

**OUTALPHA.COM**



# **NATURALLY ENHANCED**

**By Alexander Leonidas**

## Legal Disclaimer

© 2019 Alexander Leonidas

All Rights Reserved. International Copyright

[www.OutAlpha.com](http://www.OutAlpha.com)



This book may not be reproduced in whole or in part without express prior consent. All violations will be prosecuted to the fullest extent of the law. Each book is individually numbered and coded and can be singly identified. This individualized coding includes the buyer's name, credit card number, billing address, expiry date, and CVV number. Each book contains at least one deliberate typographical error - automatically generated in each book sale - and small variations in wording that are unique. Any book, or segment thereof, can be traced back to its original owner. By opening this file, you agree that you will be held liable for civil damages, including but not limited to, lost sales and enforcement costs, if you share this book or any portion thereof with anyone else. We will also do everything in our power to make these civil proceedings (and essence of this book) as public as possible.

The information presented in Naturally Enhanced is intended for educational and entertainment purposes only. Such content is not intended to, and does not, constitute legal, professional, medical or healthcare advice or diagnosis, and may not be used for such purposes. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or wellness condition. The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice. Reliance on any information provided by this program is strictly at your own risk. The author will not assume any liability for any direct, indirect, consequential, special, exemplary or other losses or damages that may result including, but not limited to, economic loss, injury, illness or death.



# Table of Contents

Introduction.....	Page 8
<b>Chapter 1 – Program Foundations.....</b>	<b>Page 9</b>
How to Really Get Big.....	Page 11
Training Methodology.....	Page 13
Full Body Training.....	Page 14
Concurrent Periodization.....	Page 17
Linear Periodization.....	Page 21
Undulating Periodization.....	Page 25
Weak Point Training.....	Page 27
Other Muscles.....	Page 28
<b>Chapter 2 – The Program.....</b>	<b>Page 34</b>
Naturally Enhanced Program.....	Page 34
Mini Workouts.....	Page 37
Exercise Order.....	Page 39
Sets & Reps.....	Page 40
Prilepin’s Chart.....	Page 43
Warming Up.....	Page 45
Optimal Rest Time.....	Page 46

Rotating Exercises.....	Page 47
Tempo.....	Page 49
Optimal Body fat.....	Page 51
Illusion Strategies.....	Page 54
Strategic Hair.....	Page 55
Special Clothing.....	Page 59
Special Exercises.....	Page 62
Conditioning Work.....	Page 65
Extra Recovery.....	Page 66
<b>Chapter 3 – Strength Training Strategies.....</b>	<b>Page 69</b>
Max Effort Method.....	Page 70
Repetition Method.....	Page 72
Timed Method.....	Page 73
Dynamic Effort Method.....	Page 73
Giant Set/Superset.....	Page 76
Dropset.....	Page 77
Accommodating Dropset.....	Page 77
Back-off Sets.....	Page 78
Rest Pause.....	Page 79
Ramping Sets.....	Page 80

Isometrics.....	Page 80
Progressive Range of Motion.....	Page 81
Nucleus Overload.....	Page 83
Weighted Stretching.....	Page 85
Cheat Reps.....	Page 89
<b>Chapter 4 – Special Exercises.....</b>	<b>Page 92</b>
Equipment.....	Page 93
Bands.....	Page 93
Straps.....	Page 95
Thick Bars.....	Page 97
Specialty Bars.....	Page 100
Belts.....	Page 101
Elbow Sleeves.....	Page 102
Wrist Wraps.....	Page 102
Neck Harness.....	Page 103
<b>The Neck.....</b>	<b>Page 105</b>
Neck Training Program.....	Page 107
Neck Stretching.....	Page 108
The Front.....	Page 112
The Rear.....	Page 122

The Sides.....	Page 138
<b>Traps</b> .....	Page 148
Strongman.....	Page 149
Bodybuilding.....	Page 152
Olympic Weightlifting.....	Page 151
Powerlifting.....	Page 167
Upper Back.....	Page 167
<b>Shoulders</b> .....	Page 186
Accessory Shoulders.....	Page 203
Extra Press.....	Page 216
Triceps.....	Page 226
<b>Lower Body</b> .....	Page 244
Accessory Lower.....	Page 259
Abs/Obliques.....	Page 269
<b>Forearms</b> .....	Page 282
Mobility Work.....	Page 334
<b>Chapter 5 – The Next Level</b> .....	Page 352
Strength Standards.....	Page 353
Program Modifications.....	Page 356
Upper/Lower.....	Page 357



Full Body 3x.....	Page 360
Push/Pull.....	Page 363
<b>General Programs</b> .....	Page 365
4 Week Program #1.....	Page 366
4 Week Program #2.....	Page 369
4 Week Program #3.....	Page 373
Best Neck Workouts.....	Page 376
<b>Classic Programs</b> .....	Page 377
4 Week Program #1.....	Page 377
4 Week Program #2.....	Page 381
4 Week Program #3.....	Page 385
4 Week Program #4.....	Page 389
4 Week Program #5.....	Page 393
4 Week Program #6.....	Page 397
4 Week Program #7.....	Page 400
4 Week Program #8.....	Page 404
4 Week Program #9.....	Page 407
4 Week Program #10.....	Page 411
Final Conclusion.....	Page 415

# Introduction

Have you ever thought of using anabolic steroids? Those days are over my friend, because after following this program you will look enhanced, naturally. I know this to be true, since I and everyone I've ever trained with have already succeeded. It's why I got popular in the first place, these methods work and will take your physique to the next level. Every day, I receive thousands of questions pertaining to lifting advice. This comes from skinny teenagers, middle-aged men, beginners, athletes, and even advanced lifters. Being helpful brings me tremendous pleasure and excitement, especially since I'm making a difference in the fitness world. I'm truly honored to be in this position, because many years ago I lacked the knowledge and experience needed to change lives. You may not know this, but I was born scrawny. For more than half my life, I was nothing more than skin and bones. Before I began weight training, I was less than 120lbs and would float in extra small clothing. My arms were as thin as my wrists, face was gaunt, and muscles were tiny. When shirtless, the entire rib cage was visible, and if I grabbed my abdomen there was nothing but skin. I was the epitome of skinny, and struggled to gain size for a long time. Without knowing me personally, it's easy to draw false conclusions. People see a jacked guy and immediately believe that I was always strong/muscular, or that I have premium genetics. Interestingly, the opposite is true. Do you want to know what my real secret was? It wasn't genetics or drugs, it was dedicating my entire life to physique mastery. When I decided 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, grinded for years, and studied exercise science for multiple hours a day. I'm not some lucky lifter that won the genetic lottery or had everything handed to him. I busted my ass off to get where I am today. I've actually been skinny, and eventually figured out what it really took to get huge. I know what I'm talking about, and after following this program you will finally acquire the body of your dreams. This system guarantees results, since it effectively combines science and experience into one. It's the ultimate package for drug-free lifters, and I am so happy to share this information with you.

# Chapter 1: Program Foundations



This program was created with one objective in mind, to make you appear massive without taking drugs. We are not concerned about getting excessively lean or having “aesthetic” body proportions and symmetry. This is not a competitive bodybuilding guide. It’s a specialized system, specifically designed to maximize areas that few naturals ever develop. By strategically targeting these muscles, you craft a unique body that resembles steroid users. This is what it means to be Naturally Enhanced. You look and appear enhanced, naturally.

What muscle groups contribute to this appearance? It’s not the chest, biceps, triceps, quadriceps, abs, lats, or calves. Although important, they are not the primary areas that generate a scary-looking physique. In truth, there are only 6 muscle groups that require major emphasis. In order, this includes the neck, traps, upper back, shoulders, forearms

and glutes. These are the “enhanced muscles”, which all heavy drug-users have in common. It’s mandatory that you dedicate your training to building these muscles, since these regions are difficult to develop without focused training. Fluff and pump, relying on indirect work, or performing few exercises here and there will not be enough to blow up these areas. Meticulous programming is essential for optimal gains. Not doing so will cause you to look weak, like most naturals. They may have incredible chests and arms, but without the enhanced muscles they always appear small. When these men turn around, there’s no meat. When turned sideways, the physique lacks depth. When talking face to face, the inexistent neck and traps gives off that non-lifter vibe. If these men aren’t shirtless, do they even look like they train? It makes no sense to be “aesthetic” at the beach, but appear so scrawny in normal conditions. The only time such individuals look impressive is if they flex their muscles in special lighting or use odd poses that give the illusion of size. But if we’re talking about being relaxed, exercising, 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. The “aesthetic” physique will never bring you true mass.

Let’s discuss an entirely different category, which is the one that separates men from the boys. I call it...Bear Mode! Unlike those who desire super chiseled abs, low body fat percentage, and nice beach muscles, the bear guys do the exact opposite. They’re never shredded, since they know it makes them weaker, smaller, and depleted. They always eat like kings, as it promotes superior recovery and mass gains. They never follow extreme caloric restriction or super strict diets. Some would describe this as “perma-bulking”. 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 these lifters walk into a room, you can’t help but stare, because bear mode is intimidating. When viewing from the front, you’re amazed by their massive frames. It doesn’t matter that their bodybuilding proportions are off. The size is there (in all the right



places), and that's what you concentrate on. When such men turn around or sideways, the three-dimensional depth is astounding. And most importantly, you think to yourself "Wow. This guy is juicing hard". This, my friends, is what Naturally Enhanced is all about. Are you ready to take your physique to the next level?

## 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 over 80% of common advice is complete nonsense. This includes information from many of the top fitness "gurus". Most personal trainers have no idea what they're talking about, which also explains why average lifters have poor standards. Genetics is not the problem, faulty programming is.

There are many theories on how to build muscle, most of which are either impractical, wrong, or unsupported by exercise science. You'll have morons talking about sarcoplasmic versus myofibrillar hypertrophy, never isolating arms or neck, only doing the compound movements, exclaiming the best rep range, best tempo, best whatever they can come up with. Most of these trainers haven't read any books on human physiology, physics, exercise science, or nutritional science. Nor do they have real experience with much of their recommendations. Instead, they go on internet forums and discuss ridiculous ideas with their uneducated peers. In turn, the "wisdom" you receive is broscience, a term that has become increasingly more popular in the online fitness community.

That's why I'm here to help. I've not only built a physique that some roiders have trouble achieving, but I've also applied the scientific literature to myself, while helping THOUSANDS of others get real results. The difference between bros and myself is that I never tried to reinvent the wheel. I took time-tested, proven concepts that actually worked, and added few modifications to suit my goals and needs. I walk the talk, and everything I do and recommend is supported by exercise science and hardcore experience. My advice

is the accumulated knowledge from decades of history, experimentation, and best research. This is why you'll finally succeed.

Getting back to the original question, how does one really build muscle? I will now explain 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're not getting stronger. Are these things beneficial to your training? Yes, 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 performance gained over time. And your genetics will determine 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 performance. The body doesn't view it as a primary goal, but as secondary! Hypertrophy occurs when strength increases, but not the other way around. You can't gain size without gaining strength, it is a biological impossibility. When muscles get bigger, strength potential significantly increases. Take a good look at serious naturals that are huge, and one common pattern always emerges. All of them are insanely strong! Only weak guys state that you don't have to lift heavier, and it shows just by looking at them. Let me share some real truths. 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 strict dumbbell curls with 60lbs and skullcrushers with 135lbs. 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 strict barbell rowing 315lbs and shrugging 600lbs. You'll never see a guy with a small back/posterior chain who is doing rack pulls with 700lbs. Does this resonate with

you? The best thing you can do for gaining muscle is to focus on STRENGTH. Besides, if you can't get jacked from hitting those strength standards, what else will work? Doing dumbbell flyes and tricep kickbacks for high reps? You'll never get big following that advice, especially if applying that philosophy to the enhanced muscles. Good luck getting big traps with light weight dumbbell shrugs, it won't happen unless you have amazing genetics. You're better off focusing on getting stronger, 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 due to muscle insertions, muscle belly fullness, leverages, and genetics. You don't control this, so make do with what you have. If you're not on drugs, you have no choice but to get stronger 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. 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 fast, while my biceps and triceps barely grew no matter how hard I blasted them! 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 will make gains if you focus on long term progression. 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're 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 soon realize why this program is one of a kind, as the format presented is highly specific towards developing the Naturally Enhanced appearance. Therefore, it is NOT for competitive athletes or fitness models. I designed this routine to get you BIG. I want you to be yoked out of your damn mind, while having amazing general strength to go with it.

This will have major implications on the programming, down to the workout style, training schedule, periodization style, training frequency, exercise selection, type of performance gained, conditioning, mobility, body fat percentage, etc. The things you will see and learn will astonish you in a major way. Anyway, there's a lot to cover so let's dissect this unique philosophy. We'll begin with the simplest element of any program, the training split.

## Full Body Training

There is a common 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 lifter divides his/her body parts into different days, with the intention of "focusing on the muscles". For instance, one may have a chest day, back day, shoulder day, leg day, and arm day, constituting five workouts per week. Moreover, the total training volume (which defines the total amount of work done in a workout), is very high, thus rendering large amounts of muscle soreness. Given the popularity and Groupthink aspect of our lifting culture, split routines are the norm. It is considered 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 using such splits. Consequently, full body workouts are seen as exclusively for beginners. This is fascinating, for 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, old-time strongmen, bodybuilders, and world record holders from several sports performed full body workouts. Yet today, such training is solely viewed for novices? How absurd! The truth is that well-planned full body workouts are adequate for all stages of lifting. Complete beginners all the way to super elites will benefit. Not only is supported by the literature, but it's also time tested. You may be skeptical, as most muscle men that you see today typically perform split routines. But



what you're failing to see is that these same men are on large amounts of drugs. This has MAJOR implications on training programs, which I will now discuss.

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. However, when heavy drug use is incorporated, protein synthesis can be elevated for up to an entire week! For this reason, when split routines first came out, they were the perfect strategy when combined with drugs, since lifters could focus extensively on their muscles, and have them grow for an entire week. Unfortunately, this does not occur with drug-free lifters. It's a biological impossibility, where no amount of hard work will extend the growth phase. 48 hours is the longest that protein synthesis can ever hope to be elevated. This is precisely why pre-1950 athletes performed full body workouts, as it allowed them work WITH protein synthesis, not against it.

This, my friends, is exactly why high volume "bro splits" work so damn well for the enhanced. They train a muscle group once a week, and BOOM they are literally growing an entire week. If you're natural, this will never happen. Like I said, you're done after 48 hours, so you better be training shortly after for maximum strength & size gains. Training each muscle group once a week will never be optimal, it needs to be at least twice a week for proper protein synthesis. As long as you remain natural, higher training frequency is the name of the game. That's why I'm a big believer of full body training. You consistently acquire high frequency which keeps protein synthesis turned on 24/7, while not having to live in the gym (a key feature of being naturally enhanced, since you grow all the time without killing yourself). This is also why I'm not a fan of upper/lower or push/pull/legs programs. Although they definitely work and are far superior to split routines, they remain time consuming while providing minimal additional benefits. For instance, an upper/lower program will have you training 4x a week, but only yields 2x body part frequency. With a push/pull/legs setup, you'll be in the gym 6 TIMES a week, but with the same 2x a week frequency. That's not efficient at all! With full body training, you can be in the gym twice a week (and more, see page 361), while getting the SAME 2x a week body part frequency. In other words, you are in the gym far less than any other system available, but without

compromising programming effectiveness or scheduling efficiency. No other form of training can offer this, which is why the main template of Naturally Enhanced is full body. It's perfect for this system, especially since we're only focusing on the 6 six essential muscle groups. Remember, we're not trying to be the jack of all trades. This is a specialization program that emphasizes the most neglected, most challenging, and most impressive areas to build as drug-free lifters. For this reason, the programming needs are far too simple to require any other setup.

Before moving forward, you should know that this program is only twice a week full body. You may be asking, why train twice a week if full body has the capacity to be trained every 48 hours? Wouldn't that allow for 3x or 4x muscle protein synthesis? Isn't frequency the end-all be all? Let's clarify those points. Firstly, if you decide to train three times a week, you will have to use a heavy-light-medium setup (intensity, light, and volume). My issue is primarily with the light day, and the fact that mini workouts are more difficult to program. At the same time, the light day disrupts optimal supercompensation between the volume and intensity day which should be divided by 72 hours. This is 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 reefed day to acquire a surplus of muscle glycogen which assists performance. It's similar with training, where the light day has the potential to hinder recovery, which may negatively impact your volume day. What is the point of having higher training frequency, if recovery is not optimal? We can also argue that super high frequency is not essential in the first place. It may aid in strength development, but for bodybuilding it's highly debatable that surpassing 2x a week muscle protein synthesis provides additional hypertrophy gains.

On a final note, I created this system to literally make you Naturally Enhanced. This isn't just a program, it's a lifestyle. You'll make some of the best gains of your life training only twice a week, and you won't ever have to worry about strength gains or recovery. Everything will increase the way it should, and programming headaches go away.

Training couldn't be simpler, for all you have to do is hit your weekly volume and intensity workout. Isn't it amazing that you can get huge without living in the gym, while having an efficient setup?

In sum, I want you guys to run the original system as written. I chose twice a week for a reason, because it works best for our objectives. Nothing is more convenient for scheduling, and it ensures perfect recovery and optimal transition from intensity to volume work. It's much harder to screw up, while 3x a week has potential drawbacks. That said, if you really insist on doing full body training three times a week, I have included an additional template near the end of the book. I can't promise you'll make better gains from it though. With that out of the way, let's talk more about the concurrent philosophy.

## Concurrent Periodization

In order for any program to be effective, progression must take place. This is known as the progressive overload concept, where improved performance over time eventually yields muscle gains. There are many ways of organizing training, which comes with a fancy term called "periodization". Periodization is the word used to define the organization of training, and consists of manipulating both volume and intensity, percentages, and exercise selection. Although several types of periodization exist, we will only be using concurrent periodization. This is where volume and intensity is maintained throughout the yearly cycle (no hypertrophy/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 always similar.

Typically speaking, this exercise rotation process will occur every 1-3 weeks depending on training experience. If you're a beginner/novice lifter, you can usually use the same lifts for 3 weeks without suffering any adverse side effects, and accessories can be

extended for 4-6 weeks. If intermediate, exercises may be rotated every two weeks. For advanced/elite lifters, you may be forced to rotate every week. Though keep in mind that when I say you must rotate exercises, it doesn't mean swapping out the movement completely. Something as little as changing grip width, increasing range of motion, or adding a pause can make all the difference. It doesn't have to be drastic.

This exercise rotation process is not only the best way for preventing plateaus and managing recovery, but is also the most effective strategy for developing complete general strength and muscular size. Who do you think will have bigger muscles, the guy who is only strong few movements, or the guy who is generally strong at everything? Let's establish something, specificity for the big 3 was never a requirement for getting jacked. What really matters is long term progressive overload, and if that is being induced on a variety of effective exercises (in this case, movements that target the enhanced muscles), maximum muscle size will be realized while fulfilling your general strength potential. That's why many of the best naturals (excluding fakes or genetic elites) intuitively trained in this fashion. They knew that exercise variations were key in breaking their limit.

Finally, because the neck, traps, upper back, shoulders, forearms, and glutes can be challenging to develop under normal conditions, having a lexicon of exercises becomes even more important. You need to hit these key regions with all you got! I'm not one of those guys who is going to say "just do this single movement and everything will be fine". I don't consider this optimal for the average, drug-free recreational lifter. If all you needed was a few exercises, wouldn't most naturals be yoked out of their damn minds? Why has common programming failed them? Why are there competitive bodybuilders with pencil necks, yet we have high school athletes (teenagers, mind you) with bulldog necks? If all one needed to do was dumbbell shrugs wouldn't every guy who shrugs have traps up to their damn ears? You don't see this in the real world! Instead, it's the lifters who are strong at many exercises that have complete muscular development. The reality is that you need general strength development for optimal size gains. If you don't have elite genetics and seek the best results possible, never forget this law. As a great someone once said, the



definition of insanity is doing the same thing over and over again and expecting a different result. Enter the maximized approach, and your plateaus will disappear.

If you're still confused about concurrent periodization, let me elaborate more. In this program, you will have one full body workout a week that emphasizes heavy lifting. That means weights that are typically above 75% of your 1RM, while using lower repetitions and lower sets. The other day is dedicated to volume work, meaning anything between 35-75% of your 1RM, while using higher repetitions and higher sets. In terms of the sets/reps, you can keep the same setup year-round, or mix it up a bit. It doesn't really matter to be honest, what counts is that weekly workload is relatively similar/the same. For example, 4x25, and 5x20 are practically the same. 3x10 and 10x3 are both great for size and strength. 3x3 and 3x5 are close enough. 5x5 and 3x8 will get you equally as jacked. 3x1 and 5x1 aren't so different. As long as your volume/intensity is maintained every week, sets and reps can vary a bit. The number one thing you MUST pay attention to is the exercise selection. You must rotate lifts based off your own individual weaknesses, needs/goals, and possible carryover (only if desired). In other words, you can do 3x3 year-round, but the exercise must change and be specific. If your goal was to develop a stronger deadlift, you may do the following setup:

#### Intensity Day Sample (Main lifts only)

Week 1: 2-3 Inch Block Pull 1RM

Week 2: Deficit Deadlift 1RM

Week 3: Snatch Grip Deadlift 1RM

Week 4: Rack Pull Below the Knee 1RM

#### Volume Day Sample (Main lifts only)

Week 1: 4 Inch Block Pull 5x5

Week 2: 2 Inch Block Pull 5x5

Week 3: Snatch Grip Below the Knee Rack Pull 5x5

Week 4: Below the Knee Rack Pull with Bands 5x5

Do you see what is going on here? You are keeping the volume and intensity the same, or at least very similar. Total weekly workload will not vary much from week to week, so what changes are the exercises! This is what makes concurrent periodization so effective. You never have to run blocks of low or high volume. It's down year-round! 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 the above example being 4 weeks) you can repeat it and attempt to break the strength records that you previously hit (9/10 times you will succeed), or you can move onto a new cycle that emphasizes different exercises, muscle weaknesses, and sets/reps. That's how progression takes place, it's literally automatic. The goal is ALWAYS to get stronger and beat past records, which will happen if you properly manage volume and intensity. By the way, you should wait 4 weeks minimum before attempting a new 1RM attempt for a given exercise. If you max out on the conventional deadlift, wait 4 weeks before repeating that lift again (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. Trust the process, it will work when all the variables were correctly set in place.

Concurrent periodization is extremely simple once you get the hang of it. It will make even more sense as you start training this way, trust me. Eventually, you will be able to design your programs with complete ease. You'll know exactly what sets and reps work best, and which exercises should be rotated for best strength and size results. Experience will be your ultimate teacher! Every time you run a new concurrent cycle, the setup will be further refined. That, I can promise you. Now that you have a basic idea of how this system works, let's discuss some different periodization styles, and why such approaches will never match concurrent. Don't forget, there's a big difference between effective and optimal.

# 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 strength training articles. This is where the lifter divides his/her training into different monthly phases/blocks, by which each block strives to improve a new physical task. They are always 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 may begin with 50%. As the weeks and months go by, the percentages gradually increase to 55%, 60%, 65%, etc all the way to 100%. It's a gradual progressive overload system, through which volume decreases, while intensity increases. Moreover, assistance exercises are also removed

with time, and total volume lowers towards the end of the program, where the lifter eventually peaks to hit a 1RM. This 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. Then you do it all over again. 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 all lifters can relate to. However, to the basic physics professor or strength and conditioning professional, two major problems of this system immediately become apparent.

The first problem is that training effects are never 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 max force utilization. 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, linear periodization cannot maintain force and velocity throughout the training 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 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? This is not optimal for hypertrophy gains, just imagine if bodybuilders trained like this! Think about it, why should you have "hypertrophy phases", when that can easily be included year-round with a concurrent setup? As Zatsiorsky 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 won't 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 the "nervous system gains". 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 thousands of dollars, and prevent one from performing any physical activity

for 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 remove your secondary press and extensions, this can have major detriments to regular bench-pressing strength. Your triceps may also lose size if executed for long enough. For the lower body, if you fail to do direct lower back and ab work, your squat and deadlift strength will suffer while greatly increasing injury risk. The same holds true for any other bodypart. Neglecting assistance work does is horrible for bodybuilding and optimal strength training, which linear periodization fails to address. 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/size potential. I hope you now realize why I'm not a fan of linear periodization.

The fourth issue is that exercise selection will typically be very low. Not only is this repetitive and boring, it's also psychologically draining (especially if failing weights), and sub-par for general strength and size. Super specific training is NOT the answer for getting jacked, the dogma surrounding this subject needs to end. In many cases, extreme specificity can cause you to gain proportionately more performance compared to size, especially if it's ultra-high frequency. On a final note, how would linear periodization ever be optimal for the goals of this program? We are specializing in the enhanced muscles, which by default require additional exercises and sets/reps. Minimalism is not the answer here! As you can see, linear periodization has far too many flaws that could have been avoided in the first place. It certainly works, but I would never call it optimal for the average drug-free lifter, especially if bodybuilding and general strength is a priority. Let us now discuss another popular style, being undulating periodization.

# Undulating Periodization

Many online programs are constructed in an undulating style. Essentially, undulating periodization attempted to correct the main problems that linear periodization had by trying to better maintain volume and intensity. Rather than doing volume/intensity work for some weeks/months (aka phases), undulating combined both of these into a weekly cycle (with changing percentages). This is where the heavy, light, medium type of programming usually stems from. With undulating, volume still decreases while intensity increases, but it's much better maintained than linear. Although this is a good step in programming, there is still one major issue to this system. The problem is that exercise selection is too low. It is recommended that you stick to very basic exercises such as squats, bench presses, and deadlifts, while simply manipulating percentages or sets/reps. Variations such as close grip benching, Front squats, stiff-legged deadlifts, etc are not encouraged, at least not during the cycle itself. It's one main movement at a time, so you usually have to finish the entire program before rotating lifts. Accessory work is also neglected in a major way, which is never optimal for bodybuilding and perfect strength gains. In other words, you stick to a single variation at a time, while introducing heavy-light-medium elements to override the biological law of accommodation. Why restrict yourself like this? With concurrent you can easily swap the styles (which help with strength & size gains) while having maximum volume and intensity year-round, rather than gradually working your way up with varying percentages. Accessories are never neglected either, and programming is far more flexible. At any time, you can swap the movements or sets/reps, and it will only help your gains. With undulating periodization, you're boxed in specific exercises and sets/reps. This minimalist setup 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, especially as an advanced lifter. At first, progress seems to ramp upwards, but after some time, you actually get worse at whatever you are doing. 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 like linear. Remember, there are only two ways to fight off the biological law of accommodation. Either you change the parameters of the exercise (which includes sets, reps, percentages, etc) or you change the exercise completely. Concurrent completely dominates this law since it incorporates BOTH aspects simultaneously! This makes it the greatest plateau buster and consistently ensures optimal gains. Of course, only using the first option will work, but only for so long. It's proven to fail over time (which is why extreme minimalism fails)! 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 or different pressing variations, because just doing the competition bench would be more than enough. But in the real world, this is not what you see! Strong naturals (particularly the ones that aren't genetic freaks) realize the importance of exercise variety, as this enhances training effects! Not rotating exercises also results in low general strength and incomplete muscular development, which is not what want. Let me put it bluntly, you will NEVER reach your genetic limit without adding extra movements or accessories. Remember, there is a massive difference between effective and optimal training! Given all these reasons, Naturally Enhanced will always use concurrent periodization. Does linear and undulating work for strength development and athletics? Yes, but they're flawed. These are old methods, and those who benefit most are always genetic outliers or roiders. I don't subscribe to outdated training models that aren't optimal for average, drug-free recreational lifters. Concurrent

is fun, exciting, and works for everyone. You'll actually look forward to doing your workouts and hitting new personal records, rather than dreading them due to repeating the same training over and over again. Plateaus will be a thing of the past, and regression will no longer occur. You'll always get bigger and stronger, just the way it should be.

## Weak Point Training

Since we touched upon how this program will include a multitude of exercises, it's necessary for me 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". Here is my question for these people. Was it the special exercises themselves, or the fact that these lifters were addressing the wrong weakness? And if carryover was the objective, is it possible that the rotated variations were simply not specific enough? Check yourself before you blame the periodization style.

If you're confused, let me give you a basic example. Say you're very weak at the bottom of an overhead press, and you decide to do a ton of pin presses at head level in addition push presses and landmine presses. Do you honestly think these movements will effectively build bottom overhead pressing strength? This isn't specific enough! You'll of course get stronger at those particular exercises, and size gains will occur (so will general strength). But if you were trying to raise your strict press, the exercise selection was not appropriate. What if you were trying to build your pull from the floor, but only did rack pulls above the knee? This isn't specific! Yes, you'll gain lots of mass from this exercise (while accumulating a ton of partial strength), but the joint angles and muscles used aren't specific enough for optimal carryover. What if you were trying to raise your barbell exercises, but only ever used dumbbells? Don't expect the best transference either! You

get where I'm getting at here? The exercises aren't bad, and concurrent isn't flawed. It's the fact that lifters aren't using the right movements to address their individual weaknesses and needs. This is why high exercise selection gets a bad rep by many. The lifter's faulty programming is to blame, not the system. Let's be clear, you must intelligently select exercises based off YOUR own weaknesses and muscle/strength objectives. That's why copying my workouts is a terrible idea. As previously stated, what works 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 given the extreme moment arm that would form. I discovered that Z-press, overhead press with bands, close grip bench, and dumbbell presses were a far better alternative. Does this mean this strategy will work for you too? Maybe, but I wouldn't rely on it! Get in the trenches and you'll find what works best for building the enhanced muscles. As you will soon realize, this program has over 300 exercises to choose from. Once you dial in the programming, only a fraction of those lifts will be a part of your standard programming. For now, that's all you need to know about exercise selection. In the special exercises section, 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. The rest will require first-hand experimentation, which surprisingly won't take long to figure out.

## Lagging Muscles?

Due to the highly specific nature of this program, you may wonder if muscular imbalances will appear in the rest of the body. Will your pectorals, lats, biceps, triceps, and quads be small? Luckily, there is nothing to worry about. 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. That's all there is to it, the symmetry changes from "aesthetic" to "bear mode". It's just a different look! You'll be muscular everywhere, but the emphasis will of course be on the enhanced muscles. Let's share some practical examples.

# Chest



Do you think you'll have a small chest if you follow this program? Not a chance! 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 area. In fact, my upper chest got WAY thicker from landmine presses and paused overhead press than all direct work combined. 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, there is an entire section on additional presses, all of which will provide immense chest gains (like dumbbell presses, weighted dips, etc) Finally, rocking the higher body fat will add a cushion of fat on your pecs, which will automatically increase their size. No matter what you do, your chest is covered. 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. The 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 also build your upper back to a tremendous extent. Eliminate reductionist thinking, it's more so how the exercises work in the general context of the program. For example, if you do weighted pullups with a wider grip, the upper back will still get destroyed. Likewise, if you tuck your elbows while doing dumbbell rows (while pulling towards the hips), you'll feel your lats much more than upper back. If you do weighted chin-ups, lats will get a lot of focus, while rowing higher on the body will get more upper back/traps. It's all about how you do the movements, in addition to how they blend with the overall exercise rotation.

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, as 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 insanely strong. You don't have to worry about having small lats. At least not in this program, where back training is life itself.

## Arms



How about those guns? Will they fail to fill in a shirt? The opposite is true. Folks, the fact that most of our presses are being done overhead makes this program even more effective for building bigger arms. This best activates the long head of your triceps, which is the meatiest part of your arm. It's area that best shows in an unrelaxed state, or bicep pose. The horseshoe, as bodybuilders call it, does not create much bulk in the arm. It looks great when flexing, but doesn't constitute the true mass that makes arms look massive.

The long head is really what you're looking for when we talk about size, which this program completely takes care of. In addition, accessory work is strongly emphasized, which includes a ton of direct triceps exercises. This would include all forms of extensions, close grip benching, dips, pushdowns, etc. Even though Naturally Enhanced primarily emphasizes the forearms, all people who have used this system end up getting bigger upper arms. When you see the special exercises section later on, you'll know exactly why. As far as biceps are concerned, they will receive sufficient stimulation with the special curling exercises. I have

selected only the best movements, all of which are time tested and primarily used by competitive arm wrestlers (all of whom have massive biceps). For example, a hammer curl will still build your biceps. Ez-bar curls and weighted chinups will also build your biceps. For this program, acquiring above average bicep development through indirect means is good enough, especially since 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're in for a real treat. Once you start doing these unique curls, you'll be blown away at how effective the results are.

## Quads



Some of you are concerned about your sexy quad development. That's because this system strongly emphasizes the posterior chain. The exercise selection is tailored for reaching this goal, and minimal quad work is employed. Will this create lagging quads? No, since both the front squat and Zercher squat are terrific mass builders. Although we



are using these movements to build your overall posterior chain and deadlift strength, 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? Even if you never did a high bar squat, you'll easily be able to rep out 405lbs for reps, and the 1RM will likely be near 500lbs (the joys of general strength). Your quads will still carry decent size, especially since I have you doing assistance work which emphasize knee stability. This means your legs will still be defined and well-sized. The only difference is that you won't have the X-Taper, which is exactly what we want! The X-Taper ruins the shoulder to waist ratio and makes your upper body appear much smaller. You want athletic-looking legs, coupled with larger glutes. These are the Naturally Enhanced proportions we're shooting for, decent quads with posterior chain excellence. You'll likely acquire 60% posterior chain, and 40% quadriceps, which is perfect. We want glutes that pop out sideways and backwards. That's what gives the 3D look, and it doesn't take away from your upper body. Quads have the opposite effect, they make your legs look bigger from the front, but in an outwards appearance. This makes you look stubbier, and takes away from the V-Taper. The only people who will need massive quads are very tall men, or those with really bad genetics. Otherwise, you have nothing to worry about. 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 incredible who focuses almost exclusively on posterior chain. And when you factor in the massive glutes that you'll be acquiring (40-45 inches), you won't ever care for quads ever again.

## Conclusion

Are your concerns gone yet? Good, because we're about to break down some serious truths. 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. Let's start breaking down this program.

# Chapter 2: The Program



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

## **The Naturally Enhanced Template**

*Frequency: 2x Full Body, 2x Mini-Workouts*

*Intensity Day, High Volume Day*

*Monday & Thursday/Tuesday & Friday*

*Workouts Split by 72 Hours*

# Intensity Day

Main Press

Secondary Press

Optional Triceps

Accessory Shoulders

Main Legs/Pulling Variation

Upper Back/Traps

Forearms

Optional Forearms

Accessory Legs

Abs/Obliques

# Volume Day

Main Press

Secondary Press

Triceps

Triceps

Accessory Shoulders

Main Legs/Pulling Variation

Upper Back/Traps

Traps

Optional Traps

Forearms

Forearms

Accessory Legs

Abs/Obliques

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, maximally 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. 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. These two separate days ensure that performance increases on all levels, which results in complete body development. 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 were 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 you save allows you to achieve perfect recovery every single week, while providing you the opportunity to really focus on your mini workouts and GPP (more on that later). Without the 2x a week full body setup, you would be in the gym far too long without any extra benefits, and programming mini 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 crisscross (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 workout. Let's now discuss what that is.

## Mini Workouts

A mini 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). Twice a week will be fine, although if you wish to do more these workouts can be bumped up to 4x a week.

The mini 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 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 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. It's truly the best time to attack it.

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 2-3 reverse wrist roller revolutions. Immediately after, you will stand inside the band, and do 2 sets of 50 reps of good mornings. 100 rep angle weight leg curls may also be done (both legs). 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 10-30 minutes or perform low intensity cardio for general 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 workout should take you around 20-45 maximum minutes to complete.

You'll find that any muscle or joint soreness that you accumulated from the day before will be completely gone upon completion of this quick workout. Your entire body will be pumped, fresh and recharged. The day after, you will be 100% recovered, which will ensure that your next session will be 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. It's another way of becoming Naturally Enhanced! By the way, if you find it too easy to hit the suggested repetitions, consider adding additional sets or increase band tension (don't go above 300 reps per exercise though). Progressive overload can still apply to mini workouts as long as you are not going too heavy.

I'm only going to ask one thing of you. Please do not skip these mini workouts. They are necessary for building the connective tissue and staying pain free in the long-term, especially on this routine where volume and intensity is always high. If you start getting lazy and skip these workouts, it will not only show in your physique (pencil neck, performance loss, etc), but your injury risk can increase. 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 up the program this way, if our primary goal is to develop a thicker neck, traps, upper back, forearms, and glutes? Shouldn't the order be in reverse? I recommend starting with the presses, since these



exercises are far less draining. If beginning with heavy pulls, your grip, nervous system, and fatigue tolerance will die out, making it physically and mentally difficult to press afterwards. I've been there and done that, and it results in you not being able to press heavy since your hands, legs, and upper back hurt like hell. However, if you press first, you'll find that your overall body feel is perfectly fine, which allows you to hammer your back/legs later just fine. My recommendation is all about efficiency and motivation. 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. Once you resume training, all of your energy and focus will be regained. There's no need to divide your program into an upper/lower style, or leave the gym just because you're feeling a bit 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 mental game 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. For some reason, most believe 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 over time is what matters. If I can take your 225lb close grip bench press to

315lbs, your chest, shoulders, and triceps will get 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 of things. If you do not get stronger, you won't get bigger. Therefore, make progressive overload the true focus. Now, are there appropriate set/rep guidelines? Yes, but to state that low reps build exclusively strength while high reps solely 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 philosophy of this program. Below are my favorite set/rep setups that you can plug into the Naturally Enhanced template. Either repeat the same sets/reps every week, or switch it up. What matters most is similar/consistent total weekly workload, paired with proper exercise rotation. Do this and you'll never have recovery issues or strength plateaus.

#### Intensity Day:

1RM, 3RM, 5RM, 1-5RM +2-3 Back-off sets

3-5x1@90%, 1-2x5 @85%, 1-2x3@85%

3x3, 3x5, 5x5, 4-5x4-6, 5x3, 5x2, 5x1, 3x6-8, 3x6-10, 3-15s holds

#### Volume Day:

3x8-12, 5x10, 3-4x12-15, 3x15, 5x8, 3x20, 5x20, 3x33, 4x25, 3xAMRAP (as many reps as possible), 6-10RM + Back-off sets, 6x6, 8x8, 10x10, 2-4x50, 1-3x100, 30-60s holds

Another concept that gets thrown around a lot is the idea 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. This is complete nonsense, and unsupported by the scientific literature. You cannot isolate these two forms of hypertrophy, and the ratio between sarcoplasmic/myofibrillar is largely genetic. Listen to what Stuart Phillips, PhD from the kinesiology department at McMaster University has to say about this topic.

*“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. 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!”*

Sorry to break the news like that, but you cannot isolate different forms of hypertrophy simply from manipulating sets and reps. As previously mentioned, hypertrophy is nothing but a side effect of improved performance. You have to realize that once neural adaptations have ceased, hypertrophy ALWAYS occurs. 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 the enhanced muscles. Unless nucleus overload (see page 83) took place, this is unlikely to change without taking drugs. Anyone who tells you otherwise is either dishonest or uninformed. All you can do is get as strong as humanly possible, and see how much muscle you gain relative to your genetics. With this in mind, does it mean that there isn’t an optimal set/rep range? It depends on what you define as optimal in the first place. 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. If you're trying to build rate of force development, lower reps with high sets is (like 8x3) is preferable. Do you catch my drift here? The optimal sets and reps are relative to your training goals, and since this program includes a volume and intensity day, the sets and reps will very likely change! Intensity day has lower sets and lower reps, while the volume day has higher reps and higher sets. In other words, you're doing it all so there's no need to stress about sets and reps so much. As long as you're getting stronger over time, muscle gains will be made. That said, allow me to break down some practical recommendations that you can use for intensity days.

## 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

A good reference point is a legendary chart 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 adaption, power, bar speed, etc), and then there's the range that gives you the minimum and maximum values for that given exercise. What Prilepin discovered that during the sets themselves, if you fell outside these minimum and maximum ranges, the training effects would be far less beneficial. If the overall reps were too high of what he recommended, bar speed and power output would go down (as well as recovery). 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. These are practical sets, reps, and percentages when going heavy or using tactics like dynamic effort.

However, do understand that this table was primarily designed for Olympic weightlifters. It may not be optimal for bodybuilding, as the recommended volume can sometimes be inappropriate for volume days. Use this chart primarily for speed work, or rely on the higher end of the percentages (like 65% instead of 55%) for rep work (unless it's a light day). Let me explain why. If you look at the set/rep ranges, in addition to the optimal and total ranges, you'll see that the recommendations are quite low for optimal hypertrophy gains. Take the example of 55-65%. Apparently, the total range should be 18 to 30 reps? This would equate to 5x6 using that percentage, which is much too low for volume work. 70-75% would make much more sense, given the fact that you can easily do reps of 10 this way. Prilepin's chart contradicts proven volume training strategies like the repetition method, and decades of bodybuilding experience. Again, I don't think people understand how low these percentages are for volume work. If I take 55% of 315lbs, the recommended weight would be 173lbs. This makes no sense, at 55% one would easily be able to do 3x15. Even 70% would allow one to hit a simple 3x10, which would do much more for size gains. At the same time, I dislike the lower rep approach in terms of efficiency. It is true that 5x6 will produce similar gains as a 3x10 setup (30 total reps for both), but it will take much longer to accomplish. One of the main features of this program is to get in and out of the gym as quickly as possible, while being efficient with the bodybuilding. A 5x10 setup, for example, is the same 5 sets but the volume is significantly higher (50 vs 30 reps). The best way to implement volume work is with classic bodybuilding set and rep ranges. Performing 3x8-12, 3x15, 3x20, 5x20, 3x33, 4x25, and 5x10 is the way to go. This will also improve work capacity more than the higher set, lower rep approach. Finally, compromising bar speed or power output is not the greatest of our concerns, since bodybuilding is the main objective. We also use concurrent periodization, so the strength/velocity curve is always on point.

Due to these reasons, I'd prefer that you primarily use Prilepin's chart for intensity days or dynamic effort work. For volume days, disregard it or use the higher percentages listed.

I'll also be blunt in saying that there is NO CAP to how much volume you can use for volume workouts. Past research indicated that executing 10-20 sets a week per muscle group was optimal, but emerging science is starting to show that there is no limit. So feel free to annihilate your body with as many sets and reps as you like! My best advice is to use the maximum amount of volume that does not hinder your recovery. If you're getting excessively soreness or weakness during the next workout, cut the volume back a bit. You can always build it up over time.

## Warming Up

Properly warming up is extremely important, because it prepares the muscles and nervous system for vigorous training. If you try lifting "cold", muscle strains and injuries may 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 the warmup, which allows you to correctly "cook those weights".

What's fascinating is that most lifters have no idea how to warm up. 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 5-10 minutes, perform many static stretches, and then start weight training. This is the worst thing you can 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! The static stretching will also cause your joints to loosen up and become unstable, while actually decreasing blood flow. This causes you to feel weaker and increases your likelihood of getting injured!

So what is the right way to warm up? The solution may shock you. 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 115lbs for 5 reps, followed by 185x3, 225x1, and then you can do your work sets of 255lbs. For deadlifts, if you wanted 405lbs you can easily jump a plate at a time. Do 135x5, then 225x3-5, 315x3, an optional 365x1, then straight into 405lbs. The stronger you are, the greater the weight jumps will be. Use this strategy for 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%. For example, if you wanted to do 100lbs on incline dumbbell press (secondary movement), warm up with 50lbs for 5 before moving onto heavy weight. That's all there is to it. In terms of maxing out, it's the same strategy but the reps are a bit lower. Say your max bench press was 335lbs, you would use the following weights. Empty bar 2x10, 115x5, 185x3, 225x3, 275x1, 315x1, 325x1, then 335lbs. Treat your one rep maxes like a powerlifting meet. 3 attempts and you're out! And if you feel super strong, go for a fourth. For the bench press example, 340 or 345lbs can be attempted after succeeding 335lbs. This strategy falls perfectly with the guidelines of Prilepin's chart.

That, my friends, is the real way to warm up. 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 or on off-days. You'll still get all the flexibility benefits, but this time it won't impede performance.

## Optimal Rest Time

How much rest do you need between your sets? Since we're using concurrent periodization, there is no one size fits all approach. We are using various percentages, sets, reps, etc so different methods will be used. The rest time depends on the exercise



performed, the training strategy, and whether 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. If using low volume/high intensity, rest 2-5 minutes between sets. If doing lots of singles, rest 3-5 minutes. If going for 1RM attempts, feel free to increase the rest to 6-8 minutes. For high volume training, 30-60 seconds, 1-2 minutes, and 2-3 minutes are fantastic. The heavier compound movements will require a bit more rest, whereas accessories need less (think squats versus neck curls). Use your common sense and intuition. Don't be resting 3 minutes between sets for bicep curls, reserve that for serious squats, bench press, deadlifts, etc.

Speaking of lower rest intervals, recognize that minimal rest time will increase work capacity, allows you to handle more training volume over time. My ultimate advice, irrespective of above recommendations, is to rest the minimum amount of time needed to recover between sets. If you're ready to lift, don't dabble around. Go straight into the next work set. This supercharges your focus, intensifies the workouts, and shortens them considerably. Never be lazy when there is no reason to be, strike when the anvil is hot. Always push yourself and attempt to roll with the lowest rest times! If the rest interval is 3-5 minutes, you should ideally be closer to 3. Don't go with 5 if you're 100% ready at the three minute mark. 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 extra fitness benefits, which would have given you a better foundation for the future. Finally, realize that the numbers I provided are just general guidelines. They will be slightly lower or higher depending on your training experience and needs.

## Rotating Exercises

Is the program starting to make sense? You're aware that this is a full body concurrent training setup, specifically building the neck muscles, traps, upper back, shoulders, forearms, and glutes. We are not concerned about having fitness model aesthetics. Being huge is the goal! That said, let's further explain the concept of exercise rotation. It's

arguably one of the most important features of this system, so it's imperative that you understand the process. I'll start by saying this, exercise rotation will occur once you fail to make progress in a given exercise. You milk an exercise for all it's worth, and once gains slow gains slow down, swap that lift for something else. Sounds easy, 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 main exercises for 1-3 weeks maximum. On a concurrent setup, exercise rotation is a NECESSITY to override the biological law of accommodation, for the simple reason that volume and intensity is always kept high. To keep it simple, if you did a 1RM close grip bench press for 3 weeks, don't you dare do it again on the fourth. Switch up the variation (See special exercise section). 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 remain basic. I don't want novices doing Z Presses with doubled bands, rack pulls above the knee, or partial pin presses. Emphasize classic, full range of motion exercises, and make the variations very similar and basic (like going from conventional deadlift to stiff-legged deadlift). Keep the sets/reps simple as well (like 3x8-12 for volume days, not 10x10). If you fail to listen to this advice, your gains will be much slower. I beg of you, be basic and don't rotate the exercises every week either.

For intermediate lifters, rotate the main lifts every 2 weeks, and rotate the accessories weekly or every 2-4 weeks. For advanced lifters, rotate the main lifts every week without exception, and accessories can be maintained for 1-3 weeks maximum (I rotate every week and recommend you do the same). It's also worth mentioning that new exercises can be milked for longer, irrespective of training experience. For example, if you never did a trap bar deadlift but your conventional pull is advanced, feel free to run a trap bar cycle for a month straight. You'll make gains without having to rotate the exercise, since the lift is completely new to you. The same is true if you took long periods of time off from a given exercise. Additionally, when I say that you must switch exercises, it doesn't necessarily mean to switch out the movement completely. I've said it before and I'll say it

again, concurrent doesn't need to be complicated. 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 a mixed grip. You can always change the pin/block height of a heavy pull, instead of the style. You can always front squat off a lower box, rather than using pins. Switching from barbells to dumbbells 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 necessary. In fact, this is the best way for novices to make gains on this system. If you're able to make gains using the most basic exercise variations, always favor those instead! However, I will say that swapping movements completely may yield greater strength gains instead of making subtle changes (especially for advanced lifters). 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 movements rather than despising them. Lastly, if you rotated an exercise on say, your intensity day, don't think that you can't use this lift again for the upcoming volume day. For example, if you did a 1RM incline bench press on week 1, it just means that you won't be maxing out on that variation for some time. It doesn't mean that you can't do incline bench press as a secondary press, or even for your volume workouts. That's all you have to know about exercise rotation, there is nothing complicated about it.

## 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 told to "lift weights slowly". Apparently, lifting slowly allows you to squeeze your muscles better and acquire additional muscle growth. Based off my understanding of exercise science, lifting weights slowly provide no serious benefits. 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, unless that muscle group never got sore before. 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, which means superior muscle gains. At the same time, if total weekly workload is kept high, the speed of the repetitions is irrelevant.

Thirdly, people will argue that the negative is “the most important part of the lift”, therefore you should concentrate on it. In truth, you can gain muscle with zero eccentric training. Not saying this is optimal, but it strikes an important point. Moreover, if increase your concentric strength, negative strength automatically goes up! In “Science of Sports Training”, Thomas Kurtz states that athletes can lower 10-60% more weight than they can concentrically raise. 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. There is no need to waste your time on slow negatives, keep it controlled and you'll get all the pros without the cons. You're also better off doing MORE concentrics, rather than doing negative specific training. For example, a dead bench will raise your bench press more than just lowering heavy weights. You'll also gain a ton of

muscle from dead stop exercises, which further highlights the importance of concentric work. Most fitness enthusiasts have their training completely backwards.

Finally, when people lift weights slowly, they kill one of the most important aspects of gaining strength and performance, the stretch reflex. The faster you lower a weight, the greater the stretch reflex (rebound effect in the muscles), which allows 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 take care of you. On a final note, if we know that plyometrics work, doesn't that prove the effectiveness of fast repetitions? Simply put, there's no reason to lift slowly. We're trying to get as strong as humanly possible, which is best executed with faster repetitions (still under control though) 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! Be explosive, and watch those numbers pile up. That's when your muscles really start blowing up in size.

## Optimal Body Fat

What is the secret to looking Naturally Enhanced? A higher body fat percentage. If I think about the biggest lifters I've ever seen in person, a shocking truth emerges. Not one of

them have shredded abs. They're either semi-lean, or on the slightly huskier side. Yet they all look really beefy, and can lift much more in a bulked state compared to lean. Since the objective of this program is to acquire this massive, bear-looking physique, nutritional needs will be dramatically different than Mr. Aesthetics. Here's why. The optimal body fat 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 the stomach is still flat. It's also the range where adipose tissue and leverages for strength training are mostly tapped out, in addition to having favorable hormones. 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 body fat percentage is the way to go. The reality is that you'll never look as big as you could be in a super lean state. Higher body fat is a necessity for real naturals that desire maximum size, and it's the secret that's been hidden from you for so long. At the same time, the majority of men who claim 10% body fat are actually 15% body fat, and the guys who claim 15% body fat are more likely 20%. When you put that into perspective, the 15-20% range becomes much leaner than you might think. Most athletes (hockey players are a great example) are easily in this range. This is definitely not fat by any means. Most people will still see you as decently lean, because only the online fitness community has such insane standards of being shredded all the time. If you have very slight definition, no one will ever call you fat. Trust me, as long as you're not a 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. You're accentuating your frame with higher body fat, and muscle measurements automatically increase. These are all benefits, especially since you'll look very big in a relaxed state. The faster you get to the 15-20% range, the closer you'll be towards developing the enhanced look. Once you get there, maintaining weight is actually super easy. All you have to do is eat more food (surplus) during your training days and/or mini workouts (or the day before). All the other days, you can eat at maintenance or a

calorie deficit. For example, if your maintenance calories/TDEE is 3000, you would essentially need 21,000 calories per week. As long as you hit this amount, it doesn't matter if the days vary a bit. Recovery will never be an issue, because Naturally Enhanced was optimized for effective recomping. The higher body fat enhances recovery, and the unique 2x a week full body setup coupled with mini-workouts maximizes protein synthesis, volume/intensity management, and weekly recovery. You don't have to eat in a surplus year-round or bulk any further. Once you're in the 15-20% range, this recomping strategy will work just fine. In reference to the food itself, I recommend a 60,20,20 macronutrient approach. High carb, and low-moderate fat and protein. You should also increase your salt intake, since it's a major performance enhancer and helps you retain water weight (if worried about health, don't do this). This setup accumulates tons of muscle glycogen and bloat, which will easily add 10lbs to your frame automatically. This results in favorable leverages for weight training, which aids in the strength building process. You also look much bigger and fuller in clothes, and in a relaxed state.

Furthermore, feel free to eat out as much as you want and eat whatever you desire. I obviously don't recommend this for health, but realize that you do have this option. Regular dieting restrictions no longer apply to you, since being super lean is no longer the goal. 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 going to restaurants on a frequent basis, be my guest! If you want to drizzle oil and fatty sauces all over your meals, that is also fine. You no longer have food restrictions, given the higher body fat. Like I said though, this probably isn't the healthiest habit. If you're health-conscious, here are some important guidelines. Firstly, only eat junk food in moderation. That doesn't mean having extra-large pizzas every week, it means once a month if that. Secondly, ALWAYS consume 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 body fat state. You need to have an abundant supply of vitamins, minerals, phytochemicals, and antioxidants for proper immune function and disease prevention. Thirdly, if you plan on introducing dirty foods and high salt into your diet, you MUST do at least 20-90 minutes of low intensity cardio every day. Finally, fast for at least 12 hours a day (16 would be even better) if you're close or at 20% body fat (so skip



breakfast). This reduces inflammation, while still providing you the opportunity to eat large volumes of food. These methods will do wonders for your long-term health, while counteracting some of the negative side effects of improper dietary habits.

Once you become Bear Mode, you'll look 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% body fat, they will easily be over 18 inches at 15-20% body fat. The same applies to the rest of your body! If you were wearing a medium t-shirt at 8-10% body fat, you'll probably be an XL at 15-20% body fat. This is no over exaggeration either! Increasing body fat percentage gives you CRAZY MEASUREMENT BENEFITS! This is why fluffier guys look so stacked when wearing shirts. The extra cushion is essential, never underestimate the power of higher body fat. You will look gigantic in clothes, and so much bigger than if you were shredded. In conclusion, if you get too lean you start looking like a sucked-up fitness model (and small in clothes), while if you get too fat you just look like a slob. The key is finding the balance point, which results in that swole, Bear Mode appearance. 15-20% is the sweet spot, never forget it!

## Illusion Strategies

Everything I discussed about being fluffier sounds great, right? The answer is yes and no. You must realize that to a certain degree, this increased size is nothing more than an illusion. It's not extra muscle (even though that will eventually happen with the superior recovery), it's intentional fat gain to accentuate your already jacked frame. In other words, cutting down to 10% bodyfat would put you back at a much smaller state, even if already muscular. 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 compounds/oils that bloat you up. Is this a bad thing? I don't think so, if anything it proves that higher bodyfat is central to looking big naturally. With that in mind, we want the fat to accentuate our frames—to make us look like we're really holding more muscle than people think. Paradoxically, we

want to look leaner while being heavier. What is the secret to appear lean while being on the thicker side? Illusion strategies! There are three facets to consider.

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

## Strategic Hair

First of all, if you want to pull off the higher body fat look (especially if 20%), 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 cross-hatching from art class! In this case, your body/face is the canvas. With Bear Mode, your face will naturally get rounder, which is not pleasing to look at. Having a beard is the only way to make your face look slimmer at a higher body fat. In particular, you want a beard that's going to make your face look way narrower and more angular. The ultimate beard is one that has VERY thick chin hair. Ideally, you would want the goatee to be the thickest part of your beard. The chin hair should also extend several inches downwards (2-4 minimum), which creates the illusion of a longer looking face and larger jaw. It simultaneously covers all neck fat, while making the chin look massive which is super intimidating and beneficial for those who weren't blessed in this area. Your cheek hair must taper (fade) to the center, and not be so thick that hairs are going past your face. You want to cover the chubby, bare cheeks with a dense beard that isn't popping out so much. If the sides are too prominent, the face will appear rounder, and the neck will look smaller from an illusion standpoint. Heavy stubble or short but thick sides is best for looking lean. Always keep it trimmed, and make sure that the lineup is kept high. 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. 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, while drawing a straight line right to the corners of your mustache. No arches allowed. As far as the hairs near the ear, never want this area to be messy. If you are looking at your face sideways, the hair that starts near towards the sideburns should connect straight down to the neck hairs. No hairs should be sticking outside of that line. As far as under the neck goes, you don't want the beard to be too long, as this will cover 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. Place the line slightly above the Adam's apple. This provides a fake jawline which makes you look significantly leaner. 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% body fat, you can easily make your face appear 12% 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. I even used it with tremendous success, so I can't recommend it enough. The best part is that Minoxidal is VERY inexpensive. You can buy a whole year's supply for 60\$. If you're struggling to grow a beard or have patchy areas, it's worth trying out (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 side effects. Some 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 (any brand works), 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. If you don't want to take this drug, there is a natural alternative but it won't be as effective. I also can't guarantee it will work like minoxidil, but here's the recipe. In an amber vial, fill it with 1 fluid ounce of jojoba oil, 30-60 drops of castor oil, 60 drops of peppermint oil, and 10-15 drops of cedarwood You can also experiment with cayenne pepper face massages, as this may stimulate the hair follicles. Derma rolling twice a week may also be added (proceed with caution).

In terms of hairstyle, I recommend two styles. Either shave your head completely bald (best for maximizing yoke), or only shave the sides/fade but leave the top longer. Both methods will make your neck and traps look way bigger from an illusion standpoint. They also make you look significantly 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 narrower, therefore accentuating neck width. It also makes your better yoke contrast against any background. For an added extra effect, use a straight razor to create sharp edges around your hairline. Just like the bead lineup, this simple

technique will create definition which enhances a haircut. The net result is that you look leaner, rougher, and more muscular just off getting a simple hairstyle!

Next up, we must address your body hair. The simple solution is to stop clean shaving completely. Yes, that means your chest, stomach, back, and legs 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. This is Bear Mode, not soft baby mode. 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 or using a #1 razor on the six squares according to the natural shape of your abs, and using #2 on the three lines across the midsection. Let the center line (the one which splits your torso in half) get as thick as possible, the darker the better. This illusion will make you appear like you have abs while in an unflexed state, while making you appear much leaner. Never clean shave your stomach if you're fluffy. If you already have somewhat visible abs, this technique will make them even more visible, it's almost like makeup. 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. The next area to pay attention to is the chest. The hairier, the better. It looks insanely intimidating, while making your pecs look bigger and leaner. Doug Young is a textbook example of this (and Bear Mode in general). Finally, never shave your legs. It looks very feminine, while taking away from the false definition that hair has to offer.



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? It's necessary 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.

## Special Clothing

The first thing you must do is **STAY AWAY FROM ATHLETIC CLOTHING!** You wear that 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 leaner and broader. 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. Ensure that your wardrobe primarily consists of lighter colors. 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 your upper body look bigger and 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 maximizing 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. If you can't find this type of clothing, get these measurements done by a tailor. It will make a world of difference in how you look, similar to buying high-end clothes.





Next up, when wearing any type of shirt, I would HIGHLY recommend tucking it in. You may think this looks nerdy but you're dead wrong. This is a secret technique for looking bigger in clothes. Tucking will make your glutes look massive since the fabric acts like extra cushion, while also slimming the waist therefore accentuating the glutes. It also makes your back appear wider and thicker by creating slight bagginess in the lats but tightness near the waist. 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, coupled with higher bodyfat will make you look bigger, especially in the traps. Next, I recommend emphasizing long sleeve shirts, but rolling up the sleeves. This will expose your highly trained forearms, while adding extra fabric to the upper arm. If you're going to wear short sleeves, make sure they're higher towards the shoulders to highlight the complete arm.

Another technique, which might be the best one yet, is to primarily wear Raglan t-shirts. This style is unbeatable for looking Naturally Enhanced. ALWAYS make the torso color dark, and limbs light (never the opposite). The center darkness enhances leanness and the v-taper. The lighter limbs make the shoulders, traps, arms, and neck appear SIGNIFICANTLY bigger, especially with the contrasting colors. The cut itself also makes the traps appear longer, and shoulders wider. This combination is ideal for looking massive. Finally, in regards to pants you want to stay away from slim-fit or skinny jeans. All this will do is make your legs appear smaller and feminine. Plus, your balls will feel like exploding 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? It makes their legs look bigger, even though many of them are complete twigs. 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!

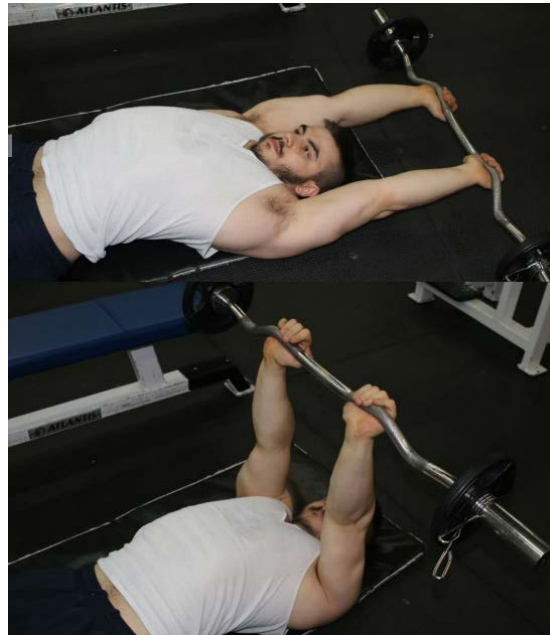
## Special Exercises



Lastly, because your stomach will pop out more than if you were 10% body fat, we must use special exercises to make it appear leaner. This includes the 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 4), which can easily make you look 2-5% leaner than you actually are. If you're 15% body fat, you might resemble a guy who is 12%, even though you are far fatter. If you were supposed to have a 34 inch waist, it might slim 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 body fat 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. Who needs chiseled abs when you have the incredible vacuum effect? It makes you look leaner, more muscular, and more badass! 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 workouts. That's all there is to it, as a natural you have to use every edge you can get to maximize aesthetics and size. Illusion strategies are the missing link, and I'm happy to have shared them with you. It's time to embrace the bulked lifestyle with full confidence!



## Conditioning Work

Since you'll be Bear Mode, I wouldn't be surprised if you were interested in conditioning work. After all, you don't want to be this super huge guy that runs out of breath from going up a flight of stairs. Nor do you want to be that guy who rests all day between his sets. You also want great health, which is also why you've chosen to remain natural. Your goal is to be big, muscular, and fit, while still having great blood work and vitality.

This is where conditioning work comes into play. The fatter you are, the more conditioning is required. The leaner you are. The less is needed. A 15% body fat lifter won't need as much conditioning work as a guy who is 20% body fat. Makes sense? With those guidelines in mind, let's talk about what you should do on this program.

## Low Intensity

For low intensity, jogging would not be my #1 choice. It can impede recovery and aggravate stress on the joints, especially when heavy. Besides, we are not marathon runners and do not require that type of specificity. It can still be executed, but be mindful of the recovery effects. If you want a superior alternative, do brisk walking on a high incline. This will aid in lower back recovery, while providing all the fitness benefits. You may also take up cycling, either as an active form of cardio or through bike commuting. Jump rope is also excellent, since it's low stress on the joints and can be done anywhere. 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.

Have fun with the low intensity cardio! The objective is to stimulate your body, not annihilate it. This form of training does not burn you out, and can be executed for long periods of time. 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 would recommend GPP work (mandatory feature in this program). This may be intense boxing/MMA intervals, calisthenics, or performing basic exercises done with higher reps and lower rest. Just be careful when performing HIIT cardio, as certain types may interfere with recovery. Other forms of GPP include shoveling or manual labor jobs. 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, sandbag lunges, sled pulls of all types, and especially bear hug walks. Anything that falls into the category of “anaerobic conditioning” is what you want. 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. Treat GPP as supplemental work to your standard training, and everything shall be fine. Just like low intensity cardio, it should enhance, not take away from your recovery.



In regards to 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% body fat. The medium to high intensity style can either be done on the same day as your training (either at different times or right after your workout) or by throwing it in your mini workout days. Both options are incredible, although I tend to favor the second choice. The point is that you must fine-tune your conditioning work to fit your own goals, needs, and schedule, which only experience can teach.

## Extra Recovery

Recovery is EVERYTHING when drug-free. You don't have that extra edge in your body, which requires excellent programming, sleep, and nutrition. Many lifters get burned out and quit the gym, all because they believed that there were no limits. They push themselves to complete physical destruction, which destroys their recovery and desire to lift. 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. It's absolutely essential that you are fully recovered, and luckily this program was set up in a way that strongly promotes this. You train full body which ensures that everything recovers at the same time, you perform mini workouts which reduces pain and develops the soft tissue, and you incorporate concurrent periodization which keeps you fresh and ready year-round. 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. Unless you're ego lifting or not managing volume/intensity the proper way, recovery will not be an issue given the program setup. Therefore, the only thing that you have to consider is what you do OUTSIDE THE GYM.

Let's start by discussing the amazing strategy of contrast showers. I have found through contrast showers to be very beneficial in enhancing natural 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. All of my clients who added them reported the same benefits, the sensation is unreal. I recommend that you take contrast showers 4x a week. Take them after your volume and intensity day, and after your mini workouts. Here's how you do it. Set the water to MAXIMUM heat for 30 seconds, and then immediately switch it to ICE COLD for 30 seconds. You fix a 1:1 ratio. Alternate a good 5 times for a total of 5 minutes (go longer if needed), and you should be done. 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. When the hot 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. Do your contrast showers and you'll see what I'm talking about.

What else can you do? Mobility work in addition to cardiovascular work (swimming is best) would certainly help, as well as light calisthenics. However, your best natural option is deep tissue massage, like many pro athletes are currently doing. Allow me to share my secret recovery oil. In an amber vial, fill 1 fluid ounce with an even ratio of castor oil + jojoba, or straight coconut oil (melted). Then add 30-60 drops of peppermint essential oil, 30-60 drops of eucalyptus essential oil, and 30-60 drops of infused cayenne pepper oil. A bit of rosemary and lavender may also be added (10-30 drops), but this is optional. Massage this oil into sore muscles and you will instantly feel the recovery taking place. You can do this yourself, or have someone take care of the back. I recommend using this oil once or twice a day, best used after a workout. Apply this to sore areas like the neck,



traps, shoulders, pecs, triceps, etc and you will feel significantly better! Enjoy this special recipe, it's a powerful one.

The mini workouts also act as a form of restoration, so don't skip those (2-4x a week is optimal). Other than that, you should be good to go. The rest is the part where I have no control of. It will be your job to sleep enough at night, while consuming 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 little to no gains. These men eat in a caloric deficit and sleep 4-6 hours a night while overdosing on caffeine, yet they expect to make Godly strength gains? Optimal programming cannot override poor lifestyle habits! 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 (look up meal prep), or having shakes throughout the day. Neither is it difficult to sleep your full 8 hours if you're not surfing the internet all night. If you really can't sleep, naps can always be incorporated. 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. Man up to your responsibilities, you've committed yourself to the system, and now it's time for you to reap the rewards. The classic "train, eat" sleep" saying cannot be understated. Do this and you will always feel recovered. Constant deloads or relying on stimulants will be gone as well. Everything will be smooth and running the way it should be.



# Chapter 3: Strength Training Strategies



For optimal results and efficiency, special strength training strategies should be incorporated. Relying on set/rep manipulation alone is very effective, but not enough for this program. There are many ways to induce progressive overload and spice up your training, which you will learn about shortly. We have already established that with concurrent periodization, volume and intensity is maintained throughout the 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 in a given workout, 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, let's dissect this incredible list of strength training strategies. No fluff is present, only the best methods have been included.

- Max Effort Method
- Repetition Method
- Timed Method
- Dynamic Effort Method
- Dropset
- Giant Set/Superset
- Accommodating Dropset
- Back-Off Sets
- Rest Pause
- Ramping Sets
- Progressive Range of Motion
- Nucleus Overload
- Weighted Stretching
- Cheat Reps

Are you confused? Don't know how to program them into this system? No worries, we will break each of 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 negatives” but worry not, for in this system I’ve developed a way to avoid 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, or limiting yourself to 90%. If you’re not feeling up for a true 1RM, you can always hit a max triple and call it a day. Even though this builds strength endurance and not necessarily pure absolute strength, it’s still better than nothing. You may also hit singles at 90%, say in a 3x1 or 5x1 approach. This will still get you very strong. It would obviously be ideal to hit a 1 rep max every single week, but if you can’t for whatever reason that’s fine.

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 (which automatically takes care of you). In other words, intensity and volume crisscrosses throughout the week, which acts as a perfect blend for maximum strength and hypertrophy development. 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 experience burnout, health issues, or fatigue problems that are typically associated with this method.

Instead, you will acquire consistent 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? 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. Use good form, and trust the science.

## Repetition Method

Going back to *Science and Practice of Strength Training*, Dr. Zatsiorsky states that 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. Given the exhausting nature of this method, it's best recommended to rest 2-5 minutes between sets. I advise 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. You will only use this method on volume days. Either use it as a main or supplemental movement. Do not, under any circumstances, abuse this strategy. If you attempt this on multiple exercises for a given session, burnout awaits you. As far as sets and reps go, I recommend 3x15, 3x20, 3x30, or 3x50-100.

# Timed Method

Next up is the timed method. This is absolutely brutal, and should not be used too frequently. You select a random exercise of your choice, and set a desired time that you must do the exercise for. An example is to do 5 minutes STRAIGHT of dumbbell pressing. Small breaks 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, it builds extreme work capacity, mental toughness, endurance, and hypertrophy. It's also very specific for sports that have a round element, such as boxing or wrestling. Its sole limitation lies in its recovery breaking abilities. Do not do this more than twice a month for presses, once a week maximum for non-presses. Lastly, only use this method during high volume workouts. The exception to these rules is when using exercises that are timed in nature, such as plate holds, farmer walks, crucifix holds, isometrics, etc. Those movements can be used throughout the yearly cycle. When I talk about the timed method, it's in reference to exercises that include a concentric and eccentric component.

# Dynamic Effort Method

Zatsiorsky defines one more special technique, being the dynamic effort method. It involves "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 impose on it. If you train slow you become slow, while training fast gets you fast. Being explosive is always an asset, as it assists in breaking through sticking points and allows you to produce more force. Don't forget,  $\text{force} = \text{mass} \times \text{acceleration}$ ! For this reason, 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 can use this on any exercise, but I'll advise that you limit it to 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 strategy of shocking your body, addressing a particular weakness such as being slow at the bottom of a press, having low work capacity, or simply mixing it up. In most cases, you emphasize other strategies like the repetition method, rest pause or basic volume set/rep styles. Moreover, because you're not a competitive athlete, the importance of RFD is far less, making dynamic effort work nothing more than a plateau buster.

Now that you know these facts, how do you apply this method? This is achieved through using a three-week wave. 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 recommended 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%. In this case, week 1 is 50%, week 2 is 55%, and week 3 is 60%. Once the 60% is complete, restart the entire cycle but this time you either switch the chains, band tension (minibands to monster minibands, etc) barbell, or the exercise completely. If changing band tensions, the percentages will also need to be modified. Below are the best percentages that I have found according to the six movements in this program. These numbers may vary depending on strength levels, individual bands, and the variation used. Nonetheless, they are excellent guidelines and will make guarantee smooth DE cycles.

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, 40-50% 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

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 30-90 seconds MAXIMUM. This builds large amounts of work capacity and teaches us to be explosive in a fatigued state. In terms of scheduling, make sure it's only used on 1-2 exercises per cycle, and only use it on volume days.

# Giant Set/Superset

I hear many lifters 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. 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 quickly move 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 online full body workouts include far too many movement patterns, which unnecessarily extends workout time. Luckily for you, this program doesn't have those issues.

Although if you do have time issues, it's time (no pun intended) to start doing giant sets and supersets. This is the last resort option, and effectively cuts your workout time by at least 50% (so no excuse not to train full body). A superset is when you pair two exercises together within the same work set. In this program, that typically means pairing push and pull. You might do 5 reps of overhead press, then without any rest you do 5 reps of barbell rack pulls. Only after this sequence is completed do you rest. The result is that you kill two birds with one stone. As for giant sets, this involves pairing more than two exercises in one set. This will typically be push and pull mixed in with an accessory lift or core exercise. An example might be doing a pushup, pullup, then hanging leg raise. Only then can you rest. With the giant set, workout time will significantly be reduced. If you're tough enough to do these, go right ahead. Just make sure to hammer that GPP work 2-4x a week, this will ensure that your conditioning is optimal for giant sets. 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. 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 insane metabolic fatigue in 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. 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 these, do them on 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), 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. You're fully recovered, and the nervous system is ready 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 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. Set number 3, you get 80x12. See the difference? 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 the preferred method for strength development.

Just like dropsets, you can do more than one back-off set. 1-3 sets is a great 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, an intensity workout will have you starting with lower repetitions, say around 4-6. Any higher and you'll accumulate too much metabolic fatigue, which would ruin the point of the intensity day. In a volume workout, you might

start with reps of 8, this way your next two sets will be 10-12 or even 12-15. It's all about using 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 surprisingly effective for strength development because 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 bench presses 275lbs for 8 reps. He then 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 one final 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 count the four previous “warmups” as sets. The key to 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 a 225lb overhead press would be 185x5, 195x5, 205x5, 215x5, and then 225x5 rather than doing five sets across with 225lbs. This is ramping sets, a time-tested strategy for strength development. Unlike straight sets, where you have the potential to fail the subsequent sets, a ramping-styled setup requires you to take one peak set at a time. 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, 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. It can be done every single workout, on many exercises.

# 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 quite 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. With isometrics there is no velocity, which means there is no range of motion. Where there is no range of motion, you are producing the most amount of force. That's why partials are easier than full range of motion exercises (as well as the

leverages). On top of that, isometrics radiate 15 degrees above and below the point of force. 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 exerting for about 2-6 seconds and using 3-5 different positions for best gains. If your goal is hypertrophy and not necessarily strength transference towards specific joint angles, then start doing isometrics on your accessory work. 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 wrist flexion. 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 permanently change your strength training career. 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 a way to finally break through his plateau. What was his solution? 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, and eventually ass to grass squats. This simple strategy of gradually increasing distance allowed Paul to become one of the strongest squatters of all time. Although not officially proven, Paul claimed to have squatted 1200lbs, 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, while being **FOURTY 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 first, 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 is the PROM method. Although you probably won't become the next Paul Anderson or Bob Peoples, you can get mad strong with his approach. Since 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”. So how does one incorporate PROM? Given the fact that this program includes a weekly volume and intensity day, that means there are two ways of using this method. You can do high reps between 10-30 on your volume day 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, start with high rack/block pulls and gradually lower the pin setting each week until you are pulling from 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. If you want to use PROM in reverse, such as starting low and ending high, that works too. These are the typical exercises where PROM is used, but feel free to experiment with other movements as well. It’s a universal strength training strategy.

## Nucleus Overload

Nucleus overload is the definitive technique for becoming Naturally Enhanced. I learned it from Jonathan Migan, the creator of Team3DAIpha. In basic terms, you train a muscle group every single day for approximately 3-4 weeks then taking 1 week off and restart the process. The hypothesis is that ultra-high frequency will develop the nuclei in the muscle cells, which means 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 stay 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.

Going back to nucleus overload, you may be asking yourself “what is the basis for this tidea”? It stems from two source, 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. Anecdotally, 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 experience 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. I strongly advise that you prioritize YOUR smallest of the six enhanced muscles (for most people this will be the neck and forearms).

In terms of exercises, I'll give you the best ones that work with nucleus overload. Perform the same exercise every day and rotate when your strength progress plateaus. 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 group. 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's walk, band/dumbbell upright row

Upper Back: All pullups, dumbbell row, lat pulldown, cable/band row

Shoulders: Band face pulls, band pull-aparts, rear delt flyes, pushups

Forearms: Forearm levering, wrist curl of your choice, grippers, curls

Glutes: Good Morning variation, lunge, hyperextension variation, glute bridge

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 naturally will now be easier to acquire due to the 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/parkour every day for years. When I started weight training, my back and forearms grew like crazy without any real effort. I believe nucleus overload took place. I want to thank Migan for sharing his wisdom regarding this strategy, this program would not be complete without him.

## Weighted Stretching

Weighted stretching will take your muscular development to the next level. It can transform your worst body parts, to the best. This one of the most underrated secrets for getting, and soon you too will reap the benefits. I know this to be true, as my yoke blew up from weighted stretching exercises. My traps used to be my worst bodypart, but now they are arguably my best. I hear a lot of people saying that it doesn't work, but they are

dead wrong. If weighted stretching doesn't work, why are farmer walks so effective for building bigger traps? Last I checked, there is no shrugging or concentric component. All you are doing is holding heavy implements and taking a walk. Why does everybody who does them report major traps soreness and incredible gains over time? The answer is obvious, 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 full range of motion. You would need your chest to touch the bar (sternum pullup) which most people don't do. Yet everyone who does this exercise reports amazing lat gains. I argue that the effectiveness of weighted pullups lies in the immense weighted stretching component. In other words, if you did nothing but hang off a bar with heavy weights, your lats would blow up in size. You don't even have to do the concentric if you don't want to! Next time you train, try out the following setup. 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. If done over a long period of time, I have no doubt that you will experience tremendous muscle growth. The same thing can be said about rack pulls. I did weighted stretching for over a year while using multiple variations of rack pulls, and the gains were steroid-like. I would typically use the above the knee version for maximum overload and lift over 1000lbs for reps. Can you imagine how much my traps were being stretched? If weighted stretching alone is enough to get you yoked, it should get you thinking about general training application. Although I can't prove this, I believe weighted stretching 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 eventually 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 insanely jacked! 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. My experience has shown this to be correct, as I always get compliments on my traps. They look enhanced, 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.

I know some people will be critical of this study given the fact that it was conducted on animals. 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 24/7 while gradually increasing the load. It's too unethical, and would require a psychopath to execute such a study. 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. What do you think this extra size is? It's very likely that hyperplasia took place. In fact, all the swimmers 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). This might be a coincidence, but I doubt it.

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 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 seems unlikely to me. What's more plausible is that hyperplasia occurred, which what is really caused the difference in size. At any rate, if hyperplasia happens in humans, this would make weighted stretching THE GREATEST method for gaining size. There is indirect evidence in humans, and very strong evidence in animals, in addition to several cases studies of men who used weighted stretching for muscle gains. Based off my experience and observations, I have to say that it is possible to induce hyperplasia if you incorporate heavy weighted stretching. For what else is causing significant mass gain from farmer walks and rack pulls?

If you're sold on weighted stretching, let's explain how to implement it. 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. If you finished 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 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 repetition, rather than putting the weight back down on the pins, hold it at the top for at least 3-5 seconds. This will stretch you out more than anything else. So if you're doing 1000lbs for 5x5, you are effectively getting 1000lbs x5 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, curls, etc. At the bottom/stretched position of the exercises, 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 adding 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. Once you get into weighted stretching, you'll thank me once the gains start blowing up. The size benefits will be out of this world.

## Cheat Reps

This is the final strength training strategy, which ties in with the others. Cheat reps unlock the hidden strength inside you. You will become more explosive, stronger, bigger, and injury-free. Allow me explain why. Before doing so, I will state that cheat reps are an advanced technique. Novices lifters and early intermediates should not be doing them. They should milk strict form for all its worth. In fact, the first time I did a cheat row I was already strict rowing 275lbs-315lbs. I was also shrugging in the 300s when I began using the power style. Basically, I was not a beginner. I knew my body and had practiced proper form for years. Also 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, BENCH PRESS, OR ANY OTHER COMPETITION LIFT. I only recommend cheating on rows, shrugs, certain lateral raises, and certain curls. Additionally, cheating does not mean rounding your lower back or performing intentional partials. When shrugging, I bring my shoulders as high as possible (no chicken bobbing) When I cheat row, the bar always touches my body. When I do cheat curls, I am still holding the weight at the top and locking at the bottom. The way I recommend and execute cheat reps is well thought out, not ego-based. This is why I never get injured from doing cheat reps. In fact, I think cheat reps are perfectly safe if you follow my guidelines. By emphasizing lower back and abs, doing your connective tissue work via the mini workouts, correcting muscular imbalances, injuries are unlikely to occur. 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 it's "controlled cheating", or REALLY loose form, you'll be fine.

At this point you may be wondering, what are the benefits of cheat reps? For one, you are still getting the eccentric and weighted stretch even though you cheated the weight up. If I'm doing a sloppy T-Bar row with overloaded weight, it doesn't matter if I jerked it up. The fact is, the bottom induces a superior weighted stretch to the upper back and traps. I am getting eccentric overload using heavier loads, which should provide more muscle gains than using lighter weights. Full range of motion also occurs on every repetition, so even though leg drive is present, all the joint angles are involved. In simplest terms, I am getting concentric and eccentric overload. This brings me on to my next point, which is the fact that cheat reps will build your strict, but strict will not build your cheat. 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 time 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, as the cheat reps will automatically build your strict strength! Finally, cheat rows will actually PREVENT injuries. This is due to strengthening the tendons and ligaments with the heavy overload. That's why you see all these guys rowing and shrugging with terrible form, yet no injuries take place. Do you know who is more prone to injury? The individual who exclusively uses "flawless" form. Weak lifters get hurt, and if you enter a position you never trained (perhaps due to fatigue), snapping is more likely. However, if you are used to cheating all the time, this won't 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. Most 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 get hurt? 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 which causes injury. That said, be smart when doing cheat reps. NEVER round your lower back, and always try to stay as tight as possible. On rows, raise your torso and use leg drive. On shrugs, use the legs to help cheat the weight up. For curls, drive your hips forward a bit. You'll get real results with appropriate cheating, not complete form breakdown. 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. Strict form can also be done after the overload sets, or even as accessories (especially on volume days). That's when such 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.

## Conclusion

There you have it folks. You have learned about the best strength training strategies for this system. 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 many 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 incorporates high exercise selection. Knowing which movements to select is crucial for maximum development of the enhanced muscles. In order to acquire optimal gains, use the training format listed in the previous chapter, and insert the following exercises into the program. It's really that simple. Keep in mind that exercise selection will be specific towards your own goals, weaknesses, and recovery abilities. Finally, I've only selected the absolute BEST exercises. All of these movements are time tested and effective. If I included an exercise, it's because it works. Just so you know, there are over 300 exercises to choose from. Given this fact, allow me to mention what training equipment can be beneficial. After that, every exercise will be shown and explained for each enhanced muscle.

# Equipment

Special equipment is not necessary for Naturally Enhanced. It's optional, but recommended. Other than the common gym equipment like power racks, pullup bars, 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. Elbow Sleeves
7. Wrist Wraps
8. Neck Harness

## Bands

Bands are the greatest investment you can ever make in your training career. They are extremely inexpensive, while proving a number of benefits. They develop insane amounts of strength and size, explosiveness, and injury prevention effects. The introduction of bands is another form of becoming "Naturally Enhanced", since their usage offers unique abilities that straight weight cannot offer. Let's discuss these powerful features.

The number one benefit is that they accommodate the strength curve. With straight weight, the exercise is usually difficult at the bottom of the repetition. and becomes easier when approaching the top. This is because advantageous joint angles coming into play. For a bench press, the bottom is hardest, and gets gradually easier towards lockout. It's

the same for squats, deadlifts, overhead press, and most compound movements. The problem with straight weight is that it doesn't maximally strengthen the angles where you have good leverages. If you have the capacity to half squat 500lbs, why would you want add overloaded pin squats for supplemental work, when you can simply combine the exercise into one by adding bands? This is very specific towards building an exercise (as the movement pattern remains the same despite overload), and builds incredible size. There's a famous quote in the strength and conditioning world, "build strength, don't test it". If you start thinking like this, you'll stop egolifting, and real strength will come to you. 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. As you move through the range of motion, the band lengthens, thus creating tension and making the top of the exercise much more difficult. 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 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. I also believe this is superior for bodybuilding, especially if your arms are lagging from regular bench press. Banded bench press will unlock your size potential. It's also been theorized that using bands desensitize the Golgi Tendon Organ (more on that later). 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 more 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. 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, which sets a powerful stretch reflex at the bottom of an exercise. This 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 newbs correct this weakness, 100% of the time their strength goes up fast. You will soon learn that the strongest lifters are always 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. When you first start training them, you'll instantly get stronger. 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 workouts. If there's the one piece of equipment that you should get it, it's bands. If you're going to use them, get a pair of minibands and monster minibands, and maybe light. Make sure that the bands are 41 inches in length, and that you buy them in pairs. These bands are life-changing, and later on I'll show you how to use them.

## Straps

Straps are highly recommended for this program, especially if using overloading exercises like shrugs and heavy rack pulls. Many years ago, I was of the misinformed opinion that straps were a waste of time, and that poor grip strength would result from using them. Little did I realize how wrong this philosophy was. As I become more



advanced, the benefits of straps immediately became apparent. I started to realize that the back is a very strong muscle group, and can handle hundreds of pounds more than your forearms. You may not understand this now, but I can assure you that if you are doing dumbbell rows with over 200lbs, 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, 905lbs without. For rep work, the ratio would be even worse. Think about what this is doing to your back development. You would have to remove over 300lbs just to hold the damn weight, which clearly takes away from the overload. You are limiting yourself so much by not using straps.

Furthermore, the stronger you get at the mixed grip, the more muscular imbalances you will arise in your lats/traps, and the greater the chance of injury. Do you think your biceps are meant to be supinated with over 700lbs in your hands? This increases the risk of acquiring a bicep tear, and can lead to muscular imbalances that will be difficult to correct later on. When using double overhand with straps, you will never tear a bicep, and you will be able to lift weights that your back was designed to use. There is no point in turning these compound movements into forearm lifts. There's enough forearm work in this program, and tons of direct grip work that can easily be done at the end of your workout.

You should also know that strapless training negatively impacts 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 unusually heavy in your hands. Going raw all the time will be extremely hard on your hands and CNS. You will also lose reps from all your pulls, and total yoke workload will be reduced. Why lose all these benefits when it takes 5-10 minutes tops to do direct grip work? Why should you experience inferior recovery just because you wanted to be raw? Don't be foolish, invest in a good pair of straps, and use them when your hands are tired. Now am I saying that you should use straps 24/7? Not at all. The majority of your work should be done strapless. However, when the weight gets too heavy to hold, put on the straps! Warm up without them, and if grip becomes an issue put them on. I would suggest using straps for shrugs, all pulls, and rows. In conclusion, straps are

awesome and need to be used when weights get overloaded. There is not a chance in hell that your forearms can match your back strength, it's 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 19<sup>th</sup> and 20<sup>th</sup> centuries all trained with thick bars. This is because the manufacturing process used to make dumbbells and barbells was not perfect, so thin handles (1 inch diameter) would not be enough to support very heavy loads. That meant 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 many old school guys crafted their own equipment by using various objects like pipes, logs, barrels, rocks, etc. Therefore, thick bar training was the norm. Little did these legends realize how beneficial thick bars were for developing strength. Let's explore these benefits.

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. 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 had 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 to 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 see how thick bar training can be of great benefit. You develop a monster grip, Popeye forearms, and simultaneously help in getting you 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 larger surface area. You eliminate nagging pains, while increasing muscle 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 common muscular imbalances such as having one side bigger/stronger than the other. This process happens with only a few weeks of using thick bars. If your left hand is tremendously weaker than your right, expect that to change really fast.

Fourthly, using thick bars may theoretically desensitize the Golgi Tendon Organ (GTO), which is a protective mechanism that prevents you from lifting weights you cannot handle. When overly 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, if you have weak hands the GTO will recognize that as a weak link in the chain, and actually create an inhibitory response! In other words, weak hands make you pull less, while potentially hindering pushing strength! 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), the 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. It's instant carryover! In this way, you can work with the least amount of weight possible while still making immense strength gains. This is similar to walking with weighted equipment (vest, ankle weights, backpack, etc) and then removing it to experience speed gains. In weight training, this typically equates to a proportional 10% increase in normal bar strength. If you typically do barbell rows with 300lbs, 10% of that is 30lbs. If you got stronger at barbell rows with fat handles, your standard version would proportionately increase by a good thirty pounds, even without specific emphasis. 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, develop immense forearm size and grip strength, eliminates joint pain & tendinitis, cures 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 should mix thin bars with thicker bars for optimal performance results. I dislike minimalism and reductionist thinking. Just think about this program, we have a volume and intensity day. Light and heavy, ying and yang, morning and night. The key to success is balance.

In terms of practical advice, 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 use 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 fatter handles. Don't start using them on all your exercises, because 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 in this program. There's enough to satisfy you for a lifetime. Thick bar training must be strategically incorporated into the system, and never be 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](#). This will be much cheaper than buying an axle or collection of fat bars.

## Specialty Bars

Should you use specialty bars? In my opinion, the answer is YES. I realize 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. But if you do have access to them, enjoy the benefits. 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 joint angles and leverages, which modifies the movement pattern. 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 a safety squat bar, you now have a brand-new squatting style! If you have access to a log, you can do log presses like strongman competitors, which can revolutionize your vertical pressing

strength and upper back/shoulder hypertrophy! Although specialty bars are certainly not necessary, they can really spice up 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 can make all the difference in gaining size and breaking through plateaus. For this reason, I highly recommend using them if available at your gym. Use the same exercises listed in this chapter, but include the specialty bars. Unique gains is the reward.

## Belts

Belts are optional in this program, but I have no issue if you choose to use it the majority of the time. Wearing a belt may be of benefit when performing overloading exercises. That said, this program has you doing direct lower back and ab work every workout, while having high exercise selection to prevent overuse. I even have you do mini workouts to aid in restoration. This is why belt usage is optional, since your core strength will already be amazing from using the system. Let's keep this topic simple. 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 (despite using good form), wear a belt. Or if you wish to minimize injuries, use one. However, this shouldn't happen unless you're squatting in the mid-400s, deadlifting in the 500s, and shrugging in the 600s. Consider these factors before investing in a belt.

I now want to discuss proper bracing technique for maximum performance and injury prevention, which is the Valsalva maneuver. Use this for all the major compound movements (including bench press). Online fitness gurus often recommend "inhaling during the eccentric, and exhaling during the concentric". Or simply put, exert the force. Following this improper advice will result in less weight lifted and increased injury risk, especially for squats and deadlifts. The superior alternative is taking in a very deep breath, and HOLDING IT while pushing your abs out. This is how you breathe the right way. In the exercise demonstration section, you'll see 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 small waist. What you're witnessing is the valsalva maneuver, which is the optimal way to ensure safety and maximum performance. Strength athletes have known this for years, which is why all of the best lifters use this in competition. When bench pressing, lifters use the valsalva maneuver to unrack the bar, and a second time before starting the repetition (or one big breath). Squats are exactly the same. For pulls, you valsalva before bending over (to get more air in), and then rip it. You'll eventually want to breathe, but ONLY after the rep has been completed. You don't inhale/exhale during the set, otherwise you lose full body tightness and put yourself in a dangerous position to get injured. This explanation covers all the essentials of wearing a belt. If you're going to buy one, get a 10-13mm Prong or Lever. When wearing it, leave a bit of room so that you can get a deep breath (don't have it too tight). In regards to dip belts, get one if you can. Although you can hold a dumbbell between your feet, this won't forever. My advice is to invest in a dipping belt and loading pin. This allows for efficient loading and safety.

## Elbow Sleeves

If you're not a competitive athlete, I strongly recommend wearing elbow sleeves. They are 100% optional, but provide numerous recovery benefits. Elbow sleeves naturally enhance triceps/elbow recovery, and cause less overuse from long-term presses. You'll also feel a bit stronger when wearing them, which may add 5lbs to your press. If you don't compete in anything, I'd wear these year-round, on every workout. Take them off during light accessories, but keep them on during high volume or high intensity exercises.

## Wrist Wraps

Want to protect your wrists, and further enhance pressing recovery? Wear wrist wraps, as they are tremendously beneficial for intensity presses or overload training. If performing partials, pin work, band/chain presses, or weights above 80%, I'd put them on



without hesitation. You'll feel much more stable when pressing, and wrists/forearms will recover better. They're also great for those who have pre-existing injuries, or want to minimize overuse. Lastly, wrist wraps may add a bit more poundages to the lift, which means superior recovery and overload at the same time.

## Neck Harness

The last piece of equipment on is a standard neck harness. Even though it's phenomenal, 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. So, should you buy a neck harness? My experience says yes. A harness 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. And if you don't have the neck harness but want to use bands for standing extensions, you'll be forced to use the band in mouth technique. It works, but is also very demanding on your jaw. Having a neck harness can eliminate these problems. If you plan on buying a neck harness, be 100% certain that it's of 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 resulted in serious problems, all because I decided to be cheap. It doesn't save money either, since you'll need to buy another one. High quality neck harnesses are designed for serious lifters wanting to maximize their neck gains, and provides much better attachment points of loops, straps, etc. They're also more comfortable on the head and include adjustable features to accommodate anyone. The way I see it, get a good harness or none at all.

# Conclusion

That's all the equipment I'd recommend for this program. Anything else is probably at your local gym, or not important enough to make the list. Let's finally break down the special exercises in each respective muscle group. There are over 300 exercises in Naturally Enhanced, so no matter how little equipment you have, you're covered. Let us first dissect the neck.

PS: Due to anthropometry, the exercise demonstrations will look different on me compared to you. Don't be alarmed of this fact, just make sure to use the best form possible. That means locking out every single rep, using proper range of motion, etc. Form does not need to be textbook, just good enough.



# The Neck



The neck is the most underrated muscle group of all time. Lifters 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. 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 serious lifters who lie down on a bench with a plate on their forehead, then start curling their neck to their chest. Have you ever seen that before? Before I popularized the concept, very few people were training neck at most gyms. Forearm and calf training were infinitely more common.

It's obvious that neck work is extremely underrated. I find this fascinating how most lifters haven't figured out the importance of a thick neck. Without a beefy, wide neck, you cannot look impressive because the pencil status 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 everyone will notice it whether they realize it or not. 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. Your neck acts as a shock absorber, which is why field athletes and fighters MUST train it. If they don't, more concussions will arise and their career will end sooner. You're probably not one of these athletes, but 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 bodybuilders with absurdly huge legs look like they have smaller packages. 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", then use the Turbulence tool. 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. This, I can promise. 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 narrower and angular, and enhances the jawline from an illusion standpoint. In other words, neck training is the best way to enhance facial aesthetics. It's also the most important area for looking enhanced, naturally. Once your neck is wide and thick, you'll be amazed at how much bigger you look. You'll wish you trained it years ago!

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. Not doing this will result in subpar gains, and bad posture. If you want optimal gains, you must use different angles, exercises, rep ranges, etc. Before I break down each

section of the neck with their associated exercises, I need to go over some basic neck training concepts.

First of all, when performing any neck exercise with straight weight, I would highly suggest that you wear a hat or head band of some sort. Otherwise, the plates will create deep ridges in your forehead, while causing unnecessary pain. Secondly, when holding the plates on your head (particularly curls), please make sure that your hands do not assist in the movement! They should act as handlebars, and nothing more. Your hands are ONLY there so that the plates do not fall off. If you fail to do this, you'll be one of those guys that can neck curl a lot of weight but won't have the size gains to show for it. Please use proper form. 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. Lastly, bridging is very effective but 100% optional. If you feel it will get you injured, don't do it. You can easily get a massive neck (18-20 inches) without them. Now that we went through all the basics, I will now present you the neck training program, and then show you the associated exercises.

## Neck Training Program

1. Neck Flexion
2. Neck Extension
3. Neck Lateral Bending/Twisting

You will only use three exercises for a given neck training session. This is more than enough for hitting all angles of the neck, which ensures maximum strength and size development. For the sets and reps, 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, do 3x8-12, 3x15,

or 5x10. If using high volume, roll with 4x25, 5x20, 3x33 or 3x50-100. For rest times, use 30-90 seconds maximum.

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, especially if you're new to it. You should be able to go weeks and months of using the same exercises. Of course, once you stall, simply switch the movements (hence the concurrent philosophy). Luckily for you, there are so many exercises that you'll never have neck training plateaus. Incredible gains await you for many years, provided that you stay consistent. I promise 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, and can be done in a fast amount of time (especially with this routine). 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. This will make you look like you're on crazy amounts of drugs, even though it's realistic for naturals. For strength goals, you should have a very thick neck once you can neck curl 90lbs for 100 repetitions (one set). If the neck extension is above 135lbs, that is also very good. 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 yoke 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 the best 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 lead to unnecessary soreness. 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. Skip this step, and you might get some problems.



To correctly stretch the neck, I recommend a combination of static and dynamic. Static is holding the neck in a single position where dynamic is constantly moving it. The stretches are exactly the same, except with static you hold whereas 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, 25lbs, 45lbs, and finally your work sets. Super simple.

### Static & Dynamic Neck Stretches



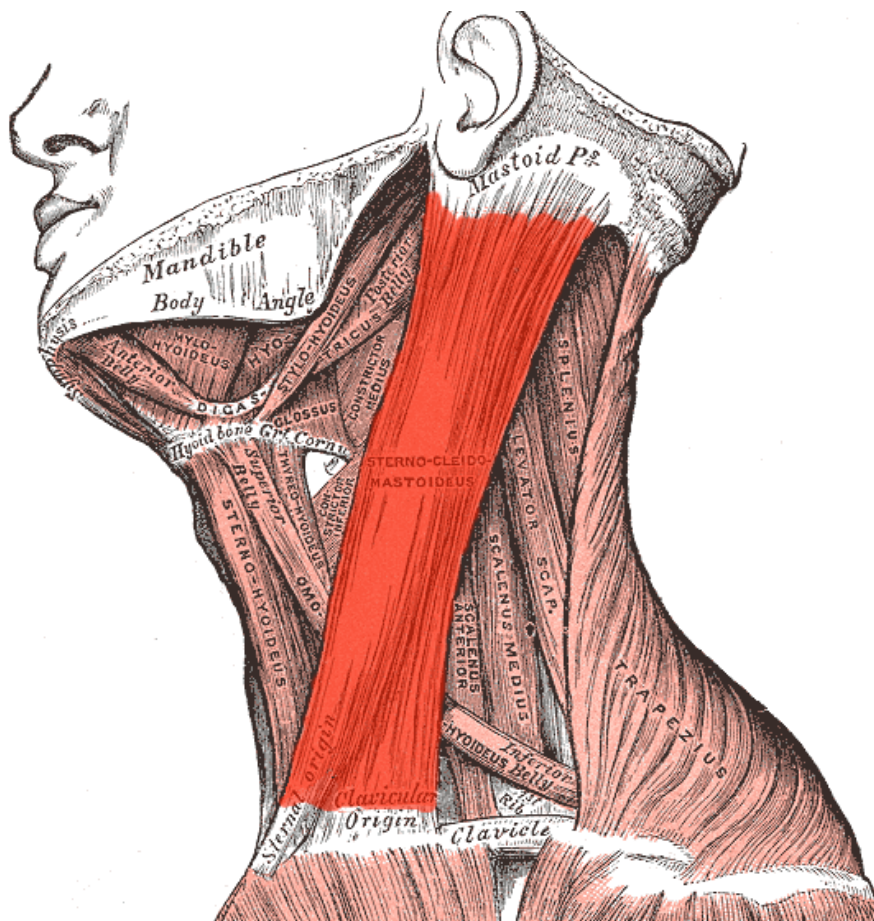






# The Front

Impressive neck appearance from the front primarily comes from developing the sternocleidomastoid, a muscle that connects from the clavicle & sternum to the mastoid process. This muscle makes you appear thick and wide from all angles. The main function is neck flexion, but can also rotate and laterally flex (which will later be emphasized for side work). The best way to build the front of your neck is by using various neck curls. This means flexing the chin down to your upper chest. Several variations exist, and as you're about to see they can be executed with straight weight and/or bands.





### Laying Neck Curl With Plate

This the best neck flexion exercise. 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. This alone will give you tremendous gains.



### Laying 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 with little hand assistance. 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.



### Laying Neck Curl With Band In Mouth

This not-so sexy exercise also builds the neck. Instead of placing a band on your forehead, put it in your mouth. Make sure you add a piece of suede or some sort of cloth/shirt, otherwise you'll be tasting latex.



### Standing on Band Neck Curl

This is an excellent way of doing the neck curl, especially for home training. 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 work out 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 developed. 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. Adding an additional chain will make this feel better.





## 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, 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. I don't believe it to be as effective as bridging, but 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.

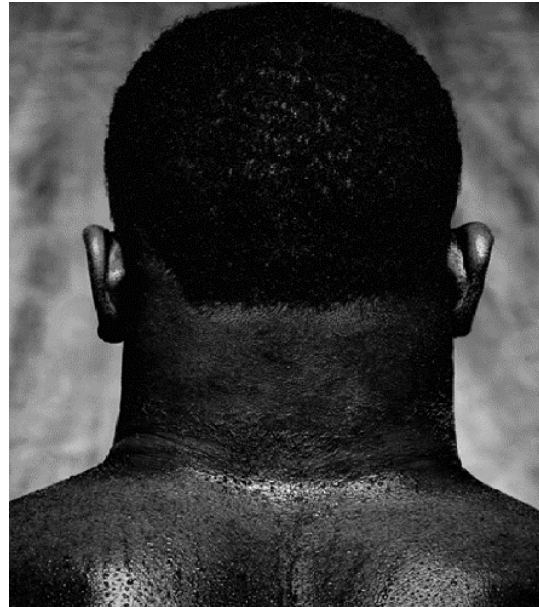
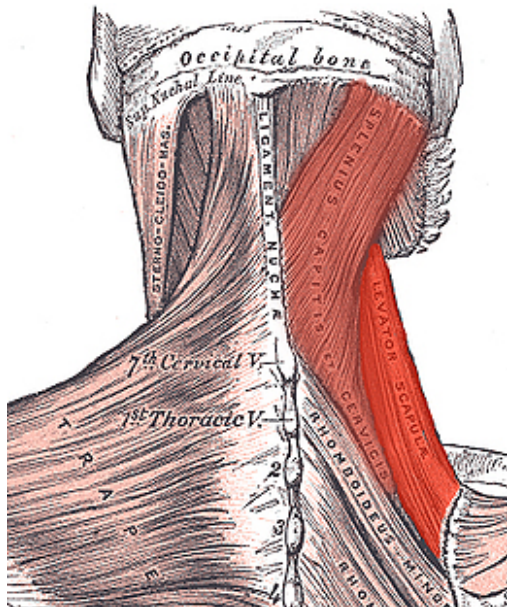


### **Wrestler Neck Plank**

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.



# Rear Thickness



Rear neck thickness primarily comes from the splenius muscles, although the levator scapulae is included as well. To build this area, neck extension is required. This means extending your neck back against the traps. Neck extension is one of the most important things you can do since this immensely aid in trap development while fulfilling your neck strength potential. You will be able to use much heavier weights than front or side work. Just 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). Always use proper form, and never ego lift on extensions.

## Neck Harness Extension with Weight

This is the #1 mass builder for rear neck thickness. Using a head harness, attach a chain through weight plates and clip it to the loops. You can use very heavy weights here, and because the chain moves there is a strong stabilization aspect as well. You can do this seated for maximum overload and peak contraction at lockout, or standing up. Both will yield tremendous results. If only choosing one, I would recommend sitting since it's much more stable, safer, and heavier. This exercise will also make you super strong at every shrug variation, while automatically building the traps.





### Laying 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 45lbs. The only downside to this exercise is that as the plate size increases, so does the bulkiness. This makes the shape feel very weird on your head, and not smooth for extension. It's a great short term exercise, but will eventually need to be swapped out.



### Laying Neck Extension with Band

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



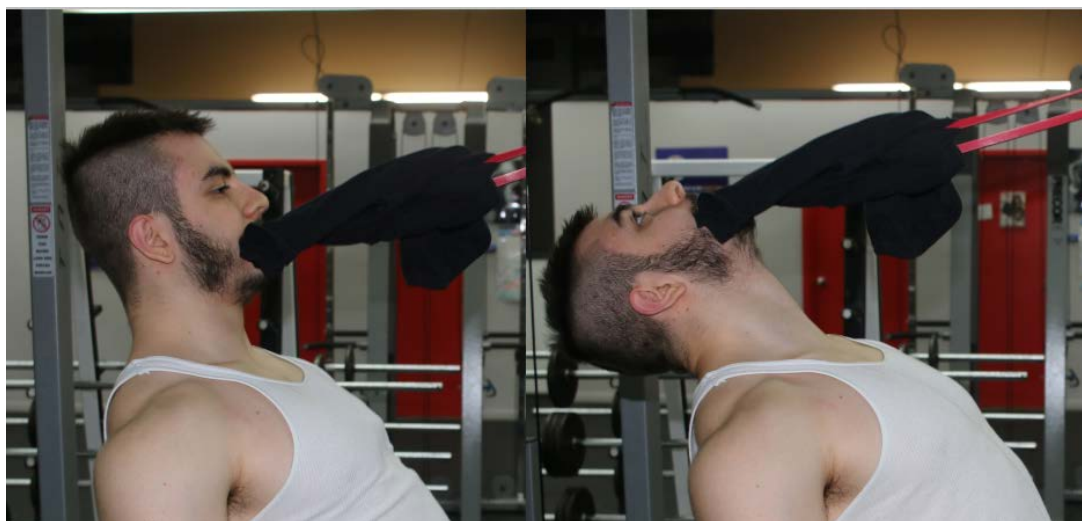
### **Banded Harness to Rack Neck Extension**

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 an efficient way to load it.



### **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 it's another variation. You can stand on the band or attach it to a power rack, both options work.





### **Standing on Band Neck Extension**

An 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 a 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. The taller you are, the more effective this will be.





## 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.



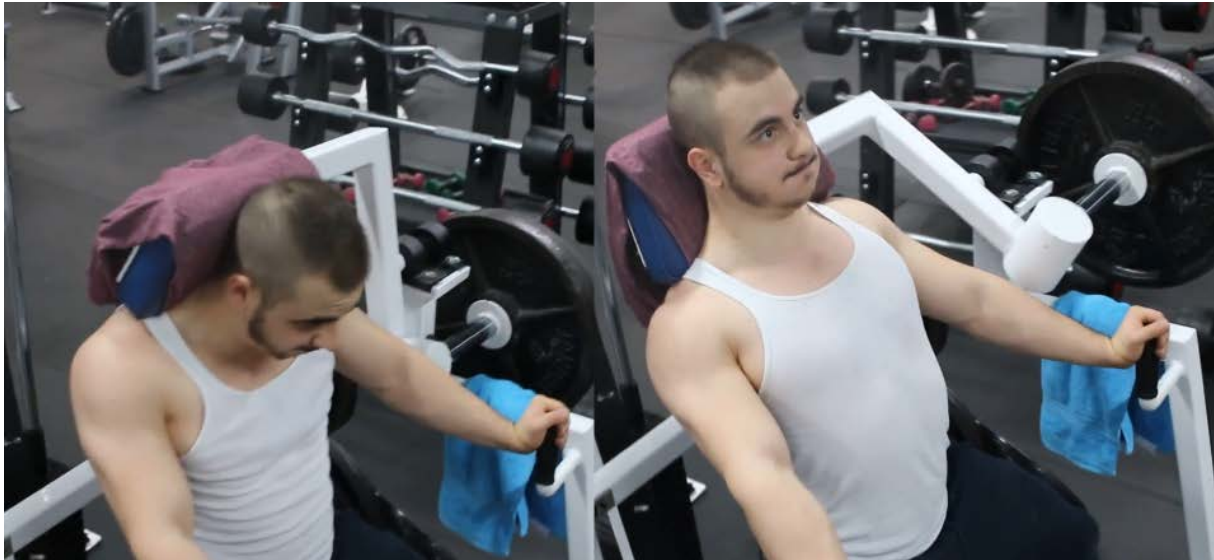
## Neck Rotations with Harness

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.





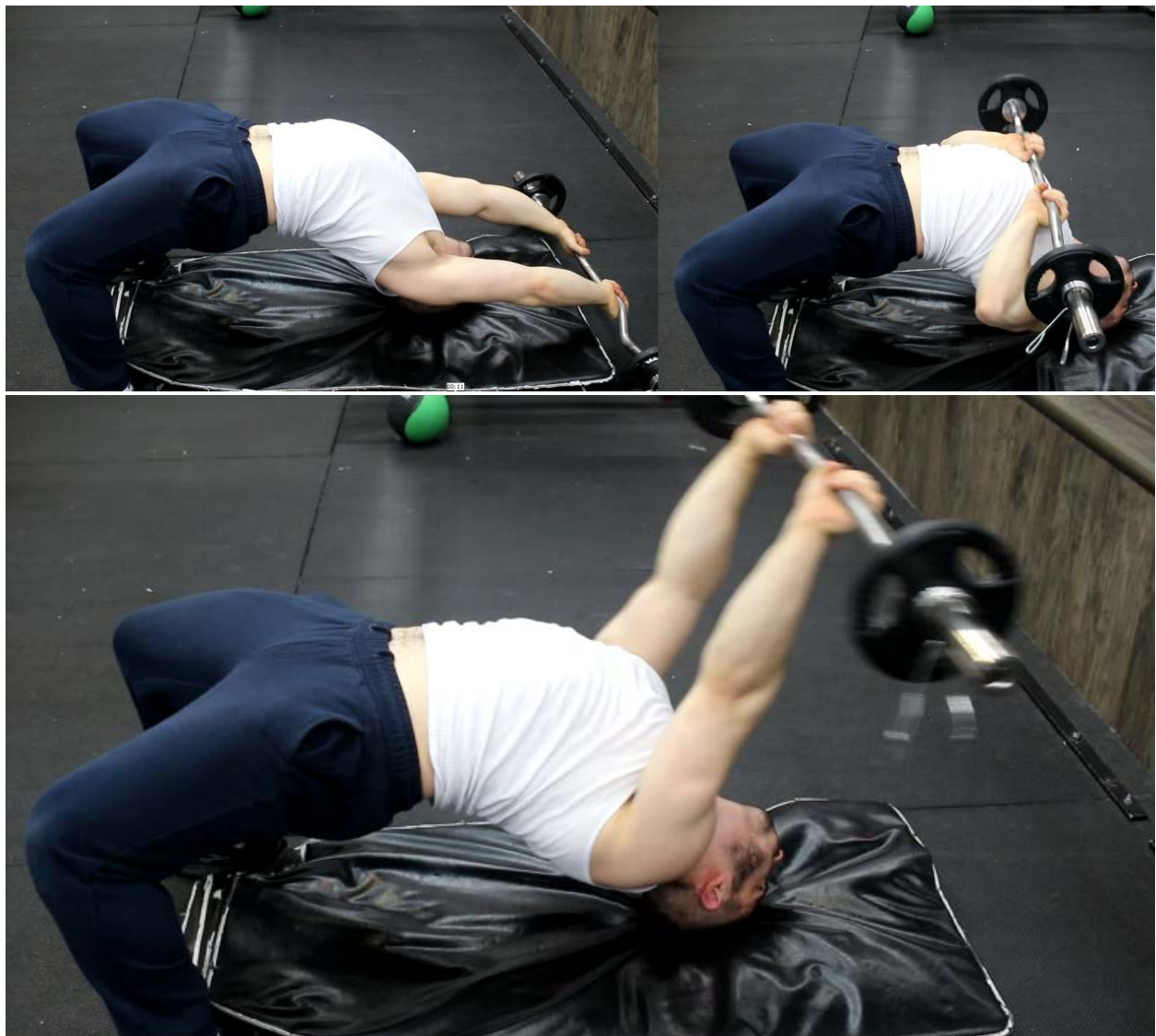
## Wrestler Bridge

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 strongmen swore by this lift, and the one who really revolutionized this 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, do rolling reps with your hands still on the floor.



# The Sides

To optimally 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 is another function of the sternocleidomastoid, and will aid in building neck width which increases total neck circumference more than anything else. These exercises are highly recommended 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. This is why side work is done at the end of the neck workout.

## Laying 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 45lbs. 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 be my guest.





### **Harness to Cable Side Bend**

This exercise has the same benefits as the cable neck curl and extension. 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 more 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, but 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. Might be the best way to overload out of all these exercises.



### **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 safer.





### Front to Side Wrestler Bridge

This is the last neck exercise. Are you aware that you can also twist your head in the front wrestler bridge position? If you're strong enough, give it a shot.





# Traps



Having big traps is mandatory for looking big naturally. I can't tell you how many fitness models look like they've never touched a weight in their entire life when wearing a shirt. I'd say 90% of lifters have 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. Allow me to explain how I got bigger traps. I used to have minimal exercise selection and would do slow and controlled exercises. I soon realized that this was complete trash 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 body part. 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 1140lbs yet my shoulders haven'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 sets of light shrugs at the end of a workout isn't going to change a 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. Let's dive into 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. Most of these movements are posterior chain and grip oriented, but in this case, we're using them to stimulate trap growth. The following variations are mostly modifications of the classic lifts, and can therefore be done at most commercial gyms. If you have proper Strongman implements, be sure to use those too.

### Dumbbell Farmer's Walk

This time-tested exercise 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's walk, just walk around with dumbbells in your hands. 50-100m is a good starting point. Your hands are going to move all over the place, grip will fatigue, and traps will be begging you to stop. If you want to make this more of a forearm exercise, you can attach fat handles.



### Trap-Bar Farmer's Walk

By far the most comfortable and efficient way of doing farmer walks. Your hands remain relatively stable, and you can pile on some seriously heavy weight. Perfect 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.



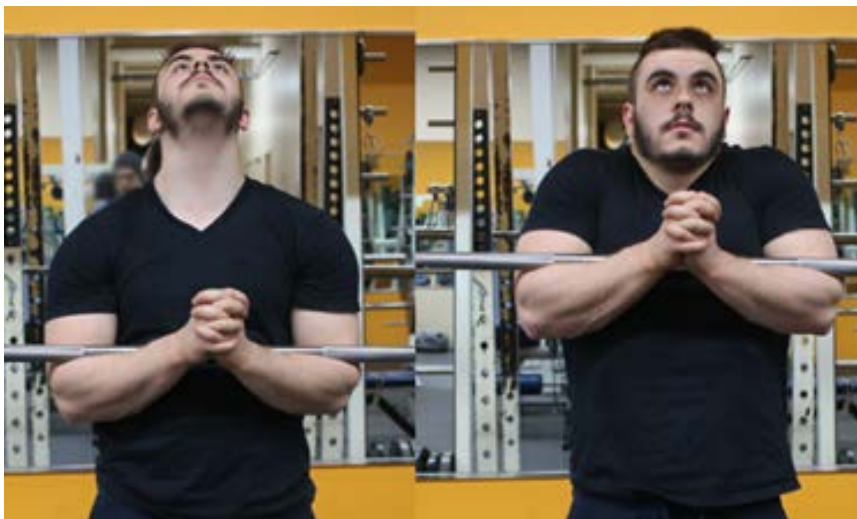
## Trap Bar Block Pull

Even better than the regular trap bar deadlift if your goal is pure 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 all about direct traps work, in addition to high volume. You'll do this on your volume day, although some of the exercises can be done on intensity 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. I like 5x5 and 5x20.



## 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

This might be the best way to do shrugs. The weight will not hit your body, and given the trap bar's design you're put into a slightly wider than shoulder width grip. This will maximize the weighted stretch on the traps and make it easier to squeeze them. The need for straps goes down as well. I would recommend it if you've detached yourself from ego, and want a good shrugging variation that is done with a barbell. Can be done standing or off the knees.



## 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 a Romanian deadlift and dumbbell shrug combined into one. 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 so 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. It's also a great alternative to those who wish not to do dead stop shrugs off blocks or pins.



## Modified Dumbbell Upright Row

There will be no traditional barbell upright rows on this program. That exercises internally rotates the shoulders to a tremendous degree, which puts you at high risk for injury. In the past, I'd have told you to use a snatch grip, but even that I'm uncomfortable recommending. As fantastic as this exercise may be for developing the traps, the risks far outweigh the benefits. Therefore, we will use dumbbells which are far more shoulder friendly. This is because you have full control 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. You can pull high or low.





### Scrape the Rack Upright Row

Like I said before, I'm not a fan of barbell rows. But if you're stubborn enough to do them, scrape the rack with a wide grip. Always use light weight (no more than 95-135bs)



### 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, pull really high towards the head! This builds total body explosiveness and has high carryover to all rows/high pulls.



### **Incline Front Raise**

The incline front raise has been proven by EMG studies (take that with a grain of salt) 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. Perfect at the end of a volume day.



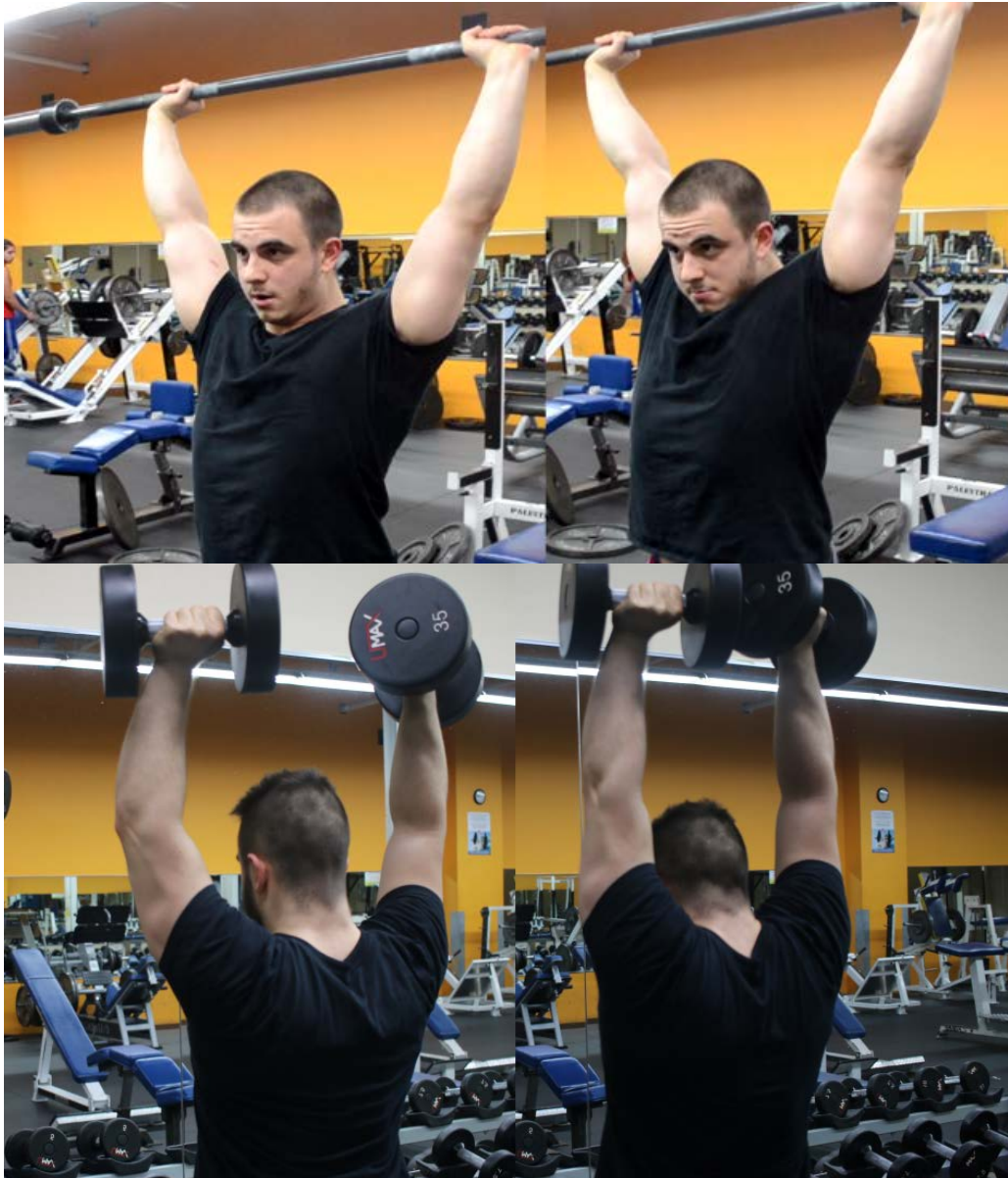
### **Calf Raise Shrug**

The calf raise shrug is the strictest method of isolating your traps. There is no assistance from other muscle groups. The weight is resting on your traps, and the traps raise the weight up.



## 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 isometrically 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. I love the fact 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. Once you get familiar with these exercises, you'll understand 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 a movement for Olympic Weightlifters, which is exactly why I selected it for this program. 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. Eliminates the shoulder issues and builds 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 hip 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 second favorite exercise for the traps given the immense overload. Use a snatch grip if the bar hits your balls.





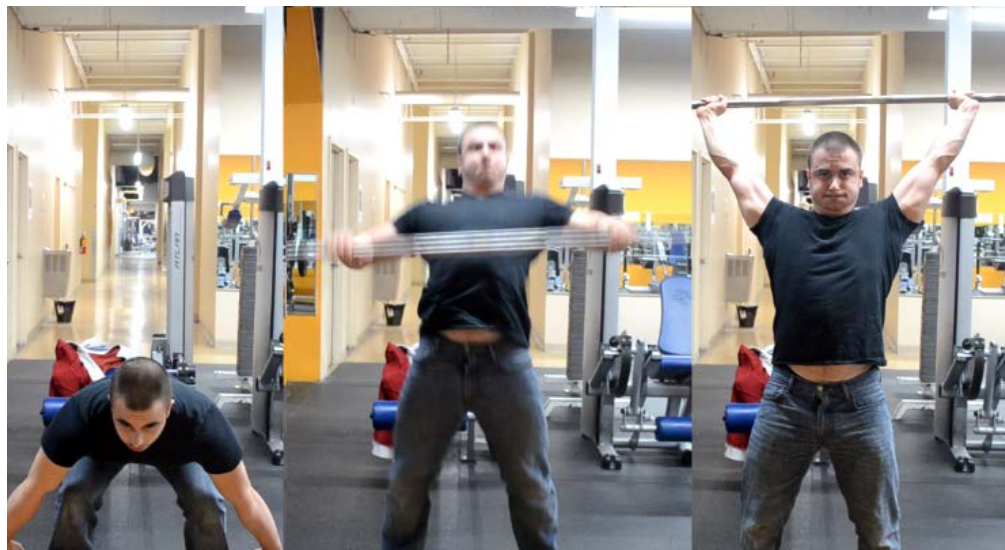
## Power Clean

Even though the power clean is very technical (my technique is the worst, don't copy mine), I included it in this program because it is a godly trap builder. If you know how to do properly, 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.



## Power Snatch

The power snatch gives you the same benefits as a power clean. That being said, it also has the same negatives. There is a greater technical requirement than power cleans. If you can do these properly, go ahead. Otherwise, try the dumbbell version.



## 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 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 heavy pulls &, and the traps get big as a side effect. Since these movements would classify as legs and upper back, you'll find them in those categories. As long as you get stronger, your traps will automatically get bigger. 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 rear. You need all the muscles of the upper back to be thoroughly developed, which includes mid-lower traps, rhomboids, teres minor, teres major, infraspinatus, and levator scapulae. Complete development will



require you to get very strong at rows and heavy pulls. You'll do them with machines, cables, barbells, dumbbells, etc. You'll also perform lots of pulling variations (rack/block partials 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 the king of rowing exercises. It effectively builds the lats, upper back, traps, and complete posterior chain. It's one of the best mass builders of all time, which is why you should do these. Best part of all? You get direct carryover to your deadlift. Row according to your anthropometry, either towards the hip or stomach. At the same time, you will want to use the same back angle as your conventional deadlift if carryover is your objective. 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 a bit of band tension or chains. This will enable a greater stretch in the back while making you more explosive and getting a better peak contraction.





### **Pendlay Row**

This is a strict, concentric-based row. There is less stretching of the lats, because you are not letting your arms hang loosely at the bottom, and every rep restarts at the floor. Back angle is similar to a stiff-legged deadlift, and you pull explosively. Has tremendous carryover to all pulls, teaches full body tightness, and is great for sparing the lower back.



## T-Bar Rows

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. For extra oblique/additional variation, 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 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.



## Scrape the Rack Row

Tired of doing regular barbell rows? 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 EZ-Bar Row**

This is a weird, but effective exercise. 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 for 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. I would recommend this exercise only after maxing the dumbbell stack (120lbs or more). 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/dumbbell 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 Pendley 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). My favorite way is with dumbbells, since it's a fast setup and provides all the size benefits.







### **Kroc Row**

There will come a time where you 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).



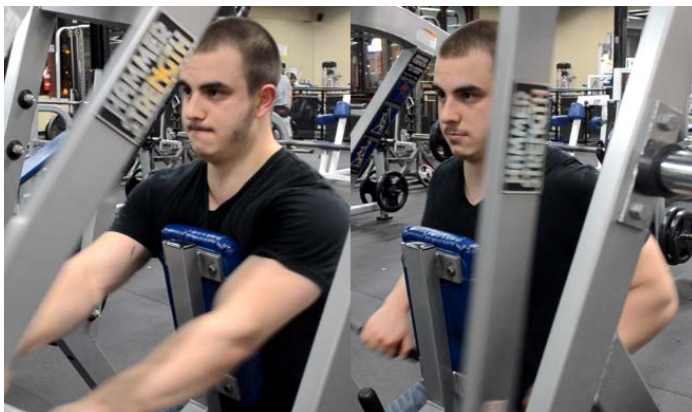
## **Inverted Row**

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, not 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. Do these if your lower back is fried.





## 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, rope, one arm at a time, two arms, etc. Change up the variation every time you do this exercise.





**Plate Row**

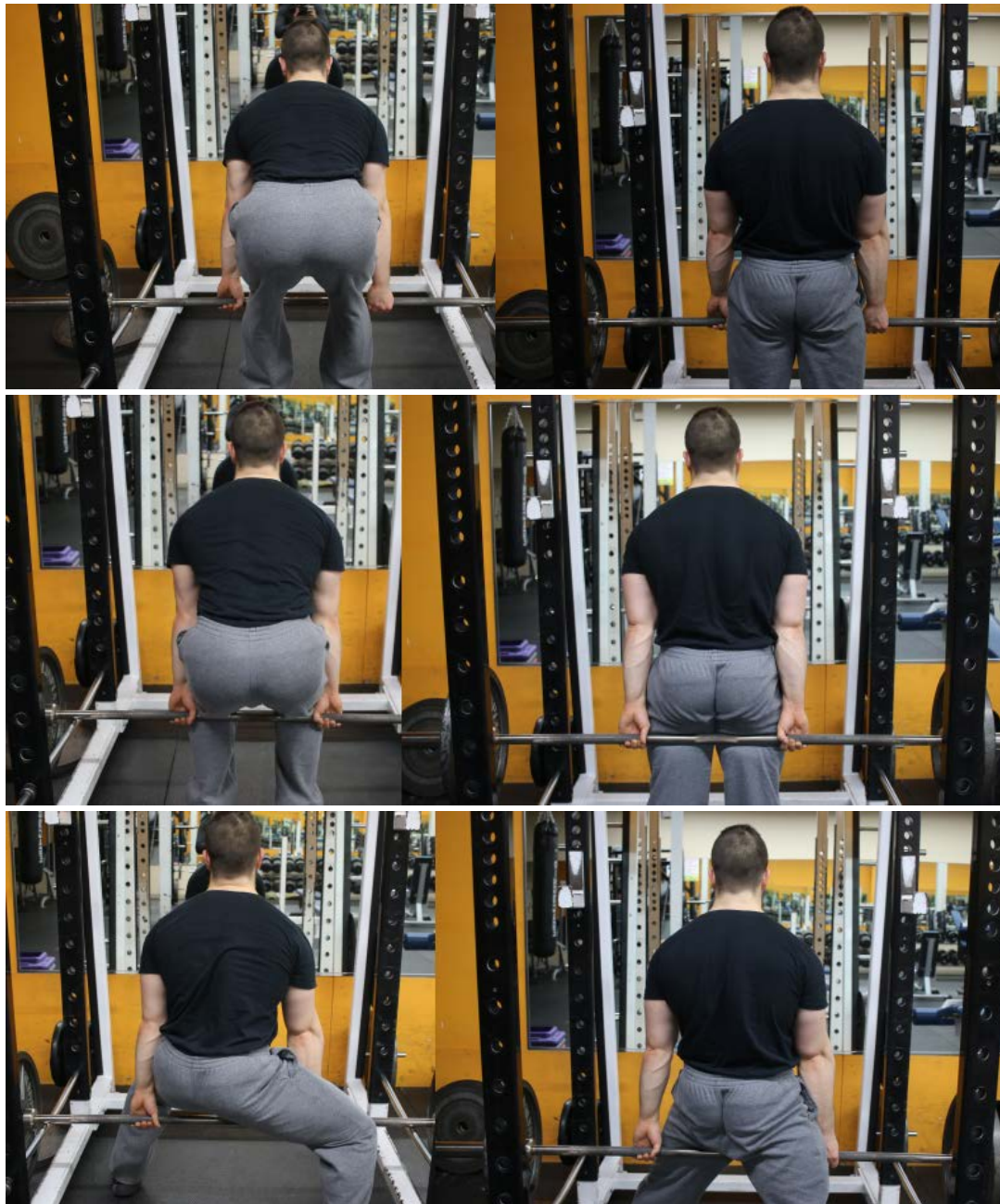
The plate row is a special strongman exercise. You stack up a bunch of 45lb plates (I recommend rubbers), bear hug it if thick, and begin rowing it to your chest. It really feels different from other rowing exercises, and you will be able to squeeze your back like no other. If the position is difficult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



# Rack Pulls

Rack Pulls will take your upper back/trap gains to the next level. In fact, the following variations alone are enough to get you super yoked. For upper back and general strength training, do these below the knee. For traps, do them above the knee. You can do conventional, hack, Jefferson, trap-bar, or snatch grip. Have records for various pins.

## Below the Knee (for building deadlift strength)





**At the Knee (Upper back emphasis)**



**Above the Knee (ultimate overload)**





## 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. I have included these variations for optimal exercise rotation, but wide should be preferred since it emphasizes thickness. If your goal is general strength though, always use as many grips as you can. I also 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 until or near failure. If your grip tires out, use straps. I'm telling you, this will stretch the life 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. Lat pulldowns are best used at the end of a workout, or if the lower back is fatigued. It can also be used with bands, and it's an amazing exercise to add to your mini-workouts.



## 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 can be difficult to develop without the right training! 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. We're achieving maximum development in the front, side, and rear delts. Once general strength is present, you will have boulder shoulders and 3D delts, which the majority of naturals will never have in their life. Shoulders are extremely important because they will increase your shoulder-waist ratio and make you look super broad. You can have a bird chest, but if you got cannonball delts you'll always look big. 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 upper back, 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 legs and keeping slight bend is fine too. Also, I strongly believe the pin version is most effective. You can do it at the chest level, neck, forehead, or even higher if you want overload. I also recommend adding 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. These can be done off pins too.



## 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.





## 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.





## 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. This will build your upper chest and shoulders like crazy.









### **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.



## Block Press

The block press is probably the least common overhead pressing variation of all time, 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, kettlebells, and water buckets. The standard version is with the arms by the side, but you can also do the front or rear crucifix hold (side is much better though).







### **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" nonsense. 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 weightlifter and three time world record champion. He also has the Olympic record for the snatch and total in the 77kg category. So let's take from the best!





## 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**

This builds 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. Use plates, dumbbells, or kettlebells. Can also be done off an incline bench.





### **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.





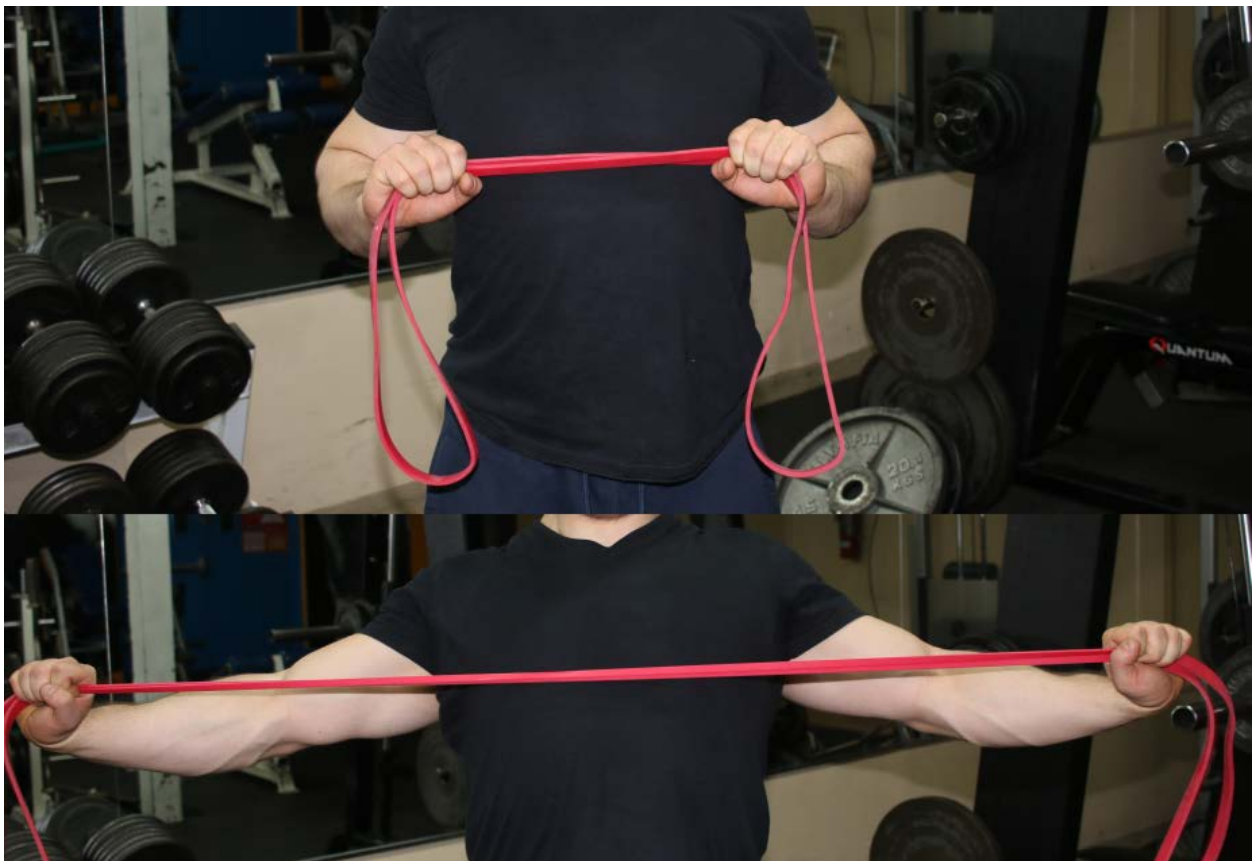
### **Plate Raise**

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

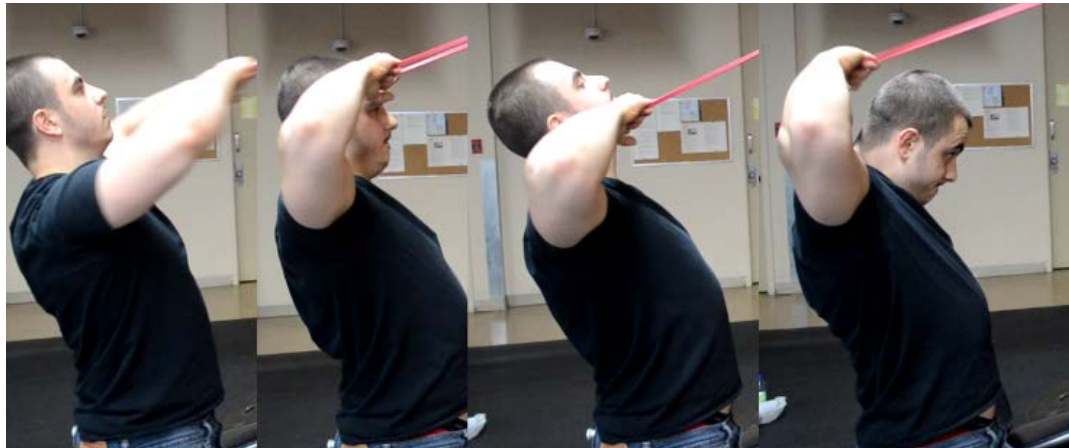
This is an old school exercise that you may have seen in 1920-1930 cartoons. It used to be practiced to “expand the chest”, and believe it or not it actually worked. Not because the chest muscles themselves got bigger, but rather that the upper back became thicker which increased the chest measurement. 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. It’s like a band-pullapart, but slightly different.





## 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. Can be used year-round.





# Extra Presses

Although the main goal of this program is to develop that enhanced shoulder appearance, you may 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.





## Dead Bench

One of the greatest strength builders of all time. Use a close or wide grip, and set the pins either to chest level or slightly above. Has carryover to most presses and builds true, dead stop strength. Different bars may also be used.





### **Incline Dumbbell Bench Press**

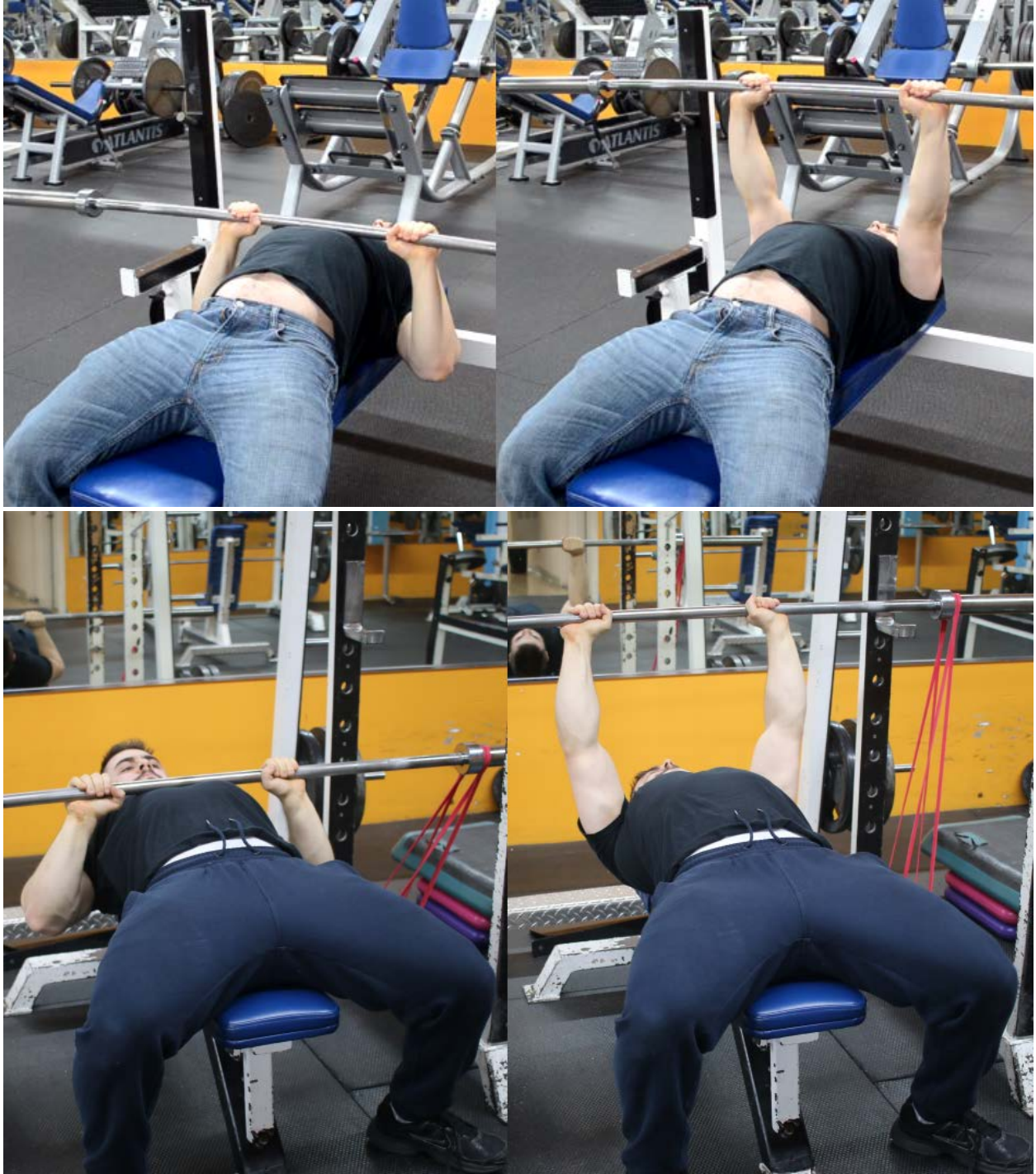
If you love incline pressing, then try it with dumbbells. You will get a deeper range of motion than a barbell, and have the stability aspect in there. To make this exercise even more badass, wrap a band around your back and start pressing.



### **Close Grip Bench Press**

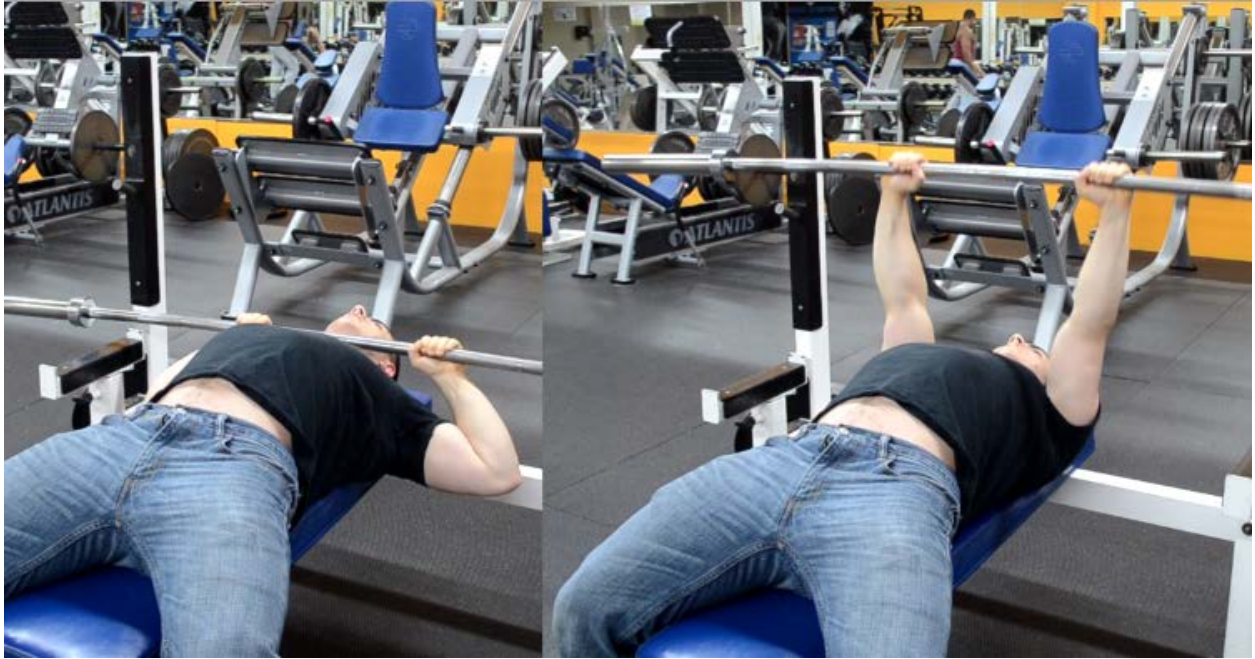
The close grip bench press will build very strong shoulders and triceps. We're using it strictly as an assistance movement for building the overhead press. Can be paused or touch and go. That being said, if you want even more shoulders and triceps in there, you can always attach bands or chains to the 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**

This variation involves flaring 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 ALWAYS 100% OF THE TIME HAVE SAFETY PINS above the neck. Don't go crazy on the weights either. You have been warned, I take no responsibility for what you decide to do.



### **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 (40-80lbs) 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

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 (or wear a slingshot). Unfortunately, about ¼ people cannot do this exercise without wrecking their shoulders or cracking their sternum. [If you can perform dips safely, definitely do them.](#) It will have immense carryover to most presses. The machine version of this exercise is also good.





## Triceps

Most of the 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. If using shoulder flexion principles, you'll also hit the long head of the triceps which aids in having that well sized arm without flexing. This will serve you more than being a bench press specialist (for purely size gains).

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 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 have hypermobile elbows and for the longest time I could not do ANY



form of extensions (Even the low stress versions). 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's 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

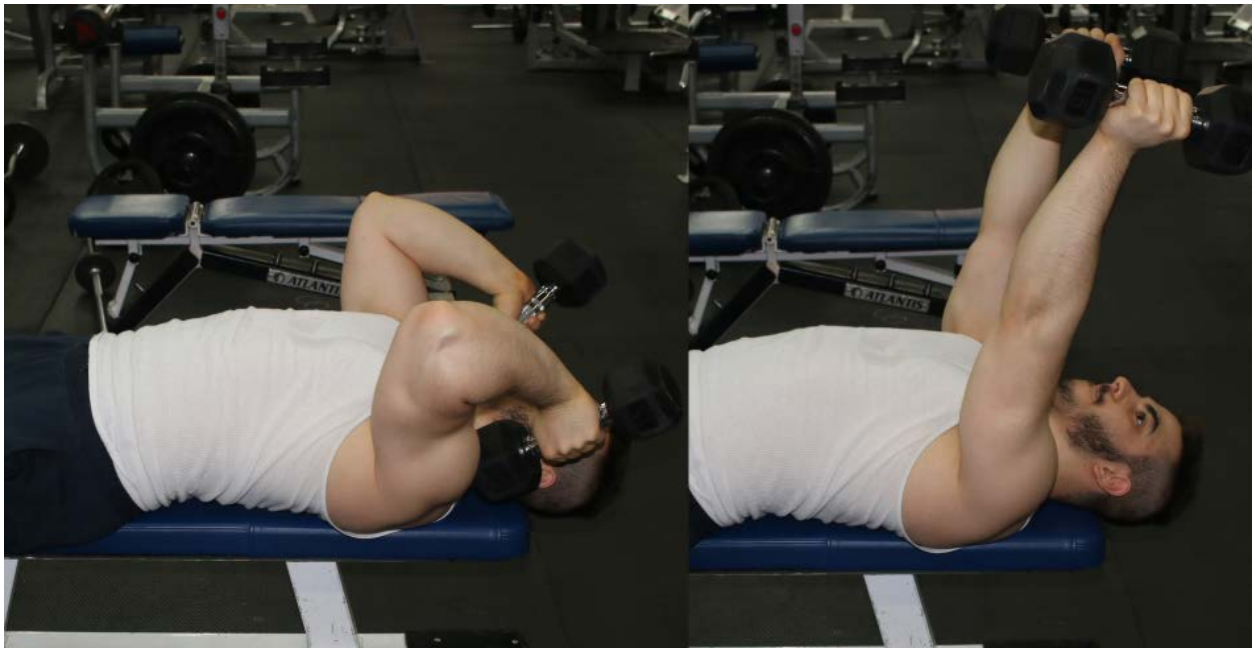
The rolling dumbbell extension gives you a mini pullover effect at the bottom, which provides a slightly better stretch on the triceps. It also deloads the elbows and allows you to lift a little bit more weight. In other words, it's an elbow deloader and triceps overloader.





### 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. But beware of the injury risk, you do not want to decapitate yourself. If concerned, do these in a power rack with safety pins.



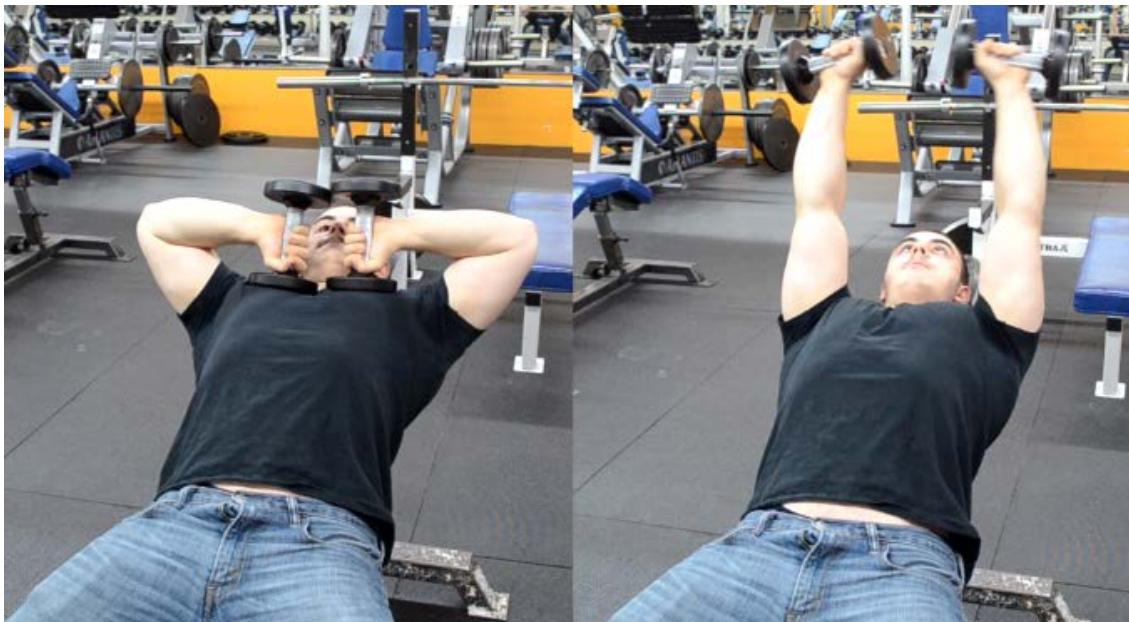
## Cross-Body Extensions

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. Rotate between flat and incline.





### **Pullover to Press**

The pullover to press is another old school exercise. You get an insane stretch on the longhead of the triceps, while building up all horizontal press automatically. It's also 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 quite difficult. The stronger you are, the further back your feet should be. Can be done on rings as well.



## Triceps Pushdown

The good ol' 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 raising your hands a bit higher than normal, you'll get more long head. In this program, I strongly recommend rotating the pushdown variations every time you train. This eliminates plateaus and boredom, while being optimal for size gains. 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. 3x33, 4x25, and 5x20 work best. Can be performed every workout and on off-days.













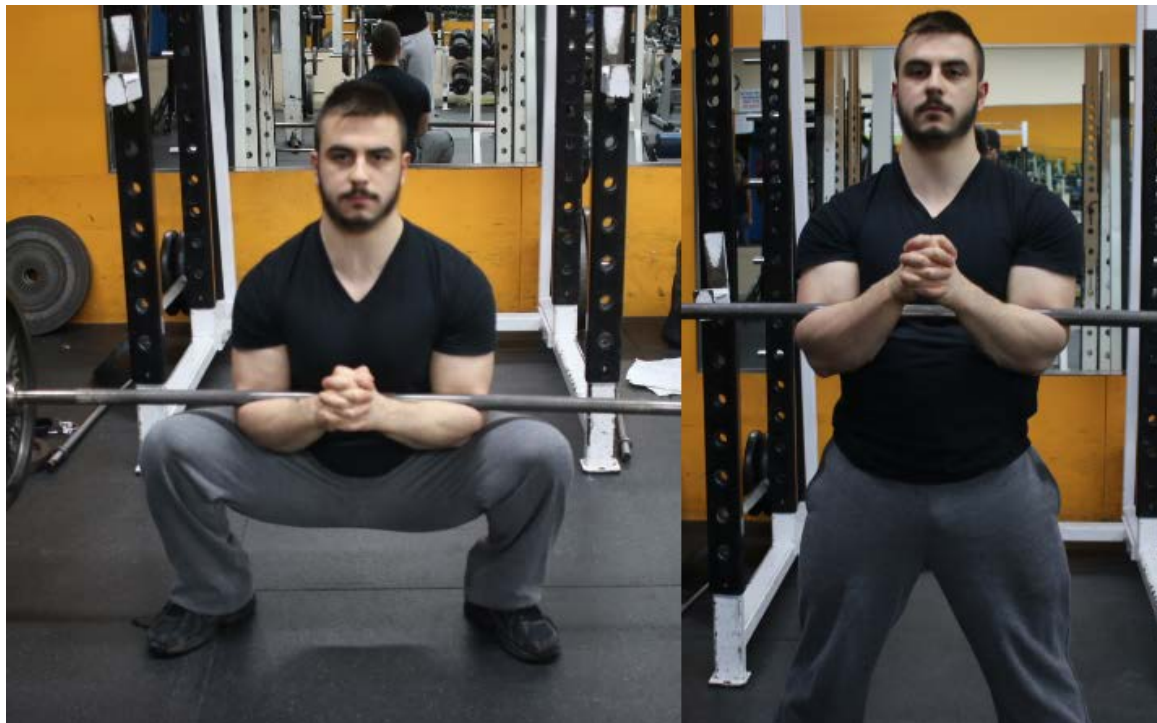
## Lower Body/Glutes/Posterior Chain

We cannot forget about legs! 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. As a matter of fact, you can have small quads but if your glutes are big, you're covered. You should strive to acquire 40-45 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 competitive bodybuilding or powerlifting program. Thus, there will be no leg pressing, sissy 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 and glutes 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. If you're dissatisfied with the leg work, use the upper/lower template and you'll never have problems.

### **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 bend. 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 very knee-friendly, while being easy to recovery from and super easy to recover from. You may also do this with doubled bands. Use 3 different heights (parallel, below, and slightly above).









### **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. You can either start from the bottom (which would be a Dead Squat/Anderson squat), or unrack then lower onto the pins. Both methods work, so find out what style you prefer. Having about three different pin heights will work well for general strength, size, and carryover.





## Conventional Deadlift

The conventional deadlift builds the entire posterior chain, and packs on muscle in all the right places. The only downside is that it can be very hard on the lower back, even with good form. 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. If you can pull safely, do these. Otherwise, the other variations will suit you best. In my view, one should pull with the style that best suits their physiology. Don't get injured just to fit the norm.



## Behind the Back Deadlift/ Hack Deadlift

The hack lift is an amazing pulling exercise from the floor. This is my favorite deadlift style because there is a smaller moment arm due to the bar being much closer to the hips. It's much more lower back friendly, and you can even round a bit (not advised) without experiencing any pain. At the same time, this exercise builds tremendous leg drive off the floor for all pulls, and strengthens the mid-lower traps like no other. If you just want to be big and have general strength while having a lower injury risk, these are a great option.



## 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

This is a staggered stance pull. The benefits of Jeffersons is that 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 don't want to pull 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.

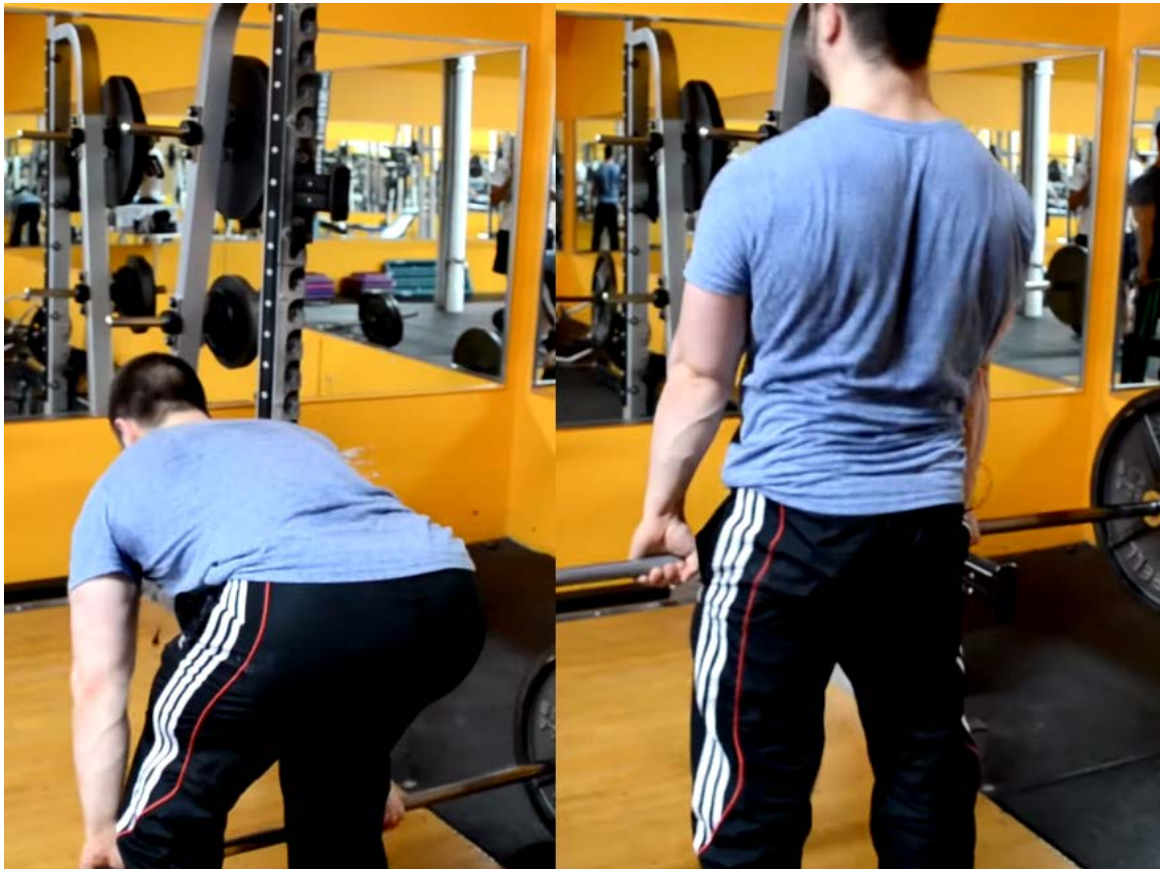






### **Stiff-legged deadlift**

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 inferior 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 ranging from 1-6 inches from the ground. 3-4 is the sweet spot for most lifters. 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 goals. 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.







## Full Zercher Squat

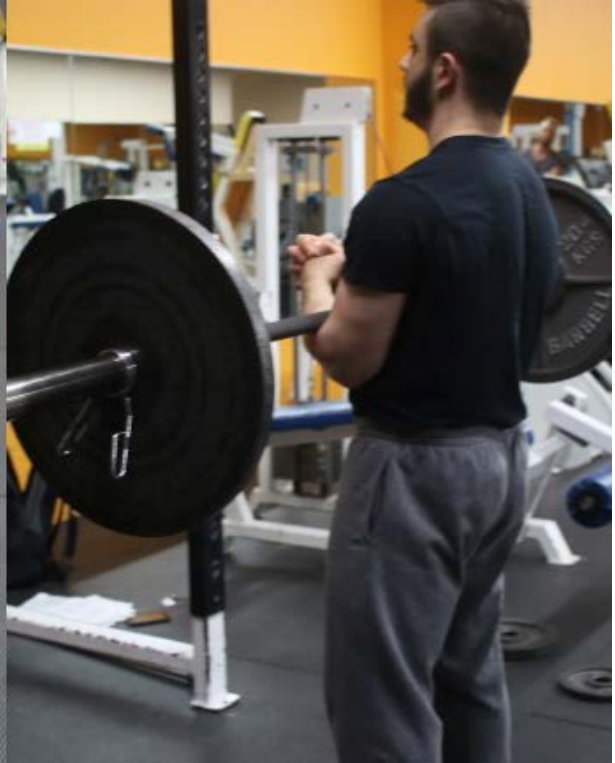
This is a very old school exercise that was done in prison. Ed Zercher used to do these because there was no squat rack. This special deadlift will carry over to atlas stones, all pulls off the floor, and give you titanium spinal erectors. It's a bit risky, but the gains are legit.



## Zercher Good Morning

Good morning are phenomenal for building the posterior chain. For this program, you will primarily focus on Zercher good mornings. I feel the regular style increases the injury risk far too much, while not being as specific for getting yoked. If you want to do normal good mornings, very light weights should be used, or use bands (much preferred). That said, 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, seated/standing, and split stances for optimal performance gain.





# Accessory Lower

Now that we've covered the main leg 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. As long as you do your accessories, you'll never have weak links following this program,

## 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, try out the hip thrust instead. 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

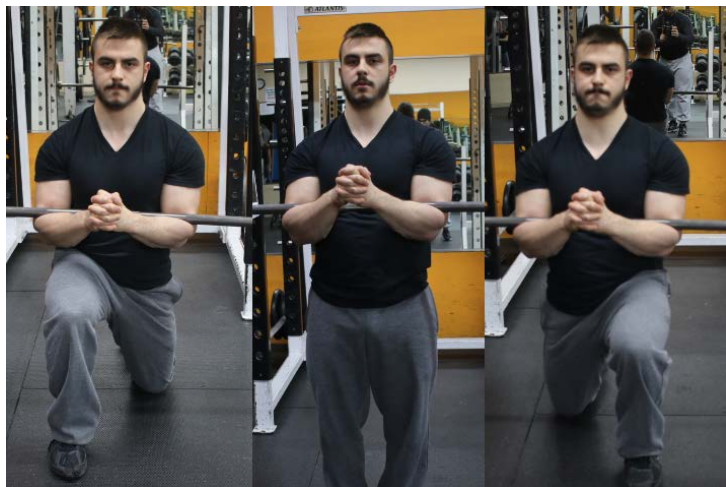
The reverse hyperextension is like a regular hyperextension, but instead of bending your torso, you are moving your legs behind you. The very nature of this exercise tractions the spine by rotating the sacrum while opening the disks and allowing spinal fluid to enter. It also isolates the glutes and 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, nor 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 the shoulders and legs simultaneously. I primarily use this as a GPP exercise. You can either do the reverse lunge style, or do lunging forward. Dumbbells and barbells may be used.





## 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. Use bands and cables.





### **Band Good Morning**

Do these at the end of your workout, or during mini sessions. I like 3x33, 4x25, 5x20, and 2x50. A light band should work fine, but if you're really strong you can use average and possibly even more. Standing on more than one band also helps for increasing weight.



### **Ankle Weight/Band Leg Curl**

These are the best hamstring exercises you can do. The movement pattern is in accordance with your anthropometry, which machines cannot match. Use ankle weights by hanging off a bar, or standing up and curling one leg at a time. With bands, one leg at a time or both can be executed. Feel free to do these year-round, as leg curls will seriously help in keeping your knees healthy. It also corrects hamstring weaknesses.



# Abs/Obliques

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.



### **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. You can also do this with bands, or kneeling.





## 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.





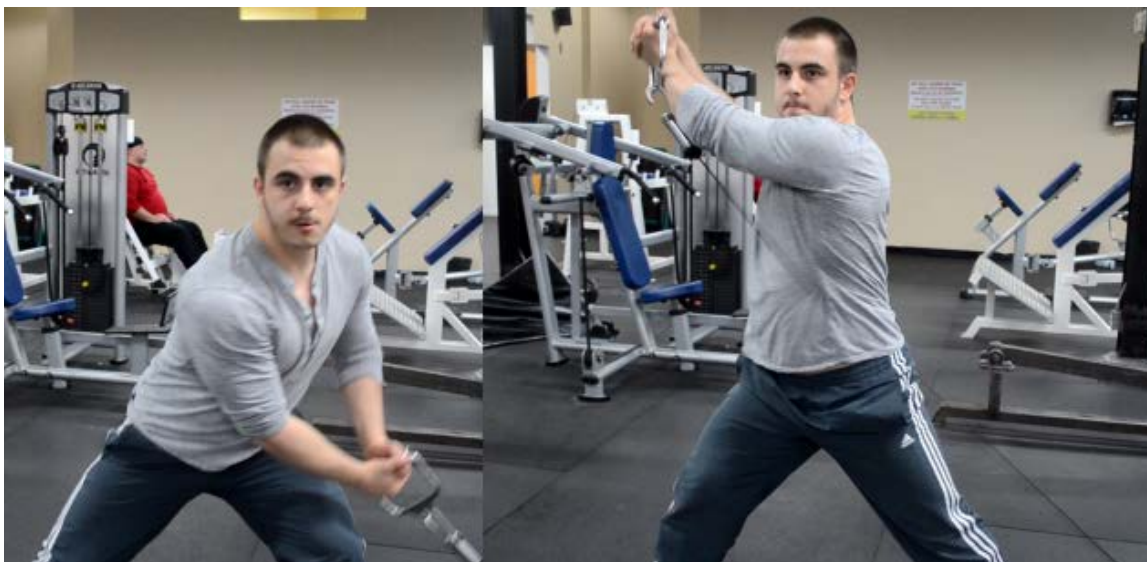
## Band Twist

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

This 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. Experiment with different variations, but make sure to use your core strength, not triceps or lats.





### **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.





## Dumbbell 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.



## Zercher Walk

The Zercher walk is a terrific conditioning exercise 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 with a sandbag (and as a GPP workout), which I usually do at the end of my training. 2-5 sets of 50-100 meters is perfect.





## Oblique Carry

This exercise is similar to the bear hug walk, except this time the weight is placed on the side of your body. 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, your core will turn to steel! If you want a harder variation, increase the lever by having your arms more out in front of you.



### **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. Make sure to keep the posterior pelvic tilt. Ankle weights may also be used.







### Windshield Wiper

This is the most efficient way to train your obliques with calisthenics. Tough, but rewarding.



## 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 Pulls

Finally, we end off with the front pull. This is one toughest bodyweight core exercises. It's also the perfect movement to do at the end of a workout, since it keeps your shoulders healthy, while building immense lat and ab strength. This will make you a better lifter.





# Forearms



It's amazing how many guys I see with huge biceps and triceps, while having pipe cleaners for forearms. They don't realize how their lack of forearm size is making their arms as a whole look like weaker. Especially when you wear a shirt, those forearms will show like crazy! You simply cannot hide it, even with long sleeves. Just like pencil necks, stick forearms are unacceptable.

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. Big meaty forearms will outshine big biceps/triceps. If you don't believe me, how about you look at some arm wrestlers? These guys require insane grip and wrist flexion 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". I'll reference Jeff Dabe, Arsen Liliev, Devon Larett, Matthias Schlitte, and Denis Cyplenkov just to name a few. Pay close attention to the forearms and come back here. Are you not amazed?

Let's be real guys, when you see those forearms you can't help but be impressed. Having big forearms is the most important thing you can do for making your arms look massive as a whole. 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 at a high body fat percentage (aka bear mode) you can still have very veiny forearms. This is because 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. Since the forearms trickle 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 when drug-free. Your arm will have a unique look (since few lifters have large forearms), similar to a superhero! Therefore, this program emphasizes strategies that the world's best arm wrestlers have used to develop immense size gains. You may know some of those movements, but most will appear 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. By the time you hit your forearms at the end of the workout, your hands/grip 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. For size gains, this forearm section is more than enough.



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. 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. 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 interesting components of forearm training. Number one, whenever curling with 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 FLEXED. 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.

Let us now break down the special exercises. We want forearms so huge that even Popeye would be scared. I want your grip strength to be out of this world! In order to maximize forearm development, we require arm curling, wrist curling, and direct grip work such as crushing, pinching, and open-hand training. All the best exercises will be shown. 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 these 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

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. 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.







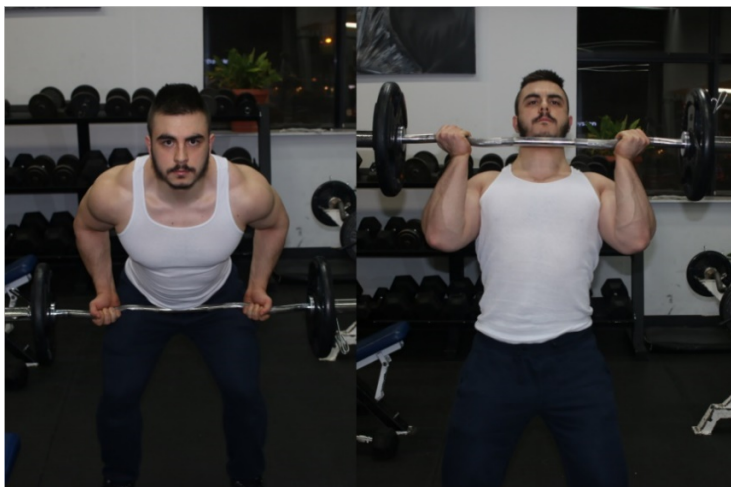
## Cheat Curl

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. Not necessary, but will get you used to holding heavier weights. Also not optimal for bicep size.



## 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

This 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/kettlebells 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

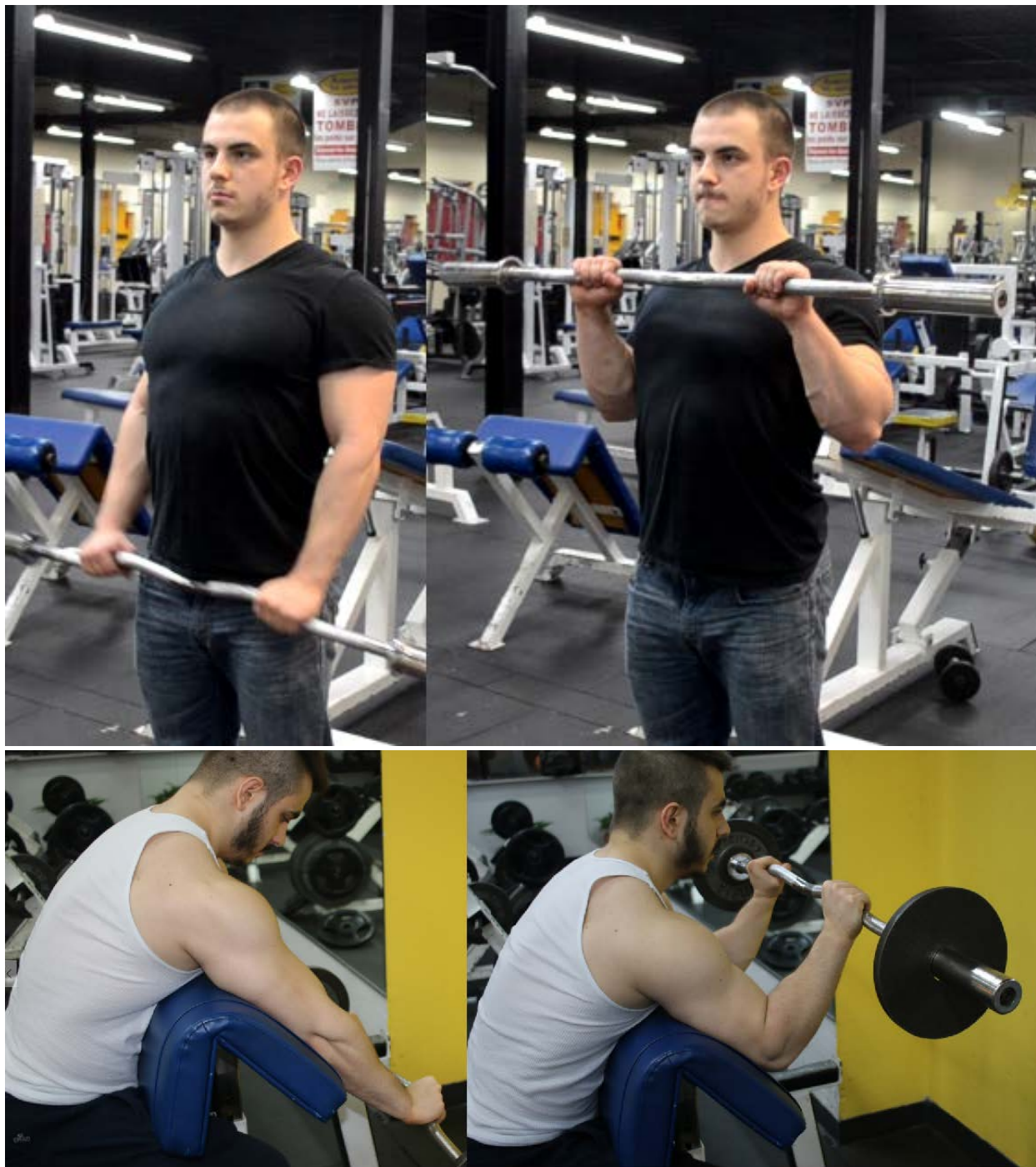
The neutral barbell curl is exactly like the hammer curl, except you are holding a barbell instead of a dumbbell. The weight you use will typically be heavier than the dumbbell version, and there will be less supination of the hand. Can also be used with football bar/





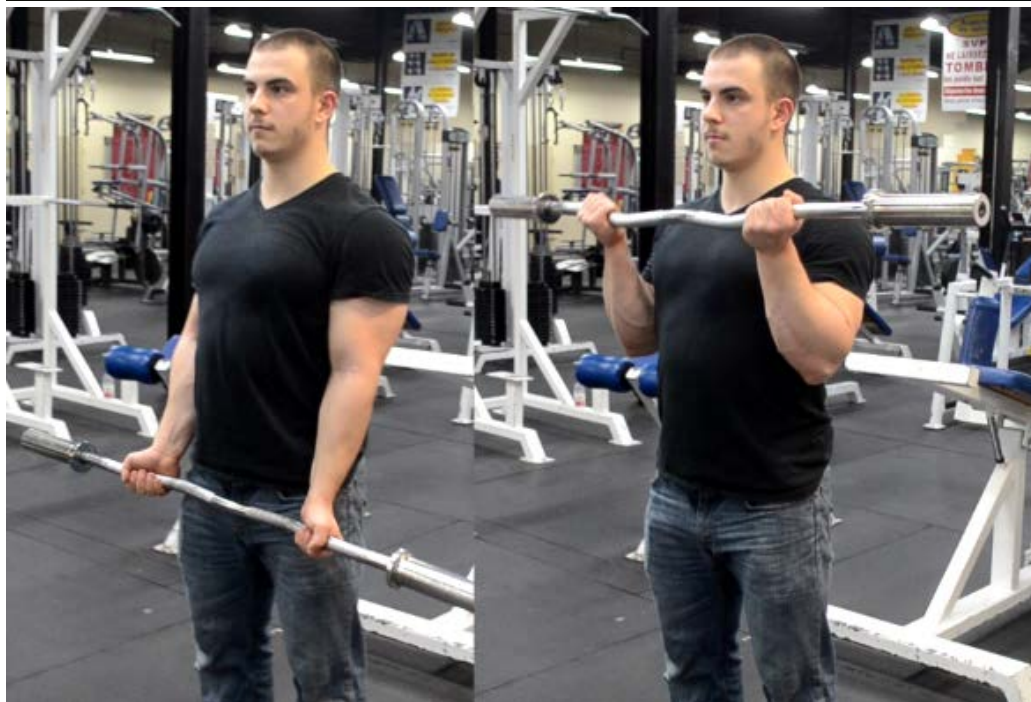
## Reverse Barbell Curl

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.



## Supinated or Semi-Supinated 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. Can also be used on the preacher bench.





## 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

A serious arm wrestling 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

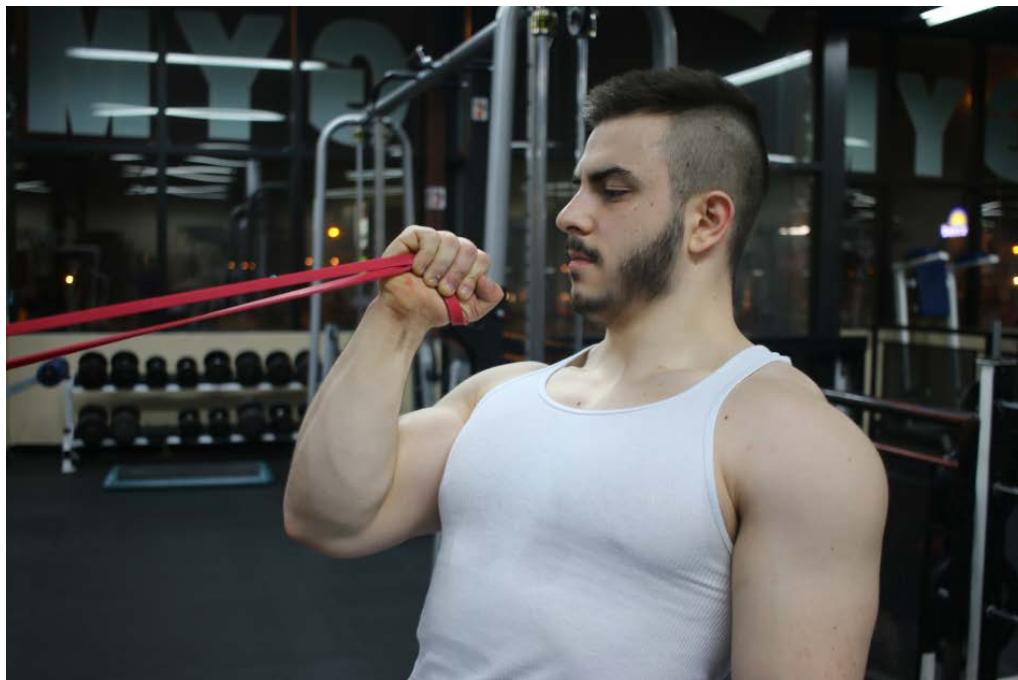
The table curl is an arm wrestling partial lift. With a dumbbell resting on a table or bench, grab and curl explosively.





## 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. As you curl, the band lengthens which increases tension towards the lockout. You can do this with band-only, band + dumbbell, or band + barbell. All of them are incredible.







## 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. Can be done standing or seated.



## 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

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 (use eagle loops instead). 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 Deadlifts

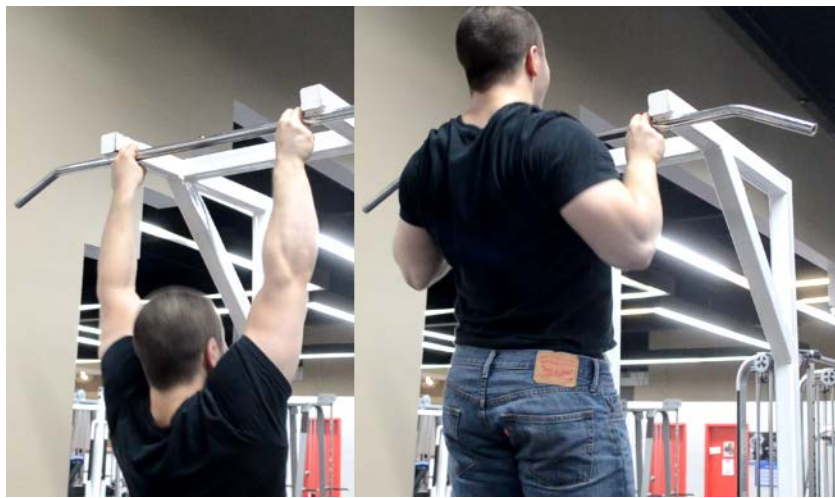
These increase general grip strength in a major way, and eliminate the need to use straps. Very challenging and rewarding, just make sure to slowly ease into the weights since injury risk can be higher. Finger deadlifts are the king of finger lifts.





## 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 (eagle loops may be used). This will truly develop your mental toughness and vertical grip pulling strength.



## Half Rep Chinups/Neutral

The half rep chinup is another arm wrestling exercise. 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. Do this exercise for very high reps, with bodyweight only. You should be able to get over 30-50 easy. False grip is optional.



## 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 weighted. One arm weighted can also be done.



## Pole Climbing

An old school exercise used by elite climbers. All you have to do is climb up to the top of the power rack (or other similar structure) by moving up each arm one at a time. You can do this with poles 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 builds 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. You can also do these in the landmine station.







### **Pinch Grip Deadlift**

Here is a heavier way to build 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. If the dumbbell is too large, add bands or chains to it.



## 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? Many old-time strongmen credited much of their grip strength to these weight tosses. Your forearms and biceps will get big and strong 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. 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, by your side like a suitcase, in a staggered. You can do this exercise with dumbbells (preferred) 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. The best version for your joints will be the standing style.







## Horizontal Wrist Curl

This is another 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. This is probably the BEST way to do wrist curls.





## 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 the false grip.





## Underhand Wrist Curl

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.



### **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 carry over to your grip strength on all pulling exercises off the floor. You can do this with a cable, band, or loading pin. One arm at a time, or two arms can be used.



### **Horizontal Rope Curl**

Here is yet 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 could use the landmine station for wrist curls! I picked this up from arm wrestlers (like most of the exercises here). The reason it works is because it builds side pressure strength and the edge of the Olympic bar is 2 inches. Changes the joint angles ever so slightly which renders it a brand new lift.





## Plate Wrist Curl

This allows you to strengthen the wrists, hands, fingers and forearms without tremendous weights. For most men, 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**

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! Dumbbells, bands, or plates may be used. I like doing these with a thick bar, although I prefer the reverse wrist roller for the extensors.



### **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**

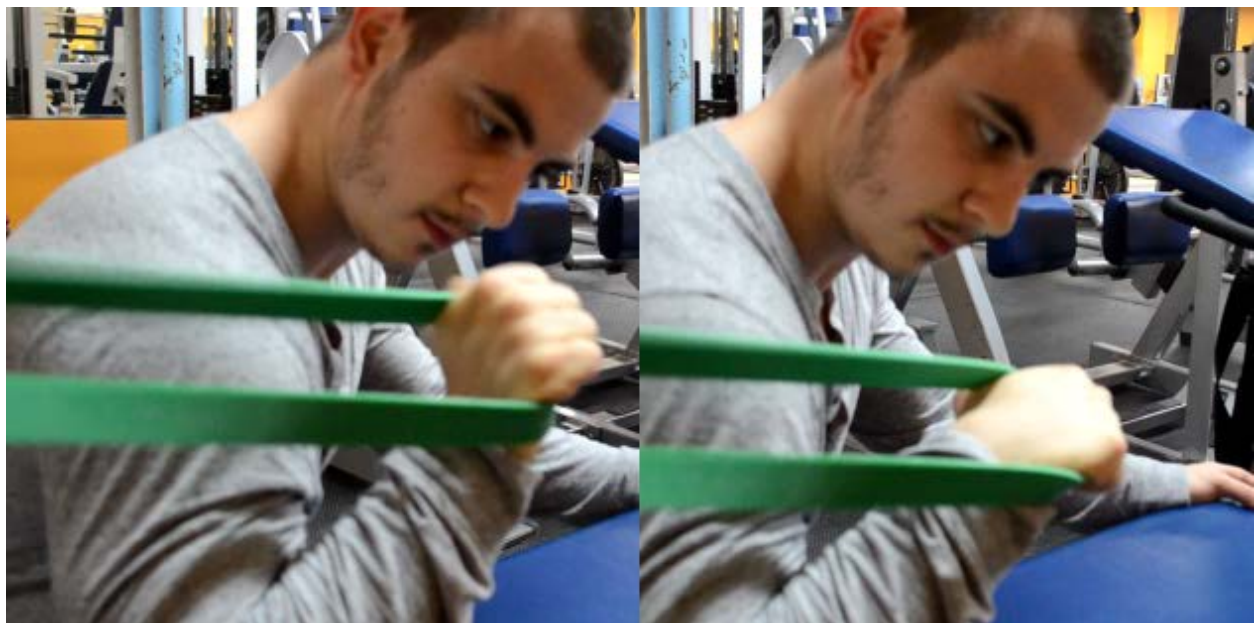
Another way to build the extensors is by filling up a bucket with rice or sand, placing your hand in it, closing it into a fist, and then trying to open your fingers up at the maximum. This will be a lot more challenging than you think, and when you are done your hands will feel surprisingly refreshed.

### **Band Extensors**

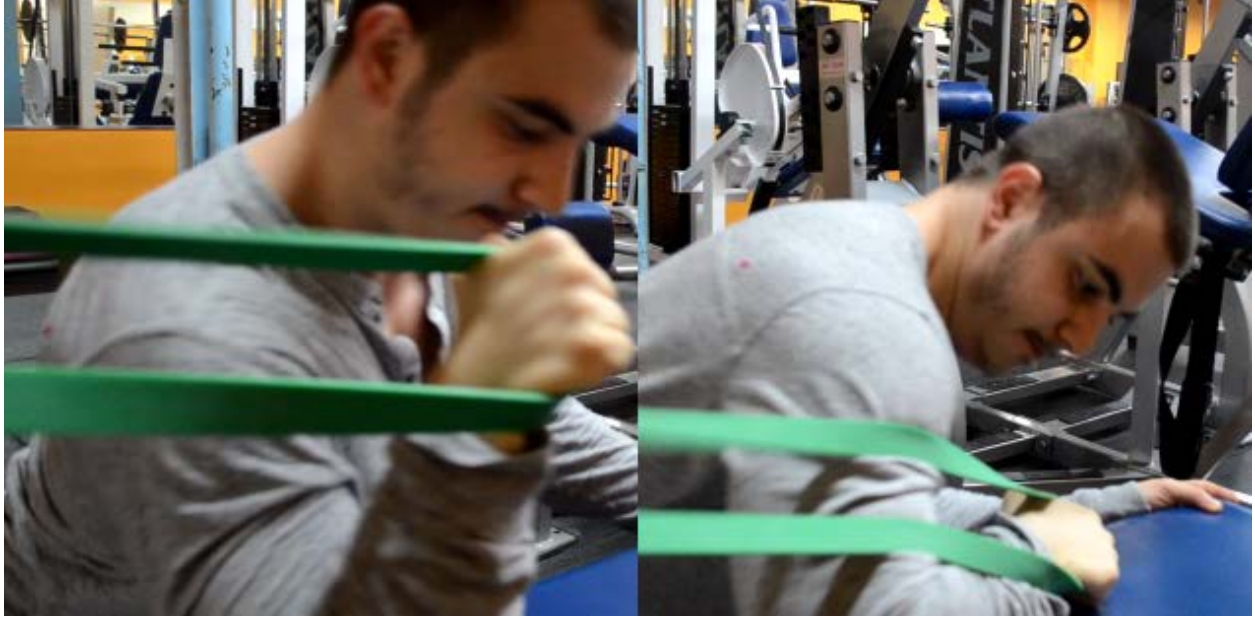
If you want a simple way of hitting the extensors, simply loop a rubber band around your fingers and attempt to open them wide. The benefits are the same as the bag of rice method.

### **Side Pressure Training**

A staple among many pro arm wrestlers. 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 the BEST way to build barbell specific, static grip strength. With the pins set high in a power rack, pick up a barbell with an overhand grip (recommended) or mixed grip, and hold for time. For an extra challenge, throw on fat handles. Alternatively, holds can be done off blocks, preferably in the Jefferson stance to minimize bar rolling.





## Forearm Levering

A unique animal that 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 one forearm exercise, 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. Wrist roller curls or extensions can be used, the choice is yours. This is one of my favorite ways to isolate while using volume.





# Mobility Work

Mobility work is a topic that people HATE talking about. Most 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 thousands of men who are jacked out of their minds, but can barely tie their own shoes. These same people will usually laugh at this and interestingly brag on how they are so immobile. This is sad, as mobility work is very important for injury prevention and movement. If your body isn't mobile and you start lifting some serious weight, you will compromise your own body's biomechanics. This results in 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 correctly 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 stuff that you were taught in high school. Because we are lifters, we must mobilize our bodies in a specific 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 the hips and lower back. Ever heard 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. Stand on two boxes with weight hanging off the belt, and squat.

Bands may also be used.



## 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. Doesn't compromise the lower back either.



## Barbell Rollouts

If your legs ever hurt like hell after squatting, I would suggest doing the barbell rollout. Many strength coaches recommend foam rolling, but I've always found steel to be more effective. Give me a 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

Restores 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. Perfect before or after heavy bench press.



## 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. These can be done daily.



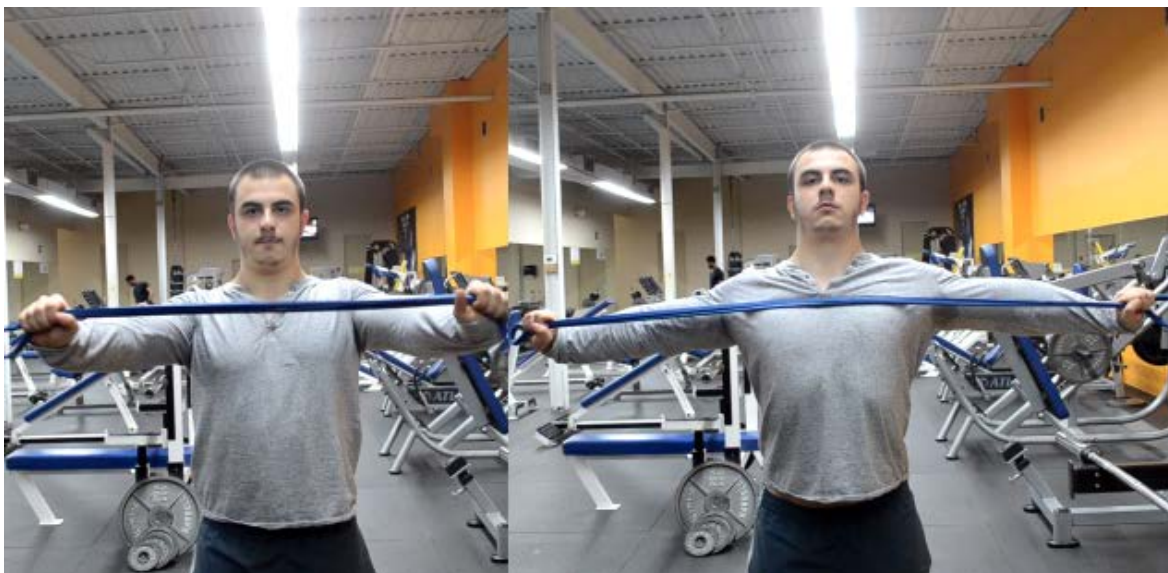
## Superman with Band Dislocations

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 Pull-apart

The band pull-apart 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. It's the opposite of a pec deck. You can either spread to the throat or chest region. I like using both, and tend to alternate the two within the set itself. You may also use a supinated grip.





### **Reverse Band Bench Press**

If you have a serious shoulder injury, the reverse band bench press is for you. Often times, lifters 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 a good 50-100 pounds off the bottom, but still keep the weight heavy at the top. This allows you to continue benching for strength gains, 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 try this if bench pressing hurts your shoulders. Alternatively, a slingshot may be used.



### **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. Do 3-5x15-25 reps at the end of your workout.

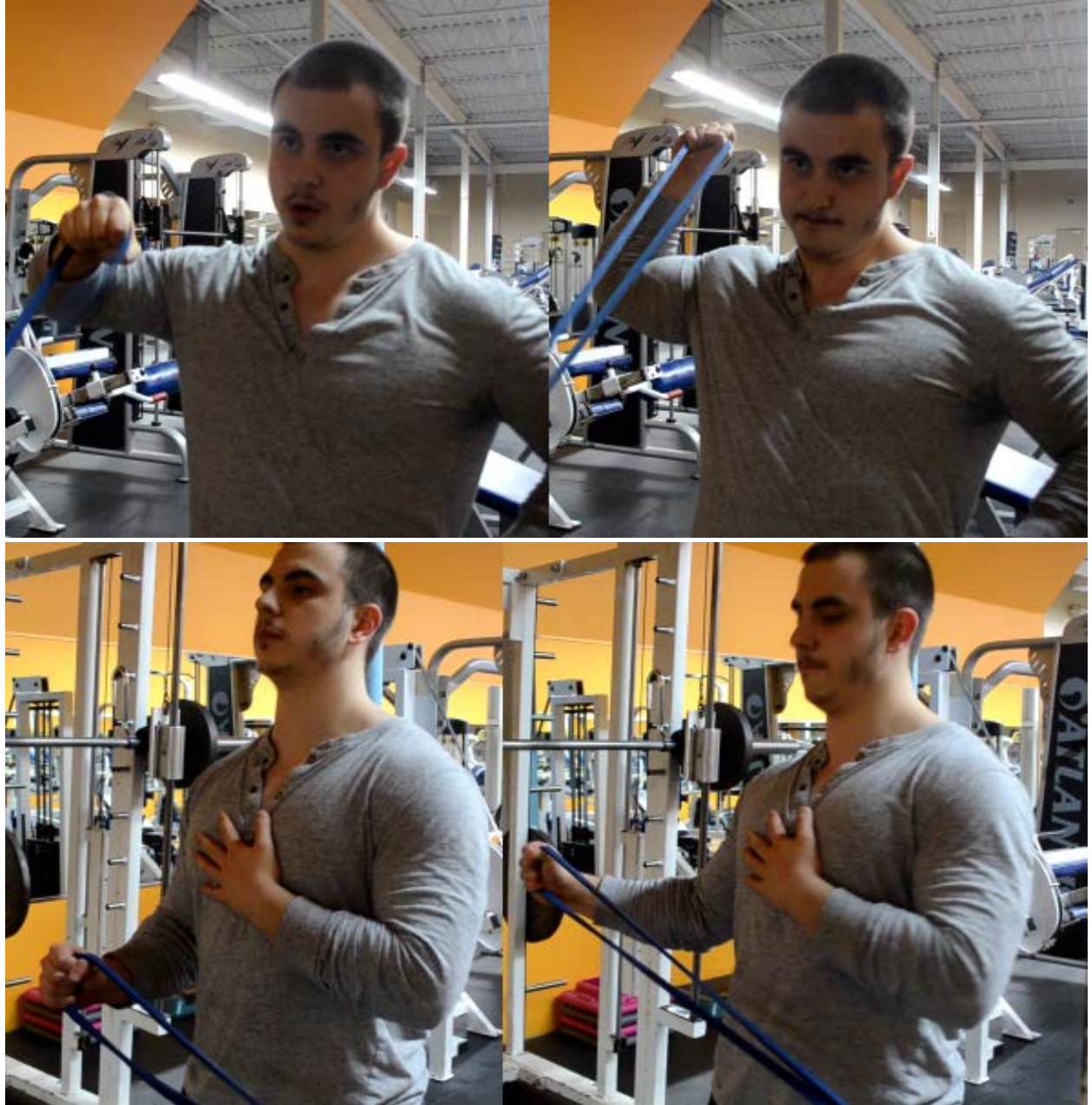




## Innies and Outties

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.

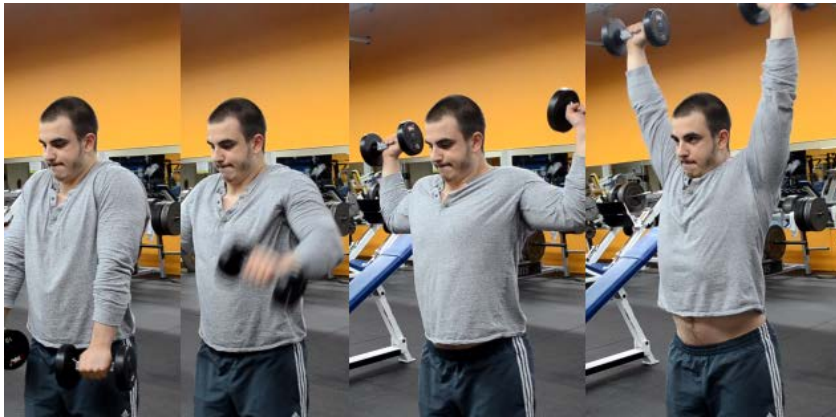






## Cuban Press

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 with 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 Plate Stretch

Have trouble reaching depth during squats? Try out this front plate stretch. Simply grab a weight plate of your choice (I recommend 25-45lbs), hold it in front of you, and then squat as low as you can. Once at the bottom, bounce a little bit (prying) and watch how your depth transforms right before your eyes. Do this before squats.





### **Sitting/Laying 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 laying 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 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 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!





# Conclusion

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, spectacular 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. In Naturally Enhanced, six essential muscles must be developed 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 enhanced, naturally. The yoke gains will be incredible, and other lifters will question your natty status. How can I be so confident in saying this? Besides the fact that receive frequent testimonials, my standards are also extremely high. I'm not going to recommend basic numbers here, I will give you standards that might take months or 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 OBTAINABLE. 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 list of exercises are most important for getting huge. Your workouts, exercise variations, and program planning should revolve around getting strong at these key lifts. This will fulfill your general strength and size needs. I call these the “Enhanced Exercises”.

- Rack Pull Above the Knee
- Hack Deadlift
- Trap Bar Deadlift
- 4 Inch Jefferson Block Pull
- Power Shrug
- Barbell/Pendlay Row
- T-Bar Row
- Plate Neck Curl
- Neck Extension
- Zercher/Front Box Squat
- Romanian Deadlift
- Standing Overhead Press
- Z-Press
- Push Press
- Landmine Press
- Close Grip Bench Press
- One Arm Dumbbell Press
- Dumbbell Preacher Curl
- Dumbbell Wrist Curl

<b>Movement</b>	<b>Weak</b>	<b>Decent</b>	<b>Strong</b>	<b>Very Strong</b>	<b>Naturally Enhanced</b>
<b>Rack Pull Above the Knee x1-5</b>	Under 725lbs	725lbs	855lbs	1000lbs	1100-1500lbs
<b>Hack Deadlift x1</b>	Under 405lbs	455lbs	500lbs-545lbs	585lbs-655lbs	700-800lbs
<b>High Handle Trap Bar Deadlift x1</b>	Under 455lbs	455lbs	500lbs	600lbs	700-800lbs
<b>4 Inch Jefferson Block Pull x1</b>	Under 500lbs	500lbs	600lbs	700lbs	800-900lbs
<b>Power Shrug x 10</b>	Under 405lbs	405-455lbs	500lbs	600lbs	700-800lbs
<b>Barbell/Pendlay Row x 5</b>	Under 275lbs	275lbs	315lbs	365lbs	405lbs
<b>T-Bar Row x 10</b>	Under 7 Plates	7-9 Plates	10 plates	11 plates	12 Plates
<b>Plate Neck Curl x50-100</b>	Under 25lbs	25lbs	45lbs	90lbs	+90lbs
<b>Harness Neck Extension x10-25</b>	Under 45lbs	45lbs	90lbs	135lbs	+135lbs
<b>Zercher/Front Box Squat x1</b>	Less than 315lbs	315lbs	365lbs	405lbs	455-500lbs
<b>Romanian Deadlift x10</b>	Less than 405lbs	405lbs	455lbs	500lbs	545lbs-585lbs
<b>Standing Overhead Press x1</b>	Under 135lbs	155lbs	185lbs	205-225lbs	225-275lbs
<b>Z Press x1</b>	Under 135lbs	135lbs	155lbs	185lbs	205-255lbs
<b>Push press x1</b>	Under 185lbs	185lbs	225lbs	255lbs	275lbs-315lbs
<b>Landmine Press x 5</b>	Under 3 Plates	3.5 Plates	4 Plates	4.5 Plates	5 Plates
<b>Close Grip Bench Press x1</b>	Under 225lbs	225lbs	275lbs	315lbs-335lbs	365lbs-405lbs
<b>One Arm Dumbbell Press x1</b>	Under 70lbs	70-80lbs	90lbs	100lbs	110-120lbs
<b>Dumbbell Preacher Curl x5-10</b>	Under 30lbs	30lbs	40lbs	50lbs	60lbs
<b>Dumbbell Wrist Curl x5-10</b>	Under 60lbs	70lbs	80lbs	90lbs	100-120lbs



Simple exercises, simple standards. Would you be surprised if I told you that most of you can hit these numbers? All of this is realistic, but it will take some time to get there. Do not be discouraged if your numbers are currently “weak”. It’s not that you’re weak, in fact you are probably stronger than 95% of the population. It’s just that I doubt you’ll look Naturally Enhanced until you reach the decent category. You will surely be fit and appear muscular, but the true enhanced physique only comes from being much 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 may 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 towards greatness. 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. Enjoy the process, and get ready to make the best gains of your life!

# Program Modifications



Before we start breaking down some programs, I would like to offer you some alternatives to the original Naturally Enhanced template. 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 the following templates:

- 1) Upper Lower
- 2) Full Body 3x
- 3) Full Body Push/Pull

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

Main Legs

Secondary Legs

Accessory Legs

Optional Accessory Legs

Vertical Pull

Abs

Complete Neck Workout

## Intensity Upper

Main Press

Secondary Press

Optional Triceps

Accessory Shoulders

Upper Back/Traps (no deadlift variations)

Optional Upper Back/Traps (no deadlift variations)

Forearms

Optional Forearms

Obliques



# Volume Lower

Main Legs

Secondary Legs

Accessory Legs

Accessory Legs

Optional Accessory Legs

Vertical Pull

Abs

Complete Neck Workout

# Volume Upper

Main Press

Secondary Press

Triceps

Triceps

Accessory Shoulders

Upper Back/Traps (no deadlift variations)

Upper Back/Traps (no deadlift variations)

Traps

Forearms

Forearms

Obliques

As you can see, the upper/lower template is very similar to the original. There are a few differences though. 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 athletic edition. If you theoretically wanted to compete at an elite level, this is the exact template 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 exclusively reserved for 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, and it pairs well with heavy pulls. 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 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 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 them 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 workouts so don't skip out. 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

Main Press

Secondary Press

Optional Triceps

Accessory Shoulders

Main Legs/Deadlift Variation

Upper Back/Traps

Forearms

Optional Forearms

Accessory Legs

Abs/Obliques

Heavy GPP (low volume, heavy weight)

## Light Day

Main Press

Optional Secondary Press

Triceps

Accessory Shoulders

Upper Back/Traps or Squat/Lunge Variation



Traps  
Forearms  
Accessory Legs  
Abs/Obliques  
Light GPP (low volume, light weight)

## Volume Day

Main Press  
Secondary Press  
Triceps  
Optional Triceps  
Accessory Shoulders  
Main Legs/Deadlift Variation  
Upper Back/Traps  
Traps  
Optional Traps  
Forearms  
Optional Forearms  
Accessory Legs  
Optional Accessory Legs  
Abs/Obliques  
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 workouts. Or, you could have just done it on the training days, or just on the mini 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 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 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 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 body parts. 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.

## Full Body with Push/Pull

*Frequency: 2x a week gym, 2x home*

*Intensity Day, High Volume Day*

*Monday & Thursday/Tuesday & Friday*

### Intensity Day

Main Press

Main Legs/Deadlift Variation

Secondary Press

Upper Back/Traps

Optional Triceps

Accessory Shoulders

Forearms

Optional Forearms

Accessory Legs

Optional Accessory Legs

Abs/Obliques

### Volume Day

Main Press

Main Legs/Deadlift Variation

Secondary Press

Upper Back/Traps

Triceps



Traps

Triceps

Traps

Accessory Shoulders

Forearms

Forearms

Accessory Legs

Optional Accessory Legs

Abs/Obliques

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 extremely efficient and feasible on all levels.

# Sample Programs

You now have all the necessary tools 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 that with time, you will become Naturally Enhanced. 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 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 only 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 the 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/template. 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 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 TWELVE 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. The style and objectives will vary as well. In terms of individual customization, use these as a base point for designing your ultimate program.

PS: They are in no particular order. You may go from one to the next, or continue repeating the same program if it's still working for you. Ideally, you should use the original template and plug in your own exercises and sets/reps. This brings the best results possible, not these samples.

# General Program #1

## WEEK 1

### Intensity Day

Overhead Press 1RM or 3x1 @90%  
Close Grip Bench Press 3x5  
Miniband Face Pull 3x33  
Conventional Deadlift 1RM or 3x1 @90%  
Power Shrug 5x5  
Plate Pinch 3x15-30s  
Reverse Hyper 3x10  
Standing Cable Crunch 3x10

### Volume Day

Overhead Press 3x8-12  
Z Press from Chest 5x5  
Incline Dumbbell Extension 3x12-15  
Rope Pushdown 3x33  
Rope Face Pull 3x20  
Below the Knee Rack Pull 4-5x4-6  
Power Shrug 5x20  
Standing Dumbbell Shrug 3x8-12  
Wide Grip Lat Pulldown 3x8-12  
Hammer Curl 3x10  
Plate Pinch 3x30-60s  
Reverse Hyper 3x20  
Standing Cable Crunch 3x20



## WEEK 2

### Intensity Day

Close Grip Paused Overhead Press 1RM or 3x1 @90%

Close Grip Paused Bench Press 3x3

Monster Miniband Face Pull 3x20

Deficit Conventional Deadlift 1RM or 3x1 @90%

Snatch Grip Power Shrug 5x5

Preacher Hammer Curl 3x6-10

Reverse Hyper 3x10

Standing Cable Crunch 3x10

### Volume Day

Incline Bench Press 3x8-12

Z Press from Chin 5x5

Flat Dumbbell Extension 3x12-15

V-Bar Pushdown 3x33

EZ-Bar Cable Face Pull 3x20

Snatch Grip Below the Knee Rack Pull 4-5x4-6

Snatch Grip Power Shrug 5x20

Seated Dumbbell Shrug 3x12-15

V-Bar Seated Cable Row 3x8-12

Pinwheel Curl 3x10

Pullups 3xAMRAP

Reverse Hyper 3x20

Standing Cable Crunch 3x20

## WEEK 3

### Intensity Day

Incline Bench Press 1RM or 3x1 @90%

Overhead Pin Press from Eye Level 5x3 Ramping

Light Band Face Pull 3x15  
2 Inch Block Pull 1RM or 3x1 @90% (snatch grip optional)  
Trap Bar Shrug 5x5  
Barbell Curl with Thick Bar 3x5 Ramping  
One Leg Reverse Hyper 3x10  
Split Stance Standing Cable Crunch 3x10

### Volume Day

Seated Barbell Overhead Press 5x10  
Close Grip Paused Bench Press 3x6-8  
Overhead Dumbbell Extension 3x12-15  
Underhand Grip Cable Pushdown 3x15  
Rear Delt Flyes 3x15  
Conventional Deadlift with Doubled Minibands/Short Light Bands 5x5  
Trap Bar Shrug 5x20  
One Arm Dumbbell Shrug 3x12-15  
Seated Cable Row with Rope 3x8-15  
Spider Curl 3x8-12  
Chinups 3xAMRAP  
One Leg Reverse Hyper 3x20  
Split Stance Standing Cable Crunch 3x20

## WEEK 4

### Intensity Day

Incline Paused Bench Press 1RM or 3x1 @90%  
Seated Barbell Overhead Press 3x5 Ramping  
Cable Face Pull 3x20  
Snatch Grip Deadlift 1RM or 3x1 @90%  
Behind the Back Shrug 5x5  
Strict Curl 3x5 Ramping

Glute Ham-Raise 3x10  
Split Stance Standing Cable Crunch 3x10

### Volume Day

Z Press from Chest 3x8-12  
Close Grip Paused Incline Bench Press 3x6-8  
Decline Dumbbell Extension 3x12-15  
Close Grip Cable Pushdown 5x20  
Reverse Pec Deck Pull 3x20  
Below the Knee Rack Pulls with Doubled Minibands/Short Light Bands 5x5  
Behind the Back Shrug 5x20  
Dumbbell Shrug Off Knees 3x12-15  
Hammer Strength Machine Row 3x8-15  
Dumbbell Preacher Curl 3x8-12  
Neutral Chinups 3xAMRAP  
Glute Ham Raise 3xAMRAP  
Split Stance Standing Cable Crunch 3x20

## General Program #2

### WEEK 1

#### Intensity Day

Dead Bench 1RM or 3x1 @90%  
Close Grip Paused Bench Press 1-2x3@85% then 1-2x5@80%  
Dumbbell Rear Delt Flyes 3x6-10  
High Handle Trap Bar Deadlift 1RM or 3x1 @90%  
Pendlay Row 3x3 or 5x5  
Hex Bar Dumbbell Hold 3x15-30s  
Snatch Grip Hyperextension 3x10  
Standing Cable Crunch 3x10



### Volume Day

Bench Press 5x10

Strict Press 4x5

Decline Barbell Extension 3x12-15

V-Bar Pushdown 3x33

Rear Delt Swing 3x15-20

High Handle Trap Bar Deadlift 4-5x4-6

Barbell Row 3x8-12

Dumbbell Row 3x8-12

V-Bar Lat Pulldown 3x8-12

Preacher Hammer Curl 3x10

Dumbbell Wrist Extension 3x20

Snatch Grip Hyperextension 3x20

Standing Cable Crunch 3x20

## WEEK 2

### Intensity Day

Close Grip Dead Bench 1RM or 3x1 @90% (1 pin height higher optional)

Paused Bench Press 1-2x3@85% then 1-2x5@80%

Plate Rear Delt Flyes 3x6-10

High Handle Trap Bar Block Pull (2-4 Inches) 1RM or 3x1 @90%

Barbell Row 3x3 or 5x5

Plate Pinch 3x15-30s

Barbell Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

Close Grip Bench Press 5x10

Incline Dumbbell Bench 4x10-12

Flat Barbell Extension 3x12-15  
Wide Grip Pushdown 3x33  
Rear Delt Swing 3x33  
High Handle Trap Bar Block Pull (2-4 inches) 5x5  
Pendlay Row 3x10  
Pendlay Dumbbell Row 3x8-12  
Underhand Lat Pulldown 3x8-12  
Spider Curl 3x10  
Dumbbell Wrist Curl 3x20  
Barbell Hyperextension 3x20  
Standing Cable Crunch 3x20

## WEEK 3

### Intensity Day

Close Grip Pause Bench 1RM or 3x1 @90% (1 pin height higher optional)  
Close Grip Low Pin Press 1-2x3@85% then 1-2x5@80%  
Power Side Raise 3x6-10  
Snatch Grip Block Pull (2-4 Inches) 1RM or 3x1 @90%  
T-Bar Row 3x6-8 Ramping  
Weighted One Arm Hang 3x10-30s  
Dumbbell Hyperextension 3x10  
Standing Cable Crunch 3x10

### Volume Day

Incline Bench Press 5x10  
Neutral Flat Dumbbell Bench 4x10-12  
Rolling Flat Dumbbell Extension 3x8-15  
One Arm Pushdown 5x20  
Dumbbell Side Raises 3x8-15  
Snatch Grip Below the Knee Rack Pull 5x5

Yates Row 3x10-15  
High Dumbbell Row 3x8-12  
Wide Grip Lat Pulldown 3x8-12  
Barbell Preacher Curl 3x10  
Horizontal Cable Wrist Curl 3x20  
Dumbbell Hyperextension 3x20  
Standing Cable Crunch 3x20

## WEEK 4

### Intensity Day

Paused Bench Press 1RM or 3x1 @90% (1 pin height higher optional)  
Low Pin Press 1-2x3 @85% then 1-2x5 @80%  
Rope Cable Face Pull 8-15  
Snatch Grip Below the Knee Rack Pull 1RM or 3x1 @90%  
Snatch Grip Barbell Row 3x6-8 Ramping (chains optional)  
Weighted Two Arms Hang 3x10-30s  
Trap-Bar Hyperextension 3x10  
Weighted Plank 3x15

### Volume Day

Incline Close Grip Bench Press 5x10  
Dumbbell Floor Press 4x10-12 or Z-Press from Chest 5x5  
JM Press 3x8-12  
Rope Pushdown 5x20  
Dumbbell Side Raises 3x20  
Snatch Grip Block Pull (2-4 inches) 5x5  
T-Bar Row 3x10-15  
Incline/Chest-Supported Dumbbell Row 3x8-12  
Close Grip Lat Pulldown 3x8-12  
Reverse EZ-Bar Preacher Curl 3x10



Vertical Cable Wrist Curl 3x20  
Glute-Ham Raise 3xAMRAP  
Weighted Plank 3x30

## General Program #3

### WEEK 1

#### Intensity Day

Landmine Press 3x3/3x5 Ramping (2-3 back-off sets optional)  
Dumbbell Shoulder Press 1x4-6, then 1x6-8, then 1x10-12  
Dumbbell Rear Delt Flyes 3x6-10  
High Bar Box Squat (parallel or below) 1RM or 3x1 @90%  
Close Grip Weighted Pullup 1RM, or 3x3, or 3x5 ramping, or 1x3, then 1x5, then 1x8  
Pullup 3x8-15  
Barbell Hyperextension 3x10  
Hanging Leg Raise 3x8-15

#### Volume Day

Paused Overhead Press 6x6  
Dumbbell Shoulder Press 3x8-12  
Overhead EZ-Bar Cable Extension 3x12-15  
Rope Pushdown 3x15  
Band Face Pull 3x15-20  
High Bar Box Squat (parallel or below) 5x5  
Close Grip Weighted Pullup 3x6-12  
Strict Barbell Shrug 3x8-12  
Pullup 3xAMRAP  
Alternate Dumbbell Curl 3x8-12  
Barbell Hyperextension 3x20  
Hanging Leg Raise 3x8-15

## WEEK 2

### Intensity Day

Landmine Press off Knees 3x3/3x5 Ramping (2-3 back-off sets optional)

Incline Dumbbell Press 1x4-6, then 1x6-8, then 1x10-12

Dumbbell Side Raise 3x6-10

High Bar Box Squat (parallel or below) 1RM or 3x1 @90%

Neutral Weighted Pullup 1RM, or 3x3, or 3x5 ramping, or 1x3, then 1x5, then 1x8

Neutral Pullup 3x8-15

Barbell Hyperextension 3x10

Hanging Leg Raise 3x8-15

### Volume Day

Overhead Press 8x8

One Arm Landmine Press 3x8-12

Overhead Rope Cable Extension 3x12-15

V-Bar Pushdown 3x15

Cable Rope Face Pull 3x15-20

High Bar Front Squat (parallel or below) 5x5

Neutral Weighted Pullup 3x6-12

Strict Trap Bar Shrug 3x8-12

Neutral Pullup 3xAMRAP

Preacher Barbell Curl 3x10

Barbell Hyperextension 3x20

Hanging Leg Raise 3x8-15

## WEEK 3

### Intensity Day

Landmine Z-Press 3x3/3x5 Ramping (2-3 back-off sets optional)

Flat Dumbbell Press 1x4-6, then 1x6-8, then 1x10-12

Side Dumbbell Crucifix Hold 3x10-15s

High Bar Zercher Box Squat (parallel or below) 1RM or 3x1 @90%  
Weighted Chinup 1RM, or 3x3, or 3x5 ramping, or 1x3, then 1x5, then 1x8  
Chinup 3x10-20  
Dumbbell Hyperextension 3x10  
Windshield Wiper 3x8-15

### Volume Day

Overhead Press 10x10  
JM Press 2-3x8-12 or Crazy Bell Bench 3x12-15  
Band Pushdown 3-5x20  
Band Face Pull 3x12-15  
High Bar Zercher Box Squat (parallel or below) 5x5  
Weighted Chinup 3x6-12  
Seated Dumbbell Shrug 3x8-12  
Chinup 3xAMRAP  
Preacher Dumbbell Curl 3x10  
Dumbbell Hyperextension 3x20  
Windshield Wiper 3x8-15

## WEEK 4

### Intensity Day

Landmine Push Press 3x3/3x5 Ramping or Overhead Press 1RM  
One Arm Dumbbell Press 3x3 Ramping or Floor Dumbbell Press 1x4-6, then 1x6-8, then 1x10-12  
Rear Dumbbell Crucifix Hold 3x10-15s  
Dead Squat/Anderson Squat (parallel) 1RM or 3x1 @90%  
Wide Weighted Pullup 1RM, or 3x3, or 3x5 ramping, or 1x3, then 1x5, then 1x8  
Wide Pullup 3x10-20  
Reverse Hyper 3x10  
Windshield Wiper 3x8-15



## Volume Day

Landmine Press 3x8-12

Dumbbell Z-Press 3x6-10 (one arm optional)

Overhead Dumbbell Extension 3x8-12

Reverse Grip Pushdown 3x20

One Arm Band Face Pull 3x12-15

Parallel Pin Squat 5x5 or Any Box Squat 3x8-10

Wide Weighted Pullup 3x6-12

Standing Dumbbell Shrug 3x8-12

Pullup 3xAMRAP

Spider Curl 3x10

Reverse Hyper 3x20

Windshield Wiper 3x8-15

## Best Neck Programs

### Phase 1

1. Plate Neck Curl 4x25
2. Plate Neck Extension 4x25
3. Plate Neck Side Raise 4x25

You will increase the weight by 2.5-5lbs every time you successfully complete 4x25. Neck will either be trained 12-24 hours after each session, at the end of each workout, or every 48 hours (aka 3-4x a week). Your objective is to acquire a 45lb-90lb neck curl for 4x25, 45lb neck extension for 4x25 or 3x100 with 25lbs, and 4x25 neck side raise with 45lbs or 3x100 with 25lbs. Rest intervals is 30-60s MAX

### Phase 2

1. Plate Neck Curl 3x100 or 4x25 Neck Curl with Harness
2. Neck Extension with Harness 3-5x20 or 4x25
3. Optional: Plate Neck Side Raise 3x33 or 5x20 Neck Side Bend/Twist with Harness + Bands

Same parameters as before, but now you need to hit 3x100 with 90lbs on the neck curl. For the neck extension, try to hit 135lbs for 4x25. You will now be required to train neck every 48 hours. I recommend 3-4x a week. Feel free to superset these if you desire. Rest intervals is 30-60s max.

# Classic Programs

## 4 WEEK PROGRAM #1

### WEEK 1

#### Intensity Day

Incline Paused Close Grip Bench Press 1RM (bands optional)

Seated DB Shoulder Press 3x4-8

Incline Dumbbell Flyes 3x12

Power Side Raise 3x6-10

Below the Knee Rack Pull 1RM

Barbell Power Shrug 5x3-5

Rope Pushdown 3x10

Barbell Curl 3x5

Hyperextension with bar in hand 3x4-8

Hip Thrust 3x10

Standing Cable Crunch 4x25

#### Volume Day

Standing/Seated Barbell Overhead Press 10x10

---OPTIONAL: You can reverse order of these two exercises---

Shoulder Press 3x10-20

Dicks Press 3x15

Straight Bar Pushdown 5x20

Scarecrow 3x12

Deadlift or 4-6 Inch Block Pull with Bands 5x5

Barbell Shrug 4x25

Seated Dumbbell Shrug 3x20

Dumbbell Upright Row 3x10-15

Ez-Bar Curl 3x10

Seated Dumbbell Wrist Curl 3x20  
Hyperextension with holding plates 3x20  
Hip Thrust 3-5x12-20  
Standing Cable Crunch 4x25

## WEEK 2

### Intensity Day

Incline Close Grip Bench press off Low Pins 1RM (bands optional)  
Seated DB Incline Press 3x4-8  
Cable Face Pull 3x15  
At the Knee Rack Pull 1RM  
Behind the Back Power Shrug 5x3-5  
Straight-Bar Pushdown 3x10  
Barbell Curl off Low Pins (arms fully locked) 3x8  
Hyperextension with bar in hand (snatch grip) 3x4-8  
Glute Bridge 3x10  
Weighted Crunch 4x25

### Volume Day

Incline Close Grip Bench Press 10x10  
---OPTIONAL: You can reverse order of these two exercises---  
Incline Dumbbell Bench Press 3x10-20  
Overhead Barbell Extension 3x8-15  
Rope Pushdown 5x20  
Cable Face Pulls 3x20  
Rack Pull Below the Knee with Bands 5x5  
Yates Row or Behind the Back Barbell Shrug 3x20-30  
One Arm Dumbbell Shrug 3x20 (10 per arm)  
One Arm Farmