No vitamins? And why do you do full body workouts? That's for beginners, isn't it?" When guys give me this response, I'll laugh out loud and tell them straight up that "I don't take any supplements. Not one. And if full body workouts are for beginners, how come I train full body yet I outlift everyone in this gym?" These are the things I deal with on a consistent basis. I get stares from everybody in the gym, lectures on how "I lift too heavy", have people approach me for training advice, and overhear people saying "that's the guy who takes steroids". I've even had guys ask me what my cycle was, or if I knew a good place to buy juice.

I always find these events fascinating, because many years ago nobody bothered me. That's because I used to be a very skinny guy. You may not know this, but the truth is that I was born scrawny. For more than half my life, I was nothing more than skin and bones. Before I started training, I was less than 120lbs. My arms were as thin as my wrists, and I would float in extra small clothing. I was literally the epitome of skinny. If I took my shirt off, you would see my entire rib cage. If I grabbed my belly button, there was nothing but skin. Not an ounce of fat was present. But people don't know this about me. They see a jacked guy and

immediately come to the conclusion that I was born this way. Or they'll believe that I have premium genetics while sticking needs up my ass. What a bunch of bullshit.



Do you want to know what my real secret was? It wasn't genetics or drugs. It was me sacrificing my entire life for physique mastery. When I decided that it was time to change, fitness consumed my soul. I never went out unless it was for a birthday party, cancelled numerous dates because I had to train, stopped engaging in activities that were non-fitness related, force fed myself day in and day out, and studied exercise science textbooks for multiple hours a day. I had an easy ride, am I right?

Here's the main point I'm trying to make. I'm not some lucky lifter that won the genetic lottery or had everything handed to him. I busted my ass off to get the results that I have today. I've actually been skinny, and know EXACTLY what it takes to get huge. I've been shredded and I've been fluffy. I've read the best strength & conditioning books around! I know what I'm talking about. I'm a guy that you can trust, and if you listen to what I will say in this book you WILL build the body of your dreams. Not one person has failed following my approach. It cannot, because I've combined exercise science and experience into one package. This is the best system you will ever find for drug-free lifters, just wait and see.

Chapter 1: Program Foundations



Let me tell you something. If you bought this program because you wanted to look “aesthetic” or acquire a Hollywood/fitness model physique, you may want to consider something else. That’s because this program is far from that. As a matter of fact, it’s the total opposite. We are not concerned about getting stupid lean or even having perfect body proportions and symmetry. This is not a beauty book, per se. **Rather, it is a guide designed for making you appear absolutely massive.** And when I say massive, I don’t necessarily mean having total muscular development in every region of the body. **What I’m really referring to is developing very specific areas that few drug-free lifters ever maximize.** By building muscle in these precise spots, you will acquire that juiced up look. Everyone will believe you are high dosing anabolic steroids and other drugs, because your physique will look too good to be true. However, if, like most programs, you do not strengthen AND condition these muscles, you will forever appear weak and small. There can be no exception to this rule.

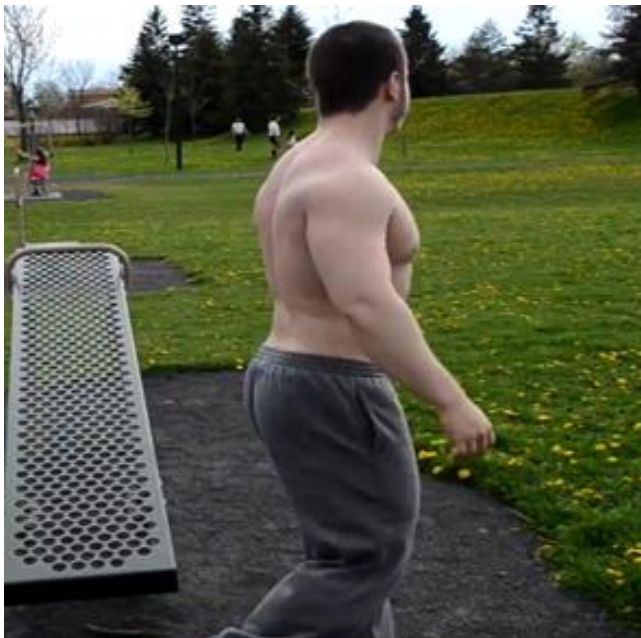
What muscle groups am I talking about, you ask? Is it the chest? The upper chest? The biceps? The triceps? The quadriceps? The calves? Nope. None of these areas. Although they definitely play a role in looking big, and we will surely incorporate special training for most of these regions, they are NOT the primary factors that generate a large-looking physique.

So then, what muscles make you look huge? I can't even count them on two hands. This includes the neck, traps, upper back, shoulders, forearms and glutes. Gentleman, these are the ESSENTIAL muscle groups that you must target. **If any of these areas are lagging, your entire physique will be ruined.** And I'll tell you why. As a drug-free lifter, these are the regions of the body that are hardest to develop. That's because we not only have a lower androgen receptor sensitivity in these areas, but we also require vast amounts of strength to hypertrophy these muscles. This is the worst possible combination for the drug-free lifter who seeks size. In other words, fluff and pump work, or doing a few exercises here and there will not be enough to blow up these areas. Meticulous programming is required.

This is exactly why 99% of naturals look like complete dog shit. Even though their chest and arms may look amazing, the fact that these very specific areas are lagging so badly makes them look small as fuck. I can't tell you how many guys look "aesthetic" at the beach, but when they throw on a shirt they look like Christian Bale from *The Machinist*. It's almost like seeing a before and after muscle transformation right before your eyes! No jokes here guys, I'm dead serious!

You know what else happens with these guys? When they turn around or sideways, whether that be with a shirt on or off, THEY LITERALLY DISAPPEAR. How's that for aesthetics? The only time they look good is if they flex their muscles in special lighting, or if they use unnatural poses that give the illusion of size. But if we're talking about being relaxed, exercising, having sex, or simply walking and sitting down, you can't take these guys seriously. Their toothpick necks, frail backs, bony glutes, stick forearms, and teeny tiny shoulders make them look like little boys trying to act tough.

And let's not talk about the lifestyle these guys live. They act like little girls, trying to look all pretty and perfect. Their fashion must be hip and color coded, they require perfect grooming and complex hairstyles, and most significantly, they fear any fat gain so they starve themselves throughout the entire day and binge at night time. They can't think about not having fully sculpted abs. These men kind of remind me of women. Their mannerisms and lifestyle choices resemble that which is feminine. It's almost as if your mother or sister would get transferred into a male body. The result would be an "aesthetic" lifter. And you know what really makes me laugh? How these guys actually have the balls to preach the effectiveness of their system! They not only behave like bitches, but look them too! Are you surprised?



Anyhow, enough about these so-called aesthetic lifters. Let's talk about an entirely different category, which is the one that separates boys from the men. That is, the bear physique. Unlike the aesthetic guys who want to have super chiseled abs, low bodyfat percentage, and nice beach muscles, the bear guys do the exact opposite. They don't try being shredded, because they realize it makes them depleted, smaller, and weaker. They also have large appetites and eat like kings,

because they don't believe in extreme calorie restriction protocols or super strict diets. Muscular-wise, they have gorilla glutes, mountainous upper backs, meaty traps, bulldog necks, popeye forearms, and boulder shoulders. They don't have watermelon pecs, peaking biceps, chiseled six pack abs, or a pair of skinny jeans. **They're only concerned about the muscles that make them look massive while being shirtless or not.**

When guys like this walk into a room, you look at them and think to yourself "holy fuck", because the bear physique is intimidating. When you look at them from the front, even

though their aesthetics are not perfect, you can't help but stare at their massive frames. It doesn't matter that their proportions are off. The size is there, and that's what you concentrate on. When they turn around or sideways, you are absolutely stunned by their 3D appearance. And most importantly...you think to yourself "Wow. This guy is juicing hard".

This, my friends, is the physique that we're going for in this program. We want to build so much muscle in these special areas that people can't help but think you're on steroids. Hence becoming naturally enhanced. That's when you really know you've made it.

How to Really Get Big

There is so much misinformation on the topic of gaining muscle that I don't know where to start. I'd say that over 90% of all fitness information that you will receive in your lifetime is complete and utter BULLSHIT. Everything you were ever told about muscle building is a flat-out lie. This includes information from many of the top fitness gurus in the industry! The amount of people I know who are legitimately qualified in strength and conditioning are slim to none. I can probably only count them on one hand, if that.

There are a million theories on how to build muscle, all of which are either unsupported by exercise science, or simply impractical. You'll have morons talking about sarcoplasmic versus myofibrillar hypertrophy, gradual progressive overload, the best rep range, best tempo, best exercise for a given muscle, best diet, best whatever the fuck they can come up with. The truth is that most of these guys just invent shit. None of them have read any books on human physiology, physics, exercise science, nutritional science, etc. Instead, they go on internet forums and discuss ridiculous theories with their uneducated peers. In turn, the advice that you receive from these people is known as broscience, a term that has become increasingly more popular in the online fitness community.

So with all this HORRIBLE information out there, how can we trust anyone? How can we learn how to really build muscle the right way? Well, that's why I'm here to help. I've not only

built a physique that even steroid users have trouble getting, but I've also read all the literature and have applied it to myself, in addition to helping THOUSANDS of other people. The difference between my stuff and other people is that I never tried to reinvent the wheel. I took proven concepts that actually worked, and made few modifications to suit my preferences. Of course, I've learned a lot along the way through first-hand experience, but nonetheless everything I say and do is supported by exercise science. If you've received advice from me, you're also getting confirmation from over 200 other qualified experts in the field, most of whom are doctors.

With what I said being still fresh in your mind, we must now ask ourselves a very important question. That is, how do build muscle the proper way? Folks, I will now expose the hard, cold facts about gaining size naturally. **The only way to get big is to get very strong.** Point final. I don't care what exercises you do, how many dropsets and supersets you do, how big your pump is, how many angles you hit your muscles from, how motivated you are, how much you eat and sleep, how hard you train, etc. **NONE OF THAT MATTERS IF YOU ARE NOT GETTING STRONGER.** Are these things good assets to your training? Absolutely, but they do not determine how big you're going to get. The truth is that as a drug-free lifter, your size will be directly proportional to the strength that you gain over time. And your genetics are what's going to set this strength/size ratio from the get-go. The only exception to this rule is guys who are taking large amounts of drugs (which allows them to get big from pure fluff and pump work irrespective of improved performance) and the top 1% who have elite genetics for either bodybuilding or relative strength.

Other than those two groups of lifters, there is no other way to get big. This is because hypertrophy is nothing more than a **SIDE EFFECT** of increased strength. It's not a primary goal, it's a secondary goal! Hypertrophy occurs when strength increase, but not the other way around. You can't gain size without gaining strength. **It is a biological impossibility.** If this wasn't true, you would be jacked out of your minds from just working very hard with 20lb dumbbells for many years. But this never happens in the real world! In fact, the exact opposite occurs. All those skinny guys you see at the gym have been using bitch weight for

years, and this is why they look the same. Likewise, if you take a good look at the guys who are stupid huge, one common pattern always emerges. That is, they are all insanely strong! It's only weak guys who say that you don't have to lift heavy, and it shows just by looking at them. Just think about it for a second. You'll never see a guy with small pecs, shoulders and triceps if they're bench pressing 405lbs. You'll never see a guy with small shoulders who is overhead pressing 225lbs. You'll never see a guy with small arms who does dumbbell curls with 80lbs and skullcrushers with 185lbs. You'll never see a guy with small legs who is front squatting 405lbs, and back-squatting 500lbs. You'll never see a guy with small traps/upper back/lats who is barbell rowing 315lbs and shrugging 600lbs. You'll never see a guy with a small back/posterior chain who is doing rack pulls with 800lbs. I hope you get what I'm trying to say. The best thing you can do for gaining muscle is to focus on STRENGTH. **Besides, if you can't get jacked from hitting the strength standards lifted above, then WHAT THE FUCK ELSE IS GOING TO GET YOU JACKED?** Doing dumbbell flyes and tricep kickbacks for high reps? Hell, you might as well give up right then and there or become a yoga master, because you will never be big if gaining that much strength doesn't result in significant size gains!

You're better off just focusing on getting strong, and seeing how far your genetics take you. I realize that not everyone is going to gain the same amount of size, and that's fine. I had to bench press 315lbs for several repetitions before my arms started exceeding 16 inches, while some of my friends had 18 inches by the time they were benching 275lbs for 1 rep! That's called muscle insertions, muscle belly fullness, leverages, and genetics. This is a reality, and it's nothing that you have control of. **If you're not on drugs, you have no choice but to get strong and rely on the genetics that your parents gave you.** Some of you will need to get excessively strong like I had to, while others will not need as much strength. Everyone has genetic gifts and weaknesses, and you will learn what these are over time. For me, my forearms, back, and legs always seemed to blow up extremely fast, while my biceps and triceps barely grew no matter how hard I blasted them! Of course I have now corrected these muscular imbalances, but it was no easy ride! I had to get strong like a powerlifter in order to see any appreciable size in these muscle groups. And if you have muscle groups

that genetically lag, you will need to do the same! Accept that! I don't care one bit how long/short your torso, arms, or legs are, nor do I care about your small frame! You can work with what you got if you focus on improving performance. Whether that takes months or years is irrelevant. Don't try and find shortcuts or make excuses, because there are none. The day you become huge is when you will be strong in MANY exercises, and in several different rep ranges. That's where this program comes into play. I'll show you how to get strong the right way, which will result in you being jacked out of your damn mind.

Training Methodology

You'll realize soon enough that this program is not designed like the other garbage that's out there. The format presented in this book is HIGHLY specific towards developing that naturally enhanced appearance. Therefore, it is NOT for competitive athletes or fitness models. Of course, this will have major implications on the programming itself. Everything down from the workout style, training schedule, style of periodization, training frequency, exercise selection, type of performance gained, conditioning work, mobility, bodyfat percentage, diet, etc. The things you will see and learn in this program will astonish you in a major way. Anyhow, there's a lot to cover, so let's start breaking this training philosophy down, commencing with the most basic element of any program, being the "split" itself.

Full Body Training

There is a big myth that full body workouts are only for beginners. On practically all fitness websites and magazines, split routines are discussed. A split routine is where the individual divides his/her body parts into different days, in order to "focus" on the muscles. For instance, one may have a chest, back, shoulders, legs, and arm day, thus constituting five workouts in a weekly cycle. Moreover, the total training volume, which defines the total amount of work done in a workout, is very high, thus leaving the individual with large amounts of muscle soreness. Due to the high amount of advertising, the split routine is literally the

most commonly practiced system of training today. It is considered to be the most advanced form of training that promises the best muscular and strength gains. Therefore, it is now “common sense” that the only way to achieve true muscular development is through the usage of split routines, and that full body workouts are only for beginners. This is fascinating, because not only do split routines have major problems in exercise science, they are also historically new. As a matter of fact, before the 1950s, where steroid usage became very prevalent in the fitness world, literally every fitness trainee practiced and advocated full body workouts. **It was considered the only form of training, and the best one at that.** Professional athletes, the oldtime strongman LEGENDS, and world record holders of different sports even performed full body workouts. There was Steve Reeves, George Efferman, Leroy Colbert, Bill Pearl, Marvin Eder, Reg Park, etc who all did full body workouts and were top of the cream, yet today full body workouts are considered for beginners? It’s interesting, because split routines did not even exist at the time!

Now I know some of you will question full body workouts, as most muscle men that you see today typically perform split routines. Well do you also know that these guys who obtain results from splits are on large amounts of drugs? This has major implications on a training program. You see, every time one breaks down a given muscle group, the recovery process which leads to newer growth and development, also known as protein synthesis, is elevated for 24-48 hours. **When heavy drug use is incorporated, protein synthesis can be elevated for up to an entire week.** For these reasons, when split routines first came out, they were the perfect strategy when combined with drugs, because one could focus extensively on their muscles, and have them grow for an entire week. **However, for the drug free lifter, this is a biological impossibility.** 48 hours is the longest that protein synthesis can ever hope to be elevated. This is why before the 1950s and drug use in sport, everyone performed full body workouts, as the high exercise frequency, by which the individual would attack his entire body every 48 hours would allow one to work WITH protein synthesis and their natural potential.

This, my friends, is exactly why high volume split routines work so damn well for drug users. They train a muscle group once a week, and BOOM they are literally growing for the next 7 days. However, when you are drug-free, you don't have this advantage. After 48 hours you're done, and if you don't train shortly after, your gains are not as optimal as they could be. Therefore, as a drug-free lifter, having high training frequency is absolutely essential. So if you're following a split routine, each muscle group is only being hit once a week. They grow for 48 hours, and atrophy for the rest of the week. As you can imagine, this is not optimal for maximizing muscle growth.

That's why I'm a big believer of full body training. **You not only acquire high frequency which keeps protein synthesis turned on 24/7, but you also accomplish this with few days in the gym (aka becoming naturally enhanced).** This is also why I'm not a fan of upper/lower or push/pull/legs programs. Although they can work and are not bad compared to split routines, they are very time consuming while yielding zero additional benefits. For instance, in an upper/lower program, you'll be in the gym 4x a week, but with only 2x a week bodypart frequency. With a push/pull/legs setup, you'll be in the gym 6 TIMES a week, but with the same 2x a week bodypart frequency! However, with full body training, you can be in the gym twice a week (and more, but not for this program), while STILL getting 2x a week bodypart frequency. **In other words, you are in the gym way less than any system available, but without compromising programming effectiveness or results.** No other form of training can offer this.

Another reason why I've selected full body training for this program is because we are only focusing on very specific muscle groups. As I mentioned in the introduction, we are not trying to be the jack of all trades. This program was designed with the goal of developing the hardest, most neglected, and most impressive areas to build as a drug-free lifter. For this reason, the program is far too simple to need anything else other than a full body setup.

Before we move forward, I need to state right off the bat that Naturally Enhanced is a 2x a week full body program. I know that many of you are probably asking, why twice a week if

full body has the capacity to be trained every 48 hours? For those people allow me to clarify. First of all, if you decide to train three times a week, you will have to use a heavy-light-medium setup. In other words, you would need an intensity day, a light day, and a volume day. The problem I have with this system is the light day, and the fact that it is extremely difficult to program mini-home workouts. At the same time, the light day disrupts optimal supercompensation between the volume and intensity day which should be 72 hours apart. This was discussed in Science and Practice of Strength training, and explains why most strength training upper/lower systems are split up by 72 hours, not 48. Although your muscles do recover after 12-48 hours maximum, you may be losing out on some supercompensation benefits. Supercompensation is like depleting yourself of carbs, and then having a refeed day to acquire a surplus of muscle glycogen that you would have never had normally. Training is the exact same way. On top of that, the light day can actually hinder your recovery for the volume day which can be a real issue. Furthermore, I want to know how are you going to program your mini-home workouts if training 3x a week? And are you really going to train your neck before a training day which might further impede recovery, or will you do it at the end of your workout even though you are tired and don't feel like it? My intuition tells me that most people will skip their neck training, which means they will miss out on serious yoke gains.

Finally, must ask yourself if the light day is actually doing much in the first place. In my honest opinion, the benefit is so small that it isn't even worth it. I believe that GPP workouts are far superior in developing work capacity and aiding in recovery. In my eyes, GPP should be STRONGLY emphasized and be done 2-4x a week. I'm talking after every training session and every mini-home workout. In this way, recovery is only enhanced, and you do not have to waste your time lifting lighter weights that make your schedule inconvenient in terms of disrupting your connective tissue work/mini-home workouts, recovery, super compensation, and neck training.

In sum, I want you guys to run the original system as intended. I chose twice a week for a reason, because it works. Nothing is more convenient for scheduling, and it ensures perfect

recovery and optimal transition from intensity to volume work. It cannot screw up under any circumstances, while 3x a week has potential drawbacks. If you really insist on doing full body training three times a week, then I will include an additional template near the end of the book, but do realize that this is not the original system nor is it the preferred way of implementing the Naturally Enhanced philosophy.

Concurrent Periodization

In order for any program to be effective, progression must take place. This is known as the progressive overload concept, through which continual performance improvements over time eventually yield muscle gains. There are many ways of organizing training, which comes with a fancy word called “periodization”. Periodization is the term used to define the organization of training, and it consists of manipulating both volume and intensity, in addition to relevant exercise selection. Although several types of periodization exist, we will only be using one style in this program. That is, concurrent periodization. Now what is concurrent training, you ask? Essentially, this is where volume and intensity are maintained throughout the yearly cycle (no hypertrophy or strength blocks, it’s done every week), which builds large amounts of work capacity and complete physical performance across all set and rep ranges. In order to prevent plateaus or burn out from this extreme system, we simply rotate exercises. This tricks your body’s adaptation system even though volume and intensity is still the same.

Typically speaking, this exercise rotation process will occur every 1-3 weeks depending on training experience. If you’re a beginner/novice lifter, chances are you can use the same movements for 3 weeks without suffering any adverse side effects. However, if you are decently strong, and have some years of training behind your belt, you may be forced to rotate every week. I, for instance, rotate exercises every single week without exception. I’m constantly changing things up, because I’ve gotten so strong that there simply isn’t any other way to make progress. Keep in mind though, that when I say you must rotate

exercises, it doesn't necessarily mean to swap out the movement completely. Something as little as changing grip width or adding a pause can make all the difference. It doesn't have to be a day and night transformation.

Now let me tell you something else. This exercise rotation process is not only the best way for preventing plateaus and managing recovery, but it's also the most effective strategy for developing complete general strength. Think about the following situation. Who is going to have bigger muscles, the guy who is only strong at one movement, or the guy who is strong at every movement? Clearly, the guy who can put of some serious poundages in different exercises, set/rep parameters, and various angles will be much bigger. That's why many bodybuilders like to train in this fashion. **They understand that the basics will only get them so far.** As a matter of fact, are these not the same people who, in the early 1900s, invented the "muscle confusion" principle? Although your muscles can't actually get confused, bodybuilders were onto something. They noticed with experience that frequently changing exercises or hitting their muscles from different angles resulted in better strength development, which in turn, got them much bigger. Guys, does this not sound like concurrent training to you? If it does, then you see why I chose this style of periodization for this program.

Finally, because the neck, traps, upper back, shoulders, forearms, and glutes are so damn difficult to develop for drug-free lifters, having a lexicon of exercises becomes even more important. You need to hit these key areas with all that you got. It's literally an all or nothing approach. You see, I'm not one of those guys who is going to say "just do this one movement and everything will be fine". I think that's a bunch of marketing bullshit designed to sell horrible products to lazy people. Here are the facts folks. **If all you needed was but a few exercises to build muscle, wouldn't every guy in the gym be jacked out of their mind?** If all one needed to do was dumbbell shrug to build traps, wouldn't every guy who shrugs have traps up to their damn ears? Obviously, this is not what you see. Instead, it's the guys who are strong at multiple traps exercises that have promising development in this region. The same thing goes for any other bodypart. The truth is that you NEED GENERAL

STRENGTH DEVELOPMENT IN ORDER TO GET JACKED. This is a physical law for anyone who wants maximum development of a given bodypart without using steroids or having top tier genetics. You need to accept this reality right now. As a great someone once said, the definition of insanity is doing the same thing over and over again and expecting a different result. So don't use the same exercises! "Mix it up", as the gym bros would say.

If you're still confused as to what concurrent periodization is, let me explain it in a very basic manner. In this program, you will have one full body workout a week that emphasizes heavy lifting. That means weights that are typically above 80% of your 1RM, while using low repetitions and low sets. The other day is dedicated to volume work, meaning anything between 35-80% of your 1RM, while using high repetitions and high sets. In terms of the sets/ reps, you can keep the same setup year round, or mix it up. It doesn't really matter to be honest, what counts is that total volume is the same. In other words, 4x25 is the same as 5x20 if using the same percentage relative to your one rep max. 8x6 is the same as 6x8. Just use your common sense. Sets and reps can vary weekly as you will see later on, but the total volume/ and intensity must be maintained every week. The number one thing that you have to pay attention to is the specificity of training in terms of exercise selection. You must rotate lifts based off your own individual weaknesses. In other words, you can do 3x3 year round, but the exercise must be different and specific to what you want to build. If your goal was to develop a stronger rack pull/deadlift, you may do the following setup:

Intensity Day Sample (first exercise only)

Week 1: Rack Pull Below the Knee 1RM

Week 2: Rack Pull at the Knee 1RM

Week 3: Rack Pull Above the Knee 1RM

Week 4: Deadlift with Strong Bands 1RM

Volume Day Sample (first exercise only)

Week 1: 6 Inch Block Pull 3x10

Week 2: 4 Inch Block Pull 3x10

Week 3: 2 Inch Block Pull 3x10

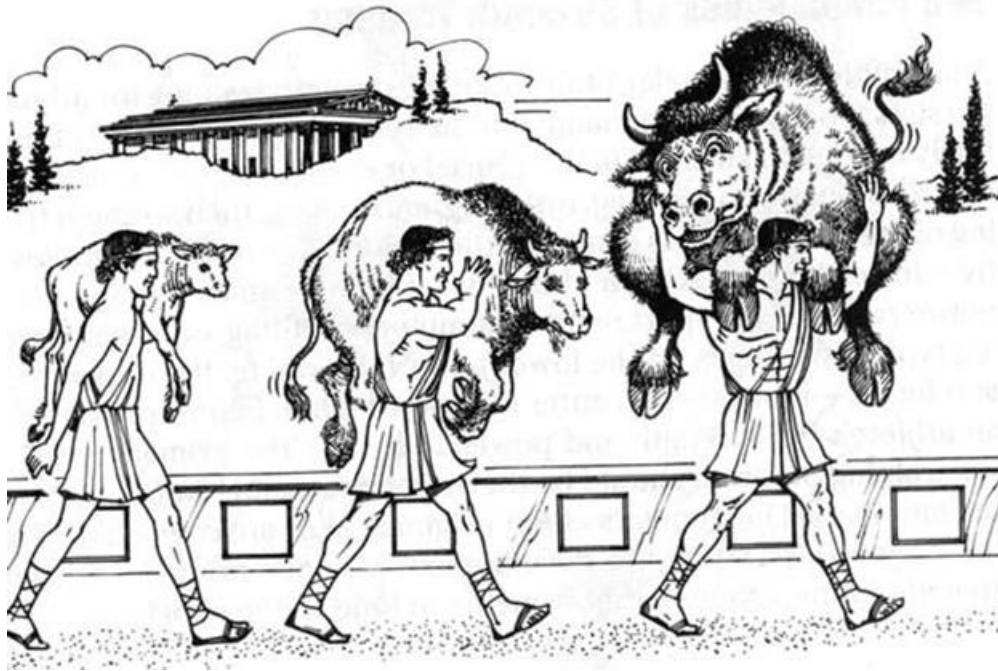
Week 4: Stiff-legged Deadlift 3x10

Do you see what is going on here? You are keeping the volume and intensity the SAME. The only thing that changes is the exercises! This is what makes concurrent periodization so damn effective. You do not have to run blocks of low reps and high reps. **All of that is done every week!** There's one volume day and one intensity day. Use the set/rep guidelines that I give you later on, and rotate the exercises which are specific to what you want to improve on (this includes accessory work too not just the main lift).

Once you finish a training cycle (in this case 4 weeks of exercise rotation) you repeat it and attempt to break the strength records that you hit last time (9/10 times you will get it), or you can move onto a new cycle that emphasizes different exercises and muscle weaknesses. That's how progression takes place. The goal is ALWAYS to get stronger and beat past records. You're not just rotating exercises for the hell of it, this is being done for a very specific purpose which is for specificity of training and maintaining volume/intensity year-round. By the way, you should wait 4 weeks minimum before attempting a new 1RM attempt for an exercise. So if you max out on the conventional deadlift, wait 4 weeks before repeating that lift (this doesn't include variations like block pulls, deficit deadlifts, etc). If you try to hit the PR too soon, you will likely fail and regress. This is the most basic and comprehensive way of me teaching you concurrent periodization. It's super simple once you start training this way. Eventually you will be able to design your own programs without even thinking. You'll know exactly what sets and reps you must use, and which exercises you must rotate. Experience will be your best friend!

I hope these explanations clarify as to why this program follows concurrent periodization. I wouldn't want this program to follow a linear periodization or undulating style, because I believe there are serious flaws to both of these systems. As a matter of fact, let's discuss them right now.

Linear Periodization



Linear periodization is the most commonly used progression model. It's the infamous gradual progressive overload system, by which volume decreases, while intensity increases. The best example of this system dates back nearly 2500 years ago, where the legendary Milo of Croton carried a newborn calf on his shoulders daily. Of course, as the calf grew, so did Milo's strength. Eventually, as many years passed, Milo was able to carry a full grown bull. This was the first case study of progressive overload. This organization of training is often cited as scientifically sound by fitness gurus, and is advertised in virtually all videos and articles. That is, the individual divides his/her training into different monthly blocks, by which each block strives to improve a new physical task. The blocks are based off one's one repetition maximum (1RM or 100%), which is the maximum amount of force that can be generated in one maximal contraction. At the start of the training cycle, one begins with 50%. As the weeks and months go by, the percentages gradually increase to 55%, 60%, 65%, etc all the way to 100%. **In other words, it's a gradual progressive overload system, through which volume decreases, while intensity increases.** Moreover, assistance exercises are also removed with time, and repetitions per set become lower in number. This

entire described process usually takes 12 weeks to complete in order go through all the different phases, although in some circumstances it can be more or less. The whole system appears very logical on paper, and when you think of Milo and the calf it's hard to question the effectiveness of linear periodization. It simply seems like a common sense system of gradually making improvements over time, which almost all trainees can relate to on a non-physical level. However, to the basic physics professor or strength and conditioning professional, two major problems of this system become apparent.

The first problem is that training effects are not maintained. With this “logical progression”, as one's strength increases, the individual becomes slower. That is because low weights produce high velocities, and high weights produce low velocities. Therefore, one is starting at 50% which consists of high velocities, and gradually bringing the weight to 100%, which is the lowest possible velocity. For these reasons, there is an imbalance between the force/velocity curve. This can be demonstrated by throwing a plastic ball against a window. No matter how hard you throw it, that plastic ball will never blast through the window. However, if you use a baseball instead, that window will break instantly. This is because the weight of the baseball is more suited for applying velocity and force. In physics, force can be defined as mass x acceleration ($F=MA$). According to this formula, if acceleration (velocity divided by time) has been diminished due to the loss of velocity, this will prevent the individual from utilizing maximum force. **In other words, if you neglect velocity work, you are shortchanging your performance gains big time, and will become stronger but slower, which results in many plateaus.** As you can see, with linear periodization it's impossible to maintain force and velocity throughout the cycle, because the logical progression of increasing the percentage relative to your one rep max makes this physically impossible. The force/velocity curve is too different for any abilities to truly be maintained, which is a major issue for long-term progress.

The second problem is that because the weights gradually become heavier over time while neglecting volume work, there are not enough repetitions to maintain strength or work capacity. This causes your muscles to atrophy towards the end of the cycle, and makes you

lose performance in the higher rep ranges. This is precisely why someone can initially handle 5x10 on squats, but after neglecting volume work to do exclusively low reps, they find that returning to 5x10 squats is almost impossible. Just think about the own experiences that you've had. When you ride the rollercoaster of volume and intensity, performance is never maintained! How can this possibly be good for the long term if we're constantly moving all over the place? As Zatisorksy stated in *Science and Practice of Strength Training*, it's the equivalent of running up a mountain and going back down only to restart all over again. That's why month 1 may improve month 2, but month 1 will never improve month 3.

Furthermore, because the start of the program has you doing exclusively volume work, the fact that the percentages of your 1RM are this low makes it impossible to maintain maximum force. This goes back to the force/velocity relationship that I described earlier. In simplest terms, the longer you stay away from higher percentages, the weaker your performance gets in lower rep ranges. That's why bodybuilders can rep a lot of weight, but when you try out their 1RM, they are much weaker than initially expected. They did not train in the +90% range, which minimized their nervous system's development. For all these reasons, the notion of lowering volume while increasing intensity over time is flawed, and can only lead to major holes in performance and long-term progression.

The third problem is that as the training cycle lowers in percentage, assistance work is removed (in order to lower volume). This is a major issue, because assistance exercises are what prevent muscular imbalances from arising. When one has muscular imbalances, the chances of getting injured in the future are dramatically increased, because the small stabilizer muscles in addition to the joints and tendons are not being developed to their full capacity. This is precisely what causes one to tear their ACL, pectorals, shoulders, biceps, hamstrings, and sprain their lower backs and necks. Surgery for these muscle tears can cost up to 10,000\$, and can prevent one from performing any physical activity for 6-24 months. So not only is dropping assistance work dangerous, it can also come with serious financial problems.

Moreover, by removing assistance work you are severely hindering your strength potential. You may have glaring muscle weaknesses that one exercise may not fix, or that are holding you back in a given compound movement. For instance, if you have severely lagging triceps and you remove close grip bench presses and extensions from your program, this can have major detriments to regular bench pressing strength. For the lower body, if you fail to do direct lower back and ab work, you squat and deadlift strength will suffer. The same holds true for any other bodypart. There's an old proverb that states "a pyramid can only be as tall as its base". In strength and conditioning, the same saying is used in reference to how neglecting assistance work does not support or maximize the physical conditioning of one's body. Clearly, linear periodization does not support this time-tested proverb. Basically, if you stop doing assistance work, you create many muscular imbalances and weaknesses that will either get you injured, or not maximize your body's strength potential.

I hope you now realize why I'm not a fan of linear periodization. There are far too many flaws that can hinder long-term progression. Let us now provide a very quick description of undulating periodization.

Undulating Periodization

Undulating periodization has become the new hype in strength and conditioning. Many programs that you see today, especially on bodybuilding forums are constructed in this style. Essentially, undulating periodization tried to fix the main problem that linear periodization had by trying to better maintain volume and intensity. Rather than just doing volume work for some weeks/months, and just doing intensity work for some weeks/months, undulating combined both of these into a weekly cycle. This is where the heavy, light, medium type of programming stems from. So as you can see, although volume still decreases while intensity increases, it's still somewhat maintained, which makes performance loss far less apparent than in linear periodization. Now, although this is a good step in programming, there is still one MAJOR issue to this system.

The number one problem with undulating periodization is that exercise selection is far too low. It is recommended that you stick to very basic exercises such as squats, bench presses, and deadlifts. However, variations such as close grip benching with bands, Zercher squats, stiff-legged deadlifts, etc are not encouraged, at least not during the cycle itself. Accessory work is also neglected in a major way. In other words, you stick to one basic variation at a time, while introducing heavy-light-medium elements to the program. This is the worst thing that any program can ever have. The truth of the matter is that minimalist training is extremely limited, and can only lead to minimalist results. The notion that you should just do the compound movements, or just stick to the basics, is an ideology that will leave one with plateaus 100% of the time. You will stall and move backwards, guaranteed. **At first, progress seems to ramp upwards, but after some time, you actually get worse at whatever you are doing.** There can be no exception to this rule. This is due to the biological law of accommodation, where after a certain amount of time of doing an activity, the body will no longer adapt, and actually regress. In *Science and Practice of Strength Training*, here is what Dr. Zatsiorsky has to say about this:

"This is a manifestation of the biological law of accommodation, often considered a general law of biology. According to this law, the response of a biological object to a given constant stimulus decreases over time. Thus, accommodation is the decrease in response of your body to a constant continued stimulus. In training, the stimulus is physical exercise."

In other words, the more you repeat a given exercise, the less and less benefit you receive from it. It's really that straightforward. In the case of undulating periodization, the low exercise selection is far too low for my tastes. Remember, there's only two ways to fight off the biological law of accommodation. Either you change the parameters of the exercise (like in linear/undulating periodization, aka sets and reps) OR you change the exercise completely. Of course, the first option will work, but only for so long. It's proven to fail over time! Eventually, you will have no choice but to start doing new exercises and switching variations, otherwise the biological law of accommodation will prevent you from making progress. If this wasn't true, no one would do close grip bench presses, because doing the

competition bench would be more than enough. But in the real world, this is not what you see! Strong men realize the importance of exercise variety, as variety is the spice of life and training! Not rotating exercises also results in low general strength and incomplete muscular development, which makes undulating periodization even less worthy. You know, there's a reason why bodybuilders hit their muscles from different angles. **It's because it works!** Next time you find someone who bench presses a lot of weight, ask them if that's the only exercise they do. I promise you that they will mention other movements such as incline pressing, pressing with dumbbells/bands, close grip benching, extensions, etc.

That, my friends, is exactly why I do not like linear or undulating periodization. I wouldn't want it to be linear, because exercise selection, low accessory work and volume wouldn't be enough to maintain all performance elements. I would want undulating, because modifying sets/reps won't do much if the exercises aren't rotated within the cycle itself. Do these methods work for strength development and athletics? Absolutely, but that still doesn't make them optimal. These are old methods designed over a century ago! **I don't subscribe to primitive training models.** Exercise science is constantly evolving, and decades of first-hand experience are teaching lifters what actually works in the real world.

That's why in this program, it's concurrent periodization and that's final. Don't worry though, because this form of training is really fun and exciting. You'll actually look forward to doing your workouts, rather than dreading them due to repeating the same shit over and over again. And if you remember what I said earlier, doing the same thing over and over again and expecting a different result is simply insanity.

Weak Point Training

Since we just touched upon how this program will include a multitude of exercises, I feel it necessary to address HOW to pick the right exercises for you. You see, every person is built a bit differently. We have different leverages, training history, injuries, muscle weaknesses,

goals, etc. That being said, one exercise can do wonders for me, but do absolutely nothing for you. This is why proper exercise selection is crucial for seeing progress. Often times guys will complain about concurrent training and say things like “the special exercises did nothing for me”. Now here’s what I’d like to ask these people. **Was it the special exercises themselves, or the fact that they were addressing the wrong weakness?** Think about that for a second.

Still confused? Let me give you an example. Say you’re very weak at the bottom of an overhead press, and you decide to do a ton of pin presses at forehead level in addition push presses. Do you honestly think these movements will effectively build bottom overhead pressing strength? There’s practically zero specificity of training! And that’s the point I’m trying to make. It’s not that exercises are bad. It’s that people aren’t using the right movements to address their particular weaknesses. This is why high exercise selection gets a bad rep by many. People believe it’s a set in stone system by which you must do x movement followed by y formula, and then bam your plateau is immediately gone. I’m sorry guys, it just doesn’t work that way. **You must intelligently select exercises based off your own individual weaknesses.** That’s why copying my program is probably not the best thing because we have different weaknesses. Like I said before, what will work for me might not work for you. For example, because of my hypermobile elbows I’ve found that standard incline pressing with a barbell was a horrible exercise for me because my elbows would create unnecessary moment arms which would prevent me from lifting super heavy or engaging the shoulders. I discovered that Z-press, overhead press with bands, close grip bench, and dumbbell presses were a far better alternative. Now does this mean this strategy will work for you too? Maybe, but I wouldn’t rely on it! **Recognize that we are all different, and that you must identify your own weaknesses, both strength & enhanced muscles, and develop an effective plan that targets them.** For now, that’s all you need to know about exercise selection. Later on, when we get down to the special exercises chapter, I’ll give you rough guidelines as to which movements may help fix certain weaknesses, but that’s about all you’re going to get. Learning what works well for you is going to require first-hand experience. After all, there are over 300 exercises in this program!

Things to Ponder

Due to the highly specific nature of this program, many of you may wonder whether or not you will acquire extreme muscular imbalances in the rest of the body. That is, will your pectorals, lats, biceps, triceps, and quads be where you want them to be? Luckily for you, the answer is yes. Here's why. The fact that this program is so high in exercise selection ensures that every part of the body is attacked indirectly. **That means you won't have skinny beach muscles. You'll just have proportionately larger "enhanced" muscles.** Similar to the bodybuilder who prioritizes aesthetics, you too are prioritizing your body...but this time it's the enhanced areas. That's all! Allow me to give you some examples, by breaking down each of the bodyparts you may be concerned about.

Chest



You believe you'll have a small chest if you follow this program? Think again. In this program, we are performing various overhead and incline presses mainly for the purpose of developing larger delts. However, what many people don't realize is that pausing on these movements actually stimulates the chest to a large extent, especially the upper chest. So if you were concerned about your collar bones popping out, this is nothing to worry about. Your development in this region will be just fine, and possibly even better than average. In fact,

my upper chest WAY thicker from landmine presses and paused overhead press than all direct work. As for the lower pecs, I have you doing lots of close grip benching in this program. Believe it or not, there is no significant difference in pec activation between a close grip bench press and a wide grip bench press. The sole difference lies in the triceps. In this way, the close grip bench press is actually a terrific mass builder for the chest. Next up, I have you do optional weighted dips for your shoulders and triceps, and as everybody knows this movement also hits the chest in a major way. Finally, if you're still concerned about your lower pecs, realize that in this program you are rocking a higher bodyfat percentage than average. This will add a cushion of fat on your pecs, which will automatically increase their size. **In other words, no matter what you do, your chest physically cannot lag while following this program.** It may not look as impressive as your other body parts (such as shoulders, neck, and traps), but do not be fooled, for your chest will still be very developed.

Lats



How about that v-taper? Will you be lacking in width? Not in a million years. Guys, the whole idea that vertical pulls build width while horizontal pulls build thickness is false. Rows will build your lats in a major way, and weighted pullups/lat pulldowns will build your upper back

in a major way. The key factor is not the exercise itself, but rather, how you perform the exercise and implement movements into the program. For example, if you do weighted pullups with a wide grip, you'll actually hit your upper back to a large extent. Likewise, if you tuck your elbows in really hard while you do dumbbell rows, it will become a predominantly lat exercise. On the flipside, if you do weighted chin-ups, then your lats will get a lot of focus, and if you do flare your arm out to the side while rowing, your upper back will come into play more. As you can see, it's all about how you do the movements. **Furthermore, because your back exercise selection is excessively high, to say that your lats would be lagging is a physical impossibility.** You simply cannot have narrow lats from following this program, because crossover is too great. What will happen, however, is that your upper back, traps, and neck will be so huge that from an ILLUSION STANDPOINT you may appear narrower. But in terms of sheer size or body measurements, you will not have any issues. Your t-shirts will still be tight around the back, and your lats will be strong. You don't have to worry about having small lats. Hell, not in this program where you're training your back as if it's life itself.

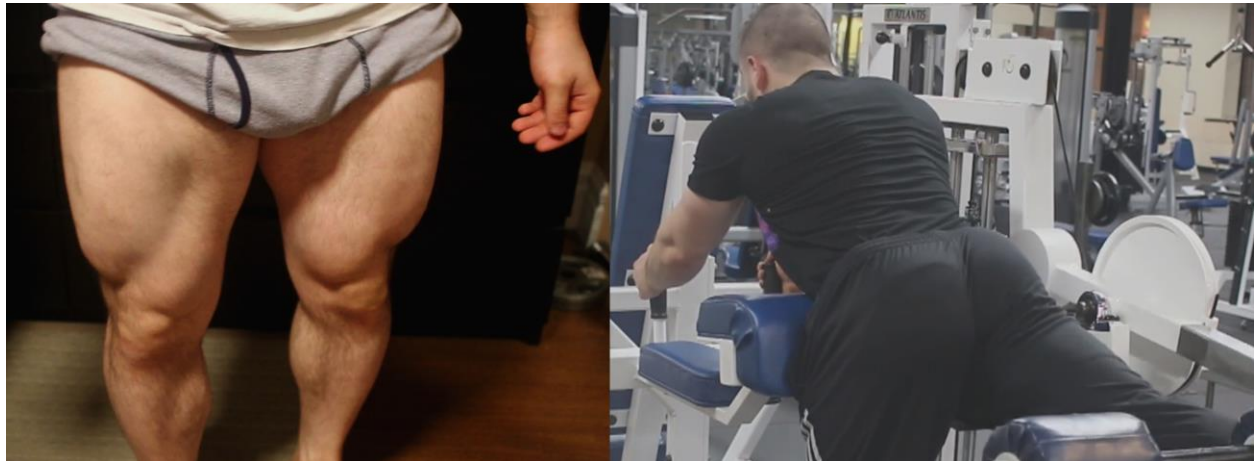
Arms



How about those guns? Will they fail to fill in a shirt? Not a chance. Folks, the fact that most of our presses are being done overhead makes this program even more effective for building big arms. Why? Because that's when the long head of the triceps get activated. And let me tell you a little secret about the long head. It's the biggest part of the triceps! It's literally the meat that hangs off your arm when you are not flexing! **The horseshoe, as bodybuilders call it, does not create much bulk in the arm.** This is purely for aesthetic reasons, and looks good solely when you flex this region. The long head is really what you're looking for when we talk about size. And like I said, there will be a lot of overhead pressing in this program, using several different grips, tensions, exercises, etc. And all of the accessory work itself IS DIRECT TRICEPS WORK. This would include all forms of extensions, close grip benching, and weighted dips. Last time I checked, these exercises are all mass builders for the arms. In fact, even though Naturally Enhanced primarily emphasizes the forearms, all people who have used this system end up getting massive upper arms. When you see the special exercises section later on, you'll know exactly why.

Now what about the biceps, you ask? Folks, have you ever seen an arm wrestler who had lagging biceps? I've not. That's because you will still be hitting them indirectly through the special curling exercises that I've provided. A hammer curl will still build your biceps. Ez-bar curls and weighted pullups will also build your biceps. **The truth is that you don't need full pronation of the hand or even twisting of the palm to get big biceps.** Does it help to do these things? Sure, but it's not a necessity. And in this program, if we can get above average bicep development through indirect means, then that's good enough. Especially when they're not even the main goal of this program. Also recognize that your biceps will have no choice but to get massive if using all the special exercises listed. Trust me, you have no idea what you're in for until you look at the exercises I've provided you. You'll be blown away in a good way, mark my words!

Quads



Many of you guys will be concerned about your sexy quadriceps development. That's because there's no leg pressing, leg extensions, unilateral leg exercises, or anything of that nature. It's pretty much all posterior chain work. Well guys, in case you didn't realize, both the front squat and zercher squat are terrific quad builders. Although we are using these movements to build your deadlift strength, upper back development, and mobility, your quads are still getting a very good workout. These two movements alone will take care of you 100% provided that you get very strong. Can you imagine what your quads will look like if you're front squatting 405lbs for reps? Clearly, they won't be lagging. I also have you do a ton of unilateral work which is excellent for sculpting the VMO. So you will still have extremely defined legs, you just won't have the horrible x-taper that ruins your shoulder to waist ratio and makes your upper body appear smaller. You want athletic legs with a HUGE ass, not huge quads and a small-medium ass. Sure, your posterior chain to quad ratio will definitely be distorted. **You'll probably have 60-80% posterior chain, and 20-40% quadriceps.** But guess what? THAT'S EXACTLY WHAT WE WANT. We want to have glutes that pop out sideways and backwards. That's what gives the 3d look. Quads don't do that at all, they only make your legs look big from the front (outwards too, which is not good) and the side (which also makes your glutes and arms look smaller).

Nonetheless, when you measure your quads with tape, you'll find that they are still pretty big. One thing I can guarantee is that your quad measurement will be AT LEAST 24 inches.

This is definitely not small, and does not constitute chicken legs. Is it massive like a bodybuilder? Absolutely not, but it's still pretty good for a guy who focuses almost exclusively on posterior chain. And when you factor in the massive glutes that you'll be acquiring (45-50 inches), you won't ever care for quads ever again.

Pour Conclure

Are your negative concerns of the program eradicated now? I hope they are, because we're about to start breaking down some serious truth. I'm going to show you some things that you've never seen before. By the time you're done reading this book, you'll be like "WOW, I really learned a lot". Your physique will show for it as well. So with the program foundations out of the way, let's start breaking down the program.



Chapter 2: The Program



We now move on to what you've been waiting for in the first place, which is the program itself. You understand that this is a full body training system, and that it's founded in a concurrent periodization style. With these things in mind, let's explore the setup.

Naturally Enhanced Program

Frequency: 2x a week gym, 2x home

Intensity Day, High Volume Day

Monday & Thursday/Tuesday & Friday

Intensity Day

- 1) Main Press
- 2) Secondary Press
- 3) Optional Triceps
- 4) Accessory Shoulders
- 5) Main Legs/Deadlift Variation
- 6) Upper Back/Traps
- 7) Forearms
- 8) Optional Forearms
- 9) Accessory Legs
- 10) Abs

Volume Day

- 1) Main Press
- 2) Secondary Press
- 3) Triceps
- 4) Triceps
- 5) Accessory Shoulders
- 6) Main Legs/Deadlift Variation
- 7) Upper Back/Traps
- 8) Traps
- 9) Traps
- 10) Forearms
- 11) Forearms
- 12) Accessory Legs
- 13) Abs

As you can see, this program has one volume day, and one intensity day. The volume day is designed to develop maximum muscle hypertrophy, work capacity, and fatigue tolerance. The intensity day is designed to develop absolute strength, strengthen the tendons, ligaments, bones, and enhance the nervous system. In the volume day, exercise selection, and the sets (3,4,5,6) and reps (8,10,12,15,20,30,50,100) are very high. In the intensity day, exercise selection, and the sets (1,2,3,4,5) and reps (1,2,3,4,5,6,7,8) are very low. The special strength training strategies also vary depending on the day (see chapter 3).

These two days are VERY important for managing recovery, in addition to developing well rounded performance. If we combined everything in the same day (high volume + high intensity), many of the training adaptations would dissipate, which would render the training system less optimal. That's why performing cardio or HIIT after a workout tends to impede one's gains, as it disrupts the work that you did during the training session. At the same time, a setup like that would be difficult to recover from, which would cause you to stall and take more deloads in the future. Therefore, to eliminate any issues that come up through mixing volume and intensity in the same session, we simply divide them into two separate training days. The entire training system is auto-regulated this way, and that's how concurrent periodization is properly formed.

Furthermore, developing the key muscle groups in this program (upper back, traps, forearms, shoulders, glutes) can only be achieved through mixing in high and low volume training. **If you use only small percentages of your 1RM, your maximum strength potential will never be tapped, while if you only use high percentages, your maximum size potential will never be reached.** This goes both ways as well. The body's ability to recovery simultaneously decreases, as doing exclusively low volume training will burn out the peripheral nervous system and lead to low work capacity, and high volume exclusively will cause you to fatigue fast and not make optimal strength gains. This is precisely why having a volume and intensity day is necessary. It's not even optional if you're trying to maximize gains. These two separate days ensure that your performance increases on all levels, which results in complete body development. Remember when I broke down the

detriments of linear periodization? That's what happens when you don't combine volume and intensity training into one. Never forget that as a drug-free lifter, the only way to get big is to improve performance. And if there's one thing about making this happen, you cannot just do low volume, nor can you just do high volume. Strength gains will never be as optimal as they could be when training that way. It's why most programs cause you to burn out and stall. **Volume and intensity was not managed the proper way.** Luckily, these two special days fix that problem for you. By adopting both styles of strength training concurrently, we can acquire that largest amount of muscle mass possible.

In regards to the training frequency itself, you will only be in the gym twice a week. I know this may sound strange, as an upper/lower or push/pull setup can accomplish the same, but keep in mind that you are in the gym 50% less days than any other setup. This time that you save is important, because you can not only focus on other aspects of your life, but you'll also achieve perfect recovery every single week, and have the energy to really focus on your mini-home workouts (more on that later). Without a 2x a week full body setup, you would be in the gym far too long without any significant, and programming mini-home workouts would be a challenge (see chapter 5 where I give you different program templates). On top of that, you'd require even more complex programming, which is a real headache that requires more work on your part and can lead to programs flaws that can negatively impact recovery and strength development.

Anyhow, these are the basics of this program. You have an intensity day for building absolute strength, and a volume day for muscle hypertrophy, work capacity, and fatigue management. These two days criss-cross (always starting with the intensity day and ending the week in the volume day for supercompensation effect), and generate the most optimal performance gain. In between these days, you perform a mini-home workout. Let's now discuss what that is.

Mini-Home Workouts

A mini-home workout, unlike a full blown training session, is not meant to stress your body to create new adaptations. **It's designed to stimulate just enough so that it aids in the recovery process, while actually increasing work capacity and performance.** More specifically, you are trying to build the soft tissues (joint, ligaments, tendons) so that you never suffer from non-muscular pain. That means you'll have bulletproof elbows, knees, shoulders, lower backs, etc. This is essential for lifting long-term, especially since you are putting your body through maximum stress via the intensity and volume days while being drug-free. These workouts are to be done 12-24 hours after your volume and intensity day. They may also be executed at the end of your full body workout if you have the time and energy (optional).

The mini-home workouts you're about to see will be structured far differently than the norm. Rather than doing a bunch of circuit training sessions, we will roll with a completely different approach. **For one, because this program requires that you develop a thick neck, your mini-home workout will be the day where you train your neck.** Although you can theoretically work it at the end of your training day, chances are most of you will not want to. And besides, you have to do a mini-home workout the next day anyway, so why not just do it then and be fresh? Keep in mind that neck training will also assist the recovery process, especially in your upper back and traps. So you might as well do it during your home-workout.

Anyhow, here's what you're going to do. First, you will perform your standard neck workout. That means incorporating three different neck exercises, each focusing on a different part of the neck (see the neck training section in chapter 5). You may, for instance, do 4x25 neck curls, 4x25 neck extensions, and 4x25 side neck work. Once your neck is complete, you will do 100 band pushdowns, immediately followed by 100 band curls (any grip) or 3 wrist roller revolutions. Immediately after, you will stand inside the band, and do 2 sets of 50 reps

of good mornings. 200 standing leg curls with ankle weights may also be done (100 reps per leg). After that, basic mobility work could and should be incorporated such as band pull-aparts, band dislocations, or dynamic/static stretching. Lastly, you will finish with a GPP workout for a good 10-20 minutes or perform low intensity cardio if needed for health and fitness. Once the GPP work is completed, you are officially done. Take a nice contrast shower (strongly recommend for recovery), and then continue going about your day. In total, this mini-home workout should take you around 25-30 minutes to complete.

You'll find that any muscle or joint soreness that you accumulated from the day before will be completely gone once you're finished this quick workout. Your entire body will be pumped, and you'll feel fresh and recharged. The day after, you will be 100% recovered, which will ensure that during your next session you can go balls to the wall without suffering any negative consequences. These special workouts will make you feel like you're on steroids, because the recovery benefits are absolutely out of this world. By the way, if you find it too easy to hit the reps that I suggest, consider adding sets or increase band tension. Progressive overload should still apply to mini-home workouts as long as you are not lifting too heavy.

By the way, what if you don't have the necessary equipment (which you should have) to do these home workouts? The solution is very simple. Do the exact same workout, but at the gym instead. Rather than using bands roll with light cable weight, and for the neck there's pretty much everything you'll ever need right in the gym (you can also do bridging at home if you want). Finally, there's lots of cardio equipment so you're fine on that point. In this way, you can do your "homework" no matter what! **Just please, for the love of God, never, and I mean NEVER skip your mini-workouts.** They are NECESSARY for building the connective tissue and staying pain free in the long-term. If you start getting lazy and skip these workouts, it will not only show in your physique (pencil neck, performance loss, etc), but you will also stall and complain about joint pain more often. Don't end up like the guys who say "I used to lift". Realize that the little nuances of your physique matter, and that if you don't take care of them, you will greatly suffer the consequences. Remember, a chain is only as strong as

its weakest link. The human body is no different. You are only as strong as YOUR weakest link, whatever that may be.

Exercise Order

Let us now redraw our attention to the program. You may have noticed that I have you doing your presses first, and back/legs after. Why did I set the program up this way, if our primary goal is to clearly develop a thicker neck, traps, upper back, forearms, and glutes? Shouldn't the order be in reverse?

I would think that too if I was some average Joe walking into the gym. But here's the problem with starting off with those muscle groups. **Your grip, nervous system, and fatigue tolerance will die out, making it absolutely impossible to press afterwards.** Trust me, I know what I'm talking about. I've tested that model out before, and it results in you not being able to press heavy, because your hands hurt like hell. However, if you press first, you'll find that your hands and overall body feel are 100% unaffected, which allows you to hammer your back/legs later just fine. So it's really all about practicality and psychology here. Just take my word for it, and you won't have any problems.

By the way, if you do find yourself feeling a little beat up once it's time to hit the back and legs, simply take a 5-10 minute coffee/juice break, and then resume training. You will find that all your energy and focus is regained. There's no need to divide your program into an upper/lower style, or leave the gym just because you're feeling tired. I call this excuse-making and laziness. Initially, when you first start training in a full body style, the first two weeks are going to be HELL. I'm not going to lie and tell you that full body training is easy, because it sure as hell isn't. It does require a lot of mental fortitude to get through the workout, because halfway through you not only feel like quitting, but fatigue and total body exhaustion begins to occur. However, if you take the small little break and resume training like I recommend, your psychology and physiology will be restored. You won't feel

compelled to leave and come back the other day ever again. Trust me on this one, just tough it out for some weeks, and then full body training will be the most natural thing of life. Your whole body will recover together, soreness will no longer be as great, fitness/work capacity will dramatically improve, and you'll develop the discipline of warrior. All without living in the gym!

Sets & Reps

What is the best set/rep range? This is a question that drives lifters to insanity. There is so much conflicting information that it's almost impossible to trust anyone. For some reason, everyone seems to think that low reps are for strength, while high reps are for size. Where did this type of thinking come from? **Last I checked, total workload and improving performance is what matters.** In other words, if I can take your 225lb close grip bench press to 315lbs, your chest, shoulders, and triceps will be bigger NO MATTER WHAT SETS AND REPS YOU USED TO GET THERE. The individual sets and reps don't mean much in the grand scheme on things. If you do not get stronger, you will NEVER get bigger, period. Now, are there appropriate set/rep guidelines? Absolutely, but to state that low reps build exclusively strength while high reps build mass without strength is 100% false. Both have tremendous carryover to each other, and if you're smart you will use both, hence the concurrent training philosophy of this program.

Another term that gets thrown around a lot is the concept of training for sarcoplasmic hypertrophy versus myofibrillar hypertrophy. Sarcoplasmic hypertrophy is when the non-contractile elements/fluid inside the muscle cell increases which creates added size but not density. Myofibrillar hypertrophy is when the individual muscle fibers increase in size, which doesn't add much size but builds muscle density. According to internet gurus online, it's possible to train both of these separately. Well guess what? These guys don't know what the fuck they're talking about! You cannot isolate these two forms of hypertrophy! Do you

think that I'm bullshitting you? Before I go on my little rant, here's what Stuart Phillips, PhD from the kinesiology department at McMaster University says about this topic:

"Sarcoplasmic vs. Myofibrillar hypertrophy... perhaps you've heard those terms and even read information from some guru who says there are different types of 'hypertrophy'. This is unadulterated garbage and basically anyone who has ever taken a course in muscle physiology, exercise physiology, and knows a little biochemistry would tell you so. The amount of myofibrillar protein in skeletal muscle fibre remains remarkably constant! There are no examples of where a muscle fibre hypertrophies with resistance training and the myofibrillar pool doesn't grow but the sarcoplasm does! The occasional example of a discordance between hypertrophy and strength gain (for example <http://www.ncbi.nlm.nih.gov/pubmed/22518835> (5)) is not, no matter what the pundits think, due to a 'sarcoplasmic' hypertrophy in the low-load condition. The obvious explanation is a neuromuscular training-zone specific strength response in the low vs. the high load groups – muscle/exercise physiology 101.

Similarly, I've heard some say that blood flow restriction (BFR) training leads only to 'sarcoplasmic' hypertrophy... it's a myth! Hypertrophy, when it happens is due to expansion of the myofibrillar protein pool. For people who think that your fibres can grow (not transiently due to fibre swelling – a short-lived phenomenon) by expanding their sarcoplasm are incorrect. If this happened the energetics of the fibre would be a complete mess due to greatly, on a relative scale, increases in intracellular distances for chemical reactions... like propagation of the electrical impulse from a t-tubule to the SR to cause contraction! So the next time you hear someone spouting off about sarcoplasmic hypertrophy you can tell them, with confidence, that no such thing exists! It's a construct of bodybuilding forums... hypertrophy is hypertrophy and strength is strength. There's no difference between the hypertrophy you get with one routine versus the next!"

How is that for sarcoplasmic vs. myofibrillar hypertrophy? Is your mind blown that you cannot isolate different types of hypertrophy just off manipulating sets and reps? Does this not

support what I've been repeating to you throughout the entire book? Folks, **hypertrophy is nothing but a side effect of improved performance.** You have to realize that once neural adaptations have ceased, hypertrophy will ALWAYS occur. **Low reps will still build size, and high reps will still build strength!** It's impossible to isolate the two. In terms of how much hypertrophy you gain relative to the acquired strength, your genetics will determine how large you can get. Some guys like myself need to get excessively strong to gain size, while others can blow up like balloons without being as strong. This also varies among bodyparts. Unfortunately, you can't change that through training, as only drugs can facilitate that. Anyone who tells you otherwise is a con artist. Here are the hard, cold facts. All you can do is get as strong as humanly possible, and see how much muscle you gain relative to your genetics. You have no control over this. With all of these things mentioned, does it mean that there isn't an optimal set/rep range? Well, that's a tricky question. It depends on what you define as the word "optimal". The meaning can change depending on what you're trying to accomplish in your training. For instance, if you want to accumulate large amounts of metabolic fatigue it's probably smarter to do 3x20 than 5x5. Likewise, if you're trying to build absolute strength it's probably smart to use weights above 90% than to use weights below. Do you catch my drift here? **The optimal sets and reps are relative to your training goals.** Particularly in this program, because you have both an intensity and volume day, the sets and reps will most definitely change! This is just common sense here. The intensity day has lower sets and lower reps, while the volume day has higher reps and higher sets. You get that, right? Alright, so if we're all on the same page here how about we start quantifying these numbers?

Prilepin's Chart

Percent	Reps/sets	Optimal	Total Range
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10

Let us begin by dissecting the legendary table by A.S. Prilepin which seeks to analyze the optimal amount of sets/reps relative to the percentage of your 1RM. As you can see in the table, there is an optimal amount of total reps (best training adaptation, power, bar speed, etc), and then there's the range that gives you the minimum and maximum values for that given exercise. What Prilepin found out is that during the sets themselves, if you fell outside these minimum and maximum ranges, the training effects would be far less beneficial. If the reps were too high of what he recommended, bar speed and power output would go down. Likewise, if the reps were too low, a decrease in training effect would occur, which fails to create the necessary stress to make progress. Therefore, if you want the best strength and power gains in a given training session, stick to the guidelines listed by Prilepin.

However, I want you to realize that this table was primarily designed for weightlifters. For this reason, it can neglect essential actors such as training experience, frequency, weekly volume, periodization, general fitness, work capacity, volume tolerance, etc. **In other words, acceptable amount of volume as recommend by Prilepin can be difficult to generalize when we look at these key individual factors.** Keep in mind that this table is based off WEIGHTLIFTERS who trained multiple times a day at very high frequencies. Could this chart really be that useful for the recreational lifter who trains twice a week with varying volumes? This is where complications arise. For all these reasons, it becomes obvious that Prilepin's table has flaws, especially when pertaining to this program. We are not weightlifters, and we follow concurrent training. That being said though, could this table still be useful? The good news is yes. In particular, **I believe it to be extremely accurate for intensity days, but for volume days I would throw this chart right out of the fucking window.** Let me explain why. If you look the set/rep ranges, in addition to the optimal and total ranges, you'll see that the recommendations are EXCESSIVELY low. Take the example of 55-65%. Apparently, the total range should be 18 to 30 reps? Are you kidding me? So I'm supposed to hit 5x6 at the absolute maximum, otherwise my gains will suffer? Doesn't that contradict what every bodybuilder in the entire world does? Doesn't that contradict the repetition method? Besides, do you know how low 55-65% is? If I take 50% of 350lbs (think about how heavy that is), then the recommended weight would be 192.5lbs. Therefore, by

Prilepine's standards, the 350lb benchner would have to do no more than 5x6 of 192.5lbs. I can't believe how ridiculous this is. A guy who benches only 315lbs for a 1RM can do far more than 30 total reps with 225lbs, let alone 192.5lbs! So in what world should a 350lb benchner be using such low weight? He should be doing reps beyond 10 in the high 200s very easily! And why are higher reps being neglected if we know they work for accumulating large amounts of metabolic fatigue? Doing 3x10, 3x12, 3x15, 3x20, 3x50, 4x10, 4x12, 4x25, 5x10, 5x20, and all the in-betweens is AWESOME! I've seen tremendous muscle growth from using these super high rep ranges, and the work capacity & recovery gains have been phenomenal! Finally, why would we care about compromising bar speed or power if we're trying to accumulate metabolic fatigue in the first place? If a little bit of slowdown occurs, who cares? What matters is that all reps are executed within the set.

Due to these reasons, I refuse to use Prilepin's chart for volume days. **It's a VERY solid table for intensity days (please use it), but that's about it.** For volume days, go balls to the wall. **Remember, there's only ONE volume day throughout the entire week.** Not 2, 3, or 4! You also don't train twice a day multiple times a week like weightlifters did. So let me say this bluntly; there is NO CAP to how much volume you can use in your volume days. Feel free to annihilate your body with as many sets and reps as you like. Just stick to the guidelines previously listed, and you won't have any issues.

Warming Up

Properly warming up is extremely important, for it prepares your muscles and nervous system for what you're about to do. If you try lifting weights cold, this is where muscle strains and injuries occur. You also minimize how much weight you can lift, because your nervous system was not prepped. Pretend your body is an oven. You pre-heat it with your warmup, which allows you to "cook those weights" in the best way possible.

What's fascinating is that the majority of lifters do not know how to warm up correctly. They fail to realize that a warmup must be specific towards the activity that one is doing. Usually, you'll see someone hop on the treadmill for 5-10minutes, perform a million different static stretches, and then start weight training. This is a terrible thing to do. **You're not only exhausting yourself and turning on different energy systems, but you are also increasing your chances of getting injured with the stretches.** Doing cardio before training will deplete muscle glycogen and lower fatigue tolerance, while preparing your body for AEROBIC activity. This is not optimal for heavy lifting! In addition, the static stretching will cause your joints to loosen up and become unstable while actually decreasing blood flow, which you should NEVER have for lifting weights. This causes you to feel weaker and increases your likelihood of getting injured!

So if what everyone is doing is wrong, what is the right way to warm up? The solution is actually very simple. Rather than doing cardio or performing various stretches (although light dynamic stretching such as band dislocations/rotator cuff work is fine), you want to warm up with the actual exercise itself. Here is what I mean. Say you wanted to do a close grip bench press with 255lbs. You would first use an empty bar for 1-2 sets of 10. Then you would hit 135 for 3-5 reps, followed by 185x3, 225x1, and then you can do your work sets of 255lbs. I recommend a long warmup like this during your main press and first squat/deadlift/upper back exercise. For all accessory work, you can either go in straight without warming up, or do 1 warmup set with 50%. So if you wanted to do 100lbs on incline dumbbell press, warm up with a good 50lbs for 5 before moving onto heavy weight. That's really all there is to it.

Now, if you were not doing work sets that included rep work and were simply trying to hit an all-out one rep maximum attempt, then the warmup would change slightly. Going back to the close grip bench press, say 255lbs was your target one rep max. You would first do 2 sets of empty bar of 3-5 reps each. Then, you would do 135x3, followed by 185x2-3, 225x1, 240x1, and, and finally 255x1. I like to treat 1 rep max work like a powerlifting meet.

3 attempts (4 max) and you're done. This strategy also follows the guidelines of Prilepin's chart, which I recommend for intensity work.

That, my friends, is how you warm up the right way. It's a straightforward, gradual progression model that is very specific to weight training. When you warm up this way, you are reinforcing proper movement patterns of the exercise, priming your nervous system, and preparing the joints and tendons for heavy lifting. There is no better warmup than what I just described. You can do this for any exercise by the way, such as curls and neck work. By the way, if you feel like stretching for mobility purposes, then you can always do it after your workout. You'll still get all the flexibility benefits, but this time it won't impede performance.

Optimal Rest Time

At this point, you understand how the program works, but are probably wondering how long you must rest between your sets. To make it simple, it depends on the exercise that you're doing, the training strategy being utilized, and whether or it's an intensity or volume training session. **As a general rule, I would say that the lower the reps, the higher the rest, while the higher the reps, the lower the rest.** So if you're using low volume for a given exercise or training on an intensity day, rest no more than 2-5 minutes between each set. However, if you're using high volume or training on a volume day, rest no more than 30 seconds to 2 minutes. **The only exception to this rule is when using the repetition method, where you would rest 3-5 minutes per set.** The rest time may also be lower when doing accessory work such as isolation exercises or during neck training. In that instance, I would rest no more than 15 to 90 seconds. That means you shouldn't rest 5 minutes between sets after doing a set of curls just because it's a low volume day. You must use your own common sense and intuition here.

Speaking about lower rest intervals, I need you to recognize that this 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. So if there's one major tip that I can give you, irrespective of the number recommendations, it's to rest the minimum amount of time needed to recover, and then go straight into those work sets. For instance, my body is extremely conditioned and can usually recover from a set after 15-60 seconds. Therefore, I will usually train with this rest interval. Why should I waste a second of my time waiting if I feel ready to do a set? This supercharges my focus and makes my workouts very short but intense.

Obviously not everyone can do this, as it takes years of training to get to this point. If you want to rest slightly more because you really need to, then definitely do so. But please, do not go lazy on me. That's all I'm trying to say. You always want to push yourself and attempt to roll with the smallest number possible out of the recommended rest ratios. Often times, people will see a rest interval such as 3-5 minutes, and they will immediately roll with 5, even though they were ready at 3. Don't be like one of these guys. **You will not only shortchange yourself by spending more time in the gym and becoming lazy, but you will also lose out on the work capacity and fitness gains, which would have given you a better foundation for the future.**

Finally, realize that the numbers I provided are just general guidelines. They may be slightly lower or slightly higher depending on your own training experience and individual feel. So if you feel recovered from a triple on the overhead press in 2 minutes instead of 3, then don't be shy to start your set right then and there! No need to waste time if you're fit enough to do the work, alright?

Rotating Exercises

I am so confident that you fully understand how this program works! You realize that this is a full body concurrent training system, and that we are specifically trying to build the neck muscles, traps, upper back, shoulders, forearms, and glutes. We are not concerned about fitness model aesthetics. We want to be huge. That being said, one thing that you might be

confused about is **when** to rotate the exercises. After all, I've talked a lot about the importance of high exercise election, but did not get in detail as to how rotating works. If this is you, worry not, for what I'm about to share with you will be extremely easy to understand. **Simply put, exercise rotation will occur once you fail to make progress in a given exercise.** That's all. No magic, no gimmicks. You milk an exercise for all it's worth, and once you can no longer progress, you simply swap it out for something else.

Sounds good, right? It is, except there's one thing you must keep in mind before you "milk the gains cow". **Recognize that you will only be able to use the same exercises for 1-3 weeks maximum.** After that, the biological law of accommodation will fuck you up the ass. As previously mentioned, this is when an organism ceases to adapt to its environment, which is not good for adapting to the stress of weight training. This is precisely why we follow concurrent periodization. You can only use the same volume/intensity for so long before you plateau. Exercise rotation is therefore A NECESSITY. If you didn't rotate exercises, you would have to undulate your training or use some type of linear periodization setup, and as you know there are way too many flaws in running such periodization schemes. Moreover, don't let these marketing guru morons tell you that you can get away with doing the same exercise over and over again. This does not work forever! So if you made it to week 3 of using the same exercise and managed to make progress every single time and you were THINKING of moving into week 4, think that decision over again. **As long as you stick to the 1-3 week rule, you can use the same exercises as long as you need to.** Typically speaking, pure beginners/novice lifters to this program will be able to use the same movements for 3 weeks. They also have the capacity to keep the same accessory work for 4-6 weeks. In terms of exercises used, they must keep things in the basic side. I don't want novices don't Z Press with doubled bands, that doesn't make any sense. Nor do I want them to be doing rack pulls above the knee. If you use concurrent training in a basic manner, this will build the foundation that you need. As far as intermediate lifters go, exercise rotation will need to take place every 1-2 weeks, and advanced lifters will need to rotate every single week. I, for instance, fall into that last category, so I'm literally doing a new workout every week. You, on the other hand, must assess where you currently are. Additionally, there's a

strong chance that if you're new to a certain exercise that you can milk it for a long time. As a matter of fact, most of the exercises you will see are rather novel. (trust me on that one). Therefore, I doubt any of you will be rotating week after week until you acquire some hard months of training experience.

Additionally, when I say that you must switch exercises, it doesn't necessarily mean to switch out the movement completely. For instance, you can always do paused overhead press instead of touch and go overhead press. You can always do close grip incline bench, rather than wide. You can always switch band tensions on an exercise, instead of swapping the movement. You can always deadlift with a snatch grip, rather than using an alternate grip. You can always change the pin/block height of a heavy pull, rather than switching to a new exercise. You can always front squat off a low box, rather than doing it free-weighted. Switching from dumbbells to barbells is also fine, even if it's the same movement. The point I'm trying to make is that slight deviations in exercises are perfectly fine, and that swapping the entire exercise is not necessarily what you require. **However, I will say that swapping movements completely may yield greater strength gains instead of making subtle changes in the exercise.** In the end, you must simply 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.

Tempo

Let's talk about tempo! This refers to how fast we lift a weight (concentric) and how fast we lower a weight (eccentric). There is a very high chance that if you've been researching online for some time that you've been told to "lift weights slowly". Apparently, lifting slowly allows you to squeeze your muscles better and acquire additional muscle growth. Sounds pretty legit, right? Well based off my understanding of exercise science, lifting weights slowly provide no real benefits. Allow me to present my points.

Firstly, the soreness that you get is NOT the muscles developing in a superior manner. **It's the connective tissue swelling up.** This is NOT a good thing! All you are doing is creating unnecessary soreness and impeding recovery for much longer than you anticipated. Consequently, you will have to reduce training frequency and volume, which will of course leave you with less weekly protein synthesis and fewer training adaptations. Thus, performance gains come to a halt, or slow down tremendously.

Secondly, people will argue that lifting weights slowly produces more time under tension, but this is a false assumption. **What's more important than tempo is the sets multiplied by the reps.** If you do 3x10, that is a total of 30 repetitions. Whether they were slow or fast is irrelevant. The only thing that changes is the amount of time that you were under the weight, which could have easily been modified through adding workload. **This is a far superior method for developing strength, because now you can get more sets and reps in there while still getting the same total time under the bar.** Plus, the connective tissue soreness does not occur, because you did not lift weights slowly. In a nutshell, you gain more strength and better recovery.

Thirdly, people will argue that the negative is “the most important part of the lift”, therefore you should concentrate on it. Well guess what? If you increase your concentric strength, your negative strength goes up automatically! In “Science of Sports Training”, Thomas Kurtz states that athletes can lower 10-60% more weight than they can concentrically raise! Therefore, whether you train it or not is irrelevant. And guess what? Last I checked you have to RAISE the bar in a squat, overhead press, deadlift, etc. **Who cares if you can lower 10-60% on a negative if you can't even raise it afterwards?** At the same time, eccentrics use much less energy than concentric work, so there's no reason to assume that prioritizing the negative will develop concentric strength. And if your concentric strength fails to increase, chances are you WILL NOT GET BIGGER OR STRONGER. That being said, there's no reason to do slow negatives. You're better off spending that time doing MORE concentric,

rather than doing negative specific training. It's almost like people have their training backwards!

Finally, when people lift weights slowly, they kill one of the most important aspects of gaining strength and performance. That is, the stretch reflex. The faster you lower a weight, the greater the stretch reflex (rebound effect) in the muscles, which essentially means you can lift more weight on the concentric. Ever heard of Newton's first law of motion? It states that "an object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force". **In weight training, you can sum this law up by stating "the faster down, the faster up", and that lifting fast resembles motion, while lifting slowly resembles rest.** Thus, you must train to be fast, not slow! As a matter of fact, you should do everything in your power to make the exercise as fast as humanly possible. This is where bands come into play, and why I love them so much. They are actively pulling you down which allows you to come down faster than gravity. The legendary strength coach Louie Simmons has coined this term as "overspeed eccentrics". You are increasing velocity which improves kinetic energy (energy of motion). If we look at the kinetic energy formula $KE = (1/2)mv^2$ you will see that raising velocity is the best way to increase kinetic energy. Therefore, lift weights very fast on both the concentric and eccentric, and physics will ensure that performance is at its highest.

There you have it folks. You don't ever have to lower or raise weights slowly. At least, not in this program (controlling eccentric is fine, but never slowly). We're trying to get as strong as humanly possible, which will never happen if you train with a slow tempo. Never forget that as a drug-free lifter, strength is your number one asset! **If you are strong, you will be jacked.** Tempo is irrelevant! Lift weights as fast as you want, and watch those numbers pile up. That's when your muscles really start blowing up in size.

Optimal Bodyfat

If I think about the biggest lifters I've ever seen in person, I notice something fascinating. Not one of them has shredded abs. They're either semi-lean, or on the slightly huskier side. But they all look really beefy, and can lift heavy ass weight in the gym. Now since the objective of this program is to acquire this bulked up, bear-looking physique, your nutritional needs will be dramatically different than your aesthetic counterpart. Here's why. **The optimal bodyfat percentage for looking beefed up but not fat, is 15-20%.** This is the range where you can still see the shape of all your muscles, where your face is not fat, and where your abs are no longer visible but your stomach is still flat. It's also the range where adipose tissue and leverages for strength training are mostly tapped out. In other words, getting any fatter than 15-20% provides no real benefit for the drug-free lifter. 15-20% is perfect for looking bulked up while not appearing fat or disgusting.

For some of you, this range may still seem high. That is because you've been brainwashed into believing that having a low bodyfat percentage is the way to go. You know what's fascinating though? The majority of guys who claim 10% bodyfat are actually 15% bodyfat, and the guys who claim 15% bodyfat are more likely 20%. **That being said, these ranges are a lot leaner than you might think.** I'd say most gym goers and athletes (hockey players are a great example) who have a decent shape would fall into this range. This is definitely not fat by any means. **In fact, there is not a single doctor out there who will tell you this is an unhealthy range.** It's a healthy, athletic bodyfat percentage, and it's nothing to be ashamed of. And don't you worry about attracting the ladies. A lot of them like the huskier look, and find that men who are shredded look disgusting. In particular, they tend to despise veins. Women also have difficulties spotting a guy who is ripped. In their eyes, even if you have very slight definition you are considered lean. Trust me, as long as you're not a fat slob, being 15-20% will never cause you problems. You'll only look more masculine due to the extra size, which will make you appear better in clothes and more jacked as a whole. Unless you're with an alpha female who is obsessed with leanness (these chicks are very rare), you

shouldn't have any issues attracting women unless your character is really cringe-worthy, in which not even leanness would fix that.

In terms of getting to the 15-20% range, I would recommend an aggressive approach to dieting. We're trying to get huge, not lean bulk. Therefore, I recommend that you eat in a 20% caloric surplus. This will result in a good 2-4lbs of fat gained per month. If you start getting too fat, cut the surplus down to 10%, or consider eating at maintenance/recomping instead. In order to recomp, all you have to do is eat more food (surplus) during your training days and mini-home workout days. You also have the right to one reefered/cheat day per week. All the other days, you can eat at maintenance or a calorie deficit. Don't worry about recovery or not making strength gains by eating this way, because everything in Naturally Enhanced is perfectly optimized for recomping. I managed to stay 180lbs for an entire year by using these exact strategies. The same should apply to you.

If you're already above 20% bodyfat, then you should probably be cutting instead, using a 10-20% calorie deficit while eating very "clean" (oatmeal, brown rice/pasta, eggs, chicken breast, ground turkey beef, mixed fruits and veggies, vegan diets, etc). As bro-like as this diet may sound, it's almost impossible to screw up when trying to lose weight. You'll also minimize water retention, which makes it easy to track how much fat you're losing. The faster you get to the 15-20% range, the closer you'll be towards developing the enhanced look.

In reference to the food itself, I recommend an extremely high carb diet that is also moderate-high in salt, and low-moderate in alcohol. **This will accumulate tons of muscle glycogen, water weight, and bloat, which will easy add 10-20lbs to your frame automatically. It also increases leverages for weight training, which aids in the strength building process.** You can also eat out as much as you want and eat whatever you want. I obviously don't recommend this for health, but realize that you do have the option to do this. If you're at a friend's party and are being offered cake, don't be shy to stuff your face! If you feel like eating out at the Chinese buffet twice a week, then be my guest! If you feel like drinking wine

and beer with every meal, while having nice steaks and ribs on the barbeque, go right ahead! If you want to drizzle olive oil and fatty sauces all over your meals, that is also fine. **You no longer have food restrictions, because you are trying to get huge.** My only condition is that you are consuming at least 6-10 servings of fruits and veggies a day. I won't tolerate any of you slacking off on your micronutrients, especially if being in a higher bodyfat percentage. I don't you guys having health issues. Also, if you plan on introducing dirty foods into your diet you must do 20-90 minutes of cardio every day, no exceptions. This minimizes all the health risks that you may get by a large margin.

Once you reach the optimal amount of bodyfat, you should end up looking pretty damn husky. Your shirt size will go up in a major way, as well as your pants. Your muscle measurements will also go up because of the fat gain. For instance, if you have 17 inch arms at 10% bodyfat, they will easily be over 18 inches at 15-20% bodyfat. The same applies to the rest of your body! If you were wearing a medium t-shirt at 10% bodyfat, you might be an XL at 15-20% bodyfat. This is no over exaggeration either. Increasing bodyfat percentage gives you CRAZY measurement benefits. This is why fluffier guys look so stacked when wearing shirts. When you do the math, that's a lot of extra cushion! In total, this will result in you looking much more massive than if you were 6-10% bodyfat. Remember, if you get too lean you start looking like a sucked up fitness model, while if you get too fat you just look like a slob. The key is finding the balance point, which results in that swole appearance. 15-20% is the range, don't forget it!

Illusion Strategies

Everything I mentioned about being a higher bodyfat percentage sounds good, right? The answer is yes and no. You must realize that to a certain degree, this is nothing more than an illusion. In other words, if you were to cut down to 10% bodyfat, you would lose a lot of your size. So what you're really doing here is piling on lots of adipose tissue to appear larger. It's almost like having "fake muscle" or using certain steroids/other compounds that bloat

you up. That being said, we don't want to look like fat piles of shit. **We want the fat to accentuate our frames—to make us look like we're really holding more muscle than people think.** So what's the secret to making sure you appear lean while being on the thicker side? It's actually super simple. It requires a combination of three things.

- 1) Strategic hair placement
- 2) Special clothing
- 3) Special exercises

First of all, if you want to pull off the higher bodyfat look, it is **IMPERATIVE** that you have both body and facial hair. If you don't, your entire physique will appear soft and fluffy. It won't have that detailed, grainy, shadowy appearance. Think of like cross-hatching from art class. In this case, your body/face is the canvas. Thus, the very first step is to grow out your facial hair.

In particular, you want a beard that's going to make your face look way more narrow and angular. The ultimate beard is one that has **VERY** thick chin hair which creates the illusion of a massive jaw. Ideally, you would want the goatee to be the thickest part of your beard. The chin hair should also extend several inches downwards, which creates a longer looking face and larger jaw. If you want a good reference point look up some photos of "ducktail beards". The cartoon ones are best. The sideburns must taper (fade) to the center, and not be so thick that hairs are going past your cheeks. You're looking for side burns that cover chubby bare cheeks while giving you a shadowy, grainy effect. If the sides pop out too much your face will appear wider, and neck will look smaller from an illusion standpoint. That said, cheek hair is very important, but it should not be extended too far out of your body. Keep it trimmed, and make sure that the cheek hair lineup is as high as you can. Don't be chopping it down to a low level, as this exposes too much cheek. You want the cheek hair to create a false contour of your face, which delivers an inverted pyramid face. The cheek hair is like your makeup. Furthermore, you will need to use sharp blades to create a proper beard lineup. A simple beard lineup can easily make you appear 2-3% leaner in the face. It creates sharp

edges on your beard which enhances the shape, definition and overall angular effect. By the way, the lineup should always be shaped in an L. Never curve it like a rainbow, because this destroys the angular illusion that we are desiring. The lineup should be very high on the cheeks, and should draw a straight line right to the corners of your mustache. No arches allowed. As far as the outer part of the beard, you never want this area to be messy. If you are looking at your face sideways, the hair that starts near your ears should come straight down to the lowest part of your face. No hairs should be sticking outside of that line. You must have an L effect from the side, by which the hairs connect to the thickest part of your jaw. As far as under the neck goes, you don't want the beard to be too long or dark, as this will cover your neck mass. What you want is faded hairs to create shadows, followed by a line that is used with a straight razor that creates a sharp contour of your beard as a whole. If you don't understand what I mean just watch some beard lineup tutorials, as barbers demonstrate these techniques all the time. Finally, as an optional step you want a very thick moustache, and for the hairs to go past the upper lip (basically covering it). This is the most intimidating look that a man can have, so if you want to look hardcore make sure the upper lip is covered. Otherwise, keeping it trimmed is fine.

This, my friends, is the Naturally Enhanced beard. It is extremely tidy so no one can call you out on being lazy or looking homeless, and it will make your face appear ASTRONOMICALLY leaner. This is why I don't understand people who say you should lean out in order to have a chiseled looking face. Why do that and lose your body size, when you can just get a professional beard done and automatically have a lean looking face? If you're 20% bodyfat, you can easily make your face appear 12-15% if you rock this beard. That's how effective this is. If you clean shave, however, all of that face chub will show. Therefore, follow my instructions and experience the illusion strategy of having this epic beard.

Now I know that some of you are mad, as you are unable to grow a beard. Well for those individuals, allow me to direct you to a resource. You see, there's a drug called Minoxidal, and if you rub it on your body it stimulates the hair follicles which allows you to grow hair in that area. This drug has been FDA approved to use on scalp hair (aka balding men), but not

beards. However, that doesn't mean it doesn't work. If you do some research online, you will see thousands of men (many of them were older) who used this drug and managed to develop an impressive beard. The best part is that Minoxidal is VERY inexpensive. You can buy a whole year's supply for 60\$. So if you're struggling to grow a beard or have patchy areas, I would highly consider it (must be minimum 18 years old). This will allow you to maximize the bear mode look, and the best part is that the gains are permanent. Of course, do your research before getting it, and realize that it is NOT FDA approved for beard hair. I also take no responsibility if you start experience serious side effects. Most people will experience minor dry skin and itchiness, but others can get heart palpitations, headaches, etc. Either way, I'd still recommend it. Use Minoxidal 5% topical solution, not 10% or 2%. Apply 2ML a day, which is 1ML in the morning and 1ML at night. In about 3-6 months you will have a complete beard. The gains are also permanent unlike head hair which is related to male pattern baldness.

In terms of hairstyle, I recommend two cuts. Either you shave your head completely bald, or only shave the sides but leave the top (think Yuri Boyka). Both methods will make your neck and traps look bigger from an illusion standpoint. They also make you look leaner. The lack of hair on top of your head with the combination of facial hair causes one's eyes to look down, which makes your traps look higher. Simultaneously, hair that usually sticks out on the side of your head is gone, which makes your head look more narrow, therefore accentuating neck width. If you want to add an extra effect, use a straight razor to create sharp edges around your haircut. Just like the beard lineup, this simple technique will create definition. The net result is that you look leaner, rougher, and more muscular just off getting a simple haircut!

Next up, we must address your body hair. The simply solution is to STOP SHAVING COMPLETELY. Yep, that means your chest, stomach, back, legs, and arms can get as hairy as you want. By doing this, you create darkness and shadows all over your body, and acquire a grainy texture that eliminates the soft looking appearance. By the way, you can also shape the hair on your stomach to make it appear like you have visible six pack abs. I

suggest clean shaving the six squares according to the natural shape of your abs, and using #2 on the three lines across the midsection and leaving the center line (the one that splits your body in half) as dark as possible. This illusion will make you appear like you have abs while in an unflexed state. And if you already have abs, the effect will be even more pronounced. The key is to make it subtle so that it looks like legit muscle definition. If you're looking for a more bear-like effect, then just grow super thick stomach hair which will make your torso look narrower and rugged automatically.

In terms of fashion, wearing the right type of clothing will make a huge difference on how big you look. Too many times, I will see men who are actually very muscular, but because of their poor clothing choices they end up appearing much smaller than they actually are. What is the point of having all that size if it's not even visible? With that said, it's imperative that you buy the right clothes, otherwise your entire physique can become off-putting. Right now, I will teach you the most important things you must know for selecting the right clothes.

The first thing you must do is **STAY AWAY FROM ATHLETIC CLOTHING! You wear that stuff in the gym, not when you're out going about your day!** That means no track pants, track shorts, lifting shoes, or any attire that have fitness logos on them. When you wear these clothes in public, you come off as a guy who only cares about working out. All the negative stereotypes that people have against gym bros will be inflicted upon you. Besides, most gym attire is designed for comfort, not style. They're usually too baggy in certain areas, possess a strange fabric, and fail to properly accentuate your frame. So instead of coming off as a man who is obsessed with the gym, it's time that that you start buying some more casual clothes! In reference to these casual clothes, here are some general rules.

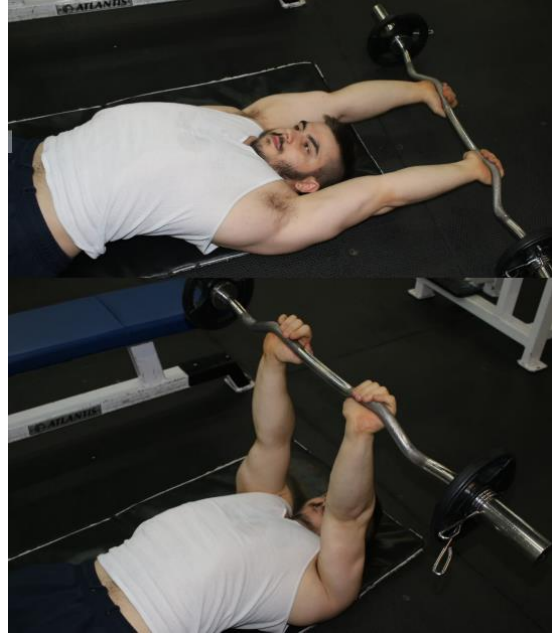
Firstly, when buying any t-shirt, you always want it to be a v-neck. This will show off your chest muscles better, and make you appear more lean and broad. It also gives the illusion of a wider neck and smaller waist. Secondly, when wearing any top, make sure they are not too dark, as dark colors tend to have a slimming effect. Dark clothing eliminates shadows and folds which make you appear narrower. It also reduces your contrast against the

background thus making you look smaller by comparison. This, my friends, is why women love wearing black clothes. So for you, make sure your wardrobe primarily consists of lighter colors. Of course you can still wear dark clothes if you like the way they look (I like black shirts because I'm a short bastard) but it should not be the bulk of your wardrobe if you're trying to maximize size (not leanness). In addition, although I am telling you to not wear dark shirts, you should definitely wear dark pants because it will slim out the x-taper which makes you look wider. It also draws the attention to your upper body which is what you want. The best combination is a light shirt and dark pants, as this will maximize size while wearing clothes. Thirdly, if buying t-shirts with stripes, make sure they are horizontal. This will elongate your physique by drawing your eyes to its widest points, thus making you appear wider and accentuating your v-taper. You also want to look for big, bold patterns because this will make you look bigger as a whole. That means if you're wearing plaid, the squares should be large rather than small. Fourthly, make sure that you avoid clothing that is both too tight and too baggy. You want a perfect blend of the two, by which certain areas are tight and certain areas are baggy. In particular, you always want your arms to be on the tighter side, as well as your neck and waist region. Your lats and shoulders may be slightly baggier, but not too baggy. This will make your physique look much broader/fuller as a whole, while still being tight in the right areas which won't make you come off as a try-hard. Now I realize that clothing like this may be difficult to find, which is why I recommend you tailor whatever you currently have. Luckily, the price is very affordable, being around 20\$ or less, which is far cheaper than if you were to buy some high-end clothes right off the rack.

Next up, when wearing any type of shirt, I would HIGHLY recommend tucking in your shirt. You may think this looks nerdy but you're dead wrong. This is a secret technique that I discovered by accident. Because I am so short, wearing XL shirts would fit on my body, but the waist would be extremely baggy and droop past my balls. In that event, I had no choice but to tuck in the shirt. However, I soon realized that this technique made me look way bigger. Tucking will make your glutes look massive, your waist look smaller, and your back look wider and thicker by creating slight bagginess in the lats but tightness near the waist. It's the ultimate style hack that few lifters know about. This is hands down the BEST way of

getting that three-dimensional depth to your physique while wearing clothes. You can also pair this with a nice belt which will give you nice edge and style so that you don't appear like a geek. Another great trick is to layer your clothes by wearing an undershirt, vest, or regular t-shirt underneath your normal clothes. This can add a little bit more cushion to your frame. Finally, in regards to pants you want to stay the fuck away from slim-fit or skinny jeans. All this will do is make your legs appear smaller and feminine. Plus, your balls will explode which isn't fun. What you want is a nice, comfortable fit that is still a little bit baggy. Ever seen a skinny gangster who wears baggy jeans? You'll recognize that their legs look much bigger than the skinny-jean counterparts. Therefore, you will do the same by wearing boot cut or relaxed fit. Besides, your legs are above average in size, which will fill in areas that would normally be very baggy for skinny guys, so it will truly be a perfect fit for you!

Lastly, because your stomach will pop out more than if you were 10% bodyfat, we must use special exercises to make it appear leaner. I can think of no better movements than the weighted plank, pullover, and tummy vacuum. These exercises will develop the deepest layer of your midsection, which is the transverse abdominis. Strengthening this region will suck your stomach in by SEVERAL inches (could be between 2 and 6), which can easily make you look 2-5% leaner than you actually are. So if you're 15% bodyfat, you might resemble a guy who is 12%, even though you are far fatter. If you were supposed to have a 36 inch waist, you might be down to a 32. This will enhance your shoulder to waist ratio and make you appear much broader than you actually are. **In other words, you retain the fullness and leverages from the higher bodyfat percentage, but you still get the appearance of leanness!** These are illusion strategies 101! There's also the bonus of making your chest look way bigger by creating the deep ribcage look, which will give you that barrel chest from the side and eliminate the bulging stomach effect. Seriously, who needs chiseled abs when you have a vacuum? It makes you look leaner, more muscular, and badass as fuck! Planks and tummy vacuums can be done every day, and pullovers can be done 2-4x a week (I would do them at the end of your training and during your mini-home workouts).



And there you have it folks. This is all you need to know about acquiring that beefed up look. If you want more dieting/aesthetic advice, I have another book called “The Alpha Diet” (literally the best book ever written on nutrition), which covers even more strategies that assist in the weight manipulation process. Nonetheless, you should be fine with the guidelines listed in this program. It’s time to start living the bulked lifestyle!

Conditioning Work

Since you’re aware that you’re going to be in a slightly fatter range than most programs advocate, I wouldn’t be surprised if you were interested in conditioning work. I mean, just think about it. You don’t want to be this super huge guy that runs out of breath from going up the stairs. Nor do you want to be the guy who rests an extremely long time in the gym. I also doubt that you want to ruin your health. You want to be big and muscular, but still have great blood work and energy, yes?

If so, that’s where conditioning work comes into play. **I’m going to say that the fatter you are, the more you’ll need of it, while the leaner you are, the less you’ll need of it.** So a guy who is 15% bodyfat won’t need as much conditioning work as a guy who is 20% bodyfat. Makes sense? Alright, so with those guidelines in mind, let us now discuss the methods of conditioning work, in addition to their application.

Low Intensity

For low intensity, I would recommend that you stay away from jogging. This is because legitimate jogging can take a long time to complete, and can aggravate one’s joints especially if you’re heavy. Besides, we are not marathon runners and do not require that type of specificity. So if you want some good low intensity cardio that will not impede recovery, step on a treadmill, set it to a high incline, and brisk walk for a good 20 minutes. You can use the same strategy on the bike machine as well. An alternative is take up cycling,

either as an active form of cardio or through bike commuting. I'm also a huge fan of jump rope, because it's not only super cheap, but you also get a kickass workout without impeding your recovery. I like doing this for 10 minutes straight, or until I get bored. 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 and work capacity, which can really help you out for your volume days and fatigue management. 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/glycogen.

Medium to High Intensity (GPP)



For medium to high intensity, I can only recommend GPP work (mandatory feature in this program). That's because interval training and intense sports such as MMA and boxing will bury you to the ground. Your recovery will also be impeded in a major way. Moreover, many of the training adaptations that you acquired from lifting will be destroyed, which is not worth if you're only using conditioning work to get fit. For this reason, I simply cannot recommend true HIIT cardio in this program. In terms of the GPP work that I will accept, it's very limited. Shoveling in the winter is fine, as is doing manual labor. At the gym, I would recommend using the prowler (or pushing a bench with plates on them), the yoke for total body performance, high rep/timed weight training, farmer walks or wheel barrow work for posterior chain and grip, and sled pulling. Anything that you would consider "anaerobic conditioning" is what you'd be looking for. Of course, do not let this cardio become difficult workouts in themselves, as the SAID Principle (Specific Adaptation to Imposed Demands) states that the human body adapts specifically to the imposed demands. In other words, you will be teaching your body to get better at cardio, rather than weight training. So as long as you treat this type of activity as bonus work, everything shall be fine.

As far as the frequency of all conditioning work (both low and medium-high), 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 and SHOULD be done every single day for 20-90 minutes (provided that you ate enough to retrieve those lost calories). This is very important for health and fitness, seeing as you will be rocking 15-20% bodyfat. The medium to high intensity stuff will be a bit trickier due to the volume/intensity setup in this program, 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 mini-home workout days. I recommend the latter if you're new to conditioning work, while the first option if you're a bit more seasoned. The point is that you must fine-tune your conditioning work to fit your own goals, needs, and schedule, which only experience can teach.

Managing Recovery

Recovery is a very important thing to consider when you are drug-free. **You don't have that extra edge in your body, which means that your programming must not only be solid, but what you do outside the gym (sleep/nutrition) must also be perfect.** This is one of the major reasons why guys get burned out and quit the gym. They fall into the idea that "overtraining isn't real" and push themselves to physical destruction. Muscle tears, joint pain, lack of progress, etc are all symptoms of under-recovery. The reliance of pre-workout drinks and stimulants are also a huge red flag. For these reasons, it's absolutely essential that you are fully recovered.

Luckily for you, this program was set up in a way that strongly promotes recovery. You train full body which ensures that everything recovers at the same time, you perform mini-home workouts which reduces pain and develops the soft tissues, you follow concurrent training which keeps your nervous system fresh, and you have a volume & intensity day to prevent oversteering the body. **In total, you have a perfect system that can NEVER lead to overtraining.** In fact, the recovery is so good that you might as well call yourself enhanced. It's just impossible to mess up with this program setup. Therefore, the only thing that you have to consider is what you do OUTSIDE THE GYM.

Let's start off by discussing the amazing strategy of contrast showers. Although some people believe they don't work, I'd have to disagree. I have found through experience that contrast showers aid tremendously in my recovery. If I had a really tough workout and take a contrast shower, my body INSTANTLY feels better. The soreness dissipates quickly, and strength regains much faster than if I did not include them. As crazy as this may sound (bear with me), I find that contrast showers give similar benefits to extremely light doses of steroids. I know that there isn't any evidence to confirm this statement, but based off my experience they do so much for recovery that it's ridiculous. I recommend that you take contrast showers 4x a week. Take them after your volume and intensity day, and after your mini-

home workouts. To perform, set the water to MAXIMUM heat for 30 seconds, and then immediately switch it to ICE COLD for 30 seconds. You fix a 30:30 ratio. Alternate a good 5 times for a total of 5 minutes (go longer if needed), and you should be perfectly fine. Make sure you rotate your body so that the water hits the muscles from all angles. When you do what I just described, the contrast of the heat and cold causes blood to pump in and out of the muscles. **Essentially, the blood vessels dilate in the heat and constrict during the cold.** When the icy water is falling on you, vasoconstriction which is decreased size of the blood vessels immediately occurs. This helps in decreasing swelling, pain, and inflammation. Then, when the boiling water falls on you, the heat INCREASES blood flow to the area. With this increased blood flow, nutrients travel to the muscles, and wastes are efficiently removed from the area which alleviates spasms and nagging pains. With all these factors coming into play, the entire body's recovery is greatly assisted.

Now besides contrast showers, what else can you do? Well, doing your mobility work in addition to cardiovascular work (swimming is best) would help. Deep tissue massage like many good athletes are already doing might also be a good option if you know someone that specializes in this department. Hell, if you're in a relationship, have your partner give you a massage!

Other than the things I just described, there isn't much else you can do for recovery. The rest is the part where I have no control of. **It will be your job to sleep enough at night, and eat the right amounts of food.** If you don't do that, this program, as well as many others will simply not work. I can't tell you how many guys follow excellent programs and report how they made no gains. These guys eat in a caloric deficit and sleep 4-6 hours a night while overdosing on caffeine, yet they expect to make phenomenal strength gains? Honestly, don't think that you're covered just off this program. You have to train hard, eat hard, and sleep hard. If any one of these things is missing, you're done for.

And please don't tell me that you have time constraints. It's not hard packing your meals the night before, or having shakes throughout the day. Neither is it difficult to sleep your full

8 hours if you're not surfing your Facebook feed all night. And if you really can't sleep, then you can always nap throughout the day. Several 30-90 minute naps should accumulate a lot of rest that can assist you in the recovery process. Just don't give me any excuses, because there are none. **The fact of the matter is that if you want something bad enough, you'll find a way to make it happen.** If not, you'll find an excuse. Don't be the ladder, and man up to your responsibilities. You committed to this system, and now it's time for you to reap the rewards. Train, eat, and sleep, and I promise that you will never feel under recovered. Neither will you require constant deloads or stimulants. Everything will be smooth and running the way it should be.

Chapter 3: Strength Training Strategies



In order for this program to be successful, special strength training strategies must be incorporated. It's not enough to say just do x amount of sets and reps. There has to be a system. That is, a scientific and strategic system. At the same time, they must support the concurrent training philosophy.

We have already established that with concurrent training, volume and intensity is maintained throughout a yearly cycle. In terms of weekly training, there's a combination of intensity and volume sessions. **This is important to recognize, for if we use the incorrect strength training strategy for the given training session, it will mess with the adaptation cycle.** That's why I will clarify on which day each strategy should be used on. So without further ado, here's a list of the training strategies used specifically for this program. Keep in mind, there are probably more that exist, but they are not really necessary. I've provided only the best! No fluff is present, and everything you're about to see will be used in the following 4 week programs.

- 1) Max Effort Method
- 2) Repetition Method
- 3) Timed Method
- 4) Dynamic Effort Method
- 5) Dropset
- 6) Giant Set/Superset
- 7) Accommodating Dropset
- 8) Back-Off Sets
- 9) Rest Pause
- 10) Ramping Sets
- 11) Progressive Range of Motion
- 12) Nucleus Overload
- 13) Weighted Stretching
- 14) Cheat Reps

Does this list appear strange to you? Are you confused? Don't know how to program them into this system? If so, allow me to break them down one by one.

Max Effort Method

In the legendary textbook, "Science and Practice of Strength Training", Dr. Zatsiorsky discusses the max effort method, which is lifting a maximum load against a maximum resistance. This method is considered the best choice of all time for improving intramuscular and intermuscular coordination. Zatsiorsky also states that it produces the greatest strength gain and if central nervous system (CNS) inhibition exists, it is greatly reduced.

As beneficial as the max effort method is, it unfortunately has some limitations. For one, if a lifter has not acquired perfect technique for a given movement, injury rates may increase. Moreover, when doing singles or doubles, there is little potential for hypertrophy. Some

people may also suffer from a loss of vigor, elevated depression and anxiety, morning fatigue, high blood pressure at rest, and loss of training motivation. Finally, you cannot continually use this method on the same exercise, otherwise you will burn out and stall. Now I know some of you are thinking to yourself “damn, those seem like a lot of limitations” **but worry not, for in this system I’ve developed a way to avoid most if not all of these issues.**

Number one, this program follows a modified approach of this method. That is, you are not stuck to the rigid 1 rep max “all or nothing approach”. I give you the option of using reps between 1-5. So if you walk into the gym not feeling up for a true 1RM, you can always hit a triple and call it a day. Even though this builds strength endurance and not necessarily pure absolute strength, it’s still better than nothing. Obviously it would be ideal to hit a 1 rep max every single week, but if you can’t for whatever reason then I give you extra leeway. No pressure there.

Secondly, if you’re not technically proficient in a given movement (aka new to an exercise), rather than making you do a 1RM, I’ll just recommend you to do a 3RM or 4-6RM followed by back-off sets. This way you won’t get injured, but you will still handle very high percentages relative to your 1RM.

Thirdly, because there is little potential for growth from using this method, I have you incorporate supplemental work right after, in addition to having a separate volume day throughout the week. **In other words, intensity and volume criss-crosses throughout the week, which aids as a perfect blend for maximum strength and hypertrophy development.** So the lack of mass gain from this method is really not a concern. As a matter of fact, including the max effort method is likely to AID in getting you bigger because of the unique program setup.

Lastly, the fact that this program follows concurrent periodization ensures that you are not using the same exercises for more than 1-3 weeks. Therefore, you will not run into the

burning out, health issues, or fatigue problems that are typically associated with this method. Instead, you will acquire consistent maximum strength development and confidence under the barbell. The negative symptoms will actually be destroyed! **Essentially, you're swapping out the "damaged exercises" before they get a chance to ruin you.** Makes sense? So don't worry about the negative hype. Realize that the pros far outweigh the cons, and that this program has already corrected the little nuances that would have potentially caused you issues (even though that's highly unlikely). Besides, if you don't use the max effort method, I GUARANTEE you that you'll never be as strong as you could be. Trust in the science.

Repetition Method

Going back to Science and Practice of Strength Training, Dr. Zatsiorsky states how the repetition method is lifting a nonmaximal load to failure, and that during the final repetitions, the muscles develop the maximum force possible in a fatigued state. You can also call this the "bodybuilder method", as this is exactly what most of them do in their training. They pick a desired sets/reps scheme, and lift to failure every single time. An example might be 3x20 to failure on the dumbbell shoulder press. Now because this method is so exhausting, it's best recommended to rest 2-5 minutes between sets. I recommend 2-3 minutes if it was easy, 3 minutes if it was decent, 4 minutes if it was tough, and 5 minutes if it was excruciating. In terms of incorporating this method into the program, you will only use it on volume days. Either use it as a main or supplemental movement. **Do not, under any circumstances, abuse this method.** If you start trying this out with every exercise listed for that given workout session, you will burn out so fast you won't even see it coming. As far as sets and reps go, I recommend either 3x15, 3x20, 3x30, or 3x50-100.

Timed Method

Next up we got the infamous timed method. This is absolutely brutal, and should not be used too frequently. Essentially, you pick a random exercise of your choice, and set a desired

time that you must perform the exercise for. An example would be to do 5 minutes STRAIGHT of dumbbell pressing. Of course, small little breaks here and there are fine, but overall it's still 5 minutes of non-stop work. This is very similar to a boxing round. The only difference is that the gym is your arena, and the weights are your opponent.

In terms of the benefits of this method, it's one of those things that builds extreme amounts of work capacity, mental toughness, endurance, and hypertrophy. It's also very specific for sports that have a round element, such as boxing or wrestling. Like I said though, it's only limitation is that it's insanely demanding on the body. That's why I recommend you only use it once or twice a month for pressing, and maximum once per week on non-presses. Finally, because of the extremely high volume this method creates, use it exclusively during high volume workouts. The only exception to these rules is when using exercises that are timed in nature, such as plate holds, farmer walks, crucifix holds, isometrics, etc. Those exercises can be used throughout the yearly cycle. When I talk about the timed method, I'm specifically referring to using it on an exercise that normally has a concentric and eccentric component.

Dynamic Effort Method

There exists one more special technique as defined by Zatsiorsky. That is, the dynamic effort method, which is "lifting a nonmaximal load with the highest attainable speed". This is an important strength training strategy because heavy weights produce velocities that are far too low to develop a maximum rate of force development. This is precisely why the strongest lifter is not necessarily the fastest, because failing to train speed directly will result in poor rate of force development (RFD). Simply put, the body will adapt to the demands that you pose on it. If you train slow you become slow, while if you train fast you become fast. **And in this program, speed is a good asset because lifting slowly will creating unnecessary sticking points in a lift which makes us struggle much more than we need to.** This can cause us to fail weights, resort to using bitch weight and plateau more often which are all terrible for getting jacked. Therefore, the dynamic effort method can be used to develop

explosive strength if rate of force development (RFD) is an issue. You'll know this is a problem if you keep experiencing serious grinders in your training or if you're slow like a bodybuilder. In terms of applying the dynamic effort method, there are specific guidelines that are very unique to this program.

Firstly, you may use this strategy on six key movements, being a vertical/horizontal press of your choice, a squat, deadlift, row, or curl. Generally speaking, I would emphasize the DE method on presses and deadlifts since it is more specific to developing the enhanced muscles. However, you have every right to incorporate this method on squats, rows, and curls. If squatting, be sure to do this off a box as this will build the best explosive power possible. If rowing, the Pendlay row would be my number one choice, and for curls any barbell version is best.

Secondly, do not use this method year round, week after week especially on multiple exercises. This is not the Westside system where the dynamic effort method has been integrated as a mandatory feature. In this program, the dynamic effort method is ONLY being used as a TEMPORARY means of shocking your body and addressing a particular weakness such as being slow at the bottom of a press or having shit work capacity. The majority of the time, you should be using other special strength strategies like the repetition method or rest pause. Moreover, because you're not a competitive athlete the importance of RFD goes down tremendously, making the dynamic effort method nothing more than a nice plateau buster.

With these things out of the way, let's talk about how to actually apply this method. Essentially, for 3 weeks you will follow the guidelines of Prilepin's chart by reaching a total of 18-30 total reps in one of the six movements mentioned (24 is optimal). This can come in whatever set/rep setup you like, such as 5x5, 6x4, 8x3, 9x3, 10x2, 10x3, 12x2, or 5-10x1 for speed deadlifts. As a basic example, for flat pressing you may do 8x3 at either 50-60% with accommodating resistance (bands and chains are highly recommend to reduce bar deceleration and maximize the stretch reflex). Within the sets themselves, you must attack

the bar with as much speed as humanly possible. Imagine blasting the bar through the roof. Bar speed must never be compromised, nor should you reach total failure. Each week, the percentage would increase by 5%. For instance, week 1 would be 50%, week 2 would be 55%, and week 3 would be 60%. Once the 60% is done, restart the entire cycle but this time you either switch the chains, band tension (minibands to monster minibands, etc) or the exercise completely. Generally speaking, if you change the band tension the percentages you use will have to be modified as well. Below are the best percentages that I have found according to the six movements in this program. Obviously these numbers will vary based on training experience, the variation used, and the type of band. Nonetheless, they are excellent guidelines and will make sure that your DE cycles will be smooth.

- Overhead Press: 55-65% straight weight, 45-55% with minibands, 35-45% with monster minibands
- Bench Press: 65-75% straight weight, 50-60% with minibands, 45-55% with monster minibands
- Squat: 65-75% straight weight, 50-60% with minibands, 45-55% with monster minibands
- Deadlift: 65-75% straight weight, mixed band tensions between 40-60% (you will need to experiment here in 2.5% or 5% jumps...the heavier the band tension the lower the percentage)
- Rows: 65-75% straight weight, 45-55% with minibands, 35-45% with monster minibands
- Curls: 55-65% straight weight, 40-50%/45-55% with minibands, 35-45/30-40% with monster minibands

Furthermore, on presses, rows, and curls you will rotate your grip width (or foot positioning on squats) **each set** by mixing in a super-close grip (one finger in smooth), close-medium grip (thumb away from smooth), and medium-wide grip (close to rings but not on it). Finally, the rest between sets is extremely low, being **MAXIMUM** 30-60 seconds which builds large amounts of work capacity and teaches us to be explosive in a fatigued state. In terms of

programming the dynamic effort method into your schedule, make sure it's you use it ONLY on 1-2 exercises per cycle. It must also be used exclusively on your volume days. I hope this explanation has clarified all the necessary details for successfully using the dynamic effort method. If you are still confused, see program #6 in the final chapter.

Giant Set/Superset

I hear many people complaining that their workouts take too long, especially when following a full body training system. To me, this makes no sense. Your workouts should last about 60-90 minutes, and no more than 2 hours at the absolute max. So why are people living in the gym? It comes down to three reasons. First, they are taking far too much rest between their sets. So if someone is doing 5x5, they might rest 3-5 minutes between each set which is absolute madness. The truth is that you shouldn't need more than 2 minutes of rest for intensity work, and 1-2 minutes for volume work. If it's taking longer than that, you have no work capacity and need to do more GPP work. Secondly, people are resting too much time between their warmups. Why do people do this? It's a warmup, not a work set. The moment you are doing a warmup weight, you should immediately be moving onto the next one with very little rest. Thirdly, people are not focused in the gym which causes them to lose track of time. This is why you need a stopwatch, so that you don't dabble around. Finally, many of the full body workouts you see online are not properly periodized and have you doing a million exercises. Luckily for you, this program doesn't have those issues.

So with those four reasons out of the way, I want to inform you that if you manage to correct these issues yet are still in the gym for 2 hours or more, then it's time to start doing giant sets and supersets. This is the last resort option, and effectively cuts your workout time by 50%. So what is a giant set and superset? Well, a superset is when you pair two exercises together within the same work set. In this program, that typically means pairing push and pull. So you might do 5 reps of overhead press, then without any rest you do 5 reps of barbell row. Only after this sequence is completed do you rest. The result is that you can kill

two birds with one stone. As for giant sets, this means pairing more than two exercises. Typically, this will be push and pull mixed in with an accessory lift or core exercise. Going back to our previous example, the moment your barbell rows would be completed you would do a weighted crunch or maybe an isolation exercise like a face pull. Only then can you rest. With the giant set, workout time will be cut by about 65-70%. However, it's rather draining and you need high work capacity so if you plan on doing giant sets make sure you do GPP work four times a week. With these two strategies plus the techniques for reducing time in the gym, your workouts will be short and very intense.

Dropset

You most likely heard of dropsets before. They are one of the most commonly used strength training tools available. That's because they work. **Drop sets are time effective, and allow you to accumulate some insane metabolic fatigue from a single set.** This makes them great for developing endurance and hypertrophy, while of course improving work capacity. Here's how you do it. Say you were using the 100s on the dumbbell press. You would hit that weight to failure, and then immediately without rest, you would DROP the weight a little bit (say to 75lbs) and hit another set to failure. And voila, that's a dropset. If you want to make it more intense, which is what I typically recommend, you can keep dropping the weight down until you reach the point of pure physical exhaustion. Going back to our example, you can drop the 75s down to 50s and go to failure again. Then, you can finish off with the 35s to failure. That would be an example of a triple dropset. You can push it even farther if you want, which would be called an ultra dropset.

I'd recommend this method if you have lots of energy, or are just so damn strong that dropping the weight again wouldn't negatively affect you. In terms of programming dropsets, I would advise you to only do them on high volume days, or on assistance exercises like curls. Use it on no more than 1-3 exercises per workout, and incorporate it once a week if you want to.

Accommodating Dropset

This is another form of dropset, but rather than removing weight, you are eliminating accommodating resistance. Since I am a HUGE fan of bands and chains (more on that later, and advise you to use this to maximize results in this program, it's no wonder why I listed the accommodating drop-set. If you decide to use bands and chains, you will absolutely love this method. Here's how it works. Say you were doing close grip benching with 225lbs with doubled minibands attached. You would hit your set to failure, and immediately after remove the minibands, and hit one more set to failure. That would be an example of an accommodating drop-set. **You kept the straight weight of 225lbs the same, but simply removed band tension.** In turn, this allows you to pop out some more reps in an explosive fashion.

The difference between this method and regular dropsets is that you don't use accommodating drop-sets for developing fatigue resistance. You use this to build strength and power. I'd say you can use this method on both intensity and volume days, since it's not as stressful as true dropsets. I personally recommend that you do at least one accommodating dropset per workout. I have found that this does wonders for your overall strength.

Back-Off Sets

Let's now discuss the amazing phenomenon known as back-off sets. They are very similar to dropsets, but have a few key differences. Firstly, it is not part of one long extended set. **Each time you drop a weight down, that counts as a new set.** In this way, there is far less fatigue, and you can actually get more reps on the reduced weight sets rather than the first, because you are recovered and primed your nervous system to lift heavy. Secondly, you typically do not drop weights based off "feel". Instead, you reduce the weight by a pre-set percentage. This will usually range between 10-30%. To illustrate my point, let's go back

to the infamous dumbbell press example. Set number one, you hit 100x6. You now rest for the amount of time needed, and drop the weight by 10%. Set number two, you hit 90x8. Then, you rest again. See the difference now? **You calculated the weight by using a pre-set percentage, and got higher reps than your first set rather than gradually getting weaker as seen in drop sets.** This is a preferred method for strength development.

By the way, just like dropsets, you can do more than one back-off set. 1-3 back-off sets is a good way to approach this type of training. In terms of incorporating this strategy into a strength training program, it's a universal method. **You can do this any day of the week, on any exercise, no matter the circumstances.** The only thing you should pay attention to is the reps used during back-off sets. Obviously, if you're doing a low volume day, you'll want to start off with a weight that you can only hit for 4-6 reps. Any higher and you'll accumulate too much metabolic fatigue, which would ruin the point of the intensity day. In this way, you can see how using back-off sets only comes down to having basic common sense. Lastly, don't get lazy and replace all your straight sets with back-off sets, as you'll get diminishing returns. Straight sets are still the king.

Rest Pause

Let me now draw your attention to rest pause training. This is probably the best method ever invented for accumulating large amounts of volume in a very short amount of time. It's also very effective for strength development because of the fact that you can keep hitting the maximum amount of motor units every 15-30 seconds. To perform a rest pause set, simply pick a weight that you can do 8 or 10 times, and hit it to failure. Then, rest 15-20 seconds (or take 15-20 deep breaths) and hit another set with the same weight. Repeat this process 1-3 more times depending on training experience, and there's your rest pause training. **It's essentially a really long set, similar to a dropset, but rather than dropping weight immediately and moving into a new set, you are resting a little bit and then re-hitting the same weight for what is part of the same set.** Allow me to give you a practical

example. A guy walks into the gym. He loads up 275lbs on the bench press, and hits it 8 times. Then, he takes a very short break of 15-20 seconds, and proceeds to do another “set”. This time, however, he only gets 4 reps. Once more, our friend takes another short break of 15-20 seconds, and performs yet another set. This time, he only gets 2 reps. In total, this guy has done 14 reps of 275lbs, which is almost double his 8RM! With this example, you can immediately see why rest pause training is such a valuable tool. I use it all the time in my training, and recommend that you do the same. My recommendation is to hit a total of 10-15 reps or 15-20 in a given exercise. **The moment you can no longer increase your total reps in a given exercise, you switch out the movement completely.** I’d also say to only use this method during volume days, as the volume will burn you to the ground if you don’t manage it properly.

Ramping Sets

I first learned about ramping sets by the legendary Bill Starr. In his strength training program, Madcows 5x5, he would have his athletes gradually work up to one heavy set of five, and counting the four previous “warmups” as sets. The key in making this work was not to separate the weights by a large margin as you would see in a true warmup. **To properly use ramping sets, each set must gradually add a little bit more weight every time.** For instance, a 5x5 ramping setup for the 225lb overhead press would be 185x5, 195x5, 205x5, 215x5, and then 225x5 rather than five sets across with 225lbs. This is ramping sets, a time proven strategy that has assisted millions of people across the world. It works because you are building up to a very heavy set while in a fatigued state. By getting strong in this pre-exhausted form, you will find that once you are fresh you can lift far more than ever before.

Additionally, unlike straight sets where you have the potential to fail the subsequent sets, with a ramping-styled setup you only have one peak set to worry about. This makes it super easy to acquire volume/workload while still lifting very heavy without failing weights. I love using ramping sets on exercises where I will be using excessively heavy weights as it saves

time and gives me all the volume/workload benefits. Rack pulls, T-Bar rows, barbell shrugs, dumbbell presses, deadlifts, special grip exercises, etc are where I most emphasize this technique. The heavier the exercise or the more overload it has, the greater the chance that I will do ramping sets rather than straight sets. Try this out sometime and you'll be amazed how much stronger you get. As a bonus, it's also really fun.

Isometrics

Isometrics are a very underrated way of getting big and strong. I am not sure why people don't do these, because they are actually super effective. Did you know that maximum strength is demonstrated isometrically? Remember the force/velocity relationship of weights? The lower the velocity, the more force produced, while the higher the velocity, the less force produced. Well with isometrics there is no velocity, which means there is no range of motion. Where there is no range of motion is when you are producing the most amount of force. This should also shut up a lot of range of motion hippies. On top of that, isometrics radiate 15 degrees above and below the point of force. So if you do an isometric pin press at the middle of your chest, the carryover will actually radiate to the chest level and towards lockout. This demonstrates a very practical way of correcting weaknesses in an exercise. Whenever you have a mini-max aka sticking point, such as failing to lock weights past your shin in a deadlift, or not lockout your overhead press, or not row to your body, start doing isometrics at that precise joint angle. Dr. Verkoshansky recommended exhorting for about 2-6 seconds and using 3-5 different positions for best gains so I will recommend the same. If your goal is hypertrophy in a given muscle and not necessarily strength transference in joint angles, then start doing isometrics on your accessory work, and increase the exertion to 5-60 seconds while using submaximal weight. For instance, arm wrestlers do a lot of isometrics with wrist curls, which gets their forearms very large and strong in that joint angle. Wrestlers, fighters, and field athletes do lots of isometric bridges for the neck. Strongman do lots of crucifix holds for time. You get the idea? Experiment with isometrics and reap the benefits, you won't regret it.

Progressive Range of Motion (PROM)

What you're now about to learn will change your strength training career forever. The progressive range of motion method is one that has produced world champions in sport. It was first popularized by Paul Anderson, who was one of the strongest men to have ever lived. He had been stalling on his squat and wanted to find a way to break through his plateau. So what Paul did was very simple, he began squatting in a small hole (with containers rather than plates) to manually stop range of motion. At first, this caused him to quarter squat. Every week, or whenever he felt comfortable with the absurdly heavy weight, he would gradually increase the size of the hole. In essence, quarter squats would transition into half squats, then parallel squats, then ass to grass squats. This simple strategy of slightly increasing distance slightly allowed Paul to become one of the strongest squatters of all time. Although not officially proven, Paul claimed that he could do 1200lbs in the full range squat, and credited the progressive range of motion method to much of his success.



Another great lifter, Bob Peoples used the same method to achieve a 725lb deadlift at 181lbs at FORTY YEARS OLD WITHOUT DRUGS. And this was in the 1940s, where training knowledge and equipment was extremely limited! Bob would dig a hole and place

a barbell on the outside while standing in the hole. At the start, the hole was very large, causing the pull to be very short (1-2 inches). Every workout, he would gradually fill the hole with dirt therefore increasing the range of motion of the pull. Eventually, the hole would be completely filled and Bob would be using much heavier weights than what he originally used. This, my friends...is the progressive range of motion method. Although you probably won't become the next Paul Anderson or Bob Peoples, you can get mad strong with his approach. Now you may be asking yourself, why does this method work so well? Well, because the weight is above what you can normally lift (supramaximal) this overloads your nervous system and thickens the tendons and ligaments while putting immense stress on the muscles. At the same time, the strength from the partial radiates downwards very slightly, which means that every time you increase the range of motion you receive carryover from the previous time you did partials. With time, the strength radiates lower and lower until you are doing full range of motion. On top of that, your entire structure and support system is stronger. Due to thickening the tendons and ligaments, the chances of getting injured becomes far less, and your strength potential is increased. Think of it as unlocking your internal armor/hidden strength. Or better yet, becoming "naturally enhanced".

Let us now talk about how to incorporate PROM into this program. First, recognize that in this program there is a volume day and intensity day which means that there are two ways of using this method. You can do high reps between 10-30 on your volume day (typical) and/or dynamic effort method, or use very low reps of 1-5 on your intensity day. Use the upper threshold of the rep ranges if you are doing very short ROM partials and the lower ends if you are barely doing partials at all. In terms of exercise selection, all movements are to be done in a power rack or off blocks. If the goal is to increase your deadlift, make sure to perform super high rack pulls above the knee and gradually lower the pin setting each week until you are pulling off the floor. If the pins are spaced apart by 3 inches or more, consider standing on plates and removing them week after week (don't forget about the biological law of accommodation, as 1-3 weeks is the max you can use for a given height). For overhead press and squats it's the same thing, start with high pins and gradually lower them. These are the typical exercises where PROM is used, but feel free to experiment with

other movements as well. Finally, if you want to use the PROM in reverse such as doing rack pulls below the knee and gradually increasing it to above the knee, then that is yet another way of using this method. I have used both methods with great success and I am sure you will love it too. For intensity work, I usually do below the knee rack pull, then at the knee, then above the knee. For volume work, I will do this in reverse, and in many cases pull off 6 inch blocks, then 4 inch blocks, then 2 inch blocks. I believe this is a very effective method at getting strong for rack pulls and deadlifts. Do experiment with progressive range of motion, and most importantly have fun.

Nucleus Overload

Nucleus overload is the definitive technique for becoming naturally enhanced. I learned it from Jonathan Migan, the creator of Team3DAlpha. In basic terms, it involves training a muscle group every single day for approximately 3-4 weeks then taking 1 week off and restarting the process. The theory is that the ultra-high frequency will develop the nuclei in the muscle cells, which means that building that muscle in the future will be far easier. This can be observed by looking at former steroid users. Steroids increase the nuclei in the muscle cells, and when you get off the roids of course your muscles will get smaller, BUT the nuclei stays forever. This is why naturals who have taken cycles of roids in the past have better development in the enhanced muscles. They have a permanent increase in nuclei, which makes it easier to build that muscle.

Now going back to nucleus overload, you may be asking yourself “what is the basis for this theory”? Well, it stems from two sources...being science and anecdote. From the science perspective, nucleus overload can be shown in rat studies where breaking one of the legs forces the other one to work harder every day. The result is that the nuclei in the strong leg increase tremendously. In terms of anecdote, there are thousands of testimonials out there. Most of them are accidental, and originate from early childhood sport or work. For instance, those who frequently carry buckets of water or roll heavy wheelbarrows on a frequent basis

get extreme forearm and trap development when they begin doing rows, shrugs, and deadlifts. Those who cycle, jog, sprint, or play field sports of some type tend to notice ridiculous leg development when they begin squatting and leg pressing. Those who did competitive swimming acquired massive lats, pecs, and shoulders upon weight training. Those who perform martial arts, wrestling, or compete in combat sports tend to see insane neck/trap development when they begin training their traps and upper back. Those who do parkour, gymnastics, or calisthenics tend to have insane forearm, ab, and back development when they start pulling heavy weights or curling. Those who do pushups every day tend to develop great pecs when they start benching heavy. Those who do handstand pushups on a daily basis acquire boulder shoulders upon overhead pressing. There are literally THOUSANDS of case studies that you can read up on forums. **The point is, whatever activity one performs at a very high frequency, the muscles that correspond to that activity tend to develop at an absurdly high rate when bodybuilding training commences.** As mentioned previously, this has to do with increasing the nuclei in the muscle cells which makes that area easier to build when doing regular weight training.

Although you cannot relive your childhood, you can replicate the method by training a muscle group every day. And in this program, there are 6 essential areas that you must develop which is the neck, traps, upper back, shoulders, forearms, and glutes. **I suggest that you attack one area per nucleus overload cycle.** Do not do this for every muscle group or you will burn out. You only do this for ONE area, nothing more. Also, I strongly advise that you prioritize YOUR smallest of the six muscles (for most people this will be the neck and forearms).

In terms of exercises, I will provide what I believe to be the best ones for all these essential areas. Perform the same exercise every day and rotate when your strength progress plateaus (using concurrent training). Either do high volume or low volume, the choice is yours. If feeling beat up one day, feel free to take a day off. Just ensure that for 3-4 weeks you get extremely high frequency (no less than 5 days). Once you're done be sure to take a

week off and either restart the cycle, or change the muscle. You can use this technique year-round, but pay attention to recovery.

- Neck: Any neck curl, side neck bend, neck extension, or wrestler bridge
- Traps: Any shrug (band, dumbbell, barbell), Farmer Walk, any upright row
- Upper Back: Pullups, dumbbell row, lat pulldown, cable/band row
- Shoulders: Band face pulls, band pull-aparts, rear delt flies, pushups
- Forearms: Forearm levering, wrist curl of your choice, grippers, curls
- Glutes: Good Morning variation, lunge, hyperextension variation, glute bridge

And that's all there is to nucleus overload. By increasing the nuclei in the muscle cells, you are LITERALLY becoming naturally enhanced. The 6 muscles that are usually very difficult to develop as a drug-free lifter will now be easier to acquire due to an increased amount of nuclei in the muscle cells. I guarantee that you will see tremendous muscle growth with this approach. I know that it worked for me when I did climbing every day for 3-4 years. When I started weight training, my back and forearms grew like crazy without any real effort. I credit nucleus overload to this phenomenon, not genetics. Lastly, I want to thank my man Migan for sharing his wisdom regarding this strategy. Naturally Enhanced would not be complete without him.

Weighted Stretching

Weighted stretching is what will take your muscular development to the next level. It will correct any muscular weakness to such an extent that it may become your best bodypart. I would say this is the #1 way of getting jacked, and is probably more important than doing concentric work. I know this to be true, because I did heavy weighted stretching for more than a year and got yoked as fuck doing it. My traps used to be my worst bodypart, but now they are arguably my best. I credit this 100% to heavy weight stretching exercises.

Now I hear a lot of people saying that it doesn't work, but they are dead wrong. Ask yourself the following question. Why are farmer walks so effective for building bigger traps? Last I checked, there is no shrugging component. All you are doing is holding heavy implements and taking a walk. Why does everybody who do them report major traps soreness the next day, and how come they get jacked with time? There's zero range of motion! The answer is very simple, it's because weighted stretching works. I'll take it one step further. Why do people get wide lats from doing weighted pullups? Last I checked, getting your chin over the bar is not true range of motion. You would need your chest to touch the bar which most people don't do. The true reason why weighted pullups work so well for lat development is because you are stretching the shit out of your lats. That's it. If you did nothing but hang off a bar with heavy weights, your lat size would blow up in size. You don't even have to do the concentric if you don't want to. In fact, try this out next time you train. While wearing a dip belt, load up the equivalence of your BODYWEIGHT (that's right), strap up to the pullup bar, and hang there for 1-3 minutes. Tell me how your lats feel the next day. I promise that if you stretch yourself for long periods of with super heavy weight, you will get jacked. The same thing can be said about deadlifts. All elite pullers have big traps, and credit much of the development to deadlifts even though there is no shrug going on, just stretch.

Like I said, I did weighted stretching for over a year while using the rack pull exercise, and the gains were steroid-like. I would use the above the knee version for overload and lift over 1000lbs for reps. Can you imagine how much stretch my traps were getting? That said, I am a huge believer of weighted stretching and know for a flaming fact that they work. In fact, I believe that it causes hyperplasia, which is the splitting of muscle fibers. You see, we are all born with a set amount of muscle fibers, and hypertrophy is usually those individual fibers increasing in size. Hyperplasia, however, is when these cells split in two, thus creating new muscle cells. Now, let me share with you some science that will blow your mind away. Ever heard of the avian stretch model? Essentially, birds were hung weights onto their body for a month, and each few days the resistance of the weight would be increased by increments of 15%, 20%, 25%, and 35% of the bird's bodyweight. Each time a weight would increase, a 2 day rest period would follow. In sum, these birds had to live with these weights

on them, and were being stretched 24/7 with progressively heavier weights. Do you know what happened at the end of the month? Those birds got jacked as fuck! In fact, this experiment produced the highest gains in muscle hypertrophy EVER CONDUCTED in a human or animal. The gains were up to 334% INCREASE in muscle mass and 90% increase in the fiber number! That means the muscles themselves got bigger, and hyperplasia also occurred! When I learned this information, I was absolutely shocked and 100% convinced that weighted stretching would allow me to reach new levels of muscular development. And I was right. Every single day, I have people commenting on how my traps got so big. They look like a legit steroid user, and the only thing I did to improve them was heavy weighted stretching with rack pulls above the knee, cheat rows, and cheat shrugs (more on that later). I strongly believe that hyperplasia occurred in my traps, because it's not normal that they got this big when they used to be my absolute worst area.

Now I know some people are going to be critical of this study given the fact that it was not conducted on humans. However, what these people fail to recognize is that we CAN'T replicate this on humans because it would be way too unethical and hard to perform. First of all, you have to kill the human in order to count the muscle fibers. Secondly, it's very hard to measure the fibers and takes a very long time to count them. Thirdly, there is no way in hell that a human will be subjected to 15%, 20%, 25%, and 35% increments of their bodyweight. It would be torturous. Imagine being stretched out 24 hours a day with heavy weight while it increases gradually. It's just too unethical, and would require a nutcase to get this done. Now that you know this information, it should explain why studies aren't being done on humans. However, hyperplasia has been shown to occur in many animals like cats and birds, and I have no reason to believe why humans cannot experience it. There are also other studies which indirectly prove hyperplasia. In one case, it was shown that the fiber size of the shoulder muscles of swimmers remained the same as average people, despite the whole muscle belly being way bigger. I'll ask you, what do you think this extra size is? I think its hyperplasia. In fact, all the swimmers that I met in my life (average genetics, not the professionals) developed very broad shoulders when they started bodybuilding (factor in nucleus overload in there too). I don't think this is a coincidence.

Furthermore, when looking at biopsy studies of bodybuilders, they do in fact show a greater number of muscle fibers than the average person. Now I know some people are going to say “genetics!”, aka they were born this way. Allow me to explain why that doesn’t make sense. When comparing muscle fibers of bodybuilders to recreational lifters, believe it or not there isn’t a significant difference in fiber size. The difference is about 15-30%, rendering them only slightly above average. Now think about what a bodybuilder has to do to get jacked. They inject a bunch of drugs, have good genetics, and train like beasts. How the fuck can their individual muscle fibers be only 15-30% bigger than some random gym bro? This would mean that their individual training made their muscles only slightly bigger than average. That makes no sense. What’s more plausible is that hyperplasia occurred, which is what really caused the difference in size. This should also demonstrate how important weighted stretching is, and how it might be better than concentric work for gaining size. At any rate, you should be convinced that hyperplasia occurs in humans. There is indirect evidence in humans, and very strong evidence in animals. Plus, you have all the case studies of guys who do heavy weighted stretching who got jacked. Based off my experience and observations, I have to say that it is possible to induce hyperplasia if you use heavy weighted stretching. Otherwise, farmer walks, rack pulls above the knee, and weighted pullups would be lies. My common sense tells me that this can’t be the case.

So now that you’re convinced about weighted stretching, let me tell you how to implement it into your training. The first way is to start doing weighted stretching for time after the work set is completed. Think of it like a dropset of some sort. So if you finish a set of overhead extensions, rather than putting the weight down you would simply hold the weight at the bottom position. I recommend 30-60 seconds. The second method of using weighted stretching is by doing heavy overloading exercises and introducing static holds. For example, the #1 exercise for the upper back and traps is the rack pull above the knee. Each rep, rather than putting the weight back down on the pins, hold the weight at the top for 5 seconds. This will stretch you out more than anything else. So if you are doing 1000lbs for 5x5, you are effectively getting 1000lbs x 5 seconds x 5 sets. This comes down to 25,000lbs

of time under tension on your traps. Do you realize how high this is? When I look at these numbers, it makes me fully understand why I got yoked from this exercise. This can also be done on weighted pullups, extensions, flyes, etc. At the bottom of the exercise, hold the weight for a good 2-5 seconds. The last method is to do the stretch-only technique, which is by far the most painful. Instead of doing reps of an exercise, all you will do is stretch with weights. And you're not supposed to use normal weights either. I'm talking about supramaximal weights. This might mean doing 225lb overhead tricep extension stretches, or doing 250lb weighted pullup stretches, or seated shrugs with 200lb dumbbells plus straps for long periods of time. The key is to stretch for 1-3 minutes, and repeat for about five total sets. This will be the most brutal training of your life, but I assure you that it will work. And that is all you need to know about weighted stretching! You are going to find them very painful, but you'll be thanking me when the gains start coming in. The size will be out of this world.

Cheat Reps

This is the final strength training strategy, which ties in with many others. With cheat reps, you will unlock strength that you never thought you had. You will become more explosive, stronger, bigger, and injury-free. Allow me to break that down. First and foremost, I want to state that cheat reps are an advanced technique. Novices lifters and early intermediates should not be doing it. They should milk strict form for all it's worth. In fact, the first time I did a cheat row, I was already rowing 275lbs-315lbs strict. First time I did a cheat shrug, I was already shrugging in the mid 300s for reps. So I was not a beginner, I knew my body and understood proper form. Furthermore, recognize that when I talk about cheat reps, it is only applying to very specific exercises/movement patterns. I DO NOT CONDONE CHEATING ON DEADLIFTS, SQUATS, AND BENCH PRESS, OR ANY OTHER COMPETITION LIFT. I only recommend cheating on rows, shrugs, certain lateral raises, and certain curls. Also, cheating does not mean rounding your lower back and not going through the range of motion of the exercise. When I do a cheat shrug, I am still shrugging with my

ears all the way up. When I do a cheat row, I am still touching my body with the bar/dumbbell. When I do cheat curls, I am still holding the weight at the top. You get my point? The way that I recommend cheat reps is intelligent, and non-ego based. This is why I never get injured from doing cheat reps. In fact, I think that cheat reps are perfectly safe if you follow my guidelines. If you train lower back and abs, do your connective tissue work via the mini-home workouts, and do not have muscular imbalances, you won't get injured. On top of that, the more often you do cheat reps the more efficient you become at cheating. You learn to maximize your individual leverages which usually results in safe form. As long as you aren't cheating like a dumbass you will be fine.

At this point you may be wondering, what exactly are the benefits of cheat reps? Well, there are many. For one, you are still getting the eccentric and weighted stretch even though you cheated the weight up. So if I'm doing a sloppy T-Bar row with ultra heavy weight, it doesn't matter if I jerked the weight up. The fact is, at the bottom I am stretching my upper back and traps more than if I were to do it strict. No one can deny against this point. I am getting eccentric overload and heavy weight stretching which will get me more jacked than if I used a lighter weight. You must also recognize that I am still going through full range of motion, so even though I may use leg drive to get a weight moving, if my arms are bent such that I am touching my body with the barbell, I have now fully contracted my back. In simplest terms, I am getting concentric and eccentric overload. This brings me to next point, which is the fact that cheat reps will build your strict, but strict will not build your cheat. This makes complete sense, because with concentric and eccentric overload how can your strict strength not improved? It's a fact that if you get very strong at cheat shrugs and cheat rows, weights will feel like a feather once it's to use proper form. That's why I don't really recommend strict rows and strict shrugs when trying to lift maximum amounts of weight. The cheat will automatically build your strict strength! Finally, cheat rows will actually PREVENT injuries. You know why? Because you are strengthening the tendons and ligaments due to the heavy overload. That's why you see all these guys rowing and shrugging with terrible form, yet they have no injuries. You know who really gets injured? The guy who does slow and controlled flawless form. They can't do the things that we do,

trust me on that one. If they get out of position for one second, that's when they snap their backs. However, if you are used to cheating all the time, this cannot happen! I know this to be true, because I have trained with form hippies before, and none of them can handle even a fraction of the form that I use. Every single one of them report feeling pain the day after from doing very minor cheating, even though I do not experience an ounce of soreness or joint discomfort. So who are the ones really getting hurt here? It's not guys like you and me who lift fast and explosive. It's the guys who use perfect form all their lives, and one day slip out of position for half a second that get permanently injured. Trust me on this one, you will be weaker if all you do is keep things strict. Use a bit of momentum, but again me smart about it. NEVER round your lower back, and try to stay as tight as possible. On rows, raise your torso and use leg drive. On shrugs, quarter rep squat every time to help cheat the weight up. For curls, drive your hips forward a little bit. This is how you really get results. Of course, you don't have to cheat on every exercise. That's why there are exercises that are strict by nature, like the seal row and seated shrug. This is where good form comes into play, not on heavy mass building exercises like barbell rows and barbell shrugs. Those are meant to be done explosively and with very heavy weight.

Pour Conclure

There you have it folks. You have learned about all the best strength training strategies for this program. Everything ties in together for acquiring maximum performance gain and muscular development in the enhanced muscles. I kept this section extremely direct and straight to the point, because giving a million different examples for how to use each method is a waste of time. I know that you get the principles behind these strategies, as they are not difficult to understand. Besides, at the end of this book, you'll see how I strategically incorporate all of these methods into a program. That's when you'll really see how they tie into the naturally enhanced philosophy.

Chapter 4: Special Exercises



Now that you understand exactly how this system works, it's time to start breaking down the special exercises. After all, this is a concurrent periodization system that relies heavily on high exercise selection. Knowing which movements to select is thus crucial in order to hypertrophy the desired muscle groups. All you must do is follow the training format listed in the previous chapter, and insert the following exercises into the program. It's really that simple. Also keep in mind that exercise selection will be VERY specific towards your own goals, weaknesses, and recovery abilities.

Finally, I've only selected the absolute BEST exercises. There is zero fluff or bullshit in this section. **If I included an exercise, it's because it works.** Now before I show you these exercises, let's talk about what training equipment you may or may not need.

Equipment

In my honest opinion, special equipment is not necessary, but it can be surely be useful in your training. Other than what is available at regular gyms such as a power rack, pullup bar, dumbbells, barbells, etc, here is a list of unique pieces of equipment. I will break them down individually.

- 1) Bands
- 2) Straps
- 3) Thick Bar
- 4) Specialty Bars
- 5) Belts
- 6) Neck Harness

Bands

Bands are the greatest investment you can ever make in your training career. Not only are they cheap as hell, but they also prevent you from getting injured, while developing insane amounts of strength and size. I see bands like steroids. They enhance your physique in a way that straight weight can never offer. They work because of many reasons.

The number one benefit is that they accommodate the strength curve. You see, with straight weight the exercise is always difficult at the bottom of the range of motion, and becomes easier as we get towards the top. This is because of advantageous joint angles coming into play. So in a curl, the hardest part is bottom, not the top. For a bench press, the bottom is hardest, and gets gradually easier as you approach the top. The problem with this is that you're not effectively strengthening the angles where you have good leverages. **So if you have the capacity to half squat 500lbs, why would you want to do 405lbs with pin squats added as supplemental work when you can simply combine the exercise into**

one by adding bands? This is ULTRA-specific towards building an exercise, as the movement pattern remains the same despite overload. There's an infamous quote in the strength and conditioning world. It's called "build strength, don't test it". If you start thinking like this, you will see yourself egolifting far less often, and developing real-world strength. Going back to straight weight, it's apparent that the bottom of a range of motion is hard, while the top is easy. However, when you throw bands into the mix, you can fix this imbalance by making all joint angles difficult. This is how a cable functions. As you move through a range of motion, the cable lengthens, thus creating tension and making the top of the exercise much more difficult. Bands do the same thing. By attaching bands to barbells, the strength curve is fully accommodated. This means the part of the exercise which would normally be easy will now be extremely difficult. In other words, you get to overload an exercise without having to do partials, while still maintaining the movement pattern/proper form. By training this way, you develop complete strength, a much stronger lockout, and milk an exercise for all that its worth. It's also been theorized that using bands desensitize the golgi tendon organ. If this is true, then bands really are like steroids because they tap into your hidden strength.

Secondly, band training reduces bar deceleration. With straight weight, because joint angles become favorable, you stop producing less force once you get towards the end of the strength curve, which causes the bar speed to slow down ($F=MA$). When training with bands, you push up this deceleration curve much higher, which can help you break through plateaus or sticking points in an exercise. You also become a much faster and explosive lifter as a result of this. This can be demonstrated by doing multiple sets of band presses, and then going into straight weight right after. The weight literally flies off your body at supersonic speed.

Thirdly, because bands are actively pulling you down, the eccentric phase is much faster than normal. This is known as overspeed eccentrics. The benefit of overspeed eccentrics is that they set a powerful stretch reflex at the bottom of the exercise, which allows you lift a lot more weight coming out of the hole than if you were to lift slowly. The extra speed also

builds the connective tissue in a superior way, which will leave you with fewer injuries in the future.

Lastly, bands build tremendous stabilization, which is extremely beneficial for joint health and performance. Ever see a beginner use bands? They shake all over the place! This illustrates a definite weakness in stabilization, which can be hindering gains. Once these guys correct this weakness, 100% of the time their strength goes up fast. **You will soon learn that the strongest lifters are usually the most stable!** Moreover, if you develop strong stabilizer strength through using bands, you'll find all calisthenics to become far easier (handstand pushups, weighted dips on rings, weighted pullups on rings, pistol squats, etc) and dumbbells will feel extremely stable when using them!

These are the primary reasons why I recommend bands. Whenever you first start training them, you INSTANTLY get stronger. Of course, you will plateau with time, but it is my firm belief that anyone who does not incorporate band training is seriously short-changing themselves. **Personally, I could never train without them.** I use them all the time for strength building and during my mini-home workouts. If there's the one piece of equipment that I feel is practically a necessity, it would be bands. I seriously can't recommend them enough. So if you're going to use them in this program, get a pair of minibands and monster minibands. The light, average. And strong bands work too, but are more limited because of the increased tension. Also, make sure that the bands are 41 inches in length, and that you buy them in PAIRS. I made both of those mistakes the first time I got my bands, and I was infuriated. Anyhow, bands are life-changing, and you should get them without any doubts. Later on, I'll show you how to use them during your exercises.

Straps

Straps are a fundamental piece of equipment in Naturally Enhanced. I used to be one of those hippies who said never to use straps in order to focus on grip strength, but as I grew

stronger I realized this was a terrible mistake. What you need to understand is that the back is a VERY strong muscle group, and can handle hundreds of pounds more than your forearms. You may not understand this right now, but I can assure you that if you are doing dumbbell rows with over 250lbs, shrugging over 500lbs, and rack pulling over 800lbs that you WILL need to use straps. There is no question about this. My best rack pull was 1105lbs with straps, and I can promise you that if I don't use the straps that getting over 800 would be much a task. Think about what this is doing to your back development. You would have to remove over 300lbs just to hold the damn weight! How is that overload? You are limiting yourself SO much by not using straps.

On top of that, the stronger you get at the mixed grip, the more muscular imbalances you will acquire in your lats/traps, and the greater the chance of injury. Honestly, do you think your biceps are made to hold over 800lbs in your hands? This is how bicep tears come in. With the double overhand with straps, you will never tear a bicep, and you will be able to lift weights that your back was meant to be using. There is NO POINT turning these exercises into forearm lifts. For God's sake, look at the forearm section of this program. I have tons and tons of direct grip work that you can do, and I argue that they are far more effective than pulls in the first place.

Here's another point, which is the fact that not training with straps will DESTROY your recovery. I've always said that recovery starts with the hands. If you can't grip something, you can't lift it. This is also how you know if you are overtrained. Usually, you won't be able to close a gripper, and weights will feel very heavy in your hands. That said, going raw all the time with heavy weights will be extremely hard on your hands and CNS. I can also guarantee you with 100% confidence that you will lose reps from all your pulls, and that your total volume for the BACK will have to be reduced. Why lose all these benefits when it takes 5-10 minutes maximum to do direct grip work? Why should you get WEAKER AND HINDER recovery just because you want to do things raw? That's foolishness! Invest in a good pair of straps, and use them if your hands are tired. Simple as that. Now am I saying that you should use straps 24/7? Obviously not! The majority of your work should be done without

straps. However, when the weight gets too heavy to hold, put on the straps! If you deadlift 545lbs, and after that you can't pull the weight off the floor because it keeps slipping out of your hands, just use straps. When you warm up do as many work sets as you can without straps, and when grip becomes an issue put them on. And in terms of which exercises to use straps on, I would suggest it for shrugs, rack pulls, rows, and Romanian deadlifts. In conclusion, straps are awesome and need to be used when weights get ultra heavy. There is not a chance in hell that your forearms can match your back strength, it is literally impossible.

Thick Bars

Speaking of grip strength, I'd like to discuss the importance thick bar training and the numerous benefits that they offer. Many people believe that thick bar training is brand new, but this couldn't be further from the truth. As a matter of fact, the old time strongmen of the 19th and 20th century all trained with thick bars. This is because the manufacturing process used to make dumbbells and barbells was not perfect, and so thin handles (1 inch diameter) would not be enough to support very heavy loads. That means bars frequently measured out to 2-3 inches in diameter, making them very thick. At the same time, since weight training was not very popular, access to dumbbells and barbells was scarce, and so many old school guys crafted their own equipment through using various objects such as pipes, logs, barrels, rocks, etc. The final result is that thick bar training was the ONLY way. Little did these guys realize how beneficial thick bars were for developing strength. What benefits am I referring to, you ask? Well, how about I start breaking down the science of thick bar training?

Firstly, I'd like to discuss the concept of irradiation. This is where you grab onto an object as hard as possible which fires up the nervous system and allows you to intensify the working effect of the muscle. Here's the best example that demonstrates my point. Right now, at this exact moment in time, I want you to perform a bicep curl with your hands wide open. Feel those fingers spread apart. At the top of the curl, try squeezing your biceps. Feel that

contraction? Okay, well in the same position, I now want you to close your hand and squeeze your fists as hard as you can. HUGE difference, am I right? Did you feel your biceps tense up like crazy? That, my friends, is irradiation.

Going back to thick bars, due to the fact that they force your hands and forearms to work harder (flexors and extensor + open-hand), all of the supporting muscles of the given movement like the chest, shoulders, back, biceps, and triceps will contract much harder, which in turn equals more muscle and strength gains. You know that bicep curl I just made you do? Try doing the same thing with an invisible pec deck and triceps pushdown. Feel those chest and triceps contracting really hard? Once again, that's irradiation. **Thick bar training maximizes this because you literally have no choice but the squeeze the life out of that bar.** If you don't, you automatically fail the rep. With thinner bars you can make your hands feel like hooks which means you can be lazy with how hard you grab the bar. In this way, you can immediately recognize why thick bar training can be of great benefit. You develop a monster grip and pope forearms while simultaneously helping you get jacked in other muscles!

Secondly, using thick bar training will eliminate joint pain and make it a lot easier to train if you have tendonitis or past injuries. This is because it removes tension off the joints and places it on the muscles due to the bar's surface area being much larger. In other words, we are eliminating nagging pains, while making our muscles have more tension. Can I say win/win or what?

Thirdly, thick bar training will cure strength imbalances such as the bilateral deficit (where the sum of two unilateral forces exceeds the force of one bilateral movement,) and muscular imbalances such as having one side bigger/stronger than the other. This process happens with only a few weeks of using thick bars. So if your left hand is tremendously weaker than your right, expect that to change really fast.

Fourthly, using thick bars will desensitize the golgi tendon organ (GTO), which is a protective mechanism that prevents you from lifting weights you cannot handle. Essentially, when very heavy weight is placed on a muscle, the GTO comes into play. An inhibitory response in the spinal cord occurs which in turn inhibits the motor neuron of the muscle. This causes the muscle to relax, therefore making it impossible to lift. The best example is if your deadlift 1RM is 500lbs and you try hitting 600lbs. The GTO is what will prevent you from even breaking 600lbs off the floor, because it's protecting you from getting injured. **With that said though, if you have weak hands, the GTO will recognize that as a weak link in the chain, and will actually create an inhibitory response!** In other words, if your hands are weak, you will pull less weight off the floor (rows, deadlifts, etc) and your pushing strength will suffer! For this reason, thick bar training becomes very important, because if you can fix the weak link in the chain (in this case hand strength), then inhibitory response will be greatly reduced, which in turn allows you to lift a lot of weight. Remember, the GTO's effects are minimal at low forces, but high with heavy loads. If your hands are weak, your brain interprets the weight as heavy load, while if they are strong, it's interpreted as light weight. Therefore, having strong hands prevents your brain from turning on the emergency-brakes.

Finally, thick bar training will give you a better strength potential than standard bar training, and will have direct carryover to all forms of deadlifts, rows, curls, and pullups. I'm talking instant here. **In this way, you can work with the least amount of weight possible while still making the greatest strength gains.** This is similar to jogging with weighted equipment (vest, ankle weights, backpack, etc) and then removing it and trying to run. In weight training, this typically equates to a proportional 10% increase in normal bar strength. Doesn't seem like anything, you say? Think again. **If your deadlift 1RM is 500lbs, then 10% of that is 50lbs.** This means you'd be working with submaximal weights far below 500lbs, but you would still increase your standard deadlift by fifty pounds automatically. Isn't that amazing?

With all these reasons mentioned, you can see why I'm a big fan of thick bars. They help you squeeze your muscles better, get your forearms and grip automatically jacked, eliminate joint pain & tendinitis, cure strength & muscle imbalances, and give you a better strength

potential than thin bar training. It would be wise to train with them. Now does that mean you should use thick bars for everything? Obviously not. **I believe you must mix thin bars with thicker bars simultaneously for optimal performance results.** Why, you ask? Well think about this program itself! There's a volume day, and an intensity day. Light and heavy. Yin and yang. Morning and night. You get the drift here? In life and in strength training, the key to success is balance.

In particular, I would incorporate thick bar work during your direct forearm training to make it even harder and catalyze the grip strength development process. I would also incorporate it during static holds training, or on various rows, pullups, curls, and deadlifts. This is especially true if you have back pain or want to make these exercises more grip-dominant. Finally, I would use them for presses if you have shoulder problems or severe elbow pain. Other than that, I wouldn't abuse them. Don't start using thick bars on all your exercises, because otherwise you'll pretty much be doing grip-only workouts, which is a different goal altogether. Even though that's cool, we don't need more grip work because this program has more than enough to satisfy you for a lifetime. Thick bar training must be strategically incorporated into your program, and NEVER ABUSED. By the way, if you don't have access to thick bars, you can always wrap towels around barbells, or get some sort of thick bar implement like welding handles to a PVC pipe or using Fat Gripz (preferred). This will be much cheaper than buying an axle or collection of fat bars.

Specialty Bars

Should you use specialty bars? In my professional opinion, the answer is YES. I realize that the majority of you will not have access to these bars, as they cost a lot of money and are usually left in hardcore/private gyms rather than commercial gyms. However, if you do have access to them, please make use of them! Remember the biological law of accommodation? Specialty bars will shoot this law right in the head. **In other words, if I use the same exercises but switch the bar that is being used, my body is now totally confused.** This

is because the specialty bar alters biomechanics and joint angles, which adds a little twist to a given exercise. This causes you to stimulate new adaptations and growth, hence giving you a “steroid effect”.

Specialty bars also correct muscle weaknesses and allow you to perform exercises in a way that regular bars would never allow for. For instance, if you have a cambered bar, you can add INCHES of range of motion to all of your pressing and rowing exercises, which can really help build bottom strength and explosiveness. If you have a buffalo bar, you now have an amazing curve that can make all presses and squats more comfortable on the shoulders. If you have a football/swiss bar, you can now use close, medium, and wide NEUTRAL grips for any free-weighted exercise, which can seriously spark new muscle growth and develop strength from multiple different angles. If you have access to a log, then you can do log presses like strongman competitors, which can revolutionize your vertical pressing strength and upper back/shoulder hypertrophy!

Do you understand what I’m trying to say here? Although specialty bars are not necessary, they can really add spice to your training! This is especially true if you’ve been training for many years, and have gotten strong at every exercise possible. The slight deviations in joint angle can make all the difference. For this reason, I highly recommend that you use them if they are available in your gym. Use the same exercises listed in this chapter, but include the specialty bars. Your body will reward you with gains that are fresh off the boat.

Belts

Okay, let’s talk about belts very quickly. The truth is that I’m not really a fan of belts. **I think they’re a mask to a bigger problem, which is the fact that 99% of guys do not train their lower back and abs.** In this program, I have you doing rack pulls above the knee, Zercher squats, front squats, tons of pulling, and direct core work EVERY time you step foot in the gym. I even have you do mini-home workouts to aid in restoration! Therefore, there’s

no real reason to need a belt. Personally, I don't use one, and never have. My core is just so strong that belts don't cross my mind. I can walk in the gym any day of week and not worry about having to carry one. Now what about yourself? Should you use a belt or not? Well, that's a bit tricky to answer. I would put it like this. If you have a hernia or suffered a major injury in the past, it's probably not a bad idea to wear a belt. Or, if you are starting to get super strong and find yourself having more DOMS in the lower back even despite perfect form, then maybe it's a good time to start wearing a belt. However, this shouldn't happen to you unless you're squatting in the mid-400s, deadlifting in the high-500s, and shrugging in the 700s. So I would say that if you're not that strong, the belt should NEVER be the first choice. 99% of you guys won't ever need one, and if you do get one it will be due to psychological rather than physiological reasoning.

The fact is that if you strengthen the lower back and abs directly through using the special exercises listed in this program and brace your core by using the valsalva maneuver, you'll be fine. If you don't know what the ladder is, it's basically the breathing strategy that you will use during all your exercises. If you've been in the fitness industry for a while, you've probably heard the common saying of "inhale during the eccentric, and exhale during the concentric", or "exert the force". As you can imagine, this is a bunch of bullshit. **If you follow that advice, you will end up lifting less weight while developing severe lower back pain through shearing of the spine.** Instead, what you want to do is use the valsalva maneuver, which is taking in a very deep breath, and HOLDING IT while pushing your abs out. This is how you breathe the right way. Later, when you look at the exercise demonstrations, you'll see that my mouth is always closed, and that my face looks like a frog. You'll also see my stomach popping out (almost like a bubble gut), even though I have a 32 inch waist. What you're witnessing is the valsalva maneuver, which is the most optimal way to ensure safety and maximum performance. Powerlifters have known this for years. When they bench press, they use the valsalva maneuver to unrack the bar, and then they use it again before lowering the bar to their chest. When squatting, it's the same thing. For deadlifts, you pull the slack out of the bar, valsalva, and then rip it off the floor. Of course, eventually you will want to inhale/exhale (otherwise you might pass out), but that is ONLY after the rep has been

completed. Feel free to breathe as much as you want when resting, but when doing concentric/eccentric work, you want to keep that breath nice and tight. You don't inhale/exhale during the set, otherwise you lose full body tightness and put yourself in a dangerous position to get injured. Anyhow, that's all you need to know about wearing a belt. I don't think you need one if you train the lower back and abs directly, and especially if you use the valsalva maneuver.

Now how about dip belts? That's another story altogether. Personally, I wouldn't use one until you can do weighted pullups and dips with more than 100lbs. That's because the dumbbell is still light enough to be held in between your legs. I've never had an issue doing it this way except for when I went above 100lbs. I would say the same to yourself. However, if you don't like the manual way and don't mind dishing some extra money on a dip belt, then you can definitely do that too. I'm just trying to be practical.

Neck Harness

The last piece of equipment on this list is a neck harness. Although the neck harness is a genius piece of equipment and can really revolutionize your neck training, it is surprisingly not necessary. As you will see in the special exercise section, many of the neck movements are done with straight weight, and tons of guys have built thick necks this way. That being said, should you buy a neck harness? Personally, I think you should, because it allows for **MUCH** more versatile neck training. **You can change the strength curve, apply twisting motions, use a ton of special exercises, and really have strict technique when using a neck harness.** With plates, you can cheat by using your abs, and the contraction in the neck is not as great. Plus, if you don't have the neck harness but want to use bands, you'll be forced to use the band in mouth technique. It's awesome, yes, but also very demanding on your jaw. Having a neck harness can eliminate these problems. Now if you plan on buying a neck harness, I would make sure it's of medium to high quality. I used to recommend buying cheap neck harnesses, but I realized that this is a dangerous thing to do. With my

old harness, the loops actually ripped off my head while I was doing extensions. This could have been a serious injury, all because I decided to be cheap. On top of that, I had to buy a new harness anyway so it didn't help me save money. High quality neck harness are also better made, and will give you much better attachment points of loops, straps, etc. They're also more comfortable on the head and include adjustable features to accommodate anyone. It's honestly the only way to go if you're buying a harness. I would not spend any less than 50\$ on one.

Pour Conclure

Anyhow, that's about all you'll need in terms of equipment. All other pieces of equipment that you may be concerned about are either not that important (such as knee sleeves, wraps, etc), or can be found in your gym. Let us now break down the special exercises in each respective muscle group. There are over 400 exercises in this program, so no matter what your situation is you should be covered. Remember that with concurrent training, the goal is to rotate exercises every 1-3 weeks and select movements that are specific to exercises you are trying to improve, while simultaneously correcting muscle weaknesses. Let us first dissect the neck.

PS: Here's my disclaimer. I have hypermobile elbows so a lot of the exercises you will in this program see can appear slightly different on me than on you, specifically during presses, deadlifts and back work. Finally, when you see me doing an exercise, I want you to do it EXACTLY THE SAME. That means locking out every single rep, doing full range of motion, etc. Not doing so will cause you to minimize leverages and develop joint pain in the long run. Do not listen to the bodybuilders who say you must keep constant time under tension on the muscles by not locking out. Do every exercise as I show you, and your body will thank me.

The Neck



The neck is literally the most underrated muscle group in existence. People like to believe that forearms and calves are the least worked, but they're dead wrong. **I see lots of guys doing wrist curls and calf raises, but seldom do I ever see them perform neck curls or neck extensions.** Hell, when was the last time you saw a guy do DIRECT neck work? And no, I'm not talking about bobbing your head back and forth during a barbell shrug. I'm referring to guys who literally lie down on a bench with a plate on their forehead, and start curling their neck to their chest. Have you ever seen that before? Other than the internet, I've never seen a person do this in real life, which blows my mind. However, if we talk about forearm and calf work, then I have seen many people train them.

In these ways, you can recognize how neck work really is underrated. And it's amazing, because people don't realize how important it is for having a thick neck. **Without a beefy, thick neck, you cannot look impressive because it will take away from the rest of the physique.** It's almost like cleaning an entire house, but not taking out the rotting garbage. Even if the bulk of the house is done, the nasty scent in the background will make it seem

like nothing was done. Necks work in the same way. You can have an amazing physique overall, but if you have a little girl neck everything looks distorted, and people will notice it right away. Besides, why wouldn't you want to train your neck? A bulldog neck is THE MOST INTIMIDATING AND MASCULINE LOOK OF ALL TIME. Nothing is more badass than a wide neck. Watch old school anime and see how big necks makes all the characters look huge. A strong neck can also save your life in a physical fight or car crash (I actually had someone email me and say that neck training saved his life from a serious car crash). Your neck actually acts as a shock absorber, which is why so many field athletes and fighters MUST train it. If they don't, more concussions will arise and their career will end shortly. Although you're probably not one of these athletes, it's still nice knowing that your neck can protect you in life-threatening situations!

Not only that, but the bigger the body and the smaller your neck, the less impressive you will appear. That's because your peripheral vision will scan for little imperfections. When it sees large body mass but a small neck, the entire physique becomes off-putting. It's similar to how men with really big legs look like they have smaller dicks. Neck training is EXACTLY the same. Seriously guys, a pencil neck will make or break a physique guaranteed. If you think I'm wrong, please Photoshop yourself right now. Select "Liquify", then "Bloat". Now I want you to make your neck as wide as your ears. You will instantly look jacked, no matter how skinny the rest of your body is. Neck training will also make you look very lean in the face because it thickens the surrounding muscles which creates a large surface area for the fat to distribute. A wide neck will also surpass chubby cheeks which makes the head look more narrow and angular. In other words, you're a fool if you don't train your neck.

Moving forward, you must recognize that the neck has three distinct parts. The front, the sides, and the back. Each section must be thoroughly developed for creating a complete neck. For if you do not do this, your posture will not only look terrible, but your overall neck size will be lagging. So if you want a bigger neck, you must use different angles, exercises, rep ranges, etc. Now before I start breaking down each section of the neck with their associated exercises, I need to go over some basic neck training rules.

Firstly, when performing any neck exercise with straight weight, I would highly suggest that you wear a hat of some sort. Otherwise, the plates will create deep ridges in your head, and you'll experience a lot of unnecessary pain. Secondly, when you are holding the plates on your head to perform a given neck exercise, please make sure that your hands do not assist in the movement! **They should act as handlebars, and nothing more.** Your hands are there only to make sure that plates do not fall off. Remember, your neck should be doing 100% of the work. Thirdly, if you do not have a neck harness, you can always do the exercises with the band in your mouth. As ghetto as this may sound, there are some secret benefits to this approach. That is, your jaw will get stronger, and the muscles of your face will get thicker. This can really add that masculine edge to your overall appearance, while simultaneously allowing you to take a punch.

Now that we went through all the rules, I will now present you the neck training program, and then I will show you the associated exercises.

Neck Training Program

- 1) Neck Flexion
- 2) Neck Extension
- 3) Neck Lateral Bending/Twisting

As you can see, we will only use three exercises for a given neck training session. This is more than enough for hitting all sides of the neck, which ensures maximum strength and development. In terms of the sets/reps, I'd say there are two approaches. **You can either do lower volume by focusing on slow tempo and hard neck squeezing, or you can use a higher volume approach with fast reps and mini squeezes.** If doing low volume, I suggest doing 4 sets of 6-12 reps, and if you're doing high volume, roll with 4x25, 5x20, or 3x50-100. For rest times, I recommend 30-60 seconds maximum. By the way, I think that

4x25 using fast reps is the number one way of building a bigger neck. This should be your standard.

In terms of gaining strength, once you hit the desired sets/reps, just add weight (2.5-5lbs is usually best). Basic linear progression will work just fine for the neck. You should be able to go weeks and months of using the same exercises. Of course, once you stall, simply switch the movements. Luckily for you, there are so many exercises that you'll probably never have neck training plateaus. I wouldn't be surprised if you keep making linear progress for many years to come. I guarantee that if you have a pencil neck now, you'll have a bulldog neck very shortly. I will say that acquiring an 18 inch neck is very attainable (easy to get), and can be done in a fast amount of time. Going past that point may take a bit more work, but it's certainly doable. The ultimate size goal should be to reach a 20 inch neck drug-free. Nothing will look more impressive than this. For strength goals, you should strive to neck curl 90lbs for high reps, 135lb neck extension for high reps, and perform most of the bridging variations that I show you. Finally, I want you to realize that acquiring a stronger neck will make it WAY easier to build your traps and upper back (after all they're directly connected). Neck extensions will raise your shrug, and neck work in general increases the nuclei in the yoked area therefore making it easier to build. Everything in this program ties in together for building the enhanced muscles! Anyhow, that's all you need to know about neck training. There's no need to bombard you with more fluff. Let's start breaking down some neck exercises.

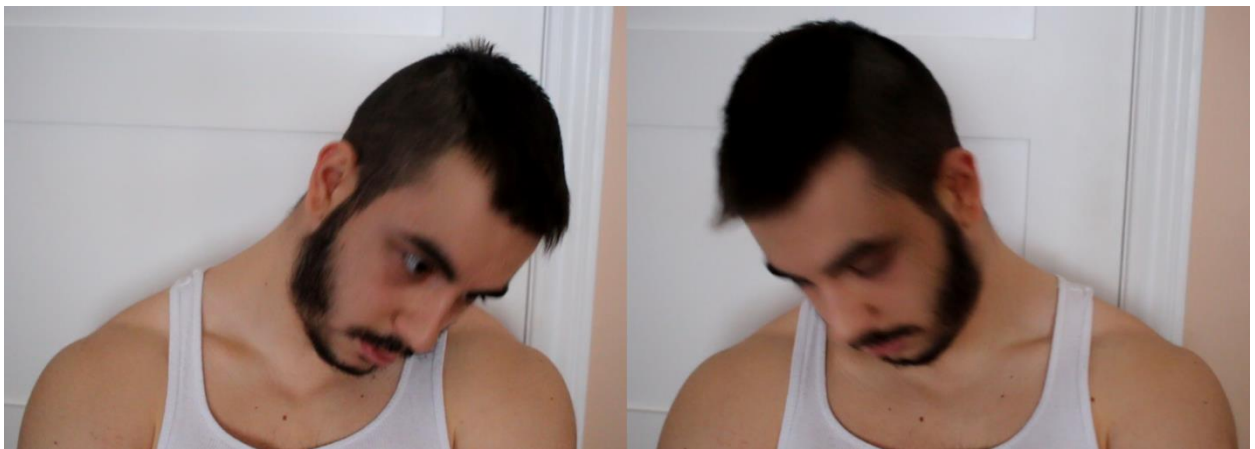
Neck Stretching

Before you train your neck, it's imperative that you stretch it out. Otherwise, you will get sharp pains in your neck that will leave you sore for days. You'll have difficulties turning your head, lying down, eating, etc. At the same time, you won't be able to lift heavy in the gym. In this way you can see how important neck stretching is. If you don't stretch, the chances of having issues is much greater.

To correctly stretch the neck, I recommend a combination of static and dynamic. Static is holding the neck in a single position while dynamic is moving it in a certain way. The stretches are exactly the same except with static you hold whole dynamic you actively move/repeat the sequence. I would stretch for a total of 1-2 minutes. Once your neck feels loose and warmed up, you move onto the strength training. After stretching, the neck warmup is the same as traditional weight training. If you were doing a 90lb neck curl, you would first do bodyweight, then 10lbs, then 25lbs, then 45lbs, then your work sets. Super simple.

Static & Dynamic Neck Stretches







The Front

To build the front of the neck, we require neck flexion. This means flexing your chin down to your upper chest. We call this neck curls. Several neck curl variations exist, as you're about to see. They can be done with both straight weight and band weight.

Lying Neck Curl With Plate

This is the first neck curl that you should start doing. It's extremely basic, and involves placing a weight plate on your forehead. Make sure to wear a thick hat on your head or place a towel on it, otherwise you will have big red marks on your forehead. If new to neck training, start with a 5lb plate and work your way up all the way to 90lbs (so holding two 45s). Your neck should get pretty thick if you get these standards. After that, it's time to move onto to more advanced variations.



Lying Neck Curl With Band on Bench

This neck curl involves placing a band under the bench and putting it onto your forehead. It's a great way of attacking your neck if you train at home/don't have access to weight plates, or if you want strict contractions of the neck without assistance of the hands. The good thing about this exercise is that there is no weight limit, because you can always double/quadruple bands, use a heavier tension, or add more bands. This can be done no matter what your training level is.



Lying Neck Curl With Band In Mouth

Want to develop a sexy, masculine looking jaw area? This not so sexy exercise will do that exactly. Instead of placing a band on your forehead, place it in your mouth. Make sure you have a piece of suede or some sort of cloth/shirt otherwise you will be tasting latex.



Standing on Band Neck Curl

This is an excellent way of doing the neck curl especially if at home, by which you stand up and attach a band through the loops of your neck harness. Make sure the band is behind you, and simply curl your neck. If this is too easy, upgrade the band tension and widen your legs.



Sitting on Band Neck Curl

You can also sit on the band if you want to make the exercise easier or use a super heavy band tension for overloading. Again, great to do at home.



Banded Harness to Rack Neck Curl

This is my favorite way of doing neck curls with bands and a harness. Simply attach the bands to a power rack, and get to work. What's great is that you can always walk forward to increase band tension, and if that gets too easy you can just replace the band or double/quadruple it. Just like the standing on band version, there is no limit to how heavy you can go here. If you workout at home, I suggest going outside and doing this against a pole. That's what I used to do, and although you might get some weird stares, you'll know that your neck is getting jacked as hell. When doing this exercise, feel free to modify the attachment point of the power rack. You can set it super high as if you are hanging yourself (don't hang yourself please), set it even with your head, or below your body. All methods work for doing the neck curl.



Cable Neck Curl

Here is another method of hitting your neck, which involves clipping the carabiner from the cable station to your neck harness. This way is good because you can track exactly what numbers you are using, rather than guessing band tensions and lengths. The only downside is that you have to clip this behind your head which is extremely awkward.



Head Harness Neck Curl with Weights

Don't want to use bands or cables? No problem, just attach a chain through plates and clip them to the loops of your neck harness. The chain will also create a jerky motion which will teach your neck to stabilize under heavy load. This can be done standing or sitting down.



Band in Mouth Neck Curl

Here's another band in mouth neck curl, by which you attach the band high in the power rack.



Prone Neck Curl with Bands

Don't feel like standing or sitting down while doing your neck curls? No problem! You can chill on the floor while in a prone position and do it that way. The benefit is that there will be zero crunching from your torso, so it's ultra-strict.



Front Neck Tackle

Neck tackles are a classic exercise used by fighters, wrestlers, and field athletes. While attaching a band/cable to your head harness, simply charge forward at a fast pace. When you reach a point where the band tension is abnormally high, the weight will snap you back towards the starting position. This will really force you to stay tight and learn how to withstand high forces in the neck.



Machine Neck Curl

If your gym has a four way neck machine, you'd be an idiot not to use it. The machine neck curl is the next best thing if you don't have a head harness or have reached the limit of your plate neck curl. If you don't feel like putting bands in your mouth or want a basic neck exercise that is very effective no matter your training experience, do this exercise and don't look back.



Neck Plank with Harness

The neck plank is the ultimate isometric neck builder while using a head harness. Although I don't believe it to be as effective as bridging, it will still offer you most of the benefits while having a very low risk of injury.



Front Wrestler Bridge

Wrestler bridges are the #1 way of building a bigger neck without using weights. Wrestlers and fighters will attest to their effectiveness. Mike Tyson used to do bridge variations every day, and if you look at his neck you'll understand why. I will show you a bunch of wrestler bridge variations, but first try out the easiest variation from the front. If you want to make this exercise very hard, roll your head back and forth and attach a head harness with some bands. This is accommodating resistance 101.

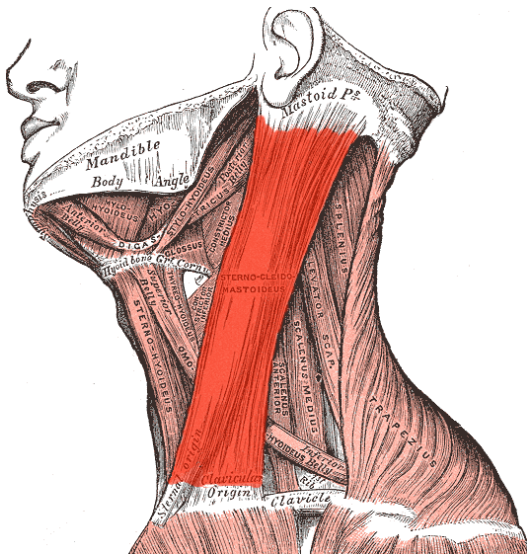


Wrestler Neck Plank

This exercise is extremely advanced and only recommended for those who have been bridging for a long time. You need immense isometric strength in the neck while having the worst leverages possible. You must straighten your body exactly like a regular plank, except this time the weight is being rested on the forehead. The front of your neck will get extremely jacked using this exercise, and I recommend doing it for long periods of time. 30-60 seconds is optimal, and if that gets too easy which I doubt, have someone put a weight plate on your upper back.



The Back



To build the back of the neck, we require neck extension. This means extending your neck back against your traps. Neck extension is the most important thing you can do for getting a big neck, because it primarily works the sternocleidomastoid which is the muscle that attaches to your ear and is the widest part of the neck. It also thickens behind your head, so you will look thick and wide from all angles. Neck extensions allow you to use super heavy weights, and automatically build your traps.

If you want to get yoked, you'd be a fool not to do them. In fact, I believe they are far more important than front and side work. However, make sure that you don't abuse these otherwise you can get headaches and zingers (which is a terrible stiffness and DOMS in the neck). And of course, be careful because you can use very heavy weights.

Neck Harness Extension with Weight

This is the #1 mass building exercise for the neck. Using a head harness, attach a chain through weight plates and clip it in the loops of your head harness. You can use very heavy weights here, and because the chain moves there is a strong stabilization aspect as well. You can do this exercise sitting down if you want maximum overload and peak contraction at lockout, or standing up. Both will get you very jacked. If I were to choose one though, it would be sitting down because it feels more stable and you can use heavier weights. This exercise will also make you super strong at every shrug variation, which is a huge bonus.





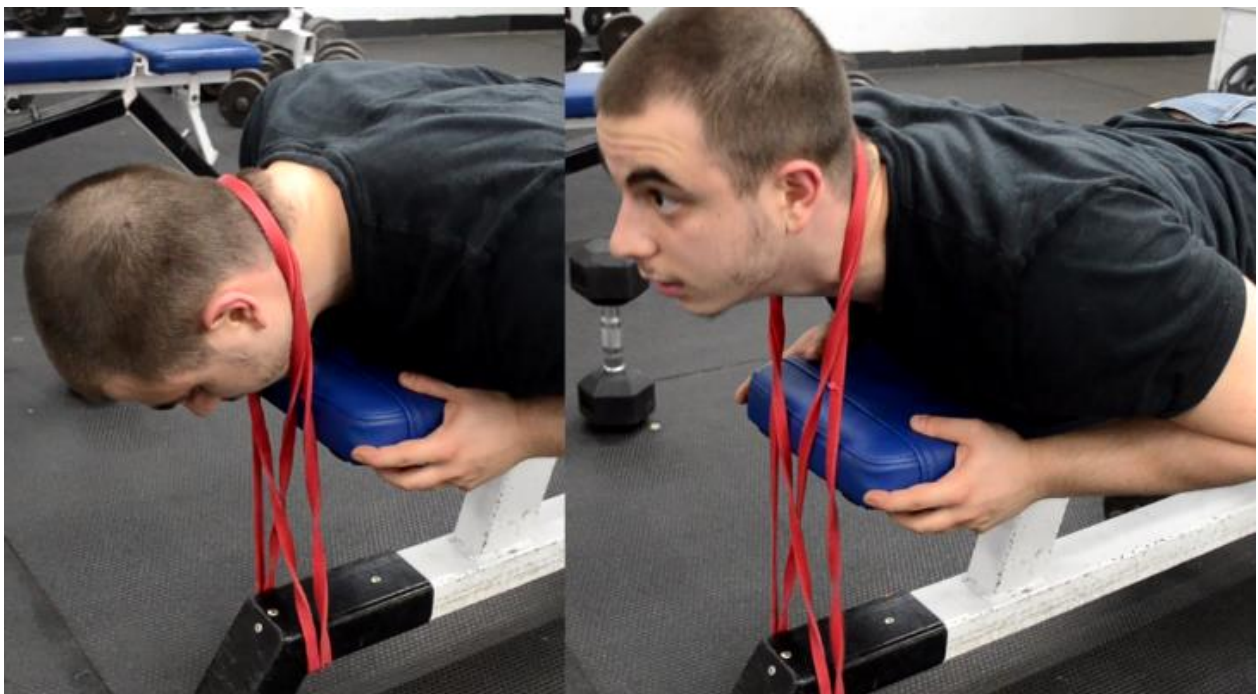
Lying Neck Extension With Plate

If you don't have a head harness and are new to neck training, this will be your go to exercise. Start with a 5lb plate, and build up to using 90lbs. The only downside to this exercise is that as the plate number increases, so does the bulkiness. This makes the exercise feel very weird on your head, and not smooth on the extension portion. You shouldn't have an issue if you stack a bunch of 25lb plates on your head, but if using 45s remember what I said. Either way, it's still a solid mass builder and I would give it a shot.



Lying Neck Extension With Band

This exercise is perfect no matter what your experience level is, and will always give you a smooth extension of the neck. If too light, then increase band tension and/or double/quadruple them. These can be done without a harness, and at home so it's quite convenient.



Banded Harness To Rack Neck Extension

This is a glorious neck exercise, and is one of my favorite extensions with bands. Benefits are the same as the neck curl to rack with bands. Notice how I use a chain + band, this is how you setup bands if they don't have clips.



Neck Extension With Band In Mouth

Here is another band in mouth neck exercise. I would say this is the most awkward of them all, because you actually have to bite pretty hard with your teeth. I rarely do these, but if you want to then be my guest. It's just another variation. You can stand on the band or attach it to a power rack, both options work.





Standing on Band Neck Extension

This is excellent mass builder for the neck. Rather than using a chain and weight plates, you are standing on a band while having it be attached to the head harness. This allows for an ultra-strict neck extension, amazing time under tension, and no jerky motions. Heavy bands may be used if strong enough, and widen the legs to make the exercise more difficult.



Neck Good Morning

This is a neck exercise used by a lot of fighters. While standing on a band attached to your neck harness, start doing good mornings. This will build the back of your neck to a magnificent extent, and you will be amazed how hard this exercise is. It will also raise the strength of all your neck extension variations automatically.



Neck Squat

This is another exercise used by many fighters. While wearing a head harness with chains and weight plates hanging off you, perform a deep squat while placing your hands on your thighs. You will have to isometrically contract your neck in a flexed state throughout the entire range of motion. If you want some serious overload, do this with a loading pin and get into a quarter rep squat position. The range of motion with your legs will be small, but the neck will have to hold hundreds of pounds isometrically which will get it jacked and strong.



Cable Neck Extension

If you don't want to do head harness extensions with straight weight or band tension, then try out the cable version. The weights won't jerk, and it's easy to track progress of your numbers. For this edition, you will need a chain so that you can attach the cable's carabiner to your harness.



Laying Neck Extension

If you like laying down on your back while doing neck work, then try out the laying neck extension. It's strict, comfortable, and best of all it works.



Ghetto Neck Extension

This is what you do if you don't have a head harness, machine, sufficient weight plates or if you don't want to have bands in your mouth. This should be the absolute last resort in building your neck, and I personally do not recommend this even though you technically can use this as a head harness. In my eyes, this should be very temporary and only be used as a transition into more advanced neck training. Simply wrap a towel or shirt over your forehead, and attach a doubled band to yourself with the weight hanging (can be a dumbbell or weight plate, you decide). I recommend grabbing the band very slightly just for stability purposes. The exercise won't feel very smooth, but it should get the job done.



Back Neck Tackle

The back neck tackle is the same as the front neck tackle. Walk backwards in an explosive fashion, and try to resist your neck being pulled back by the heavy band.



Neck Rotations with Harness

This exercise is great for correcting imbalances in the neck. It works all functions of the neck and acts as a great warmup and neck conditioner. If you use a heavy band it can become quite difficult as well. Rotate clockwise and counterclockwise for best results (that means do both sides, you don't want an uneven neck).



Machine Neck Extension

Again, if you have a four way neck machine do use it. It's very convenient and allows you to lift very heavy weight in a safe manner. Work up to maxing out the machine, and you will see how big your neck gets.



Plank With Plate On Head (isometric)

This is a very weird neck exercise and should be used once in a blue moon or as a neck finisher. It's definitely not a primary mass builder, but more so of a conditioning exercise.



Neck Extension with Shrug

Having bigger traps will make it easier to build your neck, and having a bigger neck will make it easier to build your traps. After all, they are directly connected. That said, wouldn't it make sense to train both at the same time? Using the neck extension with shrug, this becomes possible. You get isometric contraction from the neck and accommodating resistance at the same time.



Wrestler Bridge

The standard wrestler bridge is the father of bodyweight neck training. If you can get to a point where you are holding the flexed position for over a minute, your neck will be pretty strong. You can also roll back and forth on your head to get reps in, and even put weight plates on your head to make the exercise more difficult. If you really want a challenge, do this with bands and stick your arms all the way back. The stretch will be out of this world.



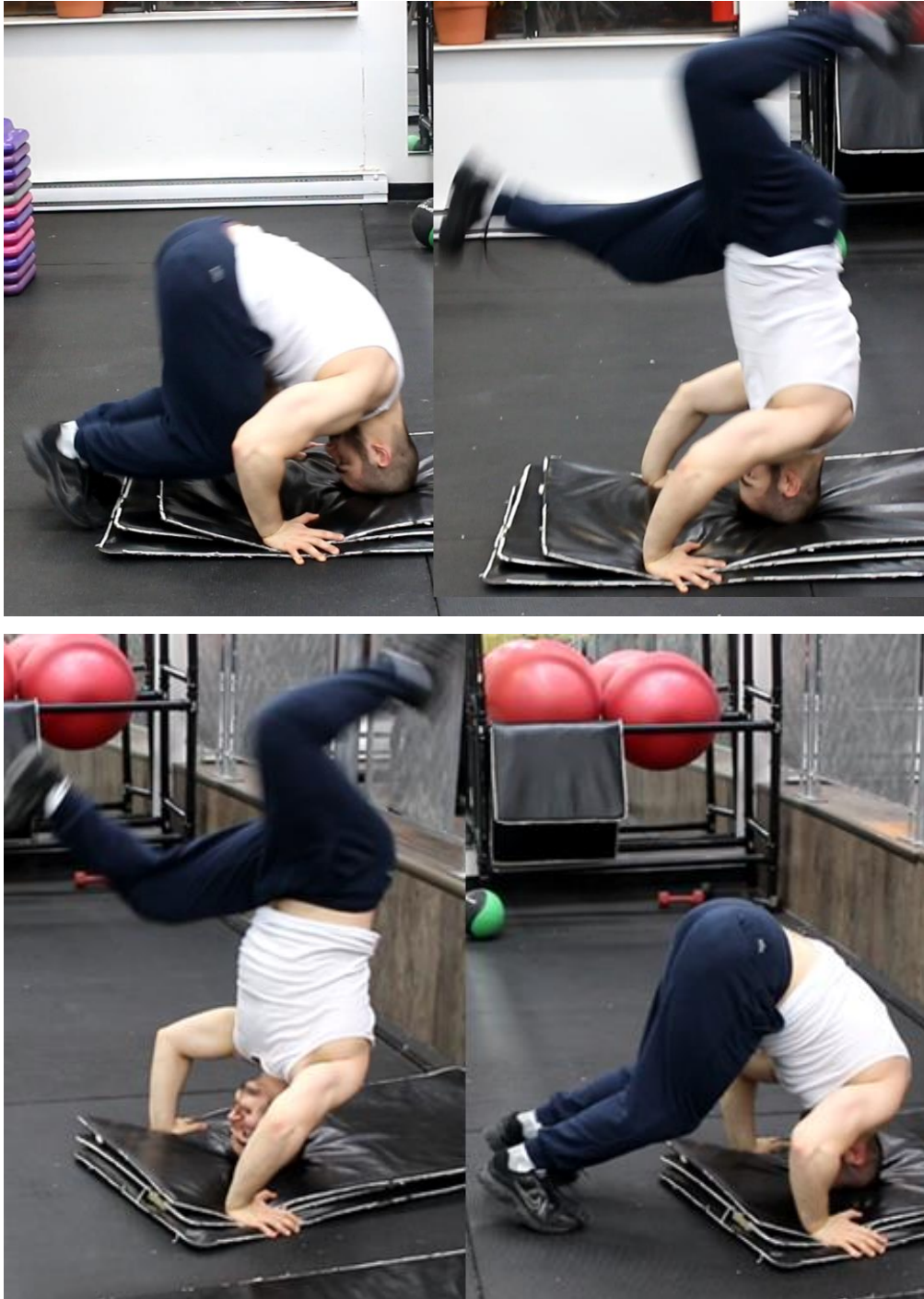
Neck Bridge Pullover to Press

Here is an advanced neck exercise which combines the wrestler bridge and pullover to press. Lots of old time strongman swore by this lift, and the one who really revolutionized this exercise was Georg Hackenschmidt. This dude was unbelievably strong, by which he did 335lbs on this exercise! Think about how insane that is. He had to pullover it, support it on his neck, and press it too! If you look up some of his strength feats you'll be blown away at what he did, and what's even more impressive is that he was natural. At any rate, do this exercise because the old time strongmen got yoked AF by doing this, and it will work for you too.



Neck Kick

If you have ever done wrestling, you are familiar with this exercise. It may look weird, but this is pretty tough. You're supposed to kick yourself over to a back bridge, then kick back to a front bridge. You keep going back and forth for several repetitions, and this works your neck pretty well. I wouldn't call this a mass building exercise, but it's still cool to do.



Handstand Wrestler Bridge

This is one of the most extreme versions of the wrestler bridge, and I do not recommend it unless you are very advanced. Rather than having the feet be on the floor, you are elevating them up against a wall, therefore placing all of your bodyweight on your neck. It also has a high risk of injury because if your leg slips you can twist your neck really badly. If doing this exercise, be cautious and make sure your hands are near the floor in case something goes down. If you want to be a bit safer, then do rolling reps with your hands still on the floor.



The Sides

To build the sides of the neck, we require neck twisting and side extensions. This means bending and twisting your neck laterally towards your shoulders. This will build neck width, which will really increase total neck circumference more than anything else. These exercises are highly recommend for aesthetics and fighters who will be getting hit in the face very often. Since your neck is weakest at lateral bending and twisting, the weights used will be lighter than neck curls and extensions.

Lying Side Neck Extension With Plate

If new to neck side training, this should be your primary exercise. Start with a 5lb plate and work up to 45-90lbs. Once you have a foundation, it's time to move onto more advanced exercises.



Banded Harness to Rack Side Bend

This is my favorite neck exercise to really focus on the sides. Using a head harness, attach a band through the outer loop and start bending your neck laterally. You're really going to feel this during the workout, and the day after. Just like the curls and extensions, there is no weight limit because you can always increase band tension and step further back.



Harness Side Neck Raise with Weight

Remember the neck extension and curl with the chain and head harness? Luckily, you can do the same for the side. The sensation isn't as great due to advantageous leverages, but it's still a worthy exercise. I prefer using bands but if you want to use straight weight then be my guest.



Harness to Cable Side Bend

This exercise has the same benefits as the cable neck curl and extension. Basically a very smooth lift with no jerky motions, and the weight is easily trackable.



Banded Harness To Rack Side Twist

What's great about using a head harness is that you can apply special twisting motions. This cannot be done with straight weight, which is losing potential neck gains on the table. Try out this side twisting exercise with a band, and you will get a very unique sensation. In many cases, the contraction might even be better than lateral bending. I also believe you are working for muscles by twisting than bending.



Harness to Cable Side Twist

Guess what? You can do this exercise with a cable too. The contraction won't be as good as bands, but it's still very effective.



Ghetto Side Raise with Bands

Here's another ghetto neck exercise. If you don't have a head harness place the band on your head and twist away. Might not feel as stable but it's perfectly doable.



Band in Mouth Side Twist

Are you enjoying the band in mouth exercises? If so, then try out the side twist version! It's actually very effective, and I am confident that you will get a strong contraction. Look at my neck in this photo and you will see what I mean.



Band Neck Curl with Twist

You can make the neck curl more specific to building the width of your neck with this slight technique change. Twist a little bit to the side and you're in the money.



Side Neck Tackle

This is the final tackling exercise for the neck. This time, the band will snap your neck laterally, so you have to stabilize the outer part of your neck. Pretty good exercise if you ask me.



Side Plank With Plate On Head (isometric)

Another weird neck exercise, feel free to use this for conditioning.



Machine Side Neck Raise

I'll say it one last time. If you have a four way neck machine, use it! It actually works very well for the sides of the neck. It's fast to setup, and extremely comfortable.



Handstand Side Wrestler Bridge

As previously mentioned, handstand neck bridge work is extremely advanced and must be proceeded with caution. Here is another crazy exercise, which involves bending your head sideways while in the handstand neck bridge. It is VERY advanced and not recommended for most lifters. If you can handle it, you're very strong.



Back to Side Wrestler Bridge

This is how you develop the sides of your neck from bridging. Instead of bridging into the standard position, you will want to twist your head to the side while bringing your arms there as well. This is a classic exercise among MMA fighters, and is typically done in a sequence of bridging to the left, then the center, then the right, and repeating over and over again. If you wish to make this exercise more difficult, put on your head harness and attach some bands. Now you have a wrestler bridge that will build the side of your neck to a large extent while being safe.



Front to Side Wrestler Bridge

Are you aware that you can also twist your head in the front wrestler bridge position? Try it out sometime!



Dynamic Bridging

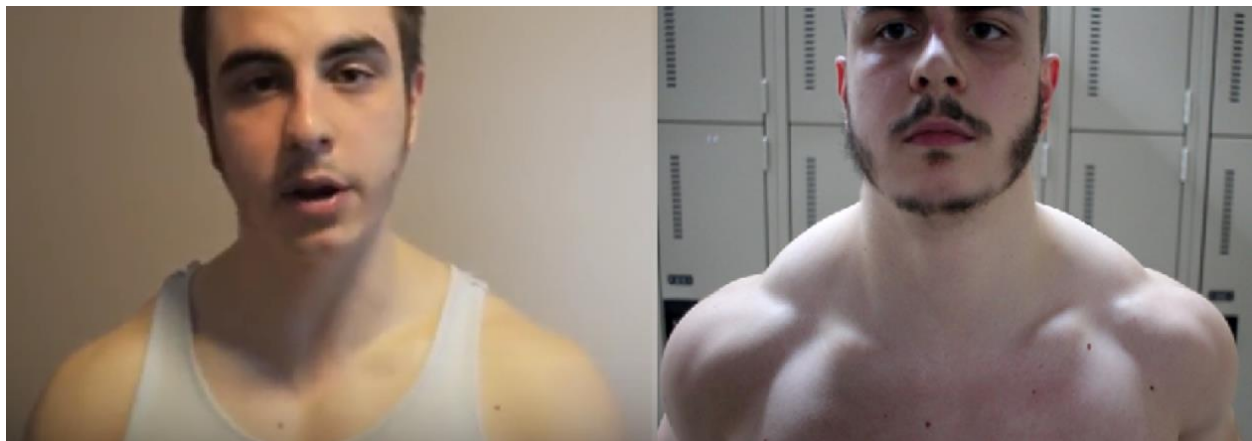
Here is the most advanced neck exercise in the entire neck training section. I would not do this exercise unless you have been training your neck for well over a year, and have mastered all of the other bridging variations with weight. Dynamic bridging is a method where you are doing all kinds of weird twisting motions and gives you the worst possible leverages.







Traps



Having big traps is absolutely essential for looking jacked. I can't tell you how many fitness models I see who look like they've never touched a weight in their entire life when wearing a shirt. I'd say 99% of all natural lifters have piss-poor trap development, and that's because they never learned how to train them right. The only guys who have appreciable trap development are those who have amazing general strength. In fact, this is how I got big traps. Back in the day, I used to have minimal exercise selection and would do slow and controlled exercises. I soon realized that this was complete bullshit for building the traps. Folks, I used to have the SMALLEST traps in the fitness community. They were so small that

I looked like I didn't even lift when you would look at me from the neck up. They only started growing through using the special exercises that I am about to show you, and by training explosively. Now, they are my best bodypart. You must understand that the traps are a very strong muscle group. They prevent your shoulders from ripping out of the socket. Think about it, I can rack pull 1105lbs yet my shoulders aren't ripping out. What does this say about traps potential? It demonstrates that doing light weight and squeezing is not optimal. To develop massive traps you need heavy weighted stretching exercises like rack pulls, cheat shrugs, cheat rows, farmer walks, etc. **Doing a few set of light shrugs at the end of a workout isn't going to change a motherfucking thing.** We must incorporate training elements from several sports, such as Strongman, Olympic Weightlifting, Bodybuilding, and Powerlifting. This is what I call the traps matrix, by which you attack the traps through several sets/rep ranges and special exercises from different sports. Let's dive into each special exercise for each category.

Strongman

Strongman trap training is typically high volume, and will be performed on your volume day. This type of training is all about isometrics and time under tension. The thing about strongman training is that you are hitting your traps indirectly. You see, most of these movements are posterior chain and grip oriented, but in this case we are using them to stimulate trap growth. Although there aren't many movements in this program due to a lack of proper equipment, these few exercises will have a tremendous impact on your physique.

Dumbbell Farmer Walk

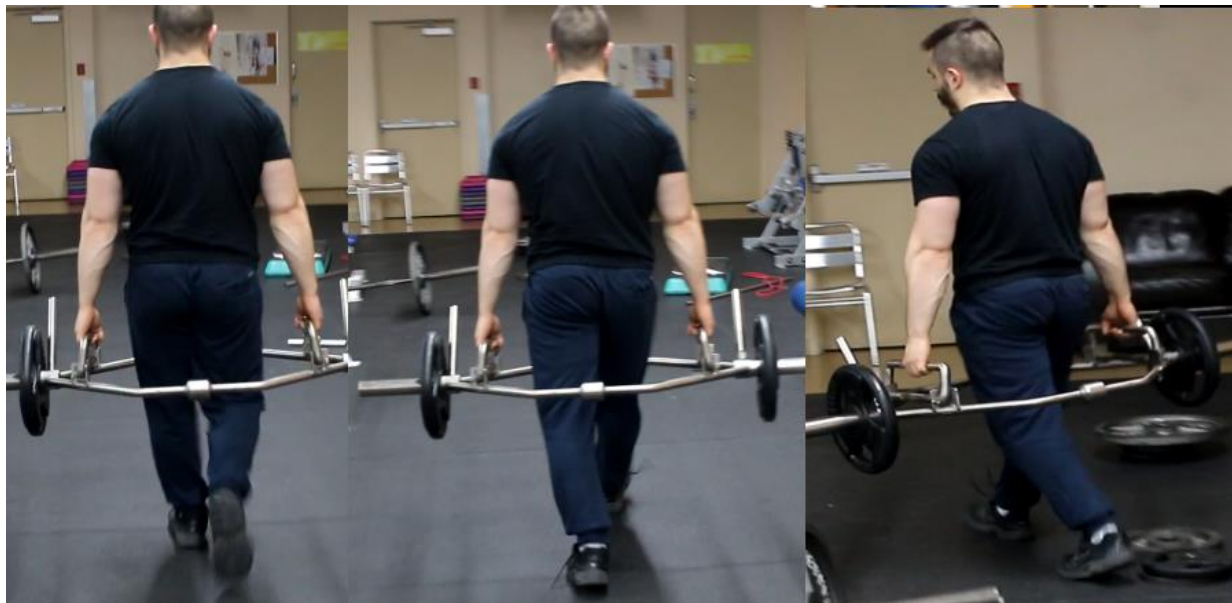
The dumbbell farmer walk will build your traps without you having to shrug. Traps thicken due to the weight of the dumbbell stretching them down, which forces new growth. By the way, this proves that weighted stretches do in fact work for muscle building. To execute the dumbbell farmer walk, just walk around with those dumbbells in your hands. Your hands are going to move all over the place, your grip is going to die, and your traps will be begging

you to stop. If you want to make this more of a grip exercise, you can attach fat gripz to these.



Trap-Bar Farmer Walk

The trap-bar farmer walk is the most comfortable way of doing farmer walks. Your hands remain relatively stable, and you can pile on some very heavy weight. It's great for overloading.



Trap-Bar Deadlift

In strongman, there is an event called the car deadlift. The way in which competitors lift the car is through using a trap bar setup of some sort. That said, the trap bar deadlift is the

closest thing you will get to a car deadlift. It is also a style of pulling that was tailor-made for building traps. After all, the name of the exercise implies it! It uses a narrow hand placement that is neutral, which is pretty much the same thing you do in a dumbbell shrug.



Trap Bar Block Pull

The trap bar block pull is even better than the regular trap bar deadlift if your goal is traps size. It will revolutionize your training by allowing you to lift way heavier than your standard trap bar deadlift, and the stretch is absolutely insane due to the neutral positioning of the hand. The higher the block height, the more overload you're getting.



Zercher Shrug

This is a very weird traps exercise, but it is surprisingly very effective. The stretch you get is immense, and very heavy weights can be used. At the same time, it will build pain tolerance in your forearms for all other Zercher exercises. Best of all? You do not need straps for these, which saves time and facilitates better hand recovery. You may do this exercise off blocks/pins if you want dead-stop strength.





Bodybuilding

Bodybuilding training is how the majority of lifters train their traps. Although it sounds like I dissed this method previously, I'm actually a big fan of it when it's combined with the other methods. Essentially, bodybuilding training is all about direct traps work, in addition to high volume. Thus, you do this on your volume day, although some of the exercises (which I'll specify) can be done on low volume days too.

Barbell Shrug

The barbell shrug is the most commonly used traps exercise of all time. Bodybuilders swear by it, and with good reason. You can squeeze your traps directly, while of course being able to use large amounts of weight. This exercise should be one of staple traps exercises. You can either use a close grip, medium grip, or snatch grip for these.



Behind the Back Shrug

This is an awesome way to hit your traps because the bar never hits your balls. It may hit your glutes, but it won't be a painful sensation. This exercise really builds the mid-lower traps.



Trap Bar Shrug

The trap-bar shrug is like the regular barbell shrug, but with a few differences. Number one, the handles are on the side of your body. This makes it easy to retract the scapula, thus making it more effective for squeezing the traps. With the regular barbell shrug, it's easy to

neck bob and cheat the weight up, but with the trap bar deadlift you're really forced into perfect form. I would recommend it if you've detached yourself from ego, and want a regular good shrugging variation that is done with a barbell.



Dumbbell Shrug

The dumbbell shrug is the same as the trap bar shrug, but instead of holding onto a bar, it's a dumbbell. There's also one key difference, which is the fact that you can freely rotate and tilt your hands. This could be advantageous for squeezing the traps, and ensuring that you don't lose your grip. You can do the exercise standing up in order to use a bit of leg drive, or sit down on a bench to do it 100% strict. The seated version will build a lot of mid-lower traps and forces you to lift less weight.



Lilly Shrug

The Lilly shrug was invented by the powerlifter, Brandon Lilly. It's essentially a combination of a Romanian deadlift and dumbbell shrug. With the dumbbells in your hand, you sit back

until the dumbbells pass right below the knees, and then you power up and shrug. Excellent exercise for stretching and contracting the traps, while of course building your grip indirectly.



One Arm Dumbbell Shrug

The one arm dumbbell shrug is a very rare exercise, but it's so damn effective. This is because you can twist your body slightly, which allows you to shrug a little bit higher than normal. This extra range of motion and ability to “cheat” a little bit makes all the difference. In terms of doing this exercise, there are two ways. Either you do one side at a time, or you perform the exercise in an alternating fashion. I tend to lean towards the second option, and typically do this exercise for time intervals of 30-60 seconds.



Barbell Shrug off the Knees

The barbell shrug off the knees is a very unique exercise that teaches you to pull the slack out of the bar for heavy pulls, while giving you a strict traps workout. It eliminates all leg drive and forces you to use only traps. It's also important to note that there isn't much stretch going on, so it's mainly a strict concentric-only strength builder. Feel free to use the trap-bar if you want the neutral grip and squeeze your traps better.



Barbell Upright Row

The barbell upright row is a direct traps isolation exercise. Most guys recommend that you pull the bar as high as humanly possible while using a narrow grip, but I don't like that method simply because it puts far too much stress on the shoulder joints. As fantastic as this may be for developing the traps, the risks far outweigh the benefits. Therefore, we will modify this exercise by widening the grip. With submaximal weight you will end up at the neck level, but if it's heavy the nipple line is where you must stop.



Dumbbell Upright Row

Unlike the barbell upright row, the dumbbell version is shoulder friendly. This is because you have full possession of hand rotation. Therefore, you can externally rotate your hands while pulling the dumbbell as high as you want, without compromising the shoulder's safety. Very good exercise for isolating the traps. If you want to take this movement a step further, perform it with one arm at a time, almost as if you were pulling a lawn mower. When light pull high, when heavy pull at nipple line.



Cable Upright Row

The cable upright row will be the exercise of your choice if you want more time under tension during upright rows. The weight is lighter at the bottom, and heavier at the top. This makes it easy to overload, while of course still squeezing the traps.



Scrape the Rack Upright Row

Bored of doing regular upright rows? The scrape the rack version should fix you right up. It replicates a smith machine's perfectly vertical bar path, but it's still free-weighted. This means it's more shoulder friendly and will build your stabilizer muscles.



Lawnmower Row

This is what you do if you maxed out your dumbbell stack and want to make dumbbell rowing fun and challenging. Instead of rowing to your hip/chest area, row really high to head area! This will build total body explosiveness and has high carryover to all rows/high pulls.



Incline Front Raise

The incline front raise has been proven by research to hit the traps to a significant degree. With your chest facing the incline bench, raise the barbell or dumbbell in front of you until it is even with your face, and then voila watch your traps explode right before your eyes.



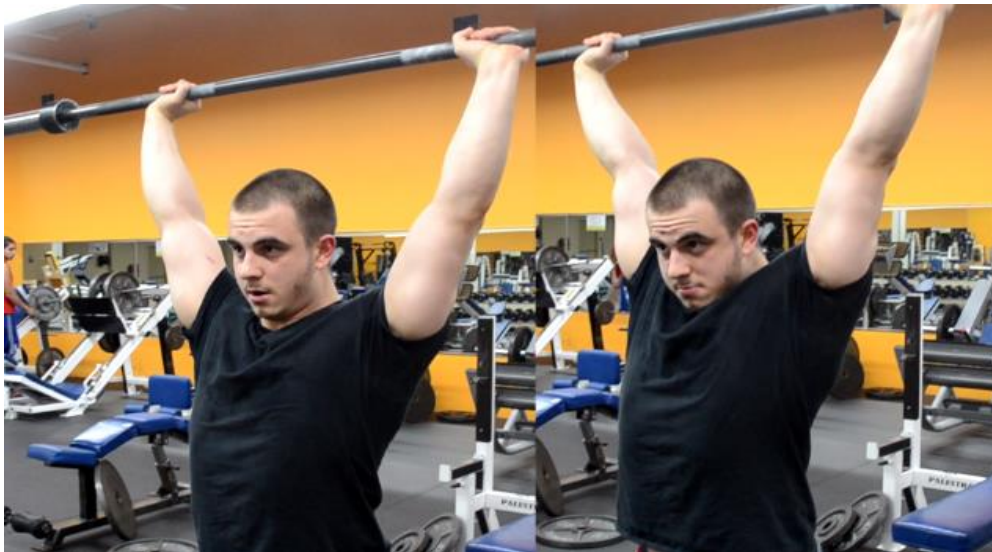
Calf Raise Shrug

The calf raise shrug is arguably the only way to legitimately isolate your traps. There is no assistance from other muscle groups. The weight is resting on your traps, and the traps raise the weight up. It's probably the best exercise out there for truly isolating traps.



Overhead Shrug

Finally, we have the overhead shrug. This is a unique way of building the traps, because the weight is over your head rather than below you. Due to having to stabilize the weight overhead, not only must your upper back isometric contract for the duration of the set, but your traps actually do two things. They stabilize the shoulders, and shrug. This is great for eliminating shoulder impingement while thickening the traps. It will also help your lockout strength on all overhead presses. Feel free to use a barbell or dumbbell.





Olympic Weightlifting

The Olympic Weightlifting strategy is very different from the others. It's fascinating, because Olympic Weightlifters have some of the best traps around, but their trap work is mostly indirect, and volume is extremely low. What I also love is that these athletes PROVE that explosive reps work. There is no slow and controlled, yet Olympic Weightlifters have some of the biggest traps around especially for their bodyweight. When you do these exercises, you'll be amazed at how sore your traps get the next day even though you don't "feel them" during the workout. When you do these exercises, you will feel like you are wasting your time, after some time you realize why Olympic Weightlifters have such insane trap development. In terms of programming, this form of training works best on intensity days.

Snatch Grip Deadlift

The snatch grip deadlift is usually considered a movement for Olympic Weightlifters, which is exactly why I selected it for this program. Why? Because these guys all have huge traps. The biomechanics of the movement is exceptional for loading the upper back and traps. Don't believe me? Widen your hands, and try squeezing your back muscles. You will feel a strong contraction in every single part of it. This is what the snatch grip deadlift does. It keeps you very tight, and thickens the hell out of that back. No other form of deadlifting can replicate the sensation of the snatch grip. The contraction is absolutely phenomenal.



High Pull/Power Upright Row

The high pull is like an upright row on steroids. It's seriously one of the best movements in existence for building monster traps. To perform, simply deadlift the weight off the floor (or pull out of a rack/hang position) and viciously upright row as high as you can. Obviously I am not discussing sound Olympic weightlifting technique, but this program is not designed for that purpose. You don't need flawless technique to build huge traps. Think of this movement as an upright row with leg drive. By the way, notice how my hands are clearly outside shoulder width. This is necessary for preventing shoulder impingement, which a lot of guys get from typical upright rowing movements.



Power Shrug/Low Pull

The power shrug is exactly like a barbell shrug, except you are using tons of leg drive and explosiveness. Olympic weightlifters use it to help them clean, but you will use this movement to thicken up those traps. It's a great exercise because you can lift hundreds of pounds more than you can deadlift, and because the leg drive will allow you to shrug a weight that you would not be able to handle strictly. What matters most in a shrug is actually the stretch, and with power shrugs you get a hardcore stretch because it's a weight that you normally can't do. The fact that you are dropping the weight in an explosive fashion also acts as a form of plyometrics. You thus overload the traps in a major way, which gets your traps massive. Either you do this off pins, or perform it in a hanging fashion. This is my favorite exercise for the traps because you get to overload more than any other movement. Use a snatch grip if the bar hits your balls.





Power Clean

Even though the power clean is very technical (my technique sucks), I included it in this program because it is nonetheless a godly trap builder. If you know how to do it the proper way, definitely do not skip out on this movement! Everyone who does these reports major DOMS in their traps the next day, even though they didn't feel them initially during the work. That's because the power clean uses the traps as a stabilizer, which in turn gets them jacked.



Power Snatch

The power snatch gives you the same benefits as a power clean. That being said, it also has the same negatives. That is, there is a technical requirement for executing the movement. Some say it's even more technical than the power clean. So if you can do this exercise, definitely give it a shot. If not, then there one alternative that you might like.



Dumbbell/Kettlebell Snatch

The snatch with dumbbells or kettlebells is great, because there is almost no technique involved. All you have to do is step inside the weight, and explode that shit off the floor. As for the benefits, they're pretty much the same as the barbell version. The sole difference is that you can't use that much weight, which is unfortunate but better than nothing. You can do this exercise one arm at a time, or with two arms.



Powerlifting

The powerlifter method of building big traps is very simple. Get as strong as humanly possible on deadlifts and rows, and the traps get big as a side effect. Since these movements would classify the legs and upper back section, you will only see the exercises there. In terms of programming, the volume is a combination of low and high. It can therefore be incorporated on both intensity and volume days.

Upper Back



Next up on the list of essential muscle groups is the upper back. Without having the 3D mountainous look, you will disappear from the side and back. You need all the muscles of the upper back to be thoroughly developed, especially if you want to accentuate your neck, traps, and shoulders. So here's how we're going to train the upper back. You will do lots and lots of rows. **Rows will be your new religion.** You'll do them with machines, cables, barbells, dumbbells, etc. You'll also perform lots of deadlift variations (rack pulls are best),

which will further develop the upper back. In terms of vertical pulling, there will be some, but not much. We're really trying to get thickness at the top of your back, and not necessarily have the biggest lats. Although, they will get pretty big as a side effect as well, as all rows and deadlifts effectively target them.

Barbell Row

The barbell row is considered the king of rowing exercises. I'm a big fan of it because it effectively builds the lats, upper back, traps, and the posterior chain. It's probably one of the best mass builders of all time. Best part of all? You get direct carryover to your deadlift. When performing this exercise, it's important pull in a straight vertical bar path, not diagonal (this will go for all rows), because not doing so creates an unnecessary moment arm (horizontal distance away from gravity) which compromises leverages for no good reason. At the same time, you will want to use the same back angle as your conventional deadlift. It should not be perfectly upright or horizontal. 45 degrees is perfect. If you want to get even more upper back and contraction at lockout, add doubled bands. This will give you a greater stretch in the back while making you more explosive and getting a better peak contraction.





Pendlay Row

The Pendlay Row is similar to the regular barbell row, but with a few differences. For one, there is less stretching of the lats, because you are not letting your arms hang loosely at the bottom. Every rep restarts at the floor, with your back being perfectly horizontal. Therefore, this exercise is a power-based movement. It's pretty much concentric only (meaning less muscle soreness), and builds the upper back to a large extent. You also learn full body tightness due to the dead stop between each rep. This lift gives you immediate carryover to the deadlift.



T-Bar Row

There are different ways to perform the T-Bar Row. You can either do it the ghetto way by placing a barbell in the corner of the gym and using a handle attachment, or you can use one of those fancy machines that does the same thing. Either way will work, and I suggest experimenting with both. The key thing to know about the T-Bar row is that you will be slapping on very heavy weights and really overloading that back. The upper back thickness that you'll acquire from this movement is just phenomenal. If you want to do it strict, a horizontal back angle and possibly using 25lb plates for more range of motion is optimal. However, if you want some serious overload and are an intermediate-advanced lifter, do this exercise with a very high back angle and help cheat the weight up with your legs. This will stretch your upper back and traps to the absolute limit.



One Arm T-Bar Row

If you want some extra oblique while lifting some serious numbers on a unilateral row, the one arm T-Bar row is what you are looking for. This is great for guys who have maxed out the dumbbell stack and still want to use very heavy weights on one arm rows. It's also specific in building your standard T-Bar row and Meadows Row.



Meadows Row

This exercise was created by John Meadows, a bodybuilder who had one of the worst genetics yet still managed to build an incredible physique. He credits this as exercise as being one of his main mass builders. Having done it myself for a long time, I can attest to the fact that this exercise is absolutely legit. I would call this exercise the brother of the one arm T-bar row, and I personally rotate between these two exercises every time I have to do a unilateral row. The weight used will be about 25lbs less or more than your one arm T-bar row.



Scrape the Rack Row

Tired of doing regular barbell rows? Well try the “scrape the rack” version! It allows you to pull in a super straight bar path exactly like a smith machine, yet it’s still free-weighted. This way, you get the best of both worlds.



Chest Supported Row

The chest supported row is another upper back mass builder. I'd say it's a hybrid between a standard barbell row and T-bar row. Range of motion will be very deep, but you will also have the capacity to lift very heavy. For an even deeper stretch, consider rounding your upper back at the bottom.



Dumbbell Row

The dumbbell row is a very good exercise specifically for stretching out the lats. Due to its unilateral nature, you can rotate your hands freely, therefore squeezing your back in a much better way than the barbell version. The benefit of this movement is that it's very low stress on the spine compared to other rows, and it's also amazing for building your lats and upper back alike. You can either pull the dumbbell low by the hip region to hit the lats more, or flare your elbows out and hit it at the chest level to effectively target the upper back.



Chest-Supported Dumbbell Row

This is like a free weighted chest-supported row. It builds strict rowing strength and is very lower back friendly. I recommend doing these if your lower back is fried yet you still feel like doing dumbbell/free-weighted rows.



Bent Over Dumbbell Row

You see lots of people doing bent over barbell rows, but why is this never done with a dumbbell? With the dumbbell, you can actually rotate your hands which allows you to squeeze your back better, while simultaneously getting deeper range of motion and hard stretch in the back. It's all benefits if you ask me.



One Arm Barbell Row

This is a very weird exercise, but very effective. I believe it was created by the Russians, and was used as a way of loading more weight than what a standard dumbbell handle could offer. The result became this strange lift that forces you to balance weight while rowing. This feels like a dumbbell row on steroids, and you will have to strip off a good 50-100lbs off your regular dumbbell row. It also hits the obliques super hard. Use an EZ-Bar or Cambered Bar if you want the best leverages possible.



Dumbbell Pendlay Row

The dumbbell Pendlay Row is what I would classify as a loose form explosive exercise. It's unilateral, concentric-based, and hammers the obliques hard pain. I would recommend this exercise only once you're doing dumbbell rows with relatively heavy weights (+150lbs). This is because the dumbbell will be very bulky, and the stretch you get at the bottom will not be as good. Therefore, it's better to relax the dumbbell on the floor between reps and treat it as an explosive exercise.



Seal Row

The seal row is an underrated exercise to the bodybuilding world, but to professional rowers it is nothing special. I first learned this exercise from studying Dr. Verkhoshansky's work in "Special Strength Training: A Manual for All Coaches". All you do is lie down with your chest flat on a bench (elevated is preferable), and with a barbell underneath the bench you simply row it up. If your arms are too long you will want to place the bench on top of two boxes (one on each side). Ideally you want your arms to form a 90 degree angle at lockout. This is essentially an ultra-strict Pendlay row. You can also do these off a hyperextension machine if the bench is too close to the ground (that's how I like to do it because it saves time).





Kroc Row

There will come a time where you will get so strong that the dumbbells you have at the gym will no longer suffice. This is where the Kroc Row comes in. It's basically a dumbbell row, but performed very loosely with LOTS of body momentum for high reps. It's a great movement for conditioning the body and overloading your back. Consider using it if you're maxing out the heaviest dumbbells in your gym, or if you want some high volume in a fast amount of time (like on volume days).



Inverted Row

The inverted row is like the horizontal version of a pullup. It builds relative strength, while allowing you to develop that upper back thickness. It also teaches tightness for all horizontal pushing exercises, which makes it priceless. For added resistance, I recommend stacking plates on your body, or attaching a band to the power rack. This movement feels really natural, and is lower back friendly.



Hammer Strength/Machine Row

The hammer strength row is similar to the dumbbell row, but this time you are pulling forward to backwards. You cannot replicate this movement pattern with free weights, because gravity operates up and down, horizontally. This is why I recommend the hammer strength version. Eric Spoto, previous world record holder of a 722lb raw bench press swears by this movement.



Cable Row

The cable row is exactly like a hammer strength row, except the strength curve is different. Cables accommodate the strength curve, similar to what bands would do. The weight will feel lighter at the bottom, and heavier at the top. Due to this reason, the cable row is a great time under tension exercise, and allows you to squeeze that back in all ranges of motion. The stretch and deep range of motion is also immense. I recommend doing this exercise if you have no desire to do free-weighted rows or if your lower back is completely fried. This exercise is best done after heavy overloading movements like rack pulls, power shrugs, etc. It can be done with a v-bar, straight bar, one arm at a time, two arms, etc. Change up the variation every time you do this exercise for the full experience.







Plate Row

The plate row is a special strongman exercise. You stack up a bunch of 45lb plates (I recommend rubbers), bear hug it if thick, and begin rowing it to your chest. It really feels different from other rowing exercises, and you will be able to squeeze your back like no other. If the position is difficult to get into, then simply lay over a hyperextension machine and row.



*Rack Pull

THIS IS THE KING OF BUILDING YOUR YOKE, NOT A SINGLE EXERCISE CAN TOP IT. Due to the setup being higher than a regular deadlift, you remove much of the posterior chain, and place all the pressure on the upper back and traps. This exercise alone is enough to get you Naturally Enhanced provided that you get strong at it (see the strength standards section). And the best part? You can lift A LOT more weight than your deadlift, which is HUGE in terms of overloading the desired muscle groups. The day after you do these (hell, even minutes later) your upper back will be throbbing in good pain. You can do these below the knee or at the knee if you want to build bottom deadlift strength, but if you want a pure upper back mass builder (recommend for naturally enhanced) then do these above the knee. I also recommend doing rack pulls with bands for extra overload at the top. Obviously, all variations are recommended but your individual weaknesses must be assessed.

Below the Knee (for building deadlift strength)





At the Knee (hybrid position)





Above the Knee (ultimate overloading)



Zercher Front Raise

Here is another Zercher lift, this time being geared for upper back development. The Zercher front raise will allow you to lift mega heavy weights, and simulates atlas stones in Strongman. Your upper back will be throbbing in pain after doing this.



Wide Grip Weighted Pullup

Although the wide grip weighted pullup is a vertical pull (typically associated with lat training even though that's a myth), it is an excellent upper back builder. Bodybuilders used to do this exercise for building their lats, even though the very nature of the movement is upper-back specific. If you wanted to effectively work your lats from vertical pulls, then using the weighted chinup or neutral version would be better. Wide grip vertical pulling will build thickness more than width. Also, I would highly recommend incorporating weighted stretching on this exercise. After your work sets, load yourself with ridiculously heavy weight (I'm talking your bodyweight and more) and hang off the bar for 1-3 minutes. If your grip tires out, use straps. I'm telling you, this will stretch the shit out of your back and you are going to get very wide doing this. It will be very painful, but worth it.





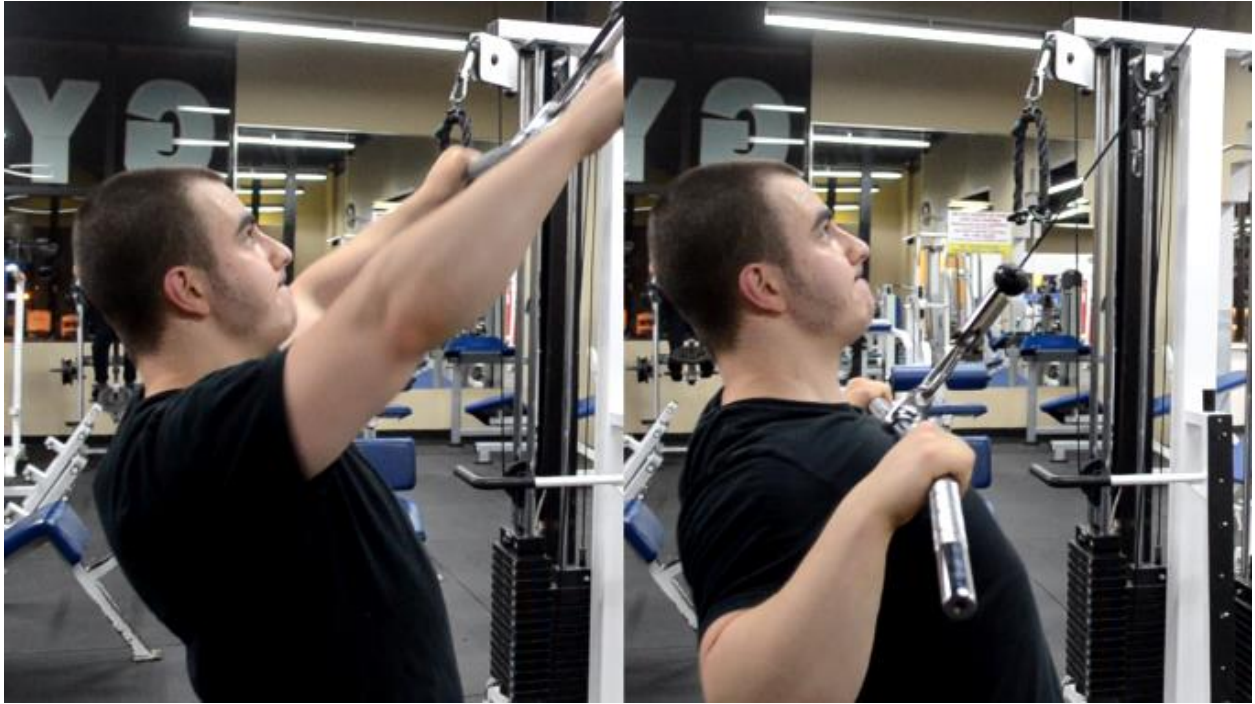
Wide Grip Lat Pulldown

The wide grip lat pulldown follows the same premises as the wide grip weighted pullup. The only difference is that you are pulling the weight to you, rather than pulling yourself up. For guys who lack relative strength or are too fat to do weighted pullups, this exercise might be a better choice. It also acts as a great accessory for vertical pulls. Muscle-wise, the gains you acquire won't be that much different from the pullups. I recommend doing both for optimal performance. You may also use a pronated or neutral grip for these.



Standing Lat Pulldown

Finally, we have the standing lat pulldown, which is a very unique exercise. It cuts range of motion dramatically, but still allows you to touch your chest. This allows you to overload your upper back with lat pulldowns, while of course being very specific towards overhead pressing tightness. At the same time, you pull diagonal rather than straight up and down, which is how your lat muscle fibers are oriented.



Shoulders



Let us now discuss shoulders. Just like the traps, the androgen receptor sensitivity is not ultra high like a roider. It's why so many naturals complain about not having that 3D separated look. Shoulders are very difficult to develop! The only people who have shoulders of the gods are those that can overhead press in the 200s for reps while being strong at special accessory movements. That's why in this program, vertical presses are the name of the game. We will get strong at every overhead pressing variation in existence, in addition to using the most effective isolation exercises. What we're trying to do is achieve maximum development in the front, side, and rear delt. Once general strength is present, you will have boulder shoulders and 3D delts, which the majority of naturals will never have in their life. Also, shoulders are extremely important because they will increase your shoulder-waist ratio and make you look massive while shirtless or not. You can have a bird chest, but if you got cannonball delts you're jacked, period. Combine that with huge neck and traps, and you will look like a monster.

Standing Overhead Press

The standing overhead press is a true testament of vertical pushing strength. It develops the shoulders exactly how the bench press would build the pecs. It also teaches you full body tightness, engages the lats, and identifies any muscle or mobility weaknesses. The key feature of this lift is that you start from a dead stop, exactly like a deadlift. I would treat this exercise like your competition lift for shoulders. If you want to make it harder and build strength for this lift, I highly recommend using bands and specialty bars. If using bands, do not double them, unless you want the bands to overpower the straight weight.





Seated Overhead Press

The seated overhead press is similar to the standing version, except it changes a few things. Firstly, you start with the eccentric, and end with the concentric, which is not what happens during the standing version. This induces a powerful stretch reflex at the bottom, which can make it easy to lift more weight than the standing version. Secondly, the pressing mechanics are slightly different, as your body does not need to stabilize the weight. This can either make the movement stricter, or slightly easier.



Z Press

The Z Press was popularized by the strongman Zydrunas Savickas who has overhead pressed over 500lbs. With stats like that, this exercise has to be good! The Z Press is an overhead press down while sitting on the floor. The classic version is to press off pins, although you can also do it without pins. The Z Press will develop insane stability and lockout strength in all of your presses. It's also very strict because you can't use legs. The best way to do this exercise is by having the legs flat and in front of your body. However, widening the leg and keeping slight bend is fine too. Also, I strongly believe the pin version is the most

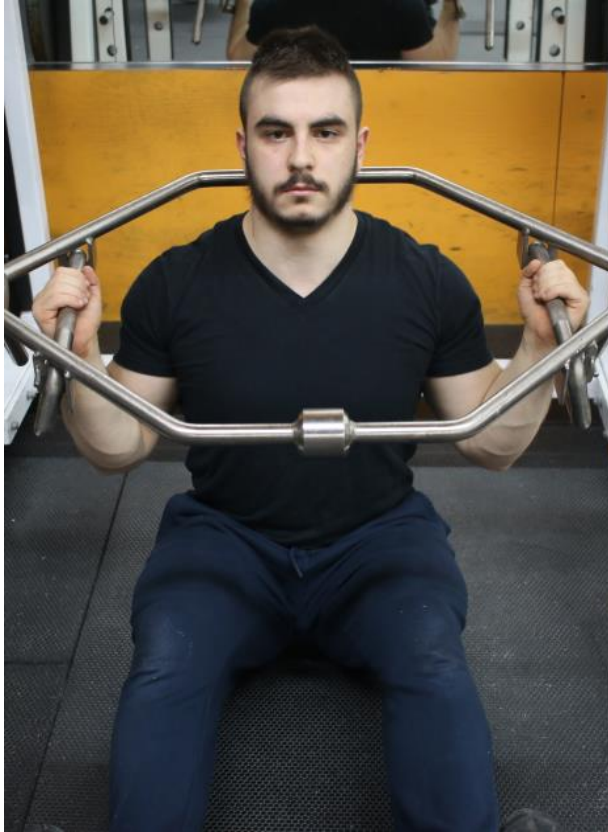
effective. You can do it at the chest level, neck, forehead, or even higher if you want overload. I also recommend doubling bands on these.



Overhead Press off the Knees

The overhead press off the knees is another exercise that will teach tightness. You cannot hyperextend your lower back or flex at the hip, nor can you use a little bit of leg drive to assist the lift. It closely resembles the torso angle to the standing position and should have carryover. You will lift about 10lbs less than your strict press if pressing off the knees. It's also convenient if your ceiling is too low and if you want to do overhead pressing with doubled bands.







Overhead Pin Press

This exercise will build dead stop overhead pressing strength in the standing position. Many times, people will do touch and go reps which makes the exercise far easier. When you use pins, you have to reset every single rep and generate maximum power coming out from the bottom. This will help you if you're weak off the chest. Moreover, if you have mini-maxes (aka sticking points in the lift) you can set the pin height to that exact area. This way you can train through the joint angles at which you are weakest. The weaker you are off the chest, the lower the pin height must be. The weaker you are towards lockout, the higher the pin height should be. Finally, if using the higher pin heights you can overload your upper back, shoulders, and triceps while strengthening the tendons and ligaments. This will keep you injury-free while getting you jacked at the same time.



Viking Press

The Viking press is simply amazing. It's a vertical press done in a neutral fashion. This changes the leverages slightly by attacking rear and side a bit better, and builds your upper back in a major way. You can either use a calf raise/other machine to do the presses, or perform regular overhead presses with a football bar.



Behind The Neck Press

The behind the neck press is a godly shoulder builder. It actually stimulates the rear and side delts more than front pressing, in addition to strengthening the upper traps. I would consider it the best mass builder of all time for the shoulders. The only flaw to this exercise is that you require exceptional mobility to safely perform it. If you lack the thoracic/shoulder mobility, stay away from this exercise. However, if your mobility is in check, definitely do not skip out on this movement. It will develop your shoulders like no other. You can do these with a close grip, medium grip, or wide grip. Figure out what feels comfortable for your build.



Push Press

The push press is a standard press with leg drive. It teaches whole body explosiveness because the whole kinetic chain is coordinated, and simultaneously builds tremendous lockout strength. You also overload the entire upper body for handling heavy weights, which makes it easier to strict press once you go back to it. If you want to make this an even more explosive exercise, do this with bands (reduces bar deceleration as discussed many times). The push press with bands will also overload your upper back, triceps, and shoulders more than if you did not use them. Although optional, it is the preferred method of muscle development for this program.



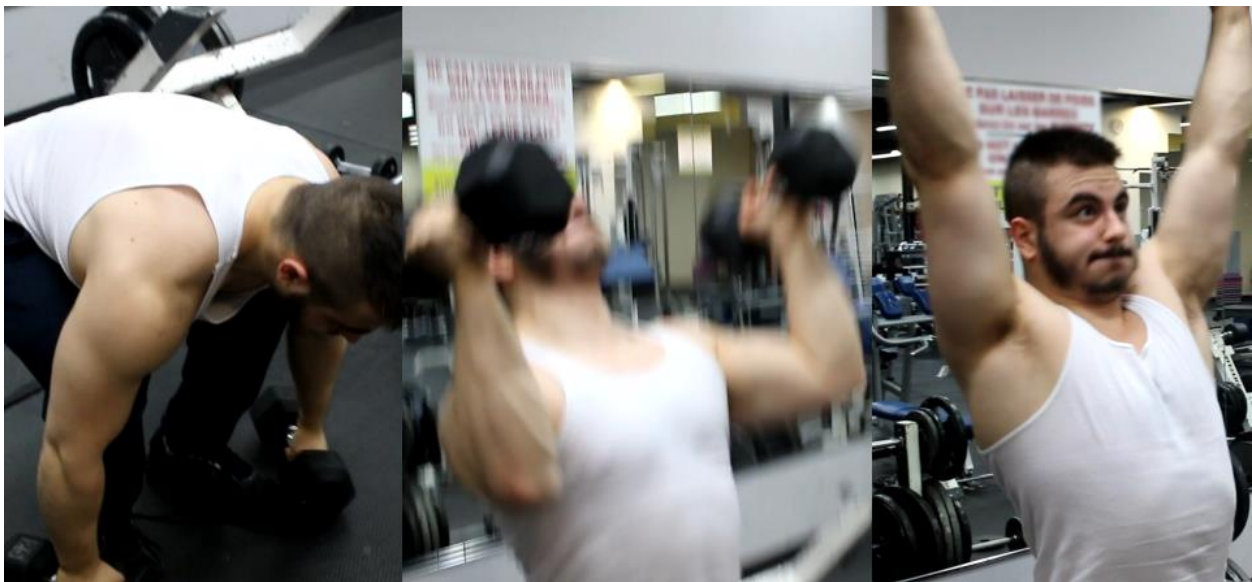
Behind The Neck Push Press

This is a very tough exercise which combines the behind the neck press and push press into one movement. The benefit is that you skip out the bottom range of motion which is where the injuries usually occur, but you still develop all heads of the delts in an equal fashion while strengthening the lockout portion of the lift and upper back.



Clean and Press

The clean and press is a combination of a power clean and standing press. This exercise will build massive traps and shoulders simultaneously. The fact that you are pre-fatigued from the power clean makes this a very strenuous movement. I like using low reps on these. If you want an even greater challenge, do these with a thick bar. The clean and press may be done with barbells and dumbbells. Bands may also be used if full body explosiveness is what you desire.



Dumbbell Shoulder Press

The dumbbell shoulder press is a standard bodybuilding exercise. It allows you to get a deep range of motion, and gives you the benefit of rotating your hands freely. There's also a stabilization factor, which is great. You can do this sitting down, or standing (which is much harder). I also recommend that you keep your elbows in, rather than out, for this is safer on your shoulders and builds incredible vertical pushing strength.



One Arm Shoulder Press

The one arm shoulder press gives you the same benefits as the standard shoulder press, except now you are focusing on each side separately. This requires great stabilization. You can either do this exercise one arm at a time, or perform it in an alternating fashion. Get this number to 100lbs for reps and you'll be one of the strongest naturals on the planet.



Circus Press

The circus press is one of those old school strongman exercises. You clean a dumbbell to your shoulder with one arm, and then push press it. This really builds explosives and stability, because you are push pressing the weight in a unilateral fashion.



Landmine Press

The landmine press is like the pushing version of a T-bar row. Using the same setup (bar in corner or apparatus), you grab the sleeve of the barbell with your hands, and press it over your head. It will feel like a close grip incline bench press done overhead, with some extra back stimulation in there. It may look weird, but trust me it works. If you want to make this exercise more challenging, you can do it kneeling instead of standing, and/or do it with one arm at a time.

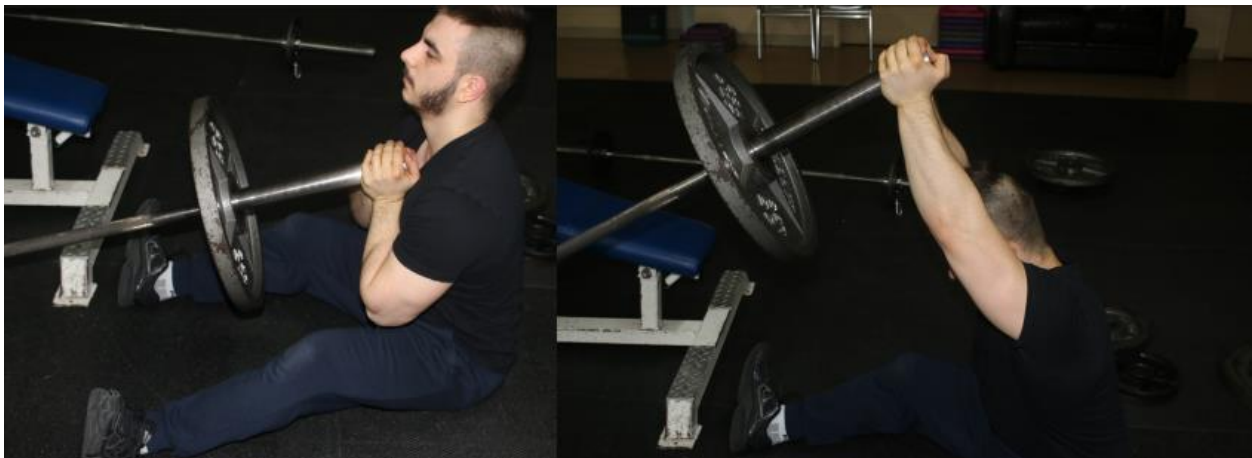






Landmine Z Press

This is a Z press done in the landmine station. You will be blown away how difficult this exercise is. You'll have to use weights that are similar to your one arm landmine press, that's how hard it is. The reason this lift is so effective is because the moment arm of the landmine is very large which gives you terrible leverages and increase how heavy the bar feels as a whole. In simplest terms, you are getting more out of less weight.





Landmine Push Press

The landmine push press is an explosive, full body movement that will build your landmine pressing strength. It's a tough exercise to do, and makes you stronger at all joint angles. The benefit is that you are overloading the lockout, while really building up the shoulders and triceps through holding the heavy weight.



Bradford Press

The Bradford press combines the standing press and the behind the neck press into one movement. This way, you get the best of both worlds. Simply press to the front, then alternate it to the back. Then you press back to the front, and repeat. It should feel synchronized when you do this, not broken up into two different exercises.



Block Press

The block press is probably the least common overhead pressing variation of all time (I think I invented it), even though it's a damn good strength builder. Simply put, it's a floor press done overhead. This breaks up the eccentric/concentric chain, which builds explosive power and reversal strength. This carries over extremely well to all forms of overhead pressing. This movement can be done with dumbbells and barbells, either standing, sitting, or kneeling. It can also be done with two hands! If you have access to training blocks like crossfitters do, this exercise will become one of your staples.



Accessory Shoulders

Now that we've covered the main vertical presses, it's time to discuss the isolation movements. These exercises are necessary for optimal shoulder strength and muscular development. I've selected only the best, and I promise that these will assist you in all pressing exercises.

Crucifix Holds

The crucifix hold is the most brutal shoulder isolation exercise that you will ever perform in your entire life. You'll feel like a little girl when doing these namely because the weight will be rather light, but the pain is so overwhelming. This exercise feels like someone is stabbing your shoulders for long periods of time. It's an isometric exercise designed to build the rear and side delts equally. Strongmen love this exercise, and you will too. I recommend holding the pose for 30-60 seconds. You can use dumbbells or other objects such as sledgehammers and water buckets. The standard version is with the arms by the side, but you can also do the front crucifix hold.





Dumbbell Side Raises

The dumbbell side raise is a must-do exercise for anyone who wants 3D delts. To perform, bend over slightly, and externally rotate your hands while raising your arms outwards. I don't want any of that "pouring water" shit. All you do is internally rotate your shoulders, which creates impingement and injuries over time. Do the exercise the way I described it, and you'll be fine. If you want to minimize body sway, do the exercise sitting down.



Power Side Raise

The power side raise is the same as the standard side raise, except this time you are using leg drive and performing the exercise with one arm at a time. This cheating allows you to overload your side delts, which is something that many people don't do. By going this heavy, strict side raising becomes easy, and the shoulders get mad big.



Lü Xiaojun Lateral Raises

This special side raise was popularized by Lü Xiaojun, a Chinese weightlifting champion and three time world record champion. He also has the Olympic record for the snatch and total in the 77kg category. That said, you should take his advice on building the side delts.



High Side Raise

This is a side raise done with extreme range of motion. Rather than stopping at the shoulder level, you go all the way to lockout. You can use a power style or do it strict, both are very effective. In particular, it will strengthen your lockout on overhead press and help you with one arm pressing.



Cable/Band Side Raise

If you want more time under tension, then the cable/band side raise is for you. It's a great exercise because the weight will be lighter at the bottom, and heavier at the top. This allows for perfect form (no cheating) while simultaneously overloading the shoulders. It's similar to the power side raise in this respect.



Rear Delt Raise

The rear delt raise will build those rear delts in a major way, which not only enhances the 3D delt appearance, but also keeps you injury-free. What you do is bend over to around 90 degrees, and raise your arms sideways. You should feel a nice squeeze at the top. I strongly recommend doing these off an incline bench if you want to make it more strict.





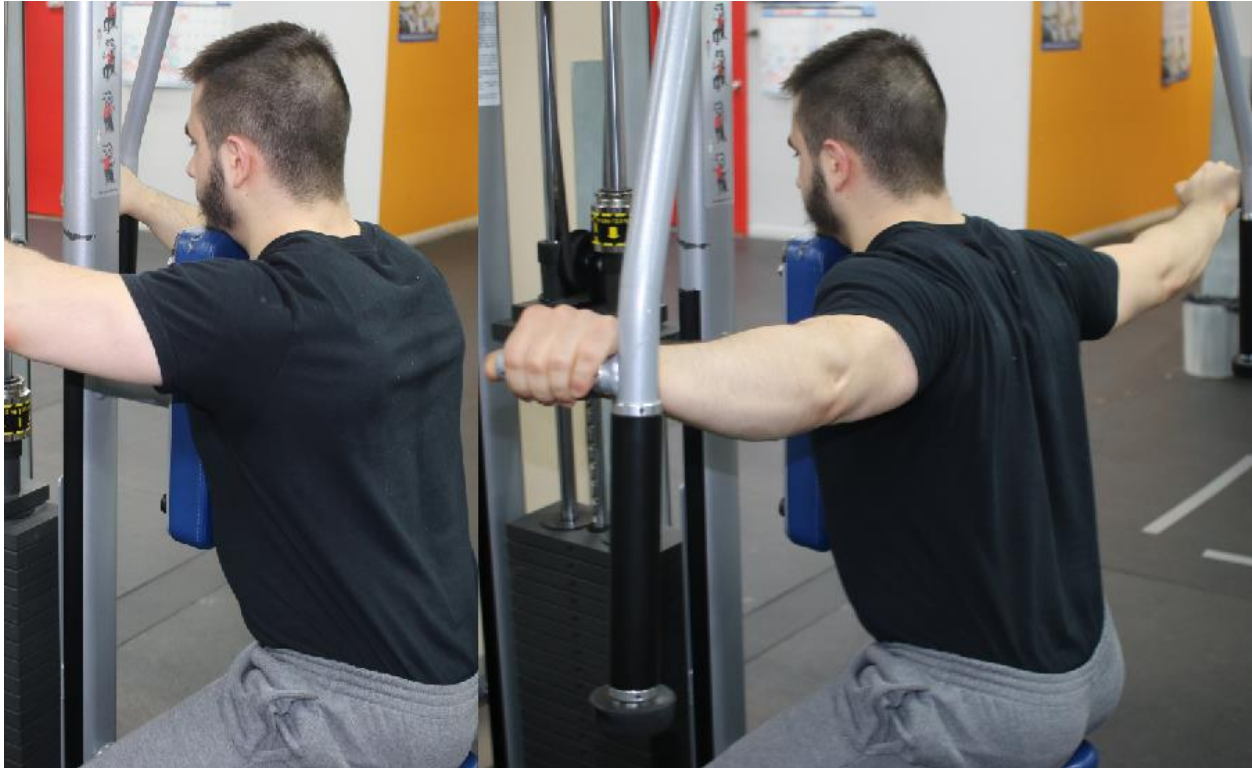
Rear Delt Swing

The rear delt swing was popularized by John Meadows. It's a partial rear delt flye that is designed to have you use very heavy weights and really maximize the stretch. This exercise must be done for high volume (reps of 25-100 are good) and about 2-4x the weight of your standard rear delt flye. This exercise has the greatest overloading potential out of any rear delt isolation movement. Don't worry about the range of motion, just get the reps in. The stretch is what counts the most. This will also build your "proper" version automatically.



Reverse Pec Deck

People like to use the pec deck for building a bigger chest, but did you know that you can also use it for building bigger rear delts? Just flip your body around, and do the exercise in reverse! This will be the most comfortable rear delt exercise that you'll ever do in your entire life. It's super strict, and the contraction is great!



Scarecrows

Want an exercise that builds power, mobility, and the rear/side delt equally? Enter the scarecrow. While standing in a cable station (or with bands), grab the left cable with your right arm and the right cable with your left arm (forming an x) and lengthen out your arms together until you form an “abundance pose”. You can either do this exercise for reps, or treat it like an isometric exercise done for time. If using isometrics, the exercise is called the “rear delt crucifix hold”. It can be done with bands/cables set from the bottom, or aligned with your shoulders. The lower you set it, the more rear delts, while the higher it is, the more side delts. I recommend using every version, and rotating band tension. Stepping backwards can increase tension as well, so you don't need heavy weight for this.





Front Raise

Although the front delts get tons of stimulation from all the pressing we do, it never hurts to isolate them. Isolating this region can give us a slight edge in size and carry over to your overhead press, which is always good. To perform the front raise, just raise a dumbbell or barbell in front of your body until it's even with your shoulders or all the way up to lockout like a snatch. Another variation is to do this off blocks, which carries over to the snatch.





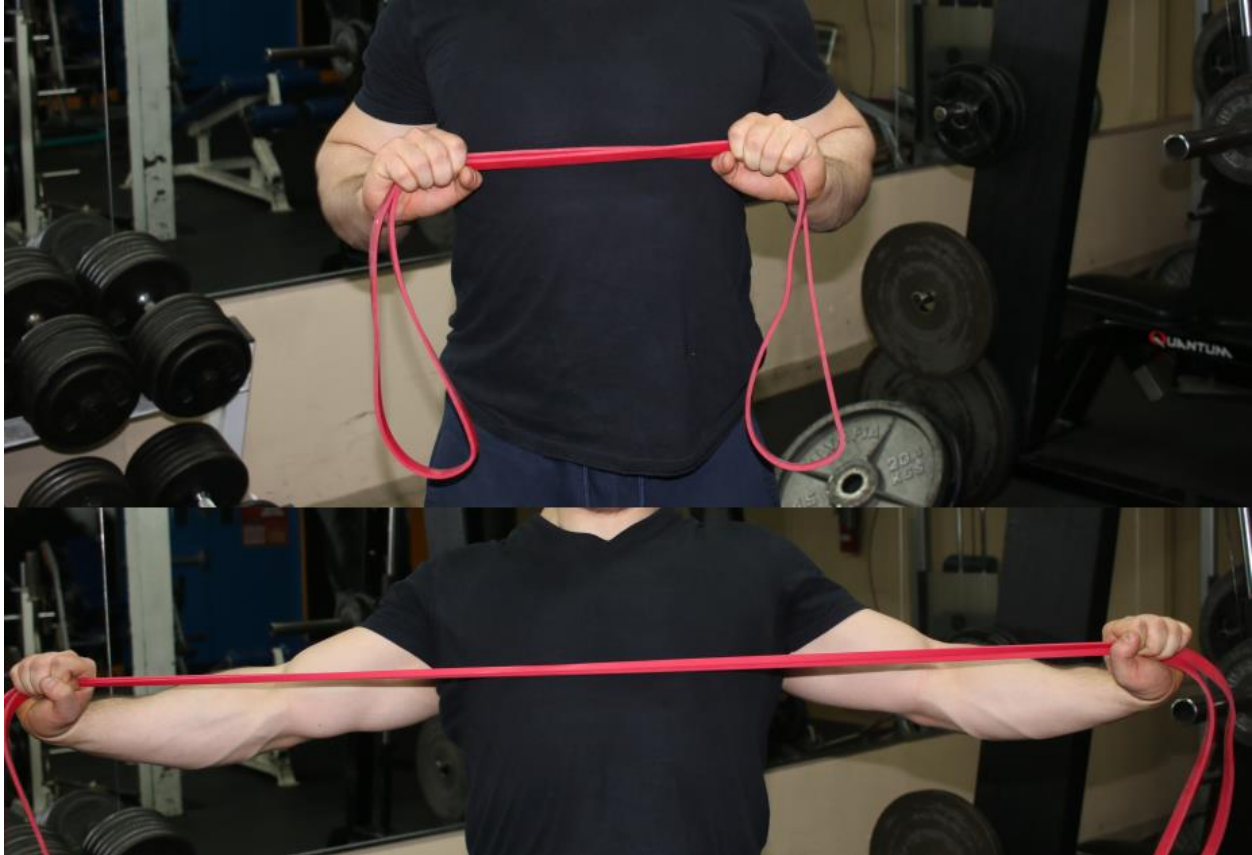
Plate Raise

The plate raise is exactly like the front raise, but you are holding a plate in your hand. This can either be a 5lb, 10lb, 25lb, 35lb, 45lb, 100lb, or stack of plates. Either lift the plate until it's even with your face, or raise it all the way to the sky. Both methods will effectively build your front delts.



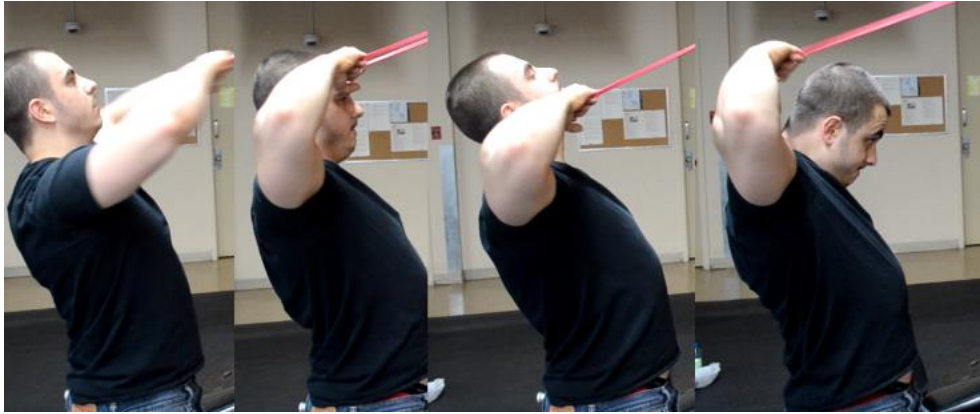
Chest Expander

This is an old school exercise that you may have seen in 1920-1930 cartoons. It used to be practiced to “expand the chest”, and believe it or not it actually worked. Not because the chest muscles themselves got bigger, but rather that the upper back became thicker which increased the chest measurement. The reason I’m including this exercise is because this will keep your shoulders very healthy and strong. This builds insane rear delt strength in particular, and if you know anything about history the guys who used to do this exercise back in the 1920s had pain-free shoulders compared to the bench monkeys of today’s era. Start this exercise with an easy band tension, and work your way up with time. You will be surprised how difficult this actually is. I also want you to recognize that this is not a band pull-apart. You have the hands low on your body, hands closer than shoulder width, and are pressing out against your body.



Face Pulls

Finally, we get to my favorite shoulder isolation exercise of all time, the face pull. This exercise is like a row to your face, which strengthens the rotator cuffs, rear delts, and side delts. Your upper traps get some nice stimulation in there too. To execute the face pull, either use a cable machine or bands. I prefer bands as the contraction feels better, and because it's easier to modify the resistance. You can also spread it apart which gives extra benefits to the side delts and rotator cuffs due to external rotation. I credit this exercise to much of the 3D delt action that I have acquired. I use a variety of band tensions, and change the way I do this exercise all the time. Sometimes I will pull behind the head, and other times I'll pull to the forehead or throat. All methods will work wonders for sculpting those shoulders and I am convinced that all drug-free lifters must use this exercise if they want to be pain free and maximize their shoulder development.



Extra Press

Although the main goal of this program is to develop that enhanced shoulder appearance, it is still necessary to include additional exercises besides vertical presses. These movements are supplemental, and seek to aid in improving overhead pressing strength by developing the shoulders and triceps to their full capacity.

Incline Bench Press

The incline bench press is probably the closest exercise you're going to get to an overhead press. Getting strong at this single movement has extremely high carryover, because the muscles used are identical, and the joint angles are rather similar. I would not be shy of incorporating this exercise on a frequent basis. You can do these paused or touch and go, and modify the grip width as much as you like. Adding bands (double them) and chains will also challenge you in a major way. Now if the goal is to improve the strength of your vertical presses (which is highly recommend in this program), then using the same grip width as your overhead press is what you want. Also, the higher the incline, the more specific it will be towards building vertical pressing strength, while the lower the incline the more specific towards developing horizontal strength. Choose your angles wisely. By the way, ALWAYS TOUCH YOUR CHEST. It makes no sense to half rep incline presses because this is not doing anything for the upper chest, nor will it have the best carryover to your presses as a whole. If you have shoulder pain narrow your grip in, and retract the scapula.





Incline Pin Press

The incline pin press has the same benefits as the overhead pin press. It will build dead stop strength better than if you were to pause. This is a great way of mixing up your training and I recommend using all the variations, such as low, medium, high pin presses, in addition to close and wide grips. If you want a pure mass builder for the triceps, then add double bands and use a high pin setting.



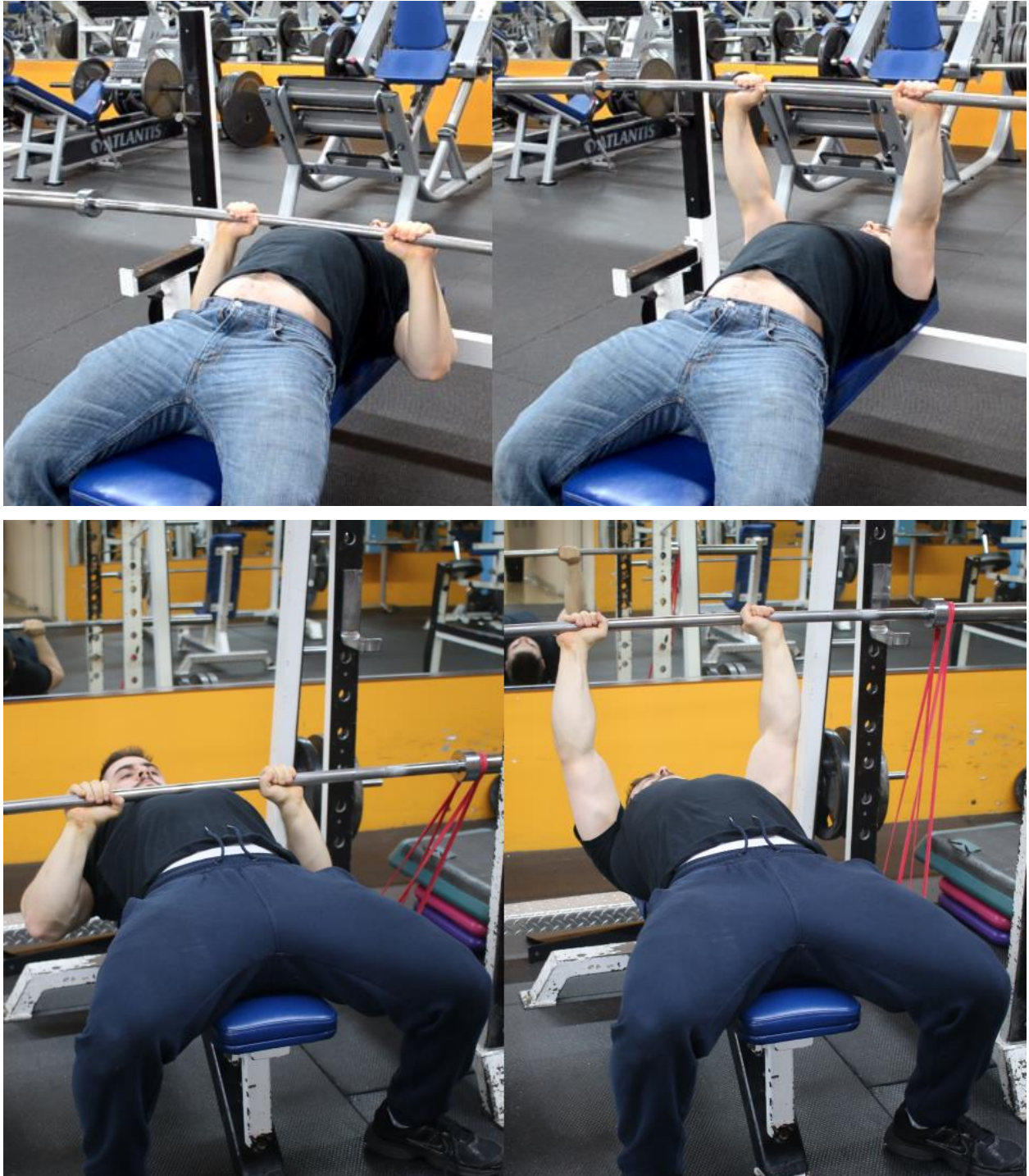
Incline Dumbbell Bench Press

If you love incline pressing, then try it with dumbbells. You will get a deeper range of motion than a barbell, and have the stability aspect in there. To make this exercise even more badass, wrap a band around your back and start pressing.



Close Grip Bench Press

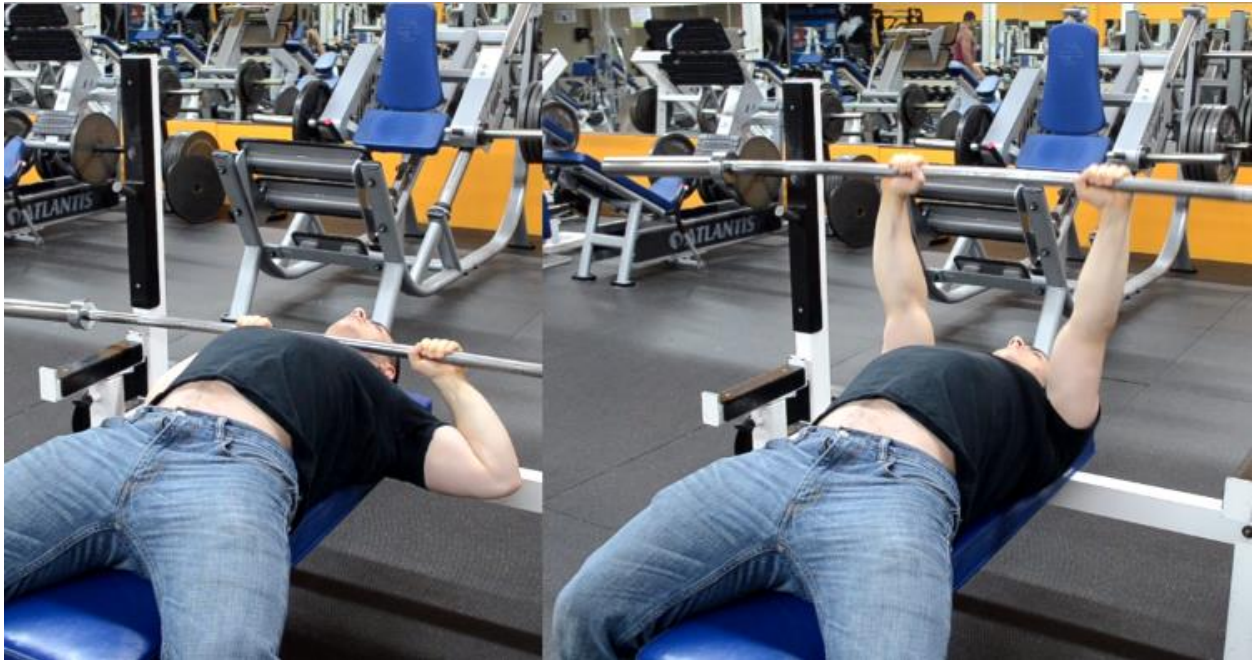
The close grip bench press will build very strong shoulders and triceps. It must be performed in a touch and go fashion, and never paused. More significantly, you cannot use a wide grip on these. Remember, you are not a powerlifter or bodybuilder. The close grip bench press is being used strictly as an assistance movement for building the overhead press. That being said, if you want even more shoulders and triceps in there, you can always attach bands or chains to the barbell. This will make the weight astronomically harder at the top (which builds lockout strength) and create bar shakiness which further attacks those shoulders.



Guillotine Close Grip Bench Press

If you want a variation of the close grip bench press, try it out in a guillotine style. That is, flare your elbows out completely to the side, and bring the bar down to your NECK. Please be aware that this can be very dangerous, and that if you plan on going this route that you

always set pins at the neck level (incase) and use moderate weights. I also take no responsibility if something goes wrong. You have been warned.



JM Press

The JM press is a combination of a skullcrusher and close grip bench. Everyone does it differently, but I like to do a straight vertical bar path and then dip my hands slightly backwards and press straight up. This will build the medial head of your triceps which helps with extension and lockout strength.

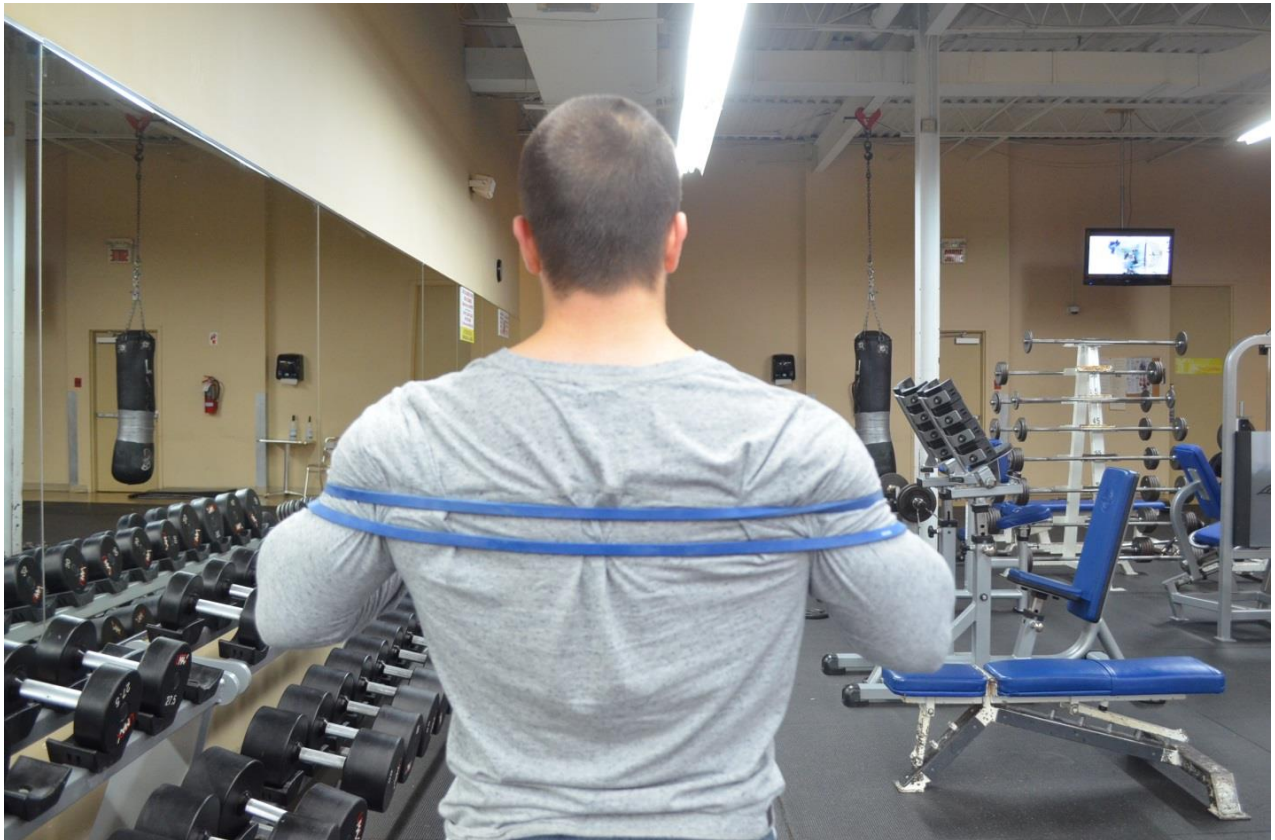




Neutral Grip Dumbbell Press

This exercise is the same as the standard close grip bench press, but done with dumbbells instead. The elbows remain fully tucked in by the sides, making the triceps and shoulders do all the work. This is not bodybuilding, and we are not trying to get as much pec involvement so make sure not to flare.





Close Grip Floor Press

The close grip floor press is great for strengthening overhead pressing strength, because it's a partial rep. This takes tension off the chest, and puts it on the shoulders and triceps. Due to it being a relaxed overcome by a dynamic, it will help build explosiveness. To make this exercise even more beneficial, throw some chains on the barbell sleeves.



Neutral Dumbbell Floor Press

This is an excellent accessory movement for the floor press and dumbbell press in general. It's also very shoulder friendly and poses a low risk of injury due to the floor blocking the arms from going too deep.



Weighted Dips

Weighted dips are one of the best upper body exercises of all time, especially when mixed with overhead pressing. The only issue, however, is that this exercise can put a lot of strain on the AC joint and rotator cuffs. Even if you happen to be very mobile, if you do not have the bone structure to support the demands of this exercise, you will have to dismiss it without question. Unfortunately, there's only about ¼ people who can safely do this movement without wrecking their shoulders or cracking their sternum. So if you're the lucky ¼th, then I would DEFINITELY incorporate this exercise. It will carry over to every upper body exercise in existence. The machine version of this exercise is also good.





Triceps

Pretty much all direct triceps work comes in the form of extensions. They are absolutely essential for maximizing lockout strength on any pushing motion even though forearms are the main goal of this program. In particular, extensions will strengthen the medial head of the triceps, which is right around the elbow. Furthermore, when you use shoulder extension principles, the long head of the triceps will also be recruited, which aids in developing that well sized arm without flexing.

By the way, if you get elbow pain from these, don't worry because in a few months that issue will no longer exist. Remember those mini-home workouts? **They will cure any elbow tendinitis that you may have, and allow you to perform extensions with little to no elbow pain.** Trust me, I know. I have hypermobile elbows and for the longest time I could not do

ANY form of extensions (Even the low stress versions) without experiencing significant pain in the elbows. Once I started doing band pushdowns on a consistent basis, the connective tissue hypertrophied, and since then I've not had any elbow pain. You'll find the same thing to be true for you, so don't worry about it. If problems still persist, I recommend warming up more thoroughly. Before moving onto a working set, hit 1-2 warmup sets for reps of 10-20. This will really lubricate those elbows. In terms of the exercises you're about to see, the angles remain the same, but the loading principles change. You can and should do these movements with dumbbells, barbells, machines, cables, bands, etc. Be creative!

Overhead Extension

The overhead extension is the ultimate mass builder for the triceps. Due to shoulder flexion, you end up activating the long head of the triceps to a magnificent extent. The benefit is that you are stretching out the long head while building extension strength that will carry over to all vertical presses. In other words, your arms will get massive from doing this lift alone, as well as your lockout strength being greatly improved. You can do this standing, while sitting down, one arm, two arms, with a barbell, dumbbell, band cable, etc. Do them all!









Overhead Extension Push Press

The overhead extension push press is a secret overloading exercise that will stretch out the long head of your triceps to its full capacity. This has the highest carryover to the push press (not necessarily strict) and delivers a stretch that will cause significant amounts of arm hypertrophy. You don't have to close grip bench press 405lbs to get big arms, just get strong at this exercise and the stretching will take care the size for you. You can do this exercise one arm at a time, or with both arms. Barbells and dumbbells may be used.



Dicks Press

The Dicks Press is basically a half rep Bradford Press. It is ultra specific in developing overhead pressing strength, both from the front and behind the head. A great benefit is that you can use heavier weights than your extensions and therefore get a better stretch on the long head of the triceps.



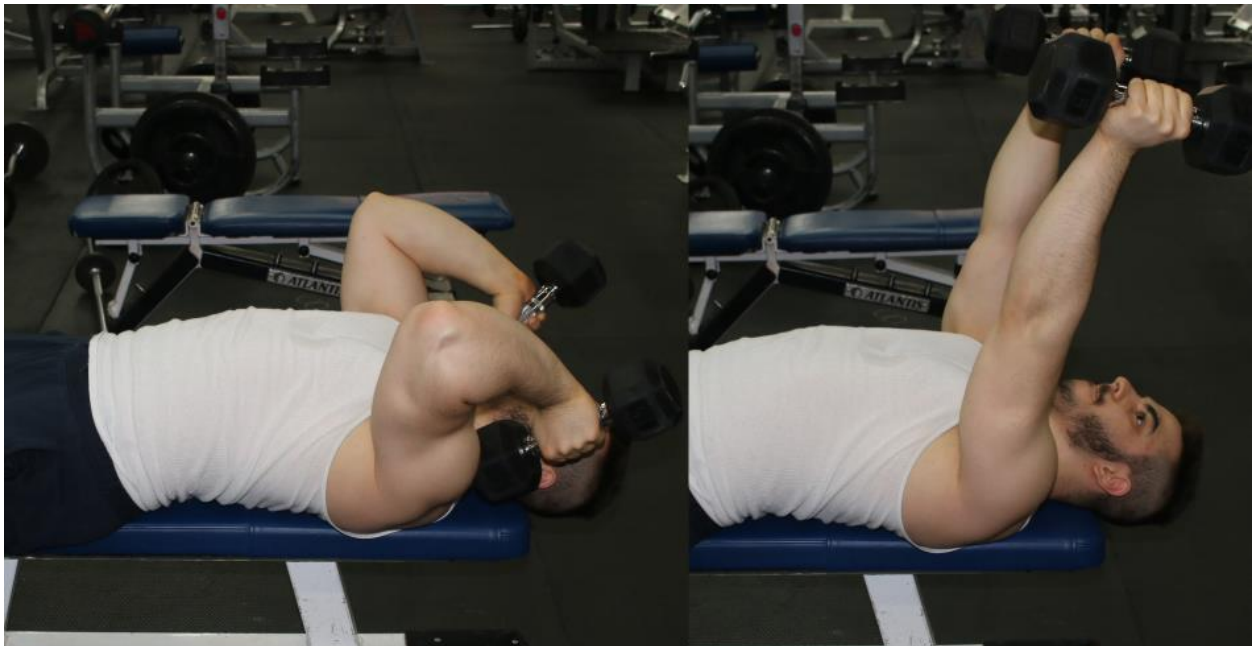
Rolling Dumbbell Extension

The rolling dumbbell extension gives you a mini pullover effect at the bottom, which will give you a slightly better stretch on the triceps. It also deloads the elbows and allows you to lift a little bit more weight than without. In other words, it's an elbow deloader and triceps overloader.



Flat Extensions

Flat extensions are the standard way of doing extensions. They can be done with barbells and dumbbells. For all extensions, I always recommend stretching backwards for extra longhead and because it's easier on the elbows. The flat version is most specific to improving horizontal pressing strength.





Incline Extensions

Another angle of doing extensions, should carryover to incline and overhead press pretty well.





Decline Extensions

This is the best form of extensions other than overhead if you want to get the best possible stretch. It also has carryover to horizontal and vertical pressing equally. Only caution is that it might be harder on your elbows.





Floor Extensions

The floor extension will build dead stop strength because it breaks up the eccentric and concentric chain. I really like this variation because it's joint-pain free and emphasizes power.





Skullcrusher to Throat

This extension will carry over to all horizontal presses and most extensions in general. It is extremely hard on the elbows, but probably one of the best for hitting the medial head of the triceps. Also beware of the injury risk, you do not want to decapitate yourself.



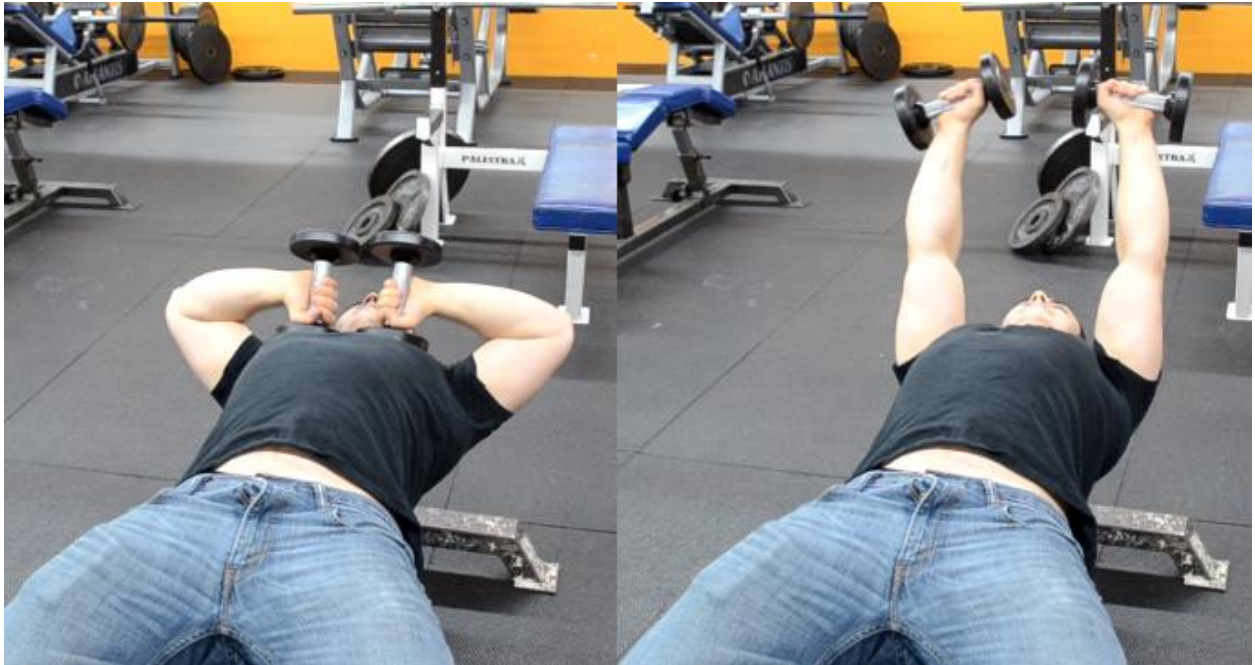
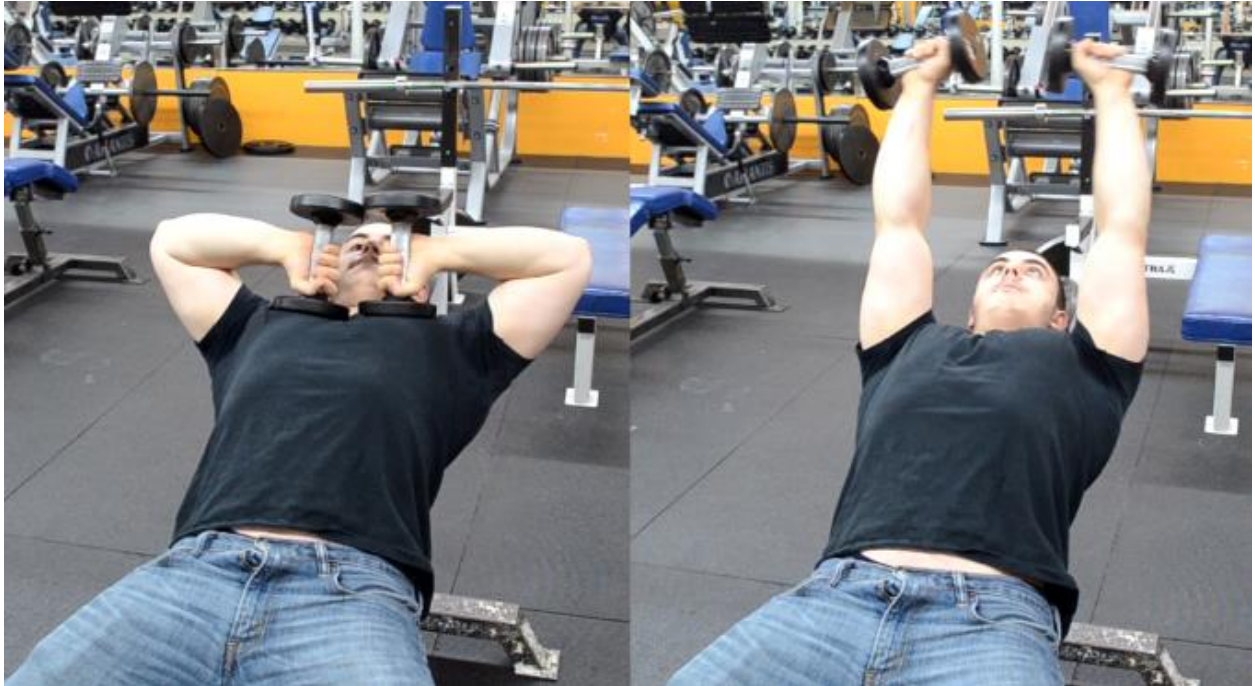
Cross-Body Extensions

Cross body extensions give you a unique stretch and are another way of doing extensions. Can be done on a flat, incline, and decline bench.



Elbows-Out Extensions

This is similar to the cross-body extension, except you are using two arms at a time. This exercise can use slightly heavier weights, and has good carryover to dumbbell pressing. The only downside is that it could be hard on the shoulders due to internal rotation. Also, the incline version is much harder than the flat version.



Pullover to Press

The pullover to press is another old school exercise that I am sure you will love. You will get an insane stretch on the longhead of the triceps, while building up all horizontal press automatically. It's also extremely elbow friendly.



Bent Arm Pullover

Unlike the straight arm pullover which emphasizes the chest, lats, and vacuum effect, when you do the bent arm version the majority of the work is being placed on the triceps. All you are doing is using shoulder flexion to activate the long head of the triceps. This is designed to be done with extremely heavy weight and is considered a stretching exercise.



Bench Dips

Bench dips are one of the best bodyweight exercises you can do for the triceps. The stretch is incredible due to your hands being placed behind your body, and it acts as a great workout finisher and pre-exhausting movement. If it doesn't bother your shoulders, consider it.



Close Grip Pushup

I'm not a huge fan of EMG studies because I think they have many flaws, but I'll believe it when the results show that close grip pushups have more triceps activation than bench press and many other triceps exercises. If you do this exercise for very high volume (like 5x50 and more) you will get a wicked pump in your triceps. If you do this weighted, even better. I like to finish my volume workouts with these.



Bodyweight Extension

This is how you do extensions without free weights. What's interesting is that this exercise is actually quite difficult. The stronger you are, the further back your feet should be.



Triceps Pushdown

The good old triceps pushdown! I doubt you need an explanation here, but if you didn't know this primarily works the lateral and medial head of the triceps. If raise your hands a little higher than normal, you'll get more long head. In this program, I strongly recommend rotating the pushdown variation every time you train. This way you will never plateau or get bored of this exercise. Pushdowns are also phenomenal for eliminating elbow pain and using it as a pre-exhaust method before doing extensions. I do these year-round and advise you to do the same.









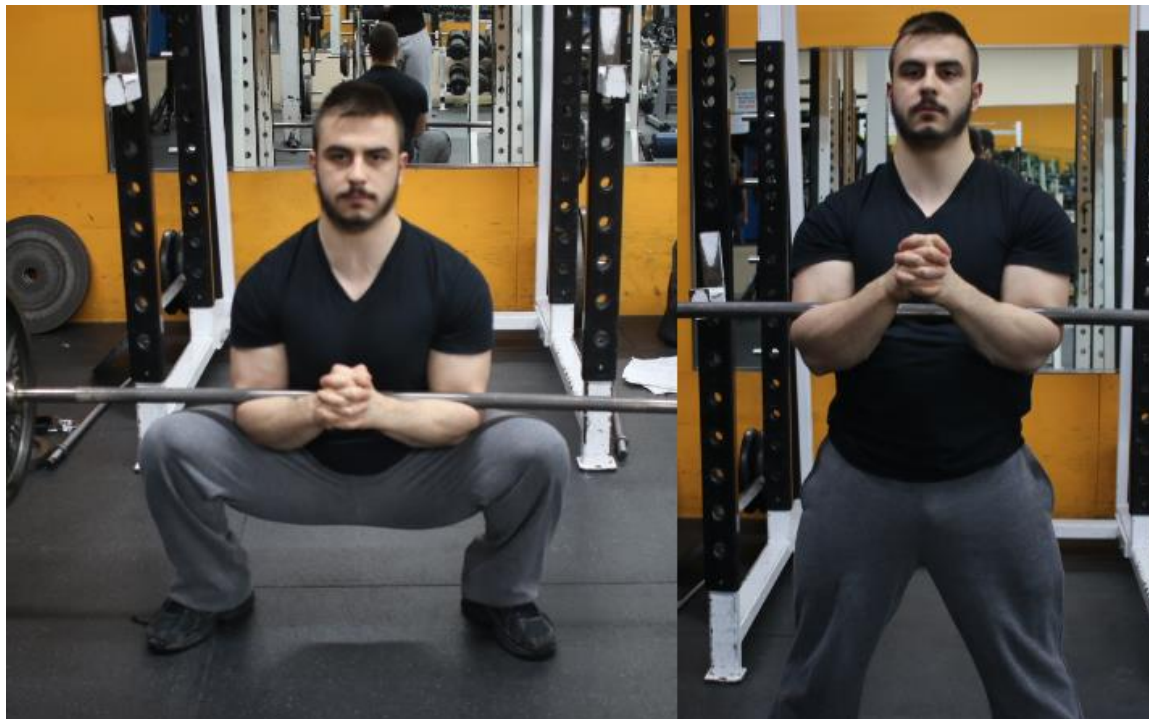
Lower Body/Glutes/Posterior Chain

We cannot forget about legs, right? I mentioned earlier how having large glutes was the main objective. This is because glutes add that three-dimensional pop to your frame, and instantly make you look bigger. Matter of fact, you can have chicken legs but if your glutes are big, you're covered. You should strive to acquire 45-50 inch glutes to really get that gorilla look. By the way, we don't have to do much leg work because all the deadlifting variations that you perform will ensure optimal posterior chain development. Of course, I will still show you more variations and assistance work, but nonetheless you are building up your legs mainly from deadlifting. Remember, this is not a bodybuilding or powerlifting program. Thus, there will be no leg pressing, pistol squats, leg extensions, or anything else that tends to build the quads like crazy. Besides, with a strong posterior chain, you will never have knee pain. Most

guys hammer their quads like no tomorrow, but end up having a distorted quad/hamstring strength ratio. In this program, you will have the precise opposite ratio, by which your hamstrings will greatly overpower your quads. In this way, you will NEVER have knee pain ever again, and leg soreness will be much more manageable. The only exception, however, is that we will be doing Zercher squats and front squats, because they effectively target the upper back, and act as a perfect assistance movement for the deadlift (off a box preferable) They also prevent muscular imbalances from arising, which is excellent. For core, all the exercises will be specific towards improving the squat/deadlift.

Zercher Squat

The Zercher squat is the jack of all trades squat. It teaches upper back tightness, how to sit back, and how to spread your knees apart. It also hammers your core like no other, and builds pain tolerance due to the load being in the crease of your forearms. This should be your number one squatting choice. Either perform it from a dead stop off pins like a deadlift (more specific), off a box, or treat it like a squatting exercise with full range of motion. Either way, it builds the necessary posterior chain and upper back strength for deadlifts and rows.



Front Squat

The front squat is the same as the Zercher squat, except this time the weight is high on your shoulders instead of the crease of your forearms. It differs from the Zercher squat because it requires more thoracic and wrist mobility, and changes the biomechanics of the squat slightly. Always use a clean grip, and never a cross-arm grip because otherwise your shoulders will get wrecked over time, and you will be masking your mobility issue. However, if your anthropometry is really bad, simply attach wrist straps to the bar, and front squat by grabbing onto them. You'll find that getting strong at front squats immediately carries over to your deadlift. Do them off a box if you want less quad in there.



Box Squat

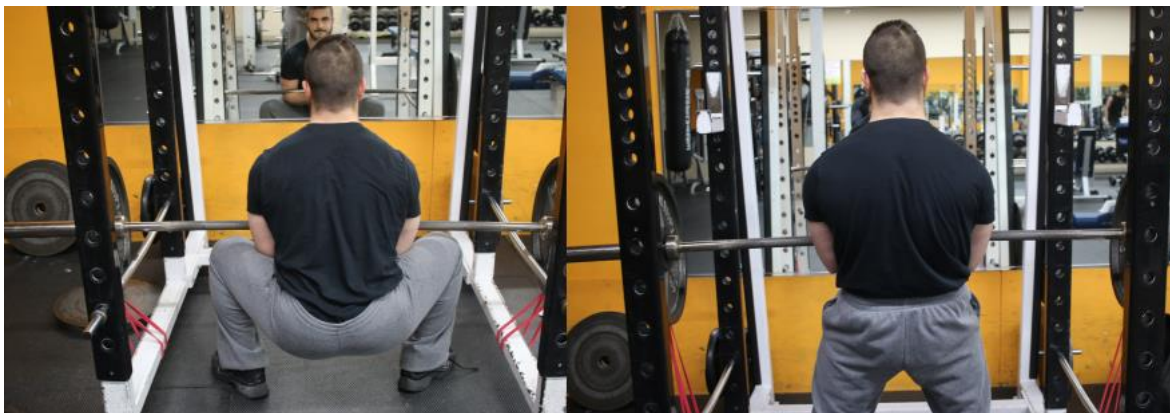
In this program, I don't want you doing free high bar squats. This will involve too much quad, which is not what we're trying to build. If you want to do high bar squats, perform them off a parallel/below parallel box. Also ensure that you sit ALL the way back, and widen your stance. There should be little to no knee extension. This method of squatting is superior than free squats for building the posterior chain and has much better carryover to deadlifts due to breaking up the eccentric and concentric chain. It's also extremely knee-friendly, and super easy to recover from even with accommodating resistance added (which you should use 100%) You may also do this with doubled bands.





Squat with Bands

Squatting with bands is the best way of becoming more explosive and getting the most out of every joint angle. I argue that this is 1000x better than the straight weight version. I'm showing you the free squat because you can see the band tension, but I would prefer you do this off a box.



Pin Squat

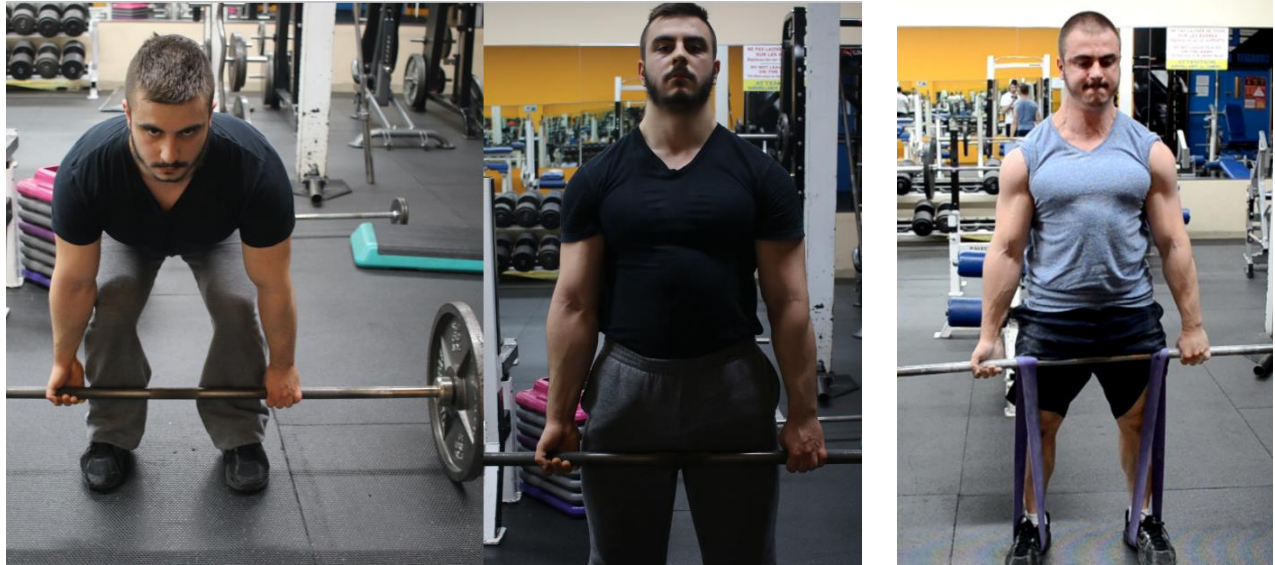
If you want to develop bottom strength on your squat, try pin squats. It has extremely high carryover to box squats and builds 100% dead stop strength. Zercher and high bar may be used.



Conventional Deadlift

The conventional deadlift accomplishes the exact goals of this program. That is, it builds all the posterior chain and upper back in a major way. That's why it's highly recommend that

you perform this movement, in addition to its variations. All deadlifting will pack on mass to your frame in all the right places, which is simply amazing. For more upper back/traps emphasis, try deadlifting with bands. It combines a rack pull and deadlift into one, so you get the best of both worlds.



Behind the Back Deadlift (aka Hack Deadlift)

The behind the back deadlift is a PHENOMENAL pulling exercise off the floor. This is my favorite deadlift style because there is a very small moment arm due to the bar being much closer to the hips. The result is that there is far less force on the spine, which means you can pull very heavy and possibly round (not encouraging rounding) without experiencing any pain. At the same time, this exercise builds tremendous leg drive off the floor for all pulls, and it strengthens the mid-lower traps like no other exercise. I absolutely love behind the back deadlifts, and wish that they would be legal to do in powerlifting competitions.



Sumo Deadlift

If you have lower back pain/herniated disks or very short arms like myself, then sumo deadlifts may be a better option for you. Your glutes will still get more than enough stimulation. The only drawback is that you'll get less spinal erector in there, which shouldn't be an issue considering the high exercise selection in this program.



Jefferson Deadlift

The Jefferson feels like a unilateral sumo deadlift. The benefits of this exercise is that the torso is extremely upright which means there is far less chance of hurting your lower back. On top of that, the unilateral nature will force your obliques to work extra hard. I would recommend this style of pulling if you're bored of doing sumo.



Deficit Deadlift

The deficit deadlift will build the bottom strength of your deadlift, and allows you to get more leg drive. The range of motion is longer, and the demand for mobility is much greater. Typically speaking, if you improve your deficit deadlift strength, your regular deadlift goes up automatically.



Stiff-legged deadlift

The stiff-legged deadlift is a deadlift done with bad form. However, the bad form is intentional rather than accidental. You are pulling with your back while using shittier leverages. By getting strong in this weakened position, you can bet that the standard deadlift will be far easier. You may also do stiff-leg sumo.



Deficit Stiff-legged Deadlift

The deficit stiff-legged deadlift takes the stiff-legged deadlift to a whole new level. You are now pulling with bad leverages, and with much greater range of motion without leg drive. It's probably the hardest way to pull a weight off the floor, making it a great strength builder. Just be careful on these, as many backs have been pulled in this position.



Romanian Deadlift

The Romanian deadlift is the only version that's focused on the negative. You start at the top and descend the bar by sitting back and keeping your lower back tight. Then, right before the plates hit the floor, you rebound through using the stretch reflex in your hamstrings. In this way, you are training the negative, while developing the posterior chain. Always use perfect form on these, and utilize straps if necessary.



Block Pull

The block pull is very similar to a rack pull, except this time you are pulling off blocks rather than pins. The significant difference is that the heights used are far lower than rack pulls. The goal of the block pull is to develop pulling strength off the floor, rather than overloading the upper back and traps. My advice is to pull off heights of 2, 4, and 6 inches. Block pulls can be done with ANY style, which includes conventional, behind the back, sumo, and Jefferson. Use the version that corresponds with your pulling style, and progressive range of motion method is highly recommended. Finally, recognize that just because rack pulls are part of the upper back section, doesn't mean that you can't do them as a main lower body exercise. Rack pulls can be swapped with block pulls anytime if that is what you want.

High Height (could be used as rack pull low pin substitute)





Middle Height (6 inches, specific to deadlift)





Lowest Height (2-4 inches optimal for floor strength)





Zercher Deadlift

This is a very old school exercise that was done in prison. Ed Zercher used to do these because there was no squat rack. This special deadlift will carry over to atlas stones, all pulls off the floor, and give you titanium spinal erectors. It's a bit risky, but the gains are legit.



Good Morning

The good morning is phenomenal for building the posterior chain. It follows the same movement pattern as a deadlift, except the bar is on your back rather than in your hands. Simply bend over by sitting back, and then pop back up. If you want to get more specific towards building the deadlift, you can do good mornings off pins or suspended chains. I also recommend that you modify your stance every time you train these. Mix in close, medium, wide stances, and split stances for optimal performance gain. Do this seated or standing, and consider using a Zercher hold for some extra upper back.





Off Pins (builds dead stop strength)







Accessory Lower

Now that we've covered the main leg/posterior chain exercises, it's time to discuss the accessory movements. These exercises will further develop the posterior chain and carryover to squats and deadlift variations, while ensuring that no muscle weaknesses are developed. In this program, there can be no weak links in the chain. This way you will never get injured and performance will always be sky high.

Glute Bridge

If your glutes are really lagging, then the glute bridge will be your exercise of choice. It's one of the few movements where you can actually thrust and squeeze your ass cheeks directly. This movement will make your ass a lot bigger, and help with your deadlift lockout.



Hip Thrust

If you feel that the glute bridge does not have enough range of motion, then try out the hip thrust. It's a slight difference, but you should notice the effect it has on the glutes. I would recommend rotating between these two exercises as often as possible.



Glute Ham Raise

The glute ham raise is a classic accessory lift for strength athletes. Using a machine, you lower your body down, and then explode by leg curling your bodyweight. The vast majority of lifters cannot even perform one repetition of these, so you may have difficulties performing this exercise initially. As a matter of fact, starting off with just negatives might be what you need. Over time, once you are decently strong with your bodyweight, consider adding plates or bands for extra resistance.



Hyperextension

The hyperextension is like a glute ham raise, except you aren't leg curling your body back up. All you are doing is extending your back. This exercise hits the spinal erectors directly, which will keep you nice and safe from all the pulling in this program. It also builds your deadlift lockout strength. You can and SHOULD use barbells on the floor/back, plates, and bands for this exercise.







Reverse Hyperextension

The reverse hyperextension is like a regular hyperextension, but instead of banding your torso, you are moving your legs behind you. The very nature of this exercise tractions the spine by rotating the sacrum while opening the disks and allowing spinal fluid to enter. It also isolates the glutes and hamstrings in a tremendous way. In other words, the reverse hyperextension is both as restoration and muscle/strength builder. You get stronger while aiding in the recovery, which is a rare combination. This is probably the best assistance movement you can do for your lower body. It's the one that I used the most in my training, and I'd advise you to do the same. Now if you don't have access to a proper machine, you can lie over a flat object and do the exercise manually. For resistance, add bands to your body, or hold a dumbbell in between your feet. These can be done year-round by the way, never do you need to rotate reverse hypers because it's that good.



Reverse Lunge

The reverse lunge is superior to the standard lunge for the simple fact that there is less knee bend. You are stretching out your back leg as far as you can, which allows you to get a deep stretch in your glutes and hamstrings. Standard lunges can be very quad dominant for a lot of guys, and often times cause knee pain. The reverse lunge fixes all these issues. The first time you do this exercise, your gluts and hamstrings will be very sore, and you are GUARANTEED to have trouble walking. You can do this with different barbells, trap-bar, dumbbells, chains on the back, and with a Zercher hold.





Overhead Lunges

This is a killer conditioning exercise that will hammer your shoulders and legs at the same time. In fact, I primarily use this as a GPP exercise. You can either do the reverse lunge style, or do walking lunges. Dumbbells and barbells may be used.



Landmine Deadlift

The landmine deadlift is an interesting exercise that has very high carryover to all rows off the floor. You see, a lot of your rowing strength actually comes from the lower body (especially if using cheat rows) and if you cannot break a weight off the floor or have difficulties doing so, your rowing strength will suffer for it. Now, the landmine deadlift will automatically build your strength for T-bar rows, one arm T-bar rows, Meadows rows, dumbbell rows, barbell rows, deadlift, and belt squat. It also strengthens the hell out of your midsection because as you stack on more plates, the moment arm will increase more and more. I know this exercise may look weird, but please believe that it is very effective. You can do it barehanded or with a v-bar, the choice is yours.



Sled Pull

If you have access to a sled, I would definitely make use of it. Walking forward and backwards with that heavy weight dragging will once more build all the posterior chain. You pull with your heels, and take long steps. When doing this exercise, you can either walk for long periods of time using a light weight, or do short distances with a very heavy weight. If

you really want to do this exercise, but don't have the equipment, then you can always attach some mountain rope to a used tire, and do sled pulls that way. You can also power walk on a treadmill with a high incline while holding dumbbells, wearing ankle weights, or attaching a band behind you.



Pull-through

The pull-through is an excellent posterior chain exercise that is very lower back friendly. It will feel very comparable to doing good mornings with bands. Feel free to experiment with cables and bands.



Abs/Obliques

As stated many times, the lower back and abs are extremely important if you want to stay injury-free in the long run. It also ensures maximum performance for all heavy compound movements. In this program, I want you doing everything which includes abs, obliques, transverse abdominis, bodyweight exercises, etc.

Weighted Crunch

Want a thick, blocky six pack? The weighted crunch will accomplish this. You'll have that impressive strongman core, which will be hard as steel and allow you to train beltless 100% the time. To do this exercise, hold a plate behind your head, and crunch. If you can do a 45lb plate for 20+ reps, chances are you can squat 500lbs. If you can do 90lbs for 20+ reps, you probably have the core strength to handle a 700lb squat.



Ab Pusher

This exercise will build the necessary ab strength for horizontal pressing movements. It teaches you how to correctly brace your core.



Barbell Situp

If you're too strong on weighted crunches (basically you hit 90lbs for high reps), then start doing the barbell situp. These may also be done off a decline bench.



Standing Cable Crunch

The standing cable crunch is the most specific ab exercise for squatting and deadlifting. You are standing, using the valsalva maneuver, and mimicking the torso bend. Getting strong at this one movement will satisfy any deficiencies in core strength. It's the preferred ab exercise for this program.



Landmine Twist

The landmine twist is an exercise that allows you to use really heavy weight, and it will carry over pretty well to most standing and unilateral exercises. Lots of MMA fighters and field athletes do these, and after you try them out you'll know exactly why.



Pullover Crunch

If you want a more dynamic crunching exercise, try this bad boy out.



Band Twist

If you want a solid oblique exercise, embark the band twist. Attach a band to a power rack, and then twist your hips sideways. For more resistance, walk further away from the power rack, or switch band tensions. Obliques are covered with this one exercise.



Wood Chop

The wood chop will build strong obliques like a lumberjack. Instead of cutting wood with a hatchet, you are breaking air with a cable. Either do them with the cable weight set at the bottom, or from the top.



Decline Medicine Ball Twist

Want another twisting exercise? On a decline bench, hold onto a medicine ball, dumbbell, or plate, and twist your torso side to side. You'll really feel those obliques on this one.



Side Bend

This is an excellent oblique exercise that has tremendous carryover to all standing exercises like squats, deadlifts, lunges, farmer walks, etc. However, it may be potentially dangerous to the spine. Be careful when doing this. Barbells and dumbbells may be used.





Zercher Walk

The Zercher walk is a terrific conditioning exercises that will strengthen your core for all standing exercises. I recommend stepping out of a power rack and going for a walk. Once you are getting tired run back to the rack or put the weight on the floor. You can also do Zercher holds if you don't feel like walking.



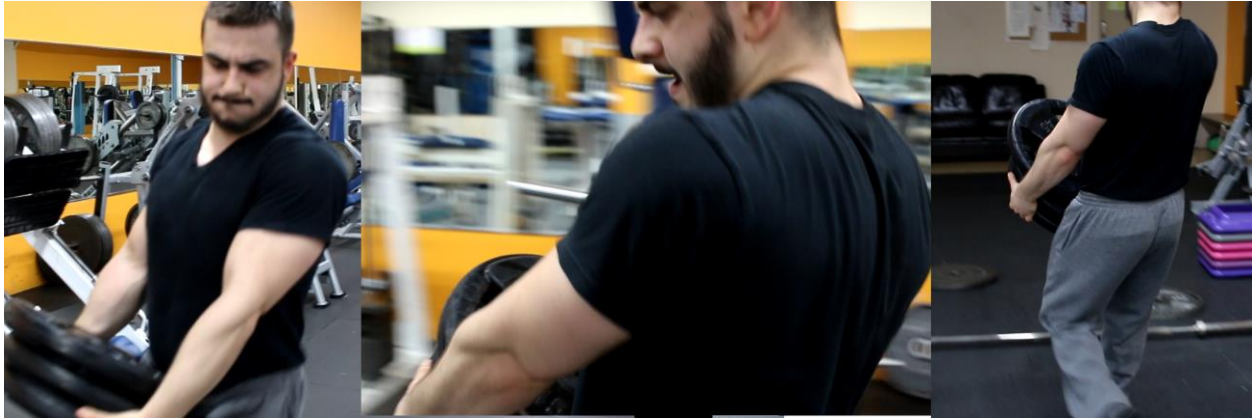
Bear Hug

The bear hug is a badass exercise that simulates the atlas stone. Simply stack a bunch of 45lb plates together, and pick it up off a low bench. You can also do bear huge walks for GPP, which I usually do at the end of my training. 5 sets of 100 meters is perfect.



Oblique Carry

This exercise is exactly like the bear hug walk, except this time the weight is placed on the side of your body. This replicates walking with kegs in Strongman.



Bench Push

The bench push will replicate the prowler exercise. Very heavy weights can be used, and the whole body will be strengthened as a unit. You can either move this for serious distance, or short distances but with very heavy weights. I would use this primarily as GPP work.



Weighted Plank

Next up, we have the weighted plank. Almost no one does this exercise, even though there are so many benefits. It builds static ab strength through intra-abdominal pressure which you need for all squats and deadlifts, and develops the deep areas of the midsection which makes your stomach appear flatter. It's a win/win in all respects! Once you can do these for 30-60 seconds with over 5 plates stacked on your back (which I've done), your core will turn to steel!



Ab Wheel Rollout

The ab wheel rollout is a great exercise for fully stretching out your midsection while having great carryover to many compound movements. A lot of strongman competitors swear by this lift, and the best part is that it's lower back friendly. Do it off the knees or off the feet.



Dumbbell Situp

This exercise is awesome because you won't feel plates crushing your body. It's also very fast to setup.



Bear Hug Situp

Another variation, this time you are stacking plates on your chest.



Hanging Leg Raises

This is a very easy bodyweight ab exercise. Do these if you're feeling extremely tired at the end of a workout or if your lower back is bothering you. You can do bent knees, straight leg to 90 degrees, and full straight leg.





Windshield Wiper

This is how you train your obliques while only using your bodyweight. Believe it or not, this exercise is quite effective.



Dragon Flag

If you don't feel like doing a heavy ab exercise or want a good conditioning movement to do for your GPP work, embark the dragon flag.



Front Lever

Finally, we end off with the front lever. This is one of the toughest bodyweight ab exercises, I would do these for conditioning or if you don't want to do weighted ab movements.



Forearms



It's amazing how many guys I see with huge biceps and triceps, but with pipe cleaners for forearms. They don't realize how their lack of forearm size is making their arms as a whole look like shit. Especially when you wear a shirt, those forearms will show like crazy. You simply cannot hide it, even when wearing long sleeve shirts. Just how you can't help but stare at a pencil neck, so can you not help but look at a guy's skinny forearms.

However, what if we have the opposite scenario? Someone with huge forearms, but not so huge biceps and triceps? Do you know what happens? That's right, your entire arm looks massive. This is a fundamental truth that you cannot escape. **Big meaty forearms will outshine big biceps/triceps 100% of the time.** If you don't believe me, how about you look at some arm wrestlers? These guys require insane grip strength for their sport, and as a result have adopted special training strategies for improving the size of their forearms. Although their biceps and triceps are not necessarily the largest, the fact that their forearms are so damn big just makes them look incredible. If you don't believe me, I want you to go on Google and look up "arm wrestler forearms". In fact, I'll reference Jeff Dabe, Arsen Liliev,

Devon Larett, Matthias Schlitte, and Denis Cyplenkov. Go look at these guys forearms right now and come back to me. In fact, let me share with you the picture that made me want to get Popeye forearms.



Let's be real guys, when you see these forearms you can't help but be impressed. How badass does that look??? **Having big forearms is the most important thing you can do for making your arms look massive.** It's the power look! Think about it, when your arms are relaxed from the front the biceps will naturally flatten out. Therefore, you need big forearms to add the necessary size (unless you have your arm bent all the time like a try-hard). When you turn sideways, your triceps will of course be showing, but so will huge forearms. When you turn around, you best believe the

forearm flexors and veins will be popping. It will also give the appearance of a thicker upper back/lats because of the three dimensional illusion. Finally, forearms give the illusion of lean looking arms. I have noticed that even as a high bodyfat percentage (aka bear mode) you can still have very veiny forearms. This is because there is little fat that stores in the area. Therefore, it's in your best interest to focus on forearms rather than biceps, because at least you will still see crazy veins this way. In turn, you look much leaner than you actually are.



Remember folks, our peripheral vision will ALWAYS scan for imperfections, **and since the forearms tinkle down to the hands, this is what our eyes will catch first.** In simplest terms, if you have nice, well developed forearms, your arms as a WHOLE are covered for life. Especially if you're drug-free.

So in this program, we will use strategies that the world's best arm wrestlers have incorporated for building massive forearms. Some of these movements you may be aware of and others will seem foreign. In the arm wrestling world, they are very common exercises. Also keep in mind that because this program emphasizes back/trap work to such a large extent, your forearms are already getting an insane workout from the get-go. As a matter of fact, by the time you must hit your forearms at the end of the workout, your hands will already be gassed out. For this reason, the forearm training volume will not be as high as a competitive arm wrestler. In particular, you will have one forearm exercise on your intensity day (not accounting for back training or thick bar implement) and two forearm exercises on your volume day. For the objectives of this program, this will be more than enough. As I've stated multiple times in this book, we are not competitive athletes. The little nuances (SPP work) don't mean jack shit to us.

In terms of measurements, my expectation for all of you is to achieve 14-16 inch forearms, which is definitely doable naturally. Typically speaking, your forearm size will be 1-3 (min/max) inches less than your bicep/triceps size. So if you have 16 inch arms, expect 13-15 inch forearms. If you got 18 inch arms, expect 14-16 inch forearms. As you can see, this is why I set the forearm range to 14-16. You may also shoot for the 16/16 arm wrestler ratio, which will literally make you look like Popeye. Now...there's a high chance that the majority of you will not surpass this range unless you've been blessed with great genetics, possess severely underdeveloped biceps and triceps, or have been training for many years. **Nonetheless, these are still very large forearms, and please believe that most people who train will never achieve these numbers in their entire life, including those that are on gear.** Remember, it's not uncommon to see guys with 18 inch arms that barely have 14 inch forearms. In this program we're trying to do the opposite, as you can see. **The closer**

the forearm to actual arm size ratio, the better your arms will look as a whole. As long as you fall within the range mentioned above, you should be perfect.

Before I show you these special exercises, I want you to understand three essential components of forearm training. Number one, whenever you curl using a barbell, you will primarily use an EZ-curl bar. This is because the slight pronation of the hand will take tension off the biceps, and send it to the brachialis and forearm. Remember, we're not trying to build huge biceps. They will automatically get big through the combination of these special exercises. Secondly, when performing any curl, whether that be with barbells, dumbbells, cables, etc, I want you to **ALWAYS KEEP YOUR WRIST UP AND CURLED**. If you were trying to train your biceps, you would keep your wrists down and relaxed. However, for forearm training you will do the precise opposite. Lastly, when performing any curl, it is perfectly fine to cheat a little bit. I recommend leaning your torso forward on the negative, and moving it backwards on the positive. Keep in mind that the cheating is very minimal, and is not to be taken to the extreme. We do not want to be doing underhand power cleans, but a bit of body English is perfectly fine and recommended for dealing with the heavy weights that you will use.

In case you didn't realize, these techniques were taken directly from arm wrestlers, as it mimics the hand positioning and biomechanics of the sport exactly. With these things still fresh in your mind, let us now break down the special exercises. We want forearms so friggen huge that even Popeye would be scared. Your grip strength will be out of this world! In order to maximize forearm development we require both arm curling, wrist curling, and direct grip work such as crushing, pinching, and open-hand training. I will show you exercises for all. Keep in mind that there will be no tearing or bending in this program, because that's specific to a whole new realm of training. **By the way, for all the curls in this program, you can either do them off a preacher bench, while sitting down, or standing.** I curl off a preacher bench 90% of the time, but you may be different than me. Thick bars may also be used 100% of the time if you want to go that route.

Hammer Curl

The hammer curl will primarily target the brachioradialis with some indirect focus on the biceps. You can either do this two arms at a time, or perform this exercise in an alternating fashion.



Pinwheel Curl

The pinwheel curl is exactly like the hammer curl, except you bring the dumbbell across your body rather than in front. This changes the movement pattern very slightly, but you will feel the difference.



Zottman Curl

The Zottman Curl is an insane forearm exercise created by George Zottman. He was a strongman in the 1800s. He had 19 inch upper arms and 15 inch forearms naturally, which is elite by today's standards! You should definitely try this special curl because it really works. Zottman used to do 50lbs each hand, which is very hard if you try it yourself.



Spider Curl

The spider curl is like a concentration curl and preacher curl hybrid. It is arguably the strictest curl of all time. This will fully stretch out your biceps, and build strict curling strength. There is also peak contraction at the top which means you can squeeze your muscles extra hard. You can do partials on these for extra forearms, do it one arm at a time, and with barbells. I recommend the hammer or reverse curl version as this is what arm wrestlers use the most and it's most specific to building bigger forearms.





Dead Stop Hammer Concentration Curl

This is a secret forearm exercise that I took from arm wrestlers. It's concentric only and builds pure forearm strength. You can use a slow or fast tempo, the choice is yours.



Arm Wrestler Curl

This is an isometric curl done at 90 degrees. Simply do a half rep and then hold it for about 3-5 seconds. This will build half rep and isometric strength in the biceps and forearms.





Cheat Curl

The cheat curl is a great way of overloading your biceps. I recommend using cheat curls once you fail the strict way. In other words, if you get 10 reps strict, but your goal was to get 15 total reps, then simply cheat out the next 5 reps by using a little bit of hip. This technique may also be used on dumbbell curls.



Super Cheat Curl

The super cheat curl is its own unique animal. The goal is to develop maximum power and tendon/ligament strength. It's basically an underhand hang clean, because you are using large amounts of leg drive to get the weight up. It goes beyond simply moving your hips. With this method, you can probably lift 100 more pounds than your standard cheat curl. Use once in a while if needed, and be careful of injury since the risk is rather high.



Seated Barbell Curl

The seated barbell curl is an old school exercise that builds dead-stop strength from a 90 degree angle. This is very specific to arm wrestling and strict forearm strength. Very heavy weights can be used, and the overload is insane. You will love it.



Crazybell Curl

The crazybell curl will create much instability in the barbell, which forces your arm to stabilize in a major way. Perform a regular curl, and you'll notice the plates swinging back and forth which allows you to squeeze your biceps very hard at the top. You can use a pronated or supinated grip for these.



Neutral Barbell Curl

The neutral barbell curl is exactly like the hammer curl, except you are holding a barbell instead of a dumbbell. The weight you use will typically be heavier than the dumbbell version, and there will be less supination of the hand.



Reverse Barbell Curl

The reverse barbell curl is to be performed with an overhand grip. Once more this exercise focuses on the brachioradialis, which makes your forearms pop from the front. I really like doing this exercise off a preacher/spider bench, because you can't use your shoulders as much. If you want more overload, then do it the arm wrestler way which is half reps. I guarantee that your forearms will be hurting really badly.



Supine Curl

If you're going to use an underhand grip during your curls, I recommend using an EZ-Bar curl over the straight bar because your hands are in a semi-supinated position. Don't forget, we're trying to minimize supination as much as possible, which results in your forearms having to do more work than the biceps. If using dumbbells, your hands will rotate freely so you don't have a problem.





Pin Curl

The pin curl can be done using any grip (neutral, overhand, semi-pronated). All you have to do is place a barbell on pins, and curl it up. Every single rep, you restart at the pins. This builds explosive power, and will make you stronger on regular curls. It's pretty much concentric-only. You can either set the pins low, medium, or high for overloading.





Rope Hammer Curl

The rope hammer curl is the best standing cable curl you can do for the forearms. You have to squeeze the life out of the rope, curl it, pull it apart, and keep your wrists up simultaneously. It's very specific to arm wrestling, and can be done with one or two arms.





Partial Preacher Curl

The partial preacher curl is a very serious exercise, and if you are not careful you can get injured. Instead of going all the way down, you either do a quarter rep or half rep. You will be able to lift much more than a full range of motion curl, so always make sure your free hand is there to spot. You can use both underhand and neutral grips for this.





Table Curl

The table curl is ultra-specific to arm wrestling, and is one of the few curls in this program that is to be done with an underhand grip. With a dumbbell resting on a table or bench, grab it and curl. It's essentially a partial rep done off a dead stop, but boy does it make you strong!



Band Curl

This exercise will develop major forearm and brachialis strength. The peak contraction will be unlike anything you've ever done before. Simply attach a band to a power rack, and hammer curl. The benefit is that as you curl, the band lengthens which increases tension towards the end of the exercise. You can do this with band-only, dumbbell, and barbell. All of them will work very well (although I think the band version is best).







Plate Curl

The plate curl will develop tremendous finger and pinch strength, especially the thumb. It's also extremely hard to do even with light weight. If you can do anywhere between 25-45lbs, that is strong.



Hand Twisters

This is an exercise used by a lot of martial artists. All you have to do is pronate and supinate your hands back and forth. I recommend using a thick handled dumbbell for optimal gains. This builds pure forearm strength.



Pronation Curls

This is an arm wrestling exercise that is designed to build “top rolling strength”. Simply attach a judo belt/heavy band through plates or a loading pin, and curl the weight up while pronating your hand. Arm wrestlers use extremely heavy weight with this exercise, upwards of 125-150lbs. Consider doing half reps and keeping your elbows very tight to the body if you want even more overload.



Towel Curl

The towel curl is one of those special arm wrestling exercises that works your grip/crushing and curling strength simultaneously. Wrap a towel around some plates, dumbbell, or cable attachment (pretend it's a dip belt) and start curling. You can either do this one arm at a time, or use two arms.



Towel Pullup

The towel pullup is a killer grip exercise. It has the same benefits of a towel curl, except this time you are using your bodyweight as resistance. This exercise will kill your grip like no other. Trust me, your hands will feel like death once you're done! You'll be grunting and begging for the pain to stop. To make this exercise more difficult (which is insane), use two towels instead of one, and do it weighted.



Finger Lifting

Finger lifting is a lost art among modern lifters. Little do people realize how much their finger strength is actually limiting them. If you can strengthen each finger independently and improve your strength on these odd lifts, you will find it way easier to pull heavy weights with double overhand or mixed grip. The reliance on straps will be far less. For example, old time strongman Hermann Goerner (look up his strength feats it will blow your mind) deadlifted 600lbs with a two finger grip. This is also the same man who set the world record one arm deadlift of 730lbs, which no one has ever defeated even today. And you know what's crazy? Hermann was not on steroids (many of his feats were done before 1920). When you think about how strong he was, it immediately becomes apparent how important grip training really is. I believe finger lifts are another way of reaching your true potential and hence becoming Naturally Enhanced. When you first start doing finger lifts, it's recommended to

remove the least amount of fingers possible and work your way up to the point where it is only the middle finger. Take your time on progressing, do not rush this or else you can seriously injure your fingers which is not what you want.

Finger Row

The finger row will give you specific grip strength for all rowing exercises. If you want serious horizontal pulling grip strength, try this exercise out. You can use one finger, two fingers, three, or four. Like I mentioned previously, your experience with finger lifting is really what's going to count the most.



Finger Deadlift

The finger deadlift will increase your double overhand and mixed grip strength in a major way. If you can do a 405lb-500lb middle finger deadlift, I promise that you will never need straps ever again on pulls off the floor. Your hands will also be strong as hell, and strength will carryover to every grip exercise imaginable. This is the daddy exercise of finger lifting (next to the rack pull version which you can do as an optional exercise).



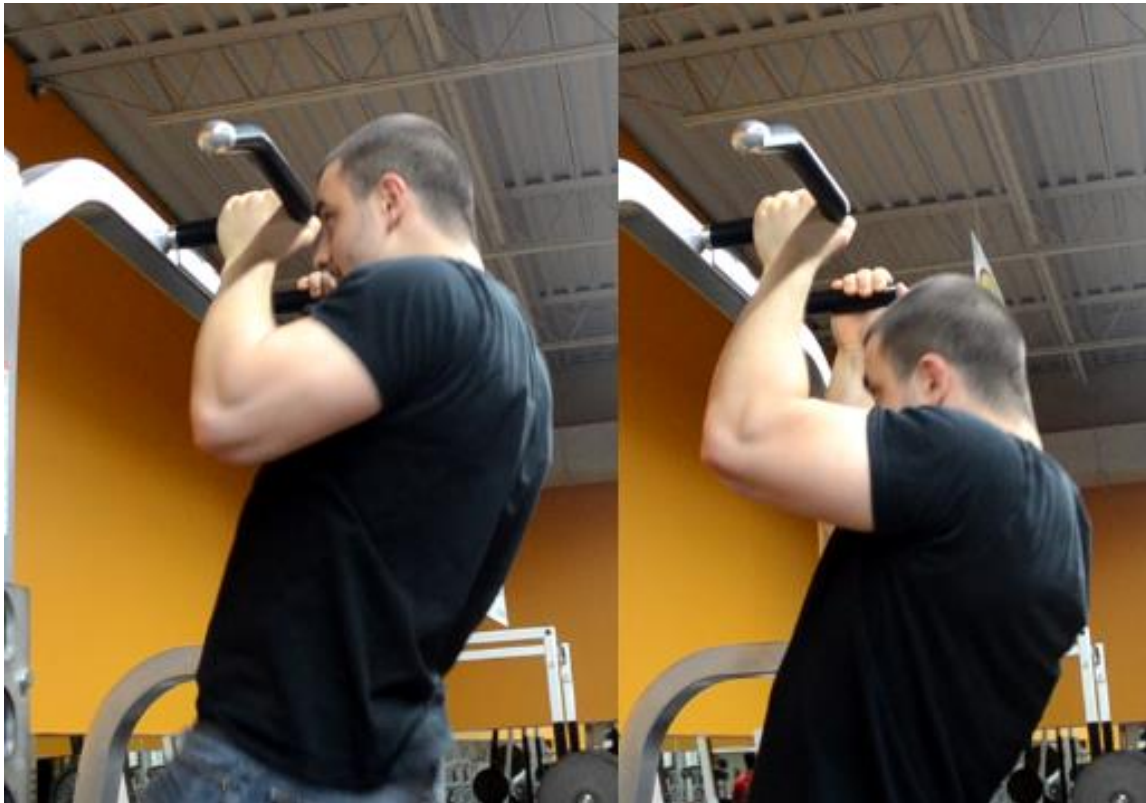
Finger Pullups

Finger pullups will eliminate your hand support, which forces you to grip even harder than normal. It can make your bodyweight feel much heavier, which is great if you don't have access to weights. For starters, use 4 fingers, and over time gradually remove a finger until you can do this movement with 1 or 2 fingers each hand. This will truly develop your mental toughness and vertical gripping strength.



Half Rep Chinups/Neutral

The half rep chinup is another arm wrestling exercise. With a false grip (hands cupped over like a wrist curl), pull your body to the highest point of which you are capable, and then lower yourself until your arm forms a 90 degree angle from the side. This will put all the tension in your grip and forearms, instead of the lats. Do this exercise for very high reps, with bodyweight only. You should be able to get over 100.



Hanging Off Bar

Hanging off a bar is another strategy that climbers like to use. You jump onto a pullup bar with an overhand grip, and hang there for time. You can either do short intervals of 30-60 seconds, or long intervals of 1-3 minutes. If using short intervals, either hang with one arm with possibly a towel/fat gripz, or use two arms but done weighted. If using long intervals, your bodyweight alone should be sufficient. (I pray that you don't need a picture for this)



Assisted One Arm Pullup/Chinup

I really like this exercise because it allows you to get an insane forearm workout while using your bodyweight. It also acts as a progression for the one arm pullup/chinup. If you want to make this exercise even more intense, consider mixing it with the towel pullup. This will destroy your forearms more than anything else.



Pole Climbing

This is an old school exercise that builds tremendous grip strength. Lots of climbers swear by this lift, and I know that when I used to do these a lot my grip remained strong despite not lifting weights. All you have to do is climb up to the top of the power rack by moving up each arm one at a time. You can do this with pole or the power rack. If you get strong enough to make it to the top, then start doing it weighted.



Plate Pinch

I borrowed this exercise from old time strongman and grip sport competitors. The plate pinch will building pinching strength like no other. Grab a heavy plate from the outside, and hold for time. One or two arms may be used. You can also stack smaller plates together, and pinch them so hard that they stay glued to each other. With this exercise, I recommend holding for 10-60 seconds or doing very low reps of 1-3.



Pinch Grip Deadlift

Here is my favorite way of building pinching strength. The pinch grip deadlift allows you to adjust how thick you want to pinch, and how much weight you want in precise numbers. You can use heavy weight on this too. I use a short bar, but if your arms are long enough the Olympic bar works too.



Hex Dumbbell Hold

The hex dumbbell hold is similar to the plate hold, but this time your hands are wide open. Either use this exercise as a pull off the floor using low reps of 1-5, or hold the weight in your hand for 30-60 seconds.



Dumbbell Toss

The dumbbell toss is a secret grip exercise that will make you very strong at all curls. It also develops tremendous explosiveness, because tossing weights is actually a form of plyometrics. Think about what you're doing here. We know that depth jumps work, so can't we say the same thing will apply to the grip? I am convinced that these weight tosses are super effective, and many of the old time strongmen credited much of their grip strength to these weight tosses. Your forearms and biceps will get big from this, mark my words.





Hex Dumbbell Toss

This is another variation of the dumbbell toss, except this time you are using the hex dumbbell. This will develop your pinching strength. By the way, Brian Shaw does these so by default they must be good. If you can do 40lbs, that is monstrous.



One Arm Deadlift

There are many ways to do a one arm deadlift. You can either have the bar in front of you, or you can have it next to you like a suitcase, or you can stand inside the barbell and pull towards your balls. You can do this exercise with dumbbells and barbells. This would also be a great time to throw on your fat gripz, as the extra thickness will make it very hard to pull the weight off the floor.







Wrist Curl

To perform a wrist curl, hang a dumbbell or barbell off your knees, and curl your wrist in. This will build that meaty thick part of the forearm (flexors), which is what will increase your forearm size the most, and make them look impressive when relaxed and flexed. There are several ways to do the wrist curl, so I will show you multiple variations. Plate wrist curl is one of them.







Horizontal Wrist Curl

This is an wrestling exercise that can be done with isometrics or repetitions. Head over to the seated cable row machine, and use a v-bar handle with some fat handles attached to it. Then, get yourself tight and curl your wrist. The pump in your forearms will be unlike anything else. You use one arm or two arms. Bands may also be used if cable machine is not available.



Vertical Wrist Curl

Benefits are the same as the horizontal wrist curl, but this time the weight is pulling your hand up. This version is a bit more difficult. I recommend using a thumbless grip for maximum forearm contraction.



Underhand Wrist Curl

Here is the final variation, same as horizontal and vertical except this time the weight is trying to open your hands up from the bottom. This is most specific to picking up heavy objects off the floor and should have most carryover.



Arm Wrestling Deadlift

This exercise involves a V-bar handle, and optional (yet highly recommended) fat handle. You can use a cable or loading pin to get this done. Simply stand up with a heavy weight, and this will carryover to your grip strength on all pulling exercises off the floor. You can do this with a cable, band, or loading pin.



Horizontal Rope Curl

Here is another arm wrestling exercise. You can use two arms or one arm. I recommend doing this for isometrics rather than reps, especially the one arm version. The key is to stay tight and let the forearms contract hard.



Landmine Wrist Curl

I bet you never thought you can use the landmine station for wrist curls, am I right? Well, you can! I picked this up from arm wrestlers, and the reason it works is because it builds side pressure strength and the edge of the Olympic bar is 2 inches.



Plate Wrist Curl

The plate wrist curl is its own unique variation. It allows you to strengthen the wrists, hands, fingers and forearms in a major way without using a lot of weight. For most guys, doing only 25lbs will be an indicator of elite-level strength. Using 35s or more is monstrous! In this way, you can get mad strong without piling on such heavy loads.



Reverse Wrist Curl

Reverse wrist curls are extremely important for maintaining balance of the hand and keeping the carpal bones aligned. If you do not build up the extensors, you may suffer from elbow and wrist tendonitis (tennis elbow/golfer's elbow), and your hands will hurt like hell in the long run. This is similar to just doing the bench press but without complimenting the program with rows. Do not neglect the extensors! Now for the reverse wrist curl, you can use barbells, dumbbells, bands, or plates. I like doing these with a thick bar.



Dennis Rogers Wrist Curl

This exercise involves unevenly loading a barbell/dumbbell and wrist curling it. You really have to keep that wrist in a neutral position, and the tension goes on the side of your hand which is a unique feeling. I recommend removing 2.5-10lbs off one side.



Bag of Rice/Sand

Another way to build the extensors is by filling up a bucket with rice or sand, placing your hand in it, closing it into a fist, and then trying to open your fingers up at the maximum. This will be a lot more challenging than you think, and when you are done your hands will feel surprisingly refreshed.

Band Extensors

If you want a simple way of hitting the extensors, simply loop a rubber band around your fingers and attempt to open them wide. The benefits are the same as the bag of rice method.

Side Pressure Training

Side pressure training is what arm wrestlers do all the time. Since many of you don't have people willing to arm wrestle you, or even an arm wrestling table, I've developed a

supplemental movement that should give you similar benefits. Simply attach a band to a power rack, and arm wrestle it with your elbow on your leg, or your elbow on a bench. You can also do wrist curls from this position which is very comfortable on the joints. This will develop the forearm area right above the elbow and the side of the bicep tendon.





Barbell Holds

The barbell hold is a great way to static grip strength. With the pins set high in a power rack, pick up a barbell with an overhand grip, and hold for time. If you want to make this exercise even more challenging, throw on some fat gripz.



Hand Grippers

Hand gripper training is probably the best way to develop crushing strength. You'll develop that insane hand strength that gives you the ability to give rock-hard handshakes. Different grippers exist for testing strength, the most common one being Captain of Crush. However, these can often times be expensive, and since we're not trying to get certified we don't need that type of specificity. Any heavy duty gripper will do you fine. For instance, I like a brand called Heavy Grips because they are less than 10\$ each and range from 100lbs, 150lbs, 200lbs, 250lbs, 300lbs, 350lbs, 400lbs, and 500lbs which is more than enough for the purpose of this program. Imagine being able to close that type of weight with just a small close of your hand! In terms of training with the grippers, you can either do full range closes,

partials, closed isometrics, or negatives. Low reps of 1-5 will build maximum strength, while high reps 10-100 will build grip endurance. In terms of progression, the basic rule is that once you can do 15 reps of a given gripper, you're ready to move onto the next one. Below is a chart that compares gripper strengths.

HG150 = COC Trainer

HG200 = COC #1

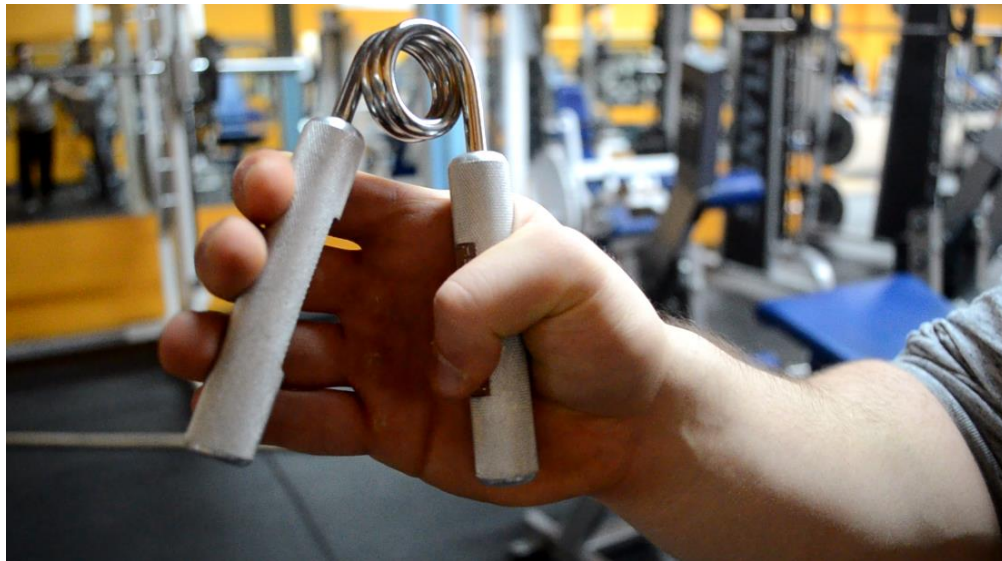
HG250 = COC #2

HG300 = COC #2.5

HG350 = COC #3

HG400 = COC #3.5

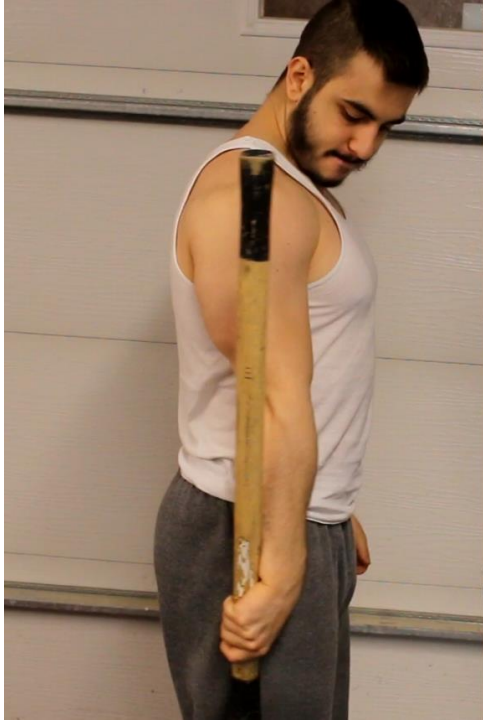
HG500 = COC #4

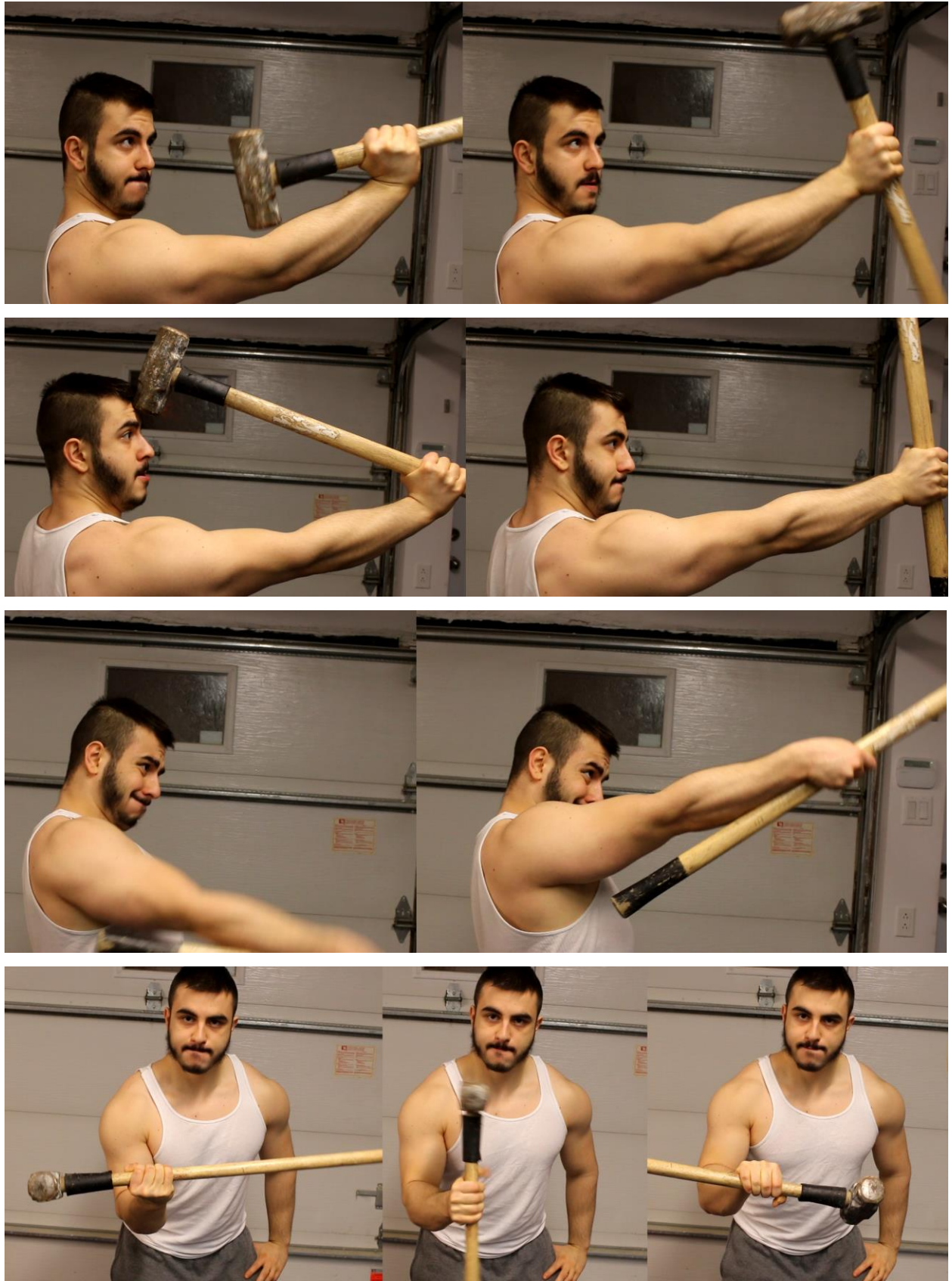


Forearm Levering

Forearm levering is its unique animal. It builds tremendous wrist and forearm strength by relying on the power of leverages. You are creating large moment arms which make the weight feel much heavier than it actually is. Whenever I do forearm levering, I feel like a warrior getting prepared for battle, and imagine that the implement is a sword. To perform, grab onto a weighted object (heavy sledgehammer is best but you can use uneven dumbbell, pin, wrist roller, cooking pot, etc), and raise your wrist up in different directions. Your forearms will feel the leverages working against you. For progressive overload, you want to grab the implement at a wider point, therefore creating a larger moment arm. Here are the best variations.







Wrist Roller

The wrist roller is amazing for building freaky forearms (extensors and flexors alike). It's extremely low stress on the joints, and allows you to get a massive pump without much weight. You can either do these for reps, or for time. If you don't have a wrist roller, you can easily make one by attaching some rope to a PVC pipe. I recommend using a thicker diameter (2-3 inches), because it will make the wrist rolling even more difficult.



Band Wrist Roller

Let me share with you one final arm wrestling exercise. That is, the band wrist roller. Most arm wrestlers use a special device where you are standing up and performing a full body wrist curl, but you can easily create your own through using bands. Simply attach a heavy band through weight plates, and then put it on the edge of an Olympic Bar. After that, take one side of the band and loop it over the bar. You now have a standing wrist roller. The benefit is that your shoulders won't hurt from doing this, and you can overload the forearms with very heavy weight. You can do wrist roller curls or extensions, and trust me that after doing these your forearms will be pumped like never before.





Mobility Work

Mobility work is the topic that people HATE talking about. That's because we lifters honestly don't care about flexibility. Let's keep it real, we just want to lift heavy! The unfortunate result is that we have millions of men out there who are jacked out of their minds, but can barely tie their own shoes. Although lifters will laugh at this and many times brag about how they are so immobile, little do they realize how important mobility work is. You see, if your body isn't mobile and you start lifting some serious weight, you will compromise your own body's biomechanics. **The result is that you will create restrictions in various movement patterns, which over time cause nagging pains and injuries.** At the same time, posture will be negatively affected, which is not only aesthetically unappealing, but simultaneously dangerous for lifting weights and/or competing in sport. For these reasons, it's absolutely essential that we incorporate mobility work into our strength training program.

Obviously, we are not trying to become yoga masters. We are lifters, after all. There is a fine line between mobility and stability. If you get too mobile, then you lack stability needed to optimally perform exercises. An example might be having super loose hips, which makes your ass hit the floor on squats every single time, causing you to lift less weight. **Thus, our main goal is to mobilize the key areas that are responsible for creating movement in many of the special exercises found in this program.** In particular, this would be the thoracic/shoulder region, hips, wrists, ankles and hamstrings. If you can mobilize these key areas, you'll be pretty much set for safely performing all the exercises in this program. This includes ALL overhead pressing, squatting, deadlifting, rowing, and isolation work.

By the way, the mobility work that you'll be performing in this program is unlike anything you've ever seen before. How, you ask? Well, we will not be doing a million different body stretches, or the bullshit stuff that you were taught in high school. **Because we are weight lifters, we must mobilize our bodies in a similar fashion.** This means incorporating special exercises that TRACTION the desired areas. This will usually be a weighted stretch or dynamic stretch/exercise of some sort. Below you will see the list of exercises, in addition to their guidelines and recommendations for implementing them into the program. I think you will be amazed at the effectiveness of these movements.

Hanging Off Bar/Lat Pulldown

Hanging off a bar has been known to do wonders for those who suffer from lower back pain. Gravity pulls down on your spine, which realigns it the proper way. This is known as traction, where you put tension on a displaced joint or bone to put it back into place. Try this exercise after a heavy back workout, and you will immediately see what I am talking about. If your grip is sore, don't be shy to use straps. If you want more traction, do this weighted. Another variation of this movement is the hanging lat pulldown. The difference is that instead of gravity pulling you down, the pulley is pulling you up (no pun intended). This tractions the spine in a different way. Simply hold onto the bar, and feel your back pull up. You'll feel your lower back pulling up, which feels incredible.



Belt squat

The belt squat tractions both the hips and lower back. Ever head of a pelvic tilt? This is where your lower back either caves under, or hyperextends. Of course, this makes it difficult to perform any squat or deadlift properly, and it ruins aesthetics. Belt squats will fix this problem. Just put on a dip belt, hang some weight off, and squat normally.

Overhead Squat

The overhead squat is a weighted stretch designed to mobilize the ankles, hips, lower back, upper back, and shoulders. It's probably the ultimate test of full body mobility. If you can do this exercise with some appreciable weight while remaining 100% tight, you can bet that your body is very mobile!



Foot-Up Hamstring Stretch

I like putting my feet up on an object, and gradually lowering my body, thus creating a deep stretch in the hamstrings. I haven't found a single hamstring stretch that can replicate this sensation.



Barbell Rollouts

If your legs ever hurt like hell after squatting, I would have to suggest the barbell rollout. Many people will recommend foam rolling, but I personally don't feel shit when using foam. Give me a steel barbell, and now we're really digging into that tissue. You can also use this movement on other muscles. Just make sure that you do not roll over your spine or bony areas.



Thoracic Row

The thoracic row will restore thoracic mobility (upper spine), and relieves pressure in your scapula and shoulder joint. This will make it easier to get tight on the bench press, while of course not experiencing negative pain. To perform this exercise, simply grab the handle with one arm, and row. At the bottom, you rotate the scapula, thus giving you a very deep stretch. There are two ways of performing this exercise. You can either do it in a vertical or horizontal pulling style.



Thoracic Band Stretch

The thoracic band stretch will traction out the entire upper back and restore range of motion in the shoulders. Simply attach a band to the top of the power rack to your hand, and rotate your hips back and forth. This will feel way too good.



Triceps Band Stretch

Have trouble activating the long head of the triceps, and do your arms lag in size? If so, try out this triceps band stretch. You will get the most amazing stretch of all time in the long head. The sensation will be absolutely out of this world, and this is coming from a guy who has hypermobile elbows.



Band Dislocations

The band dislocation is a classic mobility exercise. While holding a band with both hands and the arms straight, raise your arms behind your back, and then back over to the front of your body. Repeat this motion several times, and your rotator cuffs, rear delts, and upper back will all feel rejuvenated.



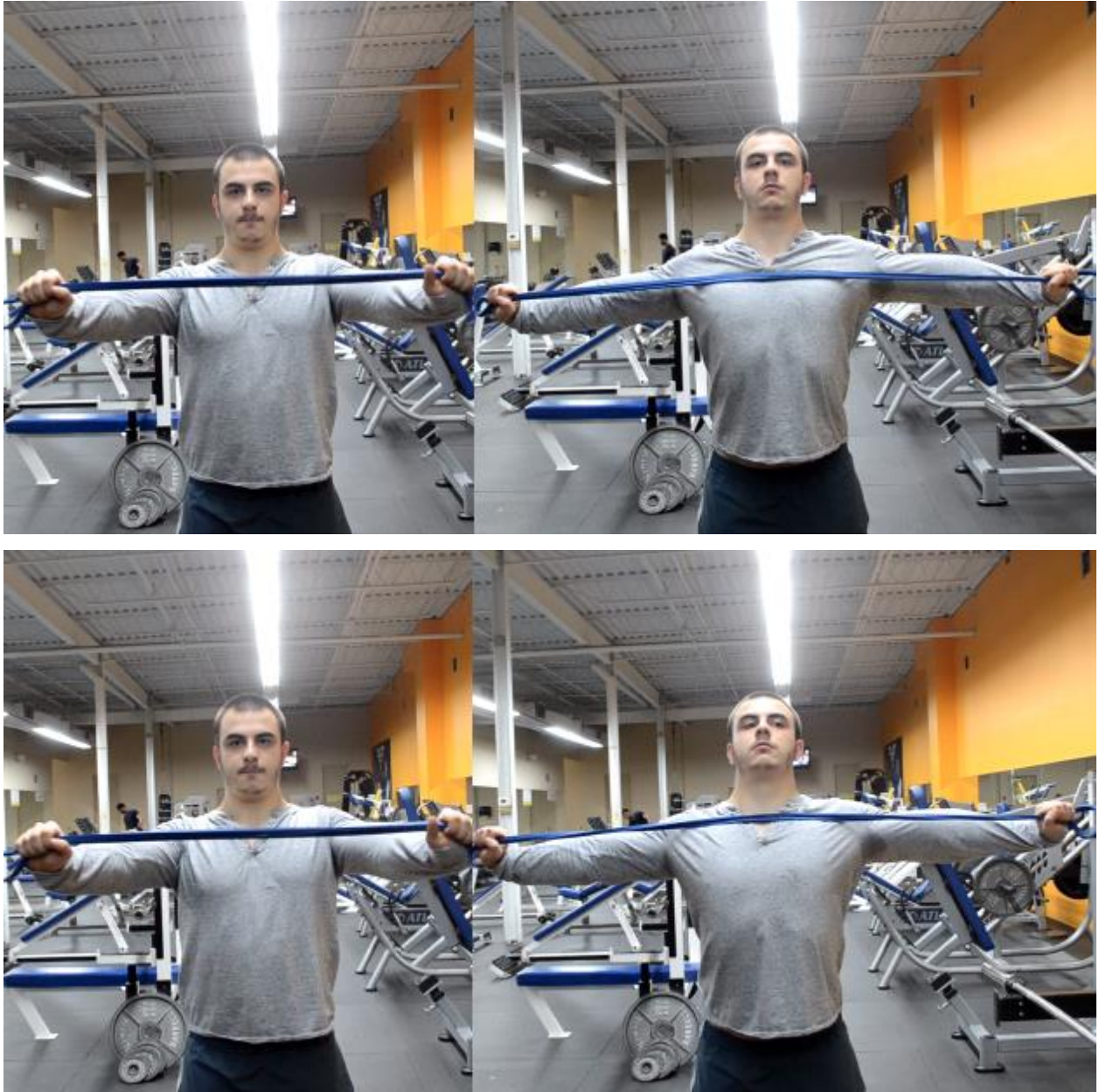
Superman with Band Dislocations

If you want to take band dislocations to the next level, you can do it while in a superman position. This intensifies the contractions, teaches lower back tightness, and gives you a better sense of your true shoulder mobility.



Band Pullapart

The band pullapart will stretch out your pecs, lats, shoulders, thoracic region, and even triceps. It's similar to band dislocations, except instead of bringing the band over your head you are pulling it apart in a horizontal fashion. This is almost the opposite of a dumbbell flye. You can either pull apart to the throat or chest region. I like using both, and tend to alternate the two within the set itself.



Thoracic Wall Stretch

The wall stretch is a basic movement that does not require equipment. All you need is a wall. With your lower back completely flat against the wall (no arching allowed) try raising your arms in a straightened position until they touch the wall. Once you reach your maximum range of motion, hold that position for 20-30 seconds. This will do wonders for eliminating tightness in the upper back.



Reverse Band Bench Press

If you have a serious shoulder injury, the reverse band bench press is for you. Often times, people are forced to use very light weight during the bench press, otherwise their shoulders start hurting. With the reverse band bench press, you can deload hundreds of pounds off the bottom, but still keep the weight heavy at the top. In this way, you can continue to bench press while getting stronger, but without hurting your shoulders. You also restore the range of motion associated with bench pressing, and develop the necessary connective tissue which will help you in the future. Definitely give this shot a go if bench pressing hurts your shoulders.



Crazy Bell Press

The crazy bell press will rehabilitate the pecs and delts and challenge your stability. You simply double some bands, loop them through a plate/kettlebell, and attach it to the barbell. The first time you try this, the bar will shake all over the place! However, the more you use this exercise, the less shakiness there will be over time. Eventually, you won't even feel the shaking. Once you reach that point, that's when you know the stabilizers have been thoroughly developed. You can do this exercise with both overhead pressing and bench pressing. Have your friend tap on the bar if you want more instability.



Innies and Outties

Innies and outties are the classic rotator cuff exercises. Both emphasize external rotation of the shoulder. You can either use dumbbells or bands. I prefer bands, because it not only feels safer, but the overspeed eccentrics build the connective tissue in a superior way.

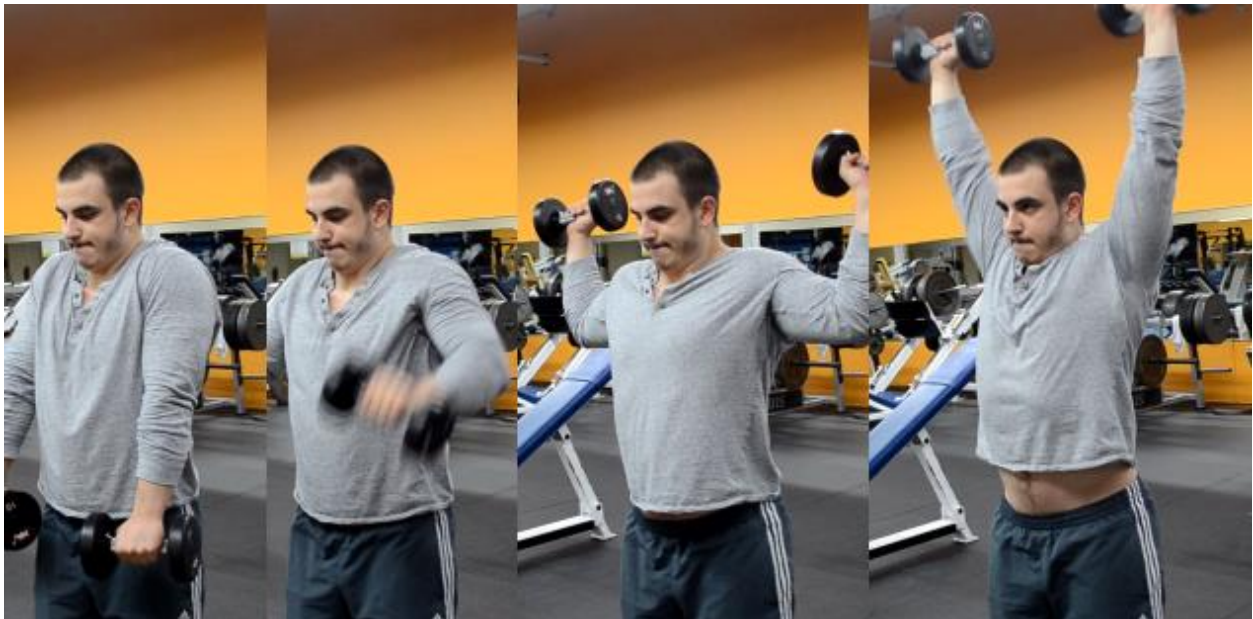






Cuban Press

The Cuban press is another underrated exercise, but it's really good for the rotator cuffs and overall shoulder stability. I recommend this movement to anyone who plans on lifting heavy for the long-term. Simply upright row a dumbbell to maximum height, externally rotate your hands, and then overhead press. Make sure your body is upright, and that your wrists are not bent.



Static Groin Stretch Static

If your knees cave in while squatting, or if you have trouble reaching depth, embark the static groin stretch. Widen your legs as much as you can, and then squat to the lowest depth that your anthropometry can handle. Then, shove your elbows on the insides of both knees, and push out. This will open up the hips in a major way, and please believe that you will feel it! Hold this stretch for 20-30 seconds, and watch how much more mobile you will feel.



Groin Stretch Band

You can also do the groin stretch with bands. This time, however, you are not pushing your knees out with your elbows. You use the bands as a form of resistance, which forces you to shove out your knees. You can either do this in a static fashion, or dynamic. I like to call this the “good girl bad girl” exercise.



Front Squat Stretch

Have trouble going to depth during squats? Try out this front squat stretch. Simply grab a plate of your choice (I recommend 45lbs), hold it in front of you, and then squat as low as you can. Once at the bottom, kind of bounce a little bit (prying) and watch at how your depth transforms right before your eyes.



Sitting/Lying on Ankle Stretch

Sometimes, we cannot hit depth on squats due to poor ankle mobility. This special stretch will fix any ankle issues that you may have. With your knees on the floor and your feet behind you, try sitting on your ankles. To intensify the stretch, lean back. If you really want some tension, try lying down on the floor while sitting on your ankles. If you can do this, your ankle mobility is covered. And trust me, it's a lot harder than it sounds. Hold this stretch for as long as your ankles can handle.



Front Squat Wrist Stretch

If your wrists hurt while front squatting, try out this stretch. Using one arm at a time, enter a clean grip, and hold your wrist in the position for time. This will stretch out your wrist and increase mobility.



Wrist Pushup Hold

The wrist pushup hold is another exercise that you can do if your wrists are immobile. Simply flip your hands upside down, and enter a pushup position. You'll feel those wrists begging for you to stop. If it hurts too much, get on your knees instead. If that hurts, then do this exercise on the wall. Over time, you'll find that this stretch really builds the tendon strength and range of motion. Eventually there will be no pain. Just make sure you ease into these!



Pour Conclure

There you have it folks. I have provided you with the BEST special exercises of all time for developing that enhanced look. I promise that you will never find any other system like this. You are attacking the opposite areas of what most gym-goers are hitting, and for that you will be rewarded. You'll have that bulldog neck, monster traps, broad-ass shoulders, beefy forearms, and titanium glutes. You'll be so jacked that people won't believe what they're looking at. Just get strong at these key movements, and what I described will become a reality.



Chapter 5: The Next Level



This chapter will deal with strength standards, program modifications, and offer you sample programs that will allow you to get started with this system as soon as possible. Now in this program, there are six essential muscles that you must develop which includes the neck, traps, upper back, shoulders, forearms and glutes. You have just witnessed hundreds of special exercises, and I can understand that you may find this overwhelming. You might be asking yourself what exercises you should focus on to get jacked, and what numbers you need in order to be considered strong. If that's you, I'm going to tell you exactly what strength standards you should be shooting for. **If you hit the numbers that I suggest, you will look Naturally Enhanced.** You'll be yoked out of your mind, and people will legitimately believe that you are on steroids. How can I be so confident in saying this? Besides the fact that I get testimonials from you guys, for one my standards are extremely high. I'm not going to recommend basic numbers here, I will give you standards that might take years to accomplish. I will give you standards that shall FORCE you to make an effort and follow this

program correctly. I will give you standards that will toughen you mentally and eliminate the idea that you need drugs to build a body. And most importantly, I will give you standards that are REALISTICALLY ATTAINABLE. This way, you will never feel like you can't hit these numbers. Everything is in your reach, and if you follow the Naturally Enhanced system as intended, you will be rewarded with serious gains.

Strength Standards

This is the list of exercises that I feel are most important for getting jacked to the max. Your workouts, exercise variations, and program planning should revolve around getting strong at these lifts. I call them the “Enhanced Exercises”.

- 1) Rack Pull Above the Knee
- 2) Hack Rack Pull from Pin 1
- 3) Deadlift Variation
- 4) Power Shrug
- 5) Barbell/Pendlay Row
- 6) T-Bar Row
- 7) Seated Neck Extension with Chain
- 8) Wrestler Bridge
- 9) Zercher/Front Box Squat
- 10) Reverse Barbell Lunge
- 11) Hyperextension with Bar in Hand
- 12) Standing Overhead Press
- 13) Z-Press
- 14) Push Press
- 15) Landmine Press
- 16) Close Grip Bench Press
- 17) One Arm Dumbbell Press
- 18) Overhead Barbell Extension
- 19) Dumbbell Preacher Curl
- 20) Dumbbell Wrist Curl

Movement	Weak	Decent	Strong	Very Strong	Naturally Enhanced
Rack Pull Above the Knee	Under 725lbs	725lbs	855lbs	1000lbs	1100-1500lbs
Hack Rack Pull Pin 1	Under 585lbs	585lbs	855lbs	725lbs	855lbs
Deadlift	Under 445lbs	455lbs	500lbs	600lbs	700-800lbs
Power Shrug x 5	Under 405lbs	405-455lbs	500lbs	600lbs	700-800lbs
Barbell/Pendlay Row x 5	Under 275lbs	275lbs	315lbs	365lbs	405lbs
T-Bar Row x 5	Under 7 Plates	7-9 Plates	10 plates	11 plates	12 Plates
Neck Extension	Under 90lbs	90lbs	135lbs	185lbs	225-300lbs
Wrestler Bridge	Under Bodyweight	Bodyweight	45lbs	90lbs-135lbs	135lbs-225lbs
Zercher/Front Box Squat	Less than 315lbs	315lbs	365lbs	400lbs	500lbs
Reverse Barbell Lunge x5 per leg	Less than 225lbs	225lbs-275lbs	275lbs-315lbs	315lbs-365lbs	315lbs-405lbs
Hyperextension with Bar x5	Under 2 plates each side	2 plates each side	3 plates each side	365lbs	405lbs
Standing Overhead Press	Under 155lbs	155lbs	185lbs	225lbs	250-275lbs
Z Press	Under 155lbs	155lbs	185lbs	205lbs	225-250lbs
Push press	Under 205lbs	185lbs	225lbs	255lbs	275lbs-315lbs
Landmine Press x 5	Under 3.5 Plates	3.5 Plates	4 Plates	4.5 Plates	5 Plates
Close Grip Bench Press	Under 225lbs	225lbs	275lbs	315lbs-335lbs	365lbs-405lbs
One Arm Dumbbell Press	Under 80lbs	80lbs	90lbs	100lbs	120lbs
Overhead Barbell Extension x5	Under 95lbs	95lbs	115lbs	135lbs	155-185lbs
Dumbbell Preacher Curl x5	Under 65lbs	65lbs	70lbs	80lbs	85-100lbs
Dumbbell Wrist Curl x5	Under 70lbs	70lbs	90lbs	100lbs	120lbs

There you have it folks, what do you think of my standards? Would you be surprised if I told you that most of you can hit these numbers? Like I said, all of this is realistic, but it will take time to get there. Also, if your numbers come out as “weak”, do not be discouraged. It’s not that you’re weak, in fact you are probably stronger than 95% of the population. However, I doubt you’ll look Naturally Enhanced until you reach the decent category. You will surely be fit and look muscular, but the true enhanced physique only comes from being stronger. **Additionally, the “weak” category should NEVER demotivate you, in fact you should be excited to know that your natural potential is much higher than you ever thought possible!** For the longest time, you were told to settle for being weak and that you can only get strong with drugs. My standards should shoot those beliefs in the head. Trust me, if I wrote down these numbers it’s because I KNOW you can hit them. I will tell you guys for a flaming fact that ALL of you without exception can hit the numbers in the “Decent” category and SEVERAL feats in the “Strong” in a fast amount of time (probably less than a year). The “Very Strong” and “Naturally Enhanced” category will require years of hard work and proper programming, possibly around 2-5 years or more. However, everything else should not be a challenge whatsoever to accomplish, and I am sure that most of you would be happy to have such numbers.

Finally, I want you to understand that Naturally Enhanced is a never-ending journey to greatness, and that you are constantly trying to up your standards and become the best drug-free lifter that YOU can possibly be. Follow the system as intended and with time you will acquire the strength that you’ve always dreamed of. The size will automatically follow as well. Now go hit these standards and reap the rewards!

Program Modifications

Before we start breaking down some kickass programs, I would like to offer you guys some alternatives to the original Naturally Enhanced template. Although I do not use these personally (except for the push/pull option), they are still extremely effective. These versions were developed due to popular request by hundreds of lifters. There were way too many people telling me that they wanted more program templates, and not just the standard 2x a week full body option. For this reason, I developed three program modifications that address the needs of the community. You will receive 1- Upper/Lower (aka Powerlifting edition) 2- Full Body 3x a week option and 3- Full Body push/pull system. Let's break these down one by one. By the way, I want you to read all of the information presented and not just use the template in isolation. It is OBLIGATORY that you do this.

Upper/Lower Template

Monday: Intensity Lower

Tuesday: Intensity Upper

Wednesday: OFF

Thursday: Volume Lower

Friday: Volume Upper

Saturday: Off

Sunday: Off

Intensity Lower

- 1) Main Legs
- 2) Secondary Legs
- 3) Accessory Legs
- 4) Optional Accessory Legs

- 5) Vertical Pull
- 6) Abs
- 7) Complete Neck Workout

Intensity Upper

- 1) Main Press
- 2) Secondary Press
- 3) Optional Triceps
- 4) Accessory Shoulders
- 5) Upper Back/Traps (no deadlift variations)
- 6) Upper Back/Traps (no deadlift variations)
- 7) Forearms
- 8) Optional Forearms
- 9) Obliques

Volume Lower

- 1) Main Legs
- 2) Secondary Legs
- 3) Accessory Legs
- 4) Accessory Legs
- 5) Optional Accessory Legs
- 6) Vertical Pull
- 7) Abs
- 8) Complete Neck Workout

Volume Upper

- 1) Main Press
- 2) Secondary Press
- 3) Triceps
- 4) Triceps
- 5) Accessory Shoulders
- 6) Upper Back/Traps (no deadlift variations)
- 7) Upper Back/Traps (no deadlift variations)
- 8) Traps
- 9) Forearms
- 10) Forearms
- 11) Obliques

As you can see, the upper/lower version of this program is very similar to the original, but there are noticeable differences. Firstly, there is a lot more leg work on the lower days, as well as including vertical pulls as a mandatory feature. In the full body version, there was so much crossover from doing everything in one session that additional direct work was not necessary. **In many ways, the upper/lower version IS the definitive powerlifting edition.** If you wanted to compete at an elite level, this is the exact system that I would use. Secondly, I have you doing core work every single workout. On lower days it's an ab exercise, whereas upper days it's an oblique exercise. Thirdly, you will notice that I indicated "no deadlift variations" for the upper back and traps section of the upper days. This is because all deadlifts, rack pulls, block pulls, etc are now to be done on your lower days. Whether you want to use it as a "main legs" or "secondary legs" is up to you. From now on, the upper days are reserved for exclusively horizontal pulls, vertical pulls, and various traps exercises. This also means that you will not be maxing (1RM) on the upper back/traps for intensity upper days. You will do regular set and rep setups, whether that be 3x3, 3x5, ramping sets, and so on. Fourthly, you will now train your neck at the end of every lower body day. I figured this made the most logical sense because the lower body days are much shorter than your

upper body days. You will actually be motivated to train it whereas if you were to train neck on an upper body day, you might skip it given the fact that you already hit upper back and traps. Neck soreness will also dissipate at a fast rate, because the next day you will be doing upper back and traps which are connected to the neck. Remember folks, frequency is the #1 way of eliminating soreness.

The final change is the primary reason why I was hesitant in including an upper/lower program in the first place. That is, when you will be doing your mini-home workouts. The truth is that with this template, you will be spending a lot more time working out and being in the gym. I will give you two options for executing your mini-home workouts (which includes connective tissue work and GPP. You can either do it at the end of your upper body days, or you can split the mini-home workouts into two parts. For splitting, that would mean during your upper body days you would do connective tissue work for the lower body in addition to GPP. However, the next day which is either going to be Wednesday or Saturday (aka an off day), you would need to do connective tissue work. Both are annoying from a scheduling standpoint, and had you ran full body from the get-go this would have never been an issue. Nonetheless, you need the mini-home workouts so don't skip out on these. Find out when you're going to do them, and you should make incredible gains from this upper/lower template.

Full Body 3x/Week

Monday: Intensity Day

Tuesday: Off

Wednesday: Light Day

Thursday: Off

Friday: Volume Day

Saturday: Off

Sunday: Off

Intensity Day

- 1) Main Press
- 2) Secondary Press
- 3) Optional Triceps
- 4) Accessory Shoulders
- 5) Main Legs/Deadlift Variation
- 6) Upper Back/Traps
- 7) Forearms
- 8) Optional Forearms
- 9) Accessory Legs
- 10) Abs
- 11) Heavy GPP (low volume, heavy weight)

Light Day

- 1) Main Press
- 2) Optional Secondary Press
- 3) Triceps
- 4) Accessory Shoulders
- 5) Upper Back/Traps or Squat/Lunge Variation
- 6) Traps
- 7) Forearms
- 8) Accessory Legs
- 9) Abs
- 10) Light GPP (low volume, light weight)

Volume Day

- 1) Main Press

- 2) Secondary Press
- 3) Triceps
- 4) Triceps
- 5) Accessory Shoulders
- 6) Main Legs/Deadlift Variation
- 7) Upper Back/Traps
- 8) Traps
- 9) Optional Traps
- 10)Forearms
- 11)Forearms
- 12)Accessory Legs
- 13)Optional Accessory Legs
- 14)Abs
- 15)High Volume GPP (moderate volume, medium-light weight)

The 3x a week full body option looks very similar to the original Naturally Enhanced template, however there are two key differences that must be mentioned. First of all, you will see that a light day has been added. In this light day, the number of exercises is slightly lower than the intensity day. The only noticeable changes are a few exercise selection tweaks such as having an optional squat variation, optional secondary press, and the percentages that you will be using. On this light day, the weights should NEVER exceed 70% of your 1RM. If you're going past 70%, the weight is too heavy and it will impede your recovery and strength gains. Ideally, you should be in the 35-65% range, which means weights that are on the lighter side. On top of that, the reps cannot be too high like a true volume day. I don't want you doing 4x25, 5x20, 3x33, or anything similar. You should have NO HIGHER than 2-3 sets on main exercises, and 3-4 sets on accessory exercises. Additionally, the reps used must never exceed 15-20. This is the correct way of running the light day.

The second major change of this 3x a week template is the fact that GPP is now being done at the end of every training session as a mandatory feature. In the original template, I gave

you the option of doing it 2-4x a week. In other words, you could have done GPP on both of your two workout days, and both of your mini-home workouts. Or, you could have just done it on the training days, or just on the mini-home workouts. The point is that implementing GPP was very flexible and had zero impact on scheduling or recovery. However, with this new setup you have no choice but to do GPP at the end, and it has to be structured such that it does not hinder recovery. Realize that you can't do it on the off-day, because if you do you have a training session the next day which is guaranteed to impede recovery! The only exception to this rule is if you want to do your GPP workout the day after your volume day. That I will accept, because it's far away from your next training session. You also have the right to skip the GPP workout on your intensity day, by which doing so would leave you with 2 total GPP workouts, rather than 3.

In terms of mini-home workouts (this time only including neck and connective tissue work), you have two options. Either you do it on your off-days, which would be Tuesday and Saturday (Thursday not allowed because it's too close to volume day), or at the end of every workout session. You can also do a combination of both. You may, for instance, do a mini-home workout on your intensity and light day, but hit the final one on Saturday therefore skipping the volume day. This works perfectly well, and I can understand why you may not feel like training your neck after blasting all of your bodyparts. All I want you to do is figure out what works best in terms of your own individual recovery and scheduling. Once you know to do this, you're in the clear to make perfect gains running this 3x/week option. As I expressed many times though, I still believe twice a week full body is KING because you will never have scheduling issues and it's super simple to recover from and not mess up the programming.

Push/Pull

Frequency: 2x a week gym, 2x home

Intensity Day, High Volume Day

Monday & Thursday/Tuesday & Friday

Intensity Day

- 1) Main Press
- 2) Main Legs/Deadlift Variation
- 3) Secondary Press
- 4) Upper Back/Traps
- 5) Optional Triceps
- 6) Accessory Shoulders
- 7) Forearms
- 8) Optional Forearms
- 9) Accessory Legs
- 10) Optional Accessory Legs
- 11) Abs

Volume Day

- 1) Main Press
- 2) Main Legs/Deadlift Variation
- 3) Secondary Press
- 4) Upper Back/Traps
- 5) Triceps
- 6) Traps
- 7) Triceps
- 8) Traps
- 9) Accessory Shoulders
- 10) Forearms
- 11) Forearms
- 12) Accessory Legs
- 13) Optional Accessory Legs
- 14) Abs

The push/pull modification is the closest thing you're going to get to the original program. This is also my favorite out of all the other options, because you are not compromising anything. Everything remains exactly the same, the only thing that changes is the fact that you are now alternating between pushing and pulling exercises within the training session. This is beneficial in terms of recovery and fatigue management. For instance, after doing heavy rack pulls you may not be ready to do heavy barbell rows. In this case, doing a pressing movement like an overhead press may give you the break that you need. On top of that, the push/pull method of full body training allows you to program in giant sets and supersets which will effectively cut your workout time by 50%. Finally, this template could be mixed in with the standard Naturally Enhanced program throughout the week. In other words, it's 100% interchangeable, and there are no negative consequences to doing this. If you walk in one day and don't feel like doing your presses first followed by back/legs later, then just use this push/pull template instead. It's as simple as that guys.

4 Week Programs

You now have all the tools necessary for creating your own unique program. You learned the benefits of full body concurrent training, the fundamentals of exercise science, observed special strength training strategies, and witnessed the greatest exercises of all time for building the enhanced look. I have no doubt in my mind that the gains you'll acquire from Naturally Enhanced will be out of this world. At this point, there is only thing left for you to do. You must take all the information that you learned and mash it into an effective program. Although I am literally about to present you 10 general programs, I would like to express that although these are all excellent programs, they are still very vague and general. In other words, none of them are addressing YOUR individual weak points. Therefore, I would highly suggest that you use these as a reference point for creating your own program. That is my ultimate objective, to make you understand the Naturally Enhanced philosophy and be able to create your own workouts that are tailored solely to you. After all, there are hundreds of

pages in this book that contained tons of informative resources! It should be obvious that I included this information to educate and make you better understand strength training programming so that you can make your own program while following the Naturally Enhanced principles. The number one program is one that is 100% custom for you, not general like the ones you are about to see.

At any rate, I recognize that most of you need a starting point, and that compiling all the information into a 4 week program might be hard to do. That is why I wrote this section, which seeks to provide you with NINE 4 week programs.

It took me many hours of writing these programs, because I wanted to include everything that was mentioned in the book. Most of the special exercises and strength training strategies have been strategically incorporated in each program. **In terms of individual customization, use these as a base point for designing your ultimate program.** With that said, here are the programs.

PS: THEY ARE IN NO PARTICULAR ORDER, AND SOME MIGHT BE BETTER THAN OTHERS DEPENDING ON YOUR SITUATION. PLEASE VIEW THEM ALL BEFORE USING A TEMPLATE.

4 WEEK PROGRAM #1

WEEK 1

Intensity Day

- 1) Incline Paused Close Grip Bench Press 1RM (bands optional)
- 2) Seated DB Shoulder Press 3x4-8
- 3) Incline Dumbbell Flyes 3x12
- 4) Power Side Raise 3x6-10
- 5) Below the Knee Rack Pull 1RM
- 6) Barbell Power Shrug 5x3-5

- 7) Rope Pushdown 3x10
- 8) Barbell Curl 3x5
- 9) Hyperextension with bar in hand 3x4-8
- 10) Hip Thrust 3x10
- 11) Standing Cable Crunch 4x25

Volume Day

- 1) Standing/Seated Barbell Overhead Press 10x10
- 2) ---OPTIONAL: You can reverse order of these two exercises---
- 3) Shoulder Press 3x10-20
- 4) Dicks Press 3x15
- 5) Straight Bar Pushdown 5x20
- 6) Scarecrow 3x12
- 7) Deadlift or 4-6 Inch Block Pull with Bands 5x5
- 8) Barbell Shrug 4x25
- 9) Seated Dumbbell Shrug 3x20
- 10) Dumbbell Upright Row 3x10-15
- 11) Ez-Bar Curl 3x10
- 12) Seated Dumbbell Wrist Curl 3x20
- 13) Hyperextension with holding plates 3x20
- 14) Hip Thrust 3-5x12-20
- 15) Standing Cable Crunch 4x25

WEEK 2

Intensity Day

- 1) Incline Close Grip Bench press off Low Pins 1RM (bands optional)
- 2) Seated DB Incline Press 3x4-8
- 3) Cable Face Pull 3x15
- 4) At the Knee Rack Pull 1RM
- 5) Behind the Back Power Shrug 5x3-5

- 6) Straight-Bar Pushdown 3x10
- 7) Barbell Curl off Low Pins (arms fully locked) 3x8
- 8) Hyperextension with bar in hand (snatch grip) 3x4-8
- 9) Glute Bridge 3x10
- 10) Weighted Crunch 4x25

Volume Day

- 1) Incline Close Grip Bench Press 10x10
- 2) ---OPTIONAL: You can reverse order of these two exercises---
- 3) Incline Dumbbell Bench Press 3x10-20
- 4) Overhead Barbell Extension 3x8-15
- 5) Rope Pushdown 5x20
- 6) Cable Face Pulls 3x20
- 7) Rack Pull Below the Knee with Bands 5x5
- 8) Yates Row or Behind the Back Barbell Shrug 3x20-30
- 9) One Arm Dumbbell Shrug 3x20 (10 per arm)
- 10) One Arm Farmer's Walk 3x45-60s
- 11) Dumbbell Preacher Curl 3x15
- 12) Seated Barbell Wrist Curl 3x20
- 13) Hyperextension with bar in hand (snatch grip) 3x20
- 14) Glute Bridge 3x12-20
- 15) Weighted Crunch 4x25

WEEK 3

Intensity Day

- 1) Z-Press at Chest Level 1RM (bands optional)
- 2) Close Grip Paused Bench Press 3x3-5
- 3) Reverse Pec Deck 3x12
- 4) Above the Knee Rack Pull 1RM
- 5) Trap-Bar Shrug 5x3-5

- 6) Reverse Grip Pushdown 3x10
- 7) High Pin Curl 3x5
- 8) Cable Pull-through 3x10-20
- 9) Weighted Plank 3x30s

Volume Day

- 1) Close Grip Bench Press 10x10
- 2) ---OPTIONAL: You can reverse order of these two exercises---
- 3) Flat Dumbbell Press 3x20
- 4) One Arm Overhead Dumbbell Extension 3x12
- 5) V-Bar Pushdown 4x25
- 6) Band Face Pulls 3x30
- 7) Rack Pull At the Knee with Bands 5x5
- 8) Farmer's Walk 3x45-60s
- 9) Standing Dumbbell Shrug 3x20-30
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Towel Pullups 3xAMRAP
- 12) Cable Pull-through 3x20
- 13) Weighted Plank 3x60s

WEEK 4

Intensity Day

- 1) Z Press at Chin Level 1RM (bands optional)
- 2) Incline Close Grip Paused Bench Press 3x3-5
- 3) Floor Dumbbell Flyes 3x12
- 4) Cable Side Raise 3x10
- 5) Zercher Squat off Low Pins or Behind the back Rack Pull (below or at the knee) 1RM
- 10) Snatch Grip Power Shrug 5x3-5 or Snatch Grip High Pull 5x3-5
- 6) V-Bar Pushdown 3x10
- 7) Table Curl (do it off bench) 3x5

- 8) Seated Calf Raise 3x10
- 9) Zercher Hold 3x10-20s

Volume Day

- 1) Incline Close Grip Bench Press 1x AMRAP (reps should range between 10-30)
- 2) Incline Wide Grip Bench Press 1x AMRAP
- 3) Decline Dumbbell Bench Press 3x10-20 OR Flat Dumbbell Bench Press on Stability/Bosu Ball 3 Minutes STRAIGHT 3s down 3s up
- 4) Crucifix Hold 3x30s
- 5) Floor Barbell Extension 3x12
- 6) Reverse Grip Pushdown 5x20
- 7) Rack Pull Above the Knee with Bands 5x5
- 8) Snatch Grip Barbell Shrug 3x10-20
- 9) T-Bar Row 4x12
- 10) Lawnmower Row 3x10
- 11) Hammer Curl 3x20
- 12) Standing Barbell Wrist Curl 3x20
- 13) Hyperextension with bar on neck 3x10
- 14) Zercher Hold 3x15-30s

4 WEEK PROGRAM #2

WEEK 1

Intensity Day

- 1) Close Grip Incline Bench Press with Doubled Bands 1RM
- 2) Push Press 5x5
- 3) Rope Pushdown 3x10
- 4) Power Side Raise 3x6-10
- 5) Rack Pull Below the Knee 1RM
- 6) Power Barbell Shrug 3-5x3-5

- 7) Rope Pushdown 3x10
- 8) Incline Dumbbell Curl 3x8-12
- 9) Towel Pullup 3xAMRAP
- 10) Hyperextension with Bar in Hand 3x10
- 11) Hip Thrust 3x10
- 12) Cable Crunch 3x10

Volume Day

- 1) Push Press with Non-Doubled Bands 12x2 at 55% of 1RM *OR* Decline Close Grip Bench Press 10x10
- 2) Shoulder Press 3x10-20
- 3) Dicks Press 3x15
- 4) Straight Bar Pushdown 5x20
- 5) Reverse "Pec Deck" using Bands 3x12
- 6) Front Squat 3x20 (doubled bands optional)
- 7) Barbell Shrug 4x25
- 8) Seated Dumbbell Shrug 3x20
- 9) Dumbbell Upright Row 3x10-15
- 10) Ez-Bar Curl 3x10
- 11) Rope Cable Curl 3x15-20
- 12) Seated Cable Wrist Curl (horizontal) 3-5x20
- 13) Hyperextension with Bar in Hand 3x20
- 14) Hip Thrust 3-5x12-20
- 15) Cable Crunch 4-5xAMRAP

WEEK 2

Intensity Day

- 1) Close Grip Bench Press with Doubled Bands 1RM
- 2) Neutral Flat Dumbbell Bench Press 3x6-10
- 3) V-Bar Pushdown 3x10

- 4) Cable Face Pull 3x10-15
- 5) Rack Pull at the Knee 1RM
- 6) Behind the Back Power Shrug 3-5x3-5
- 7) Barbell Curl off High Pins 3x6-8
- 8) Seated Barbell Wrist Curl 3x6-10
- 9) Wide Stance Good Morning 3x10
- 10) Glute Bridge 3x10
- 11) Weighted Plank 3x15-30s

Volume Day

- 1) Standing Overhead Press 10x10
- 2) Incline Dumbbell Bench Press 3x10-20
- 3) Overhead Barbell Extension 3x8-15
- 4) Rope Pushdown 5x20
- 5) Cable Face Pulls 3x20-30
- 6) Zercher Squat 3x20 (doubled bands optional)
- 7) Yates Row 3x20-30
- 8) One Arm Dumbbell Shrug 3x20 (10 per arm)
- 9) Farmer Walk 3x45-60s
- 10) Seated Cable Wrist Curl 4x25 (Vertical)
- 11) Reverse Barbell Curl 4x8-12
- 12) Wide Stance Good Morning 2x10-20
- 13) Glute Bridge 3x12-20
- 14) Weighted Plank 3x30-60s

WEEK 3

Intensity Day

- 1) Close Grip Floor Press 1RM
- 2) Close Grip Bench Press Off Low Pins 3x3-5
- 3) Reverse Grip Pushdown 3x10

- 4) Doubled Band Face Pull 3x10-30
- 5) Rack Pull Above the Knee 1RM
- 6) Snatch Grip High Pull 4x6-8
- 7) Reverse Grip Pushdown 3x10
- 8) Standing Dumbbell Wrist Curl 3x6-10
- 9) Partial Dumbbell Curl or Table Curl 3x10
- 10) Close Stance Good Morning 3x10-20
- 11) Cable Pull-Through 3x10
- 12) Weighted Crunch 4x25

Volume Day

- 1) Incline Close Grip Bench Press 10x10
- 2) Flat Dumbbell Press 3x10-20
- 3) One Arm Overhead Dumbbell Extension 3x12
- 4) V-Bar Pushdown 4x25
- 5) Reverse Pec Deck 3x30
- 6) Snatch Grip Deadlift from 6 inch Blocks 9-12x3 (rest 30 seconds between sets)
- 7) Barbell Row 4x8-12
- 8) Standing Dumbbell Shrug 3x20-30
- 9) Standing Dumbbell Wrist Curl 3x20
- 10) Overhand Rack Pull Static Hold 3xASASP (as long as possible)
- 11) Hammer Curl 3x10
- 12) Close Stance Good Morning 2x10-20
- 13) Cable Pull-Through 5x12-20
- 14) Weighted Crunch 4x25

WEEK 4

Intensity Day

- 1) Push Press with Non-Doubled Bands 1RM
- 2) Neutral Incline Dumbbell Press 3x4-10

- 3) V-Bar Pushdown 3x10
- 4) Cable Side Raise 3x10
- 5) Front Squat with Doubled Bands 1RM
- 6) Yates Row 4x6-8
- 7) V-Bar Pushdown 3x10
- 8) Partial Barbell Curl 3x6-10
- 9) Standing Barbell Wrist Curl 3x6-10
- 10) Zercher Good Morning 3x6-10
- 11) Hyperextension with Plates
- 12) Zercher Hold 3x5-15s

Volume Day

- 1) Close Grip Bench Press 10x10
- 2) Decline Dumbbell Bench Press 3x10-20
- 3) Dumbbell Crucifix Hold 3x30s
- 4) Decline Barbell Extension 3x10-15
- 5) Reverse Grip Pushdown 5x20
- 6) Snatch Grip Deadlift from 4 inch Blocks 9-12x3 (rest 30 seconds between sets)
- 7) Snatch Grip Barbell Shrug 3x10-20
- 8) Kroc Row 3x20-30
- 9) Hammer Curl 3x20
- 10) Standing Barbell Wrist Curl 3x20
- 11) Ez-Bar Curl 4x8-12
- 12) Cable Wrist Curl Hold (vertical or horizontal) 3x15-30s
- 13) Zercher Good Morning 2x10-20
- 14) Hyperextension with Plates 5x12-20
- 15) Zercher Hold 3x15-30s

4 WEEK PROGRAM #3

WEEK 1

Intensity Day

- 1) Overhead Press With Minibands 1RM
- 2) Close Grip Low Z Press 3x3
- 3) Band Pushdown 3x10 (figure out which band is heaviest for these reps)
- 4) Band Face Pulls 3x20-30 (same thing, figure out which band is heaviest for these reps)
- 5) Wide Low Box Squat (8-12 inches) 1RM
- 6) 2 Snatch Grip Block Pull 3x3-5
- 7) Hammer Curls 3x10
- 8) Hyperextension 3x5
- 9) Standing Band Crunches 3x20

Volume Day

- 1) Overhead Press with minibands (quarter of an inch) 8x3 @45% 30-60s rest between sets
(Rotate 3 different grips each set, all close-medium)
- 2) Dumbbell Shoulder Press 3x15-20 (to failure, 3-5 minutes rest between sets)
- 3) Dicks Press 3x8-15
- 4) Band Pushdown 4x50 (very fast)
- 5) Dumbbell Side Raises 3x10
- 6) Low Box Squat with Doubled Minibands 12x2 @50% 30-60s rest between sets **OR**
Monster Minibands @40%
- 7) Speed Deadlifts with Light Bands 10x2 @50% **OR** Strong Bands @40%
- 8) Dumbbell Row or Seal Row 3x10-20
- 9) Standing Dumbbell Shrug 3x20
- 10) Dumbbell Preacher Curl 3x10
- 11) Plate Pinch 3x30-60s
- 12) Hyperextension with bar in hand 3x33
- 13) Standing Band Crunches 3x20-50

WEEK 2

Intensity Day

- 1) Overhead Press with Monster Minibands 1RM
- 2) Behind the Neck Press OR Dumbbell Shoulder Press 3x6-8
- 3) Band Face Pulls 3x20
- 4) Front Low Box Squat (8-12 inch box) 1RM
- 5) 4 Inch Snatch Grip Block Pull 3x3-5
- 6) Low Pin Curl 3x10
- 7) Snatch Grip Hyperextension 3x5
- 8) Standing Band Crunches 3x10

Volume Day

- 1) Miniband Overhead Press (quarter of an inch) 8x3 @50% 30-60s rest between sets
(Rotate 3 different grips each set, all close-medium)
- 2) Incline Dumbbell Bench Press 3x15-20 (to failure)
- 3) Floor Dumbbell Extension 3x10
- 4) Band Pushdown 3x33 (very fast)
- 5) Crucifix Holds 3x30s
- 6) Low Box Squat with Doubled Minibands 12x2 @55% 30-60s rest between sets OR
Monster Minibands @45%
- 7) Speed Deadlifts with Light Bands 10x2 @55% OR Strong Bands @45%
- 8) Barbell Shrug 4x25
- 9) Dumbbell Upright Row 3x10
- 10) Hyperextension with Green Bands + holding plates 3x20/As many reps as possible
(AMRAP)
- 11) Plate Wrist Curl 3x20
- 12) Half Rep Chinups 3xAs many reps as possible (AMRAP)
- 13) Standing Band Crunches 3x20

WEEK 3

Intensity Day

- 1) Close Grip Incline Bench Press 1RM
- 2) Close Grip Push Press with Minibands *or* OHP Off Knees with Minibands 3x3-5
- 3) Band Pushdown 3x10
- 4) Band Face Pulls 3x20
- 5) Zercher Low Box Squat (quarter of an inch) 1RM
- 6) 6 Inch Snatch Grip Block Pull 3x3-5
- 7) Barbell Preacher Curls 3x8
- 8) Hyperextension with bar in hand + black band 3x5-10
- 9) Weighted Crunches 3x20

Volume Day

- 1) Miniband Overhead Press (quarter of an inch) 8x3 @55% 30-60s rest between sets
(rotate close + medium grips each set)
- 2) Flat Dumbbell Bench Press 3x15-20 (to failure)
- 3) Floor Barbell Extension 3x10
- 4) One Arm Reverse Band Pushdown with Green Bands 3xAMRAP
- 5) Power Side Raises 3x10
- 6) Low Box Squat with Doubled Minibands 12x2 @50% 30-60s rest between sets **OR**
Monster Minibands @60%
- 7) Speed Deadlifts with Light Bands 10x2 @60% **OR** Strong Bands @50%
- 8) Yates Row 3x20-30
- 9) Seated Dumbbell Shrug 3x20
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Towel Pullups 3xAMRAP
- 12) Close Stance Good Morning 3x10
- 13) Weighted Crunches 3x20

WEEK 4

- 1) Intensity Day
- 2) Close Grip Incline Bench Press off Low Pins 1RM
- 3) Close Grip Push Press with Monster Minibands OR OHP Off Knees with Monster Minibands 3x3-5
- 4) One Arm Reverse Grip Band Pushdown 3x10
- 5) Rear Delt Raises 3x12
- 6) Rack Pull Above the Knee or Deadlift with Strong Bands 1RM
- 7) Zercher Squat off Lowest Rack Height 3x3-5
- 8) Ez-Barbell Curl 3x8
- 9) Hyperextension with bar in hand + blue band 3x5-10
- 10) Side Bends 3x10 (per side)

Volume Day

- 1) Standing Overhead Press 10x10
- 2) Bradford Press 3x20 (10 front + 10 back)
- 3) Dicks Press with Minibands or Barbell Overhead Extension with Minibands 3x15-20
- 4) Band Pushdown 5xAMRAP
- 5) Band Pullapart 300 reps
- 6) Zercher OR Front Squat 3x10-20
- 7) Below the Knee Rack Pull 3x10-20
- 8) Behind the back Barbell Shrug 5-6x10-15
- 9) Standing Barbell Wrist Curl 3x20
- 10) Incline Dumbbell Curl 3x12
- 11) Wide Stance Good Morning 3x10
- 12) Weighted Crunches 3x20-50

4 WEEK PROGRAM #4

WEEK 1

Intensity Day

- 1) Close Grip Z Press with Minibands 1RM
- 2) Close Grip Incline Bench Press 3x3-5
- 3) Power Side Raise 3x6-10
- 4) Deadlift with Minibands 1RM
- 5) Barbell Power Shrug 5x3-5
- 6) Rope Pushdown 3x10
- 7) Seated DB Wrist Curl with Fat Gripz 3x6-10
- 8) Towel Pullup 3xAMRAP
- 9) Hyperextension with Bar in Hand 3x10
- 10) Hip Thrust 3x10
- 11) Cable Crunch 3x15

Volume Day

- 1) Landmine Press 10x10
- 2) Shoulder Press 3x20
- 3) Dicks Press 3x15
- 4) Straight Bar Pushdown 5x20
- 5) Band Scarecrow 3x12
- 6) Rack Pull Below the Knee 8x3 or 12x2 with 30s rest intervals
- 7) Barbell Shrug 4x25
- 8) Seated Dumbbell Shrug 3x20
- 9) Dumbbell Upright Row 3x10-15
- 10) Ez-Bar Curl 3x10
- 11) Cable Rope Curl 3xAMRAP

- 12) Horizontal Wrist Curl with Fat Gripz 3-5x20
- 13) Hyperextension with Bar in Hand 3x20
- 14) Hip Thrust 3-5x12-20
- 15) Cable Crunch 5xAMRAP

WEEK 2

Intensity Day

- 1) Close Grip Z Press with Monster Minibands 1RM
- 2) Standing Dumbbell Shoulder Press 3x6-10
- 3) Miniband Face Pull 3x15
- 4) Deadlift with Monster Minibands 1RM
- 5) Behind the Back Power Shrug 5x3-5
- 6) Straight-Bar Pushdown 3x10
- 7) Barbell Curl off High Pins with Fat Gripz 3x6-8
- 8) Seated Barbell Wrist Curl with Fat Gripz 3x6-10
- 9) Reverse Hypers 3-5x10
- 10) Glute Bridge 3x10
- 11) Doubled Monster Miniband Crunch 3xAMRAP (as many reps as possible)

Volume Day

- 1) Standing Overhead Press 10x10
- 2) Incline Dumbbell Bench Press 3x10-20
- 3) Overhead Barbell Extension 3x8-15
- 4) Rope Pushdown 5x20
- 5) Miniband Face Pulls 3x20
- 6) Rack Pull At the Knee 8x3 or 12x2 with 30s rest intervals
- 7) Yates Row 3x15-20
- 8) One Arm Dumbbell Shrug 3x20 (10 per arm)
- 9) Farmer's Walk 3x45-60s
- 10) Vertical Wrist Curl 4x25 with Fat Gripz

- 11) Reverse Barbell Curl with Fat Gripz 4x8-12
- 12) Reverse Hypers 4x25
- 13) Glute Bridge 3x12-20
- 14) Doubled Monster Miniband Crunch 5xAMRAP

WEEK 3

Intensity Day

- 1) Push Press With Minibands 1RM
- 2) Circus Press 3x3-5
- 3) Monster Miniband Face Pull 3x20
- 4) Deadlift with Light Bands 1RM
- 5) Snatch Grip High Pull 5x5
- 6) Reverse Grip Pushdown 3x10
- 7) Standing Dumbbell Wrist Curl with Fat Gripz 3x6-10
- 8) Partial Dumbbell Curl or Table Curl 3x10 (with Fat Gripz)
- 9) Zercher Good Morning 3x6-10
- 10) Cable Pull-Through 3x10
- 11) Weighted Crunch 4x25

Volume Day

- 1) Incline Bench Press 10x10
- 2) Flat Dumbbell Press 3x20
- 3) One Arm Overhead Dumbbell Extension 3x12
- 4) V-Bar Pushdown 4x25
- 5) Monster Miniband Face Pulls 3x30
- 6) Snatch Grip Deadlift from 4 inch Blocks 8x3 or 12x2 with 30s rest intervals
- 7) Trap-Bar Shrug 4x25
- 8) Standing Dumbbell Shrug 3x15-20
- 9) Standing Dumbbell Wrist Curl with Fat Gripz 3x20
- 10) Trap Bar Static Hold With Fat Gripz 3x15-30s

- 11) Zercher Good Morning 2x10-20
- 12) Cable Pull-Through 5x12-20
- 13) Weighted Crunch 4x25

WEEK 4

Intensity Day

- 1) Push Press with Monster Minibands 1RM
- 2) Standing One Arm Dumbbell Press 3x3-5
- 3) Cable Scarecrows 3x10
- 4) Deadlift with Strong Bands 1-RM
- 5) Snatch Grip Power Shrug 5x3-5
- 6) V-Bar Pushdown 3x10
- 7) Partial Barbell Curl with Fat Gripz 3x6-10
- 8) Standing Barbell Wrist Curl with Fat Gripz 3x6-10
- 9) Close or Wide Stance Good Morning 3x6-10
- 10) Band Pull-Through 3x10 (you may need to double or quadruple them)
- 11) Zercher Hold 3x5-15s

Volume Day

- 1) Close Grip Bench Press 10x10
- 2) Flat Dumbbell Bench Press on Stability/Bosu Ball 3 Minutes STRAIGHT 3s down 3s up
(if no stability ball do it on the floor instead)
- 3) Dumbbell Crucifix Hold 3x30s
- 4) Floor Barbell Extension 3x12
- 5) Reverse Grip Pushdown 5x20
- 6) Snatch Grip Deadlift from 2 inch Blocks 8x3 or 12x2 with 30s rest intervals
- 7) Snatch Grip Barbell Shrug 3x10-20
- 8) Kroc Row 3x20-30
- 9) Ez-Bar Curl with Fat Gripz 4x8-12
- 10) Underhand Wrist Curl 3-5x20

- 11) Close or Wide Stance Good Morning 2x10-20
- 12) Band Pull-Through 5x12-20 (you may need to double or quadruple them)

4 WEEK PROGRAM #5

Week 1

Intensity Day

- 1) Incline Bench Press With Minibands/Incline Low Pin Press 1-5RM
- 2) Viking Press 3x3
- 3) Snatch Grip 6 Inch Block Pull 1-5RM
- 4) Power Shrug 3x5
- 5) Band Face Pulls 3x20
- 6) EZ-Bar Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Standing Overhead Press 3x20
- 2) Behind The Neck Press 8RM + 2 rest pause
- 3) Overhead Barbell Extension 3x12
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Front Squat 1x20 + 2 back-off sets
- 7) T-Bar Row 3x12
- 8) Dumbbell Shrug 3x20
- 9) Cable Upright Row 3x10
- 10) Dumbbell Wrist Curl 3x20
- 11) Pinch Plate 3x30s
- 12) Reverse Hyperextension 3x20

13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Incline Bench Press with Monster Minibands/Paused Incline Close Grip 1-5RM
- 2) Z Press 3x5
- 3) Power Side Raise 3x5
- 4) Snatch Grip Rack Pull At the Knee 1-5RM
- 5) Snatch Grip High Pull 4x6
- 6) Partial Preacher Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Bench Press 1x15 + 2 back-off sets
- 2) Dumbbell Shoulder Press 3x20 (failure)
- 3) Floor Dumbbell Extension 3x10
- 4) V-Bar Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 1x20 + 2 back-off sets
- 7) Barbell Row 3x12
- 8) Dumbbell Farmer Walk 3x60s
- 9) One Arm Upright Row 3x10
- 10) Plate Wrist Curl 3x20
- 11) Half Rep Chinups 3Xamrap
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Overhead Press with Minibands/Z-Press at throat 1-5RM
- 2) Incline Dumbbell Bench Press With Minibands 3x8
- 3) Reverse Pec Deck 3x12
- 4) Snatch Grip Rack Pull Above the Knee 1-5RM
- 5) Pendlay Row 3x3
- 6) One Arm Deadlift With Fat Gripz 4x1
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Landmine Press 3x20
- 2) Bradford Press 3x10 (10 per side)
- 3) Incline Elbows-Out Extensions 3x10
- 4) Straight Bar Pushdown 4x50
- 5) Cable Face Pulls 3x20
- 6) Romanian Deadlift 3x12
- 7) Chest-Supported Row 3x12
- 8) Alternating One Arm Dumbbell Shrug Off Knees 3x60s
- 9) Incline Front Raise 3x10
- 10) Side Pressure Wrist Curl 3x20
- 11) Finger Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Reverse Wood Chop 3x10

Week 4

Intensity Day

- 1) Overhead Press With Monster Minibands/Z-Press at Chest 1-5RM
- 2) Circus Press 3x3
- 3) Rear Delt Flyes 3x10
- 4) Snatch Grip Deadlift with Bands (lots of tension) 1-5RM
- 5) Plate Row 3x5
- 6) Hex Dumbbell Hold 3x30s
- 7) Reverse Lunge 3x10 (5 per leg)
- 8) Band Twist 3x10

Volume Day

- 1) Z Press No Pins 1x10-15 + 2 Back-off sets
- 2) Incline Dumbbell Bench Press 3x20 (to failure)
- 3) Decline Dumbbell Extensions 3x10
- 4) Band Pushdown 3xAMRAP
- 5) Reverse Pec Deck 3x12
- 6) Stiff-legged Deadlift 3x10
- 7) Dumbbell Row 3x10
- 8) Barbell Shrug 3x20
- 9) Cable Upright Row 3x10
- 10) Forearm Raise 3x10
- 11) Half Rep Neutral Chinups 3xAMRAP
- 12) Glute Bridge 3x10
- 13) Decline Medicine Ball Twist 3x20

4 WEEK PROGRAM #6

Week 1

Intensity Day

- 1) Close Grip Bench Press With Minibands 1-5RM
- 2) Z Press 3x5
- 3) Deficit Deadlift 1-5RM
- 4) High Pull 4x6
- 5) Band Face Pulls 3x20
- 6) Hammer Curl 3x10
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Standing Overhead Press 1x15 + 2 rest pause
- 2) Seated Dumbbell Press 3x20 (to failure)
- 3) Decline Barbell Extension 3x10
- 4) Band Pushdown 3xAMRAP
- 5) Reverse Pec Deck 3x12
- 6) Good Morning 4x8
- 7) Wide Grip Weighted Pullup 1x3-5 + 2 back-off sets
- 8) Barbell Shrug 3x20
- 9) Snatch Grip Barbell Upright Row 3x12
- 10) Towel Pullups 3xAMRAP
- 11) Pinch Plate 3x30s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Close Grip Bench Press With Monster Minibands 1-5RM
- 2) Incline Dumbbell Bench Press With Minibands 3x6-8
- 3) Dumbbell Side Raise 3x8
- 4) Deficit Trap-Bar Deadlift
- 5) T-Bar Row 3x5
- 6) Pin Curl 3x3
- 7) Glute-Ham Raise With Bands 3x10
- 8) Weighted Crunches 3x10

Volume Day

- 1) Overhead Press 3x12-15 + last set triple dropset
- 2) Incline Dumbbell Press 3x20 (failure)
- 3) Overhead Barbell Extension 3x15
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 3x10 + last set dropset
- 7) Snatch Grip Rack Pull 3x5
- 8) Seated Dumbbell Shrug 3x20
- 9) Rope Cable Row 3x12
- 10) Dumbbell Wrist Curl 3x20
- 11) Hex Dumbbell Hold 3x30s
- 12) Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Overhead Press With Minibands 1x5 + 2 back-off sets

- 2) Close Grip Bench Press To Throat 3x5
- 3) Band Face Pulls 3x20
- 4) Deadlift with Light Bands 1-5RM
- 5) Lilly Shrug 3x10
- 6) Weighted Finger Pullups 3x3-5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Bench Press With Minibands 1x15-20 then band dropset
- 2) Dumbbell Shoulder Press Timed 1x3 Minutes
- 3) Flat Dumbbell Extension 3x10
- 4) Band Pushdown 3x20
- 5) Rear Delt Flyes 3x12
- 6) Zercher Squat 1x15 + 2 rest pause
- 7) Wide Grip Lat Pulldown 3x10
- 8) One Arm Dumbbell Shrug 3x20
- 9) Dumbbell Upright Row 3x12
- 10) Pinch Plates 3x30s
- 11) Hanging Off Bar 1x1-3 Minutes
- 12) Hyperextension 3x20
- 13) Decline Medicine Ball Twist 3x20

Week 4

Intensity Day

- 1) Push Press 1-5RM
- 2) Viking Press 3x6
- 3) Scarecrows 3x12
- 4) Deadlift with Strong Bands 1-3RM
- 5) Block Pull 3x3

- 6) Weighted Towel/Fat Gripz Pullups 3x3
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Bench Press 3x20
- 2) Seated Overhead Press 1x8 + 2 rest pause
- 3) Incline Elbows-Out Extensions 1x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x30
- 6) Front Squat 3x10 + last set triple dropset
- 7) Chest-Supported Row 3x10
- 8) Trap-Bar Farmer Walk 3x30-45s
- 9) Calf Raise Shrug 3x10
- 10) Reverse Wrist Curl 3x20
- 11) Dumbbell Wrist Curl 3x12
- 12) Reverse Lunge 3x10 (5 per leg)
- 13) Weighted Crunches 3x10

4 WEEK PROGRAM #7

Week 1

Intensity Day

- 1) Reverse Miniband Close Grip Bench Press 1-5RM
- 2) One Arm Dumbbell Press 3x8
- 3) Cable Side Raise 3x10
- 4) Front Box Squat With Minibands 1-5RM
- 5) Farmer Walk 3x30s
- 6) Reverse Preacher Curl 3x5

- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Viking Press 3x20
- 2) Close Grip Bench Press 8RM + 2 rest pause
- 3) Flat Dumbbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Snatch Grip Rack Pull 4x6
- 6) Dumbbell Row 3x10
- 7) Calf Raise Shrug 3x12
- 8) One Arm Upright Row 3x10
- 9) Ez-Bar Curl 3x10
- 10) Hex Dumbbell Hold 3x60s
- 11) Reverse Hyperextension 3x20
- 12) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Reverse Monster Miniband Close Grip Bench Press 1-5RM
- 2) Circus Press 3x3
- 3) Cable Face Pull 3x10
- 4) Front Box Squat With Monster Minibands 1-5RM
- 5) Wide Grip Weighted Pullup 1x3-5+2 back-off sets
- 6) Table Curl 3x8
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 8RM + 2-back-off sets
- 2) Neutral Dumbbell Shoulder Press 3x20 (failure)
- 3) Decline Dumbbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Block Pull 1x8 + 2 back-off sets
- 7) Dumbbell Row 3x12
- 8) Trap-Bar Shrug 3x20
- 9) One Arm Cable Upright Row 3x10
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Plate Pinch 3x60s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Reverse Light Band Close Grip Bench Press 1-5RM
- 2) Floor Dumbbell Press 3x6
- 3) Reverse Pec Deck 3x12
- 4) Zercher Box Squat With Minibands 1-5RM
- 5) Seal Row 3x5
- 6) Low Pin Curl 3x6
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Bench With Minibands 1x10 + 2 rest pause
- 2) One Arm Kneeling Landmine Press 3x10 (10 per side)

- 3) Overhead Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Cable Face Pulls 3x20
- 6) Snatch Grip Block Pull 1x8 + 2 back-off sets
- 7) T-Bar Row 4x8
- 8) Overhead Shrug 3x10
- 9) Snatch Grip Upright Row 3x10
- 10) Standing Barbell Wrist Curl 3x20
- 11) Towel Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Wood Chop 3x10

Week 4

Intensity Day

- 1) Close Grip Floor Press 1-5RM (chains optional)
- 2) Close Grip Bench Press To Throat 3x5
- 3) Plate Raise 3x20
- 4) Zercher Box Squat With Monster Minibands 1-5RM
- 5) Barbell Row 1x4-6 + 2 back-off sets
- 6) High Pin Curl 3x3
- 7) Band Hyperextension 3x20
- 8) Weighted Plank 3x30s

Volume Day

- 1) Close Grip Bench Press With Monster Minibands 1x10RM + 2 rest pause
- 2) Seated Behind The Neck Press 3x15
- 3) Flat Elbows-Out Extensions 3x12
- 4) Reverse Grip Pushdown 4x25
- 5) Snatch Grip Deadlift 3x8
- 6) Standing Lat Pulldown 3x20

- 7) Lilly Shrug 3x15
- 8) Dumbbell Upright Row 3x10
- 9) Plate Curl 3x20
- 10) Wrist Roller 3x60s
- 11) Reverse Hyperextension 4x25
- 12) Weighted Plank 3x60s

4 WEEK PROGRAM #8

Week 1

Intensity Day

- 1) Overhead Press With Minibands 1-5RM
- 2) Kneeling Landmine Press 3x8
- 3) Scarecrows 3x10
- 4) Good Morning Off Pins 3-5RM
- 5) Hammer Strength Row 3x8
- 6) Fat Dumbbell Wrist Curl 3x10
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Seated Overhead Press 8RM + 2 rest pause
- 2) Neutral Dumbbell Shoulder Press 12RM + 2 rest pause
- 3) Overhead Dumbbell Extension 3x15
- 4) Reverse Pushdown 4x25
- 5) Front Squat 5x10
- 6) Trap Bar Shrug 3x20
- 7) Trap-Bar Farmer Walk 3x30s
- 8) Dumbbell Upright Row 3x10

- 9) Barbell Wrist Curl 3x20
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Reverse Hyperextension 3x20
- 12) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Overhead Press With Monster Minibands 1-5RM
- 2) Kneeling One Arm Landmine Press 3x10 (5 per side)
- 3) Cable Face Pull 3x10
- 4) Zercher Squat Off Low Pins 1-5RM
- 5) T-Bar Row 3x8
- 6) Side Pressure Wrist Curl 3x20
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Close Grip Bench Press 1x8RM + 2 rest pause
- 2) Viking Press 12RM + 2 rest pause
- 3) Incline Barbell Extension 3x12
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 5x10
- 7) Below The Knee Rack Pull 1x6 + 2 back-off sets
- 8) Dumbbell Farmer Walk 3x30s
- 9) Barbell Upright Row 3x10
- 10) Standing Front Barbell Wrist Curl 3x10
- 11) Reverse Dumbbell Wrist Curl 3x20
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Push Press With Minibands 1-5RM
- 2) Z Press 5x2
- 3) Reverse Pec Deck 3x12
- 4) High Bar Box Squat With Minibands 1-5RM
- 5) Chest-Supported Row 3x10
- 6) High Pin Curl 3x6
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Z Press No Pins 1x8RM + 2 rest pause
- 2) Incline Dumbbell Bench Press With Minibands 1x10RM + 2 rest pause
- 3) Floor Barbell Extension 3x10
- 4) V-Bar Pushdown 2x50
- 5) Band Face Pulls 3x20
- 6) Good Morning 1x12 + 2 back-off sets
- 7) Snatch Grip Deadlift 3x6
- 8) Rope Cable Upright Row 3x10
- 9) Standing Reverse Barbell Wrist Curl 3x20
- 10) Preacher Curl 3x10
- 11) Hyperextension 3x20
- 12) Weighted Plank 3x30s

Week 4

Intensity Day

- 1) Behind The Neck Push Press/Push Press with Monster Minibands 3-5RM

- 2) Bottom Overhead Press 4x6
- 3) Rear Delt Flyes 3x15
- 4) High Bar Box Squat With Monster Minibands 1-5RM
- 5) Wide Cable Row 3x10
- 6) Neutral Barbell Curl 3x8
- 7) Hyperextension 3x20
- 8) Standing Band Crunch 3x20

Volume Day

- 1) Close Grip Behind The Neck Press 1x15 + 2 rest pause
- 2) Close Grip Floor Press 3x8 + 2 rest pause
- 3) Incline Elbows-Out Extensions 3x12
- 4) Band Pushdown 3xAMRAP
- 5) Cable Face Pulls 3x10
- 6) Romanian Deadlift 3x12 + 2 back-off sets
- 7) Kroc Row 3x20
- 8) Power Shrug (no pins) 3x10
- 9) Incline Front Raise 3x10
- 10) Neutral Wrist Curl 3x20
- 11) Seated Dumbbell Wrist Curl 3x10
- 12) Reverse Lunge 3x20 (10 per leg)
- 13) Weighted Plank 3x60s

4 WEEK PROGRAM #9

Week 1

Intensity Day

- 1) Close Grip Floor Press With Chains 1-5RM
- 2) Block Press 3x5

- 3) Trap Bar Deadlift With Fat Gripz 1-5RM
- 4) Snatch Grip Deadlift 3x5
- 5) Band Face Pulls 3x20
- 6) Weighted Towel Pullups 3x3
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Behind The Neck Press 3x20
- 2) Floor Dumbbell Press 1x3 Minutes
- 3) Decline Barbell Extension 3x8
- 4) Band Pushdown 3xAMRAP
- 5) Band Face Pulls 3x20
- 6) Sumo Deadlift With Fat Gripz 1x10 + 2 back-off sets
- 7) Dumbbell Row With Fat Gripz 3x10
- 8) Dumbbell Shrug 3x20
- 9) Rope Cable Upright Row 3x10
- 10) Towel Curl 3x10
- 11) Standing Dumbbell Wrist Curl 3x20
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Weighted Dips 3-5RM
- 2) Behind The Neck Push Press 3x5
- 3) Side Raise 3x5
- 4) Snatch Grip Rack Pull 1-5RM
- 5) Pendlay Row With Fat Gripz 3x5
- 6) Reverse Barbell Curl 3x10

- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Weighted Dips 3x20
- 2) Z Press No Pins 2x15 + last set triple dropset
- 3) Elbows-Out Extensions 3x10
- 4) Reverse Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Sumo Block Pull With Fat Gripz 1x10 + 2 back-off sets
- 7) Weighted Pullup With Fat Gripz 1x6 + 2 back-off sets
- 8) Trap-Bar Shrug 3x15
- 9) One Arm Upright Row 3x10
- 10) Seated Dumbbell Wrist Curl With Fat Gripz 3x10
- 11) Plate Pinch 3x30s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Behind the Neck Push Press 1-5RM
- 2) High Pin Press 3x3
- 3) Power Side Raise 3x8
- 4) Deficit Deadlift With Fat Gripz 1-5RM
- 5) Barbell Row with Fat Gripz 3x8
- 6) Glute-Ham Raise with Bands 3x10
- 7) Decline Medicine Ball Twist 3x50

Volume Day

- 1) Viking Push Press 1x12-15 + back-off sets

- 2) Neutral Dumbbell Bench Press With Monster Minibands 3x15
- 3) Overhead Barbell Extension 3x12 + last set dropset
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Rack Pull 4x6
- 7) Wide Grip Weighted Pullups 3x5
- 8) Barbell Upright Row 3x12
- 9) Incline Front Raise 3x10
- 10) Side Pressure Wrist Curl 3x20
- 11) Finger Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Reverse Wood Chop 3x10

Week 4

Intensity Day

- 1) Paused Incline Bench Press 1-5RM
- 2) Dumbbell Shoulder Press 3x6
- 3) Scarecrows 3x12
- 4) Rack Pull With Fat Gripz 1-5RM
- 5) Farmer Walk With Fat Gripz 3x30s
- 6) Standing Dumbbell Wrist Curl 3x10
- 7) Glute Bridge 3x10
- 8) Band Twist 3x10

Volume Day

- 1) Close Grip Incline Bench Press With Minibands 1x10 + 2 Back-off sets
- 2) Shoulder Press 3x20 (to failure)
- 3) Elbows out Extensions 3x10
- 4) Reverse Pushdown 4x25
- 5) Romanian Deadlift With Fat Gripz 3x12

- 6) Trap Bar Farmer Walk With Fat Gripz 3x60s
- 7) Seated Dumbbell Shrug 3x15
- 8) One Arm Cable Upright Row 3x10
- 9) Forearm Levering 1xAMRAP ALL ANGLES (front, back, top, sides)
- 10) Towel Pullup 3xAMRAP
- 11) Reverse Hyperextension 3x20
- 12) Band Twist 3x20

4 WEEK PROGRAM #10

Week 1

Intensity Day

- 1) High Pin Press 1-5RM
- 2) Shoulder Press 3x5 + 2 back-off sets
- 3) Dumbbell Side Raise 3x10
- 4) Front Squat With Minibands 1-5RM
- 5) Power Clean 5x3
- 6) Low Pin Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3 @60%
- 2) Shoulder Press 3x20 to failure
- 3) Overhead Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pull 3x20
- 6) Front Squat 4x6
- 7) Wide Grip Lat Pulldown 3x8

- 8) Barbell Shrug 3x15
- 9) One Arm Upright Row 3x10
- 10) Hammer Curl 3x12
- 11) Reverse Barbell Curl 3x10
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Push Press 1-5RM
- 2) Z-Press 5x2
- 3) Band Face Pull 3x20
- 4) Front Squat With Monster Minibands 1-5RM
- 5) Power Snatch 6x2
- 6) High Pin Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3 @65%
- 2) Incline Dumbbell Press 3x20 to failure
- 3) Incline Elbows-Out Extensions 3x10
- 4) V-Bar Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Front Squat With Minibands 1x10 + 2 back-off sets
- 7) Dumbbell Row 3x12
- 8) Trap-Bar Shrug 3x20
- 9) One Arm Cable Upright Row 3x10
- 10) Preacher Curl 3x12
- 11) EZ-Bar Curl With Fat Gripz 3x12

- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Push Press With Minibands 1-5RM
- 2) Close Grip Floor Press 5x2
- 3) Rear Delt Flyes 3x12
- 4) Reverse Miniband Front Squat 1-5RM
- 5) High Pull 5x3
- 6) Partial Hammer Preacher Curl 3x5
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3@70%
- 2) Neutral Dumbbell Bench Press 3x20 to failure
- 3) Floor Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Cable Face Pulls 3x20
- 6) Zercher Squat 1x12 + rest pause
- 7) T-Bar Row 4x8
- 8) Overhead Shrug 3x10
- 9) Barbell Upright Row 3x10
- 10) Neutral Barbell Curl 3x10
- 11) Hammer Preacher Curl 3x10
- 12) Hyperextension 3x20
- 13) Wood Chop 3x10

Week 4

Intensity Day

- 1) Push Press With Monster Minibands 1-5RM
- 2) Neutral Incline Dumbbell Bench Press 3x10
- 3) Plate Raise 3x20
- 4) Reverse Monster Miniband Front Squat 1-5RM
- 5) Power Shrug 4x6
- 6) Table Curl With Fat Gripz 3x5
- 7) Band Hyperextension 3x20
- 8) Weighted Plank 3x30s

Volume Day

- 1) Overhead Press 3x20
- 2) Floor Dumbbell Bench Press 1x3-5 Minutes
- 3) Flat Elbows-Out Extensions 3x12
- 4) Reverse Grip Pushdown 5x20
- 5) Reverse Pec Deck 3x12
- 6) Pendlay Row 9x3 @60%
- 7) One Arm Cable Row 3x12
- 8) Lilly Shrug 3x15
- 9) Barbell Upright Row 3x10
- 10) Low Pin Curl 3x10
- 11) Towel Curl 3x20
- 12) Reverse Hyperextension 4x25
- 13) Weighted Plank 3x60s

FIN

Conclusion

Congratulations on finishing Naturally Enhanced! You are now ready to make the best gains of your entire life. What you have learned from this book is priceless, and I commend you for taking action and investing in your knowledge. You have learned so much about exercise science and correct training that marketing bullshit will no longer affect you. When you spot someone delivering misinformation, you'll be able to call it out or reject it, rather than being the victim by falling for lies. No longer will your fitness lifestyle ever be complicated. The days of having super shredded abs, training 4-6x a week, being small, and eating bird seed are over.

In many ways, I envy you. I wish that when I started training that a system like this would have existed. It would have saved me years of learning the hard way by constantly failing and having to do research! I really hope that you make use of this book, because I guarantee you that there's nothing out there like this one. At least, not for drug-free recreational lifters. And I'm not even telling you this just because you bought the book! I'm mentioning this because it's pure fact. Everything that you learned here contains decades of exercise science and experience. When you follow Naturally Enhanced, you also have history and doctors by your side! This is what makes the system so great.

Anyhow, I don't have much else to say. I know that within 1-3 months maximum your body will already look different. I don't even have to hope, because I know that this is the reality. So when you get those gains, I demand to see some pictures. Let me know how Naturally Enhanced turned you into a muscle-building legend. And if you have any stories on people calling you out for being on steroids, just let me know!

I look forward to seeing your transformation,

~ Alexander Leonidas



ABOUT THE AUTHOR

Alexander Leonidas is a strength & conditioning professional. Through years of studying exercise science and acquiring first hand training experience, he is now here to share his knowledge and wisdom. His bold and straightforward approach to delivering advice has transformed the way people see fitness.



The Alpha Diet

The Alpha Diet is the best nutrition book of all time. Alexander Leonidas breaks down exactly how weight manipulation occurs, provides you with special strategies of enhancing the process, debunks nutritional myths, and offers illusion tactics to make you appear far more sexy than you actually are.



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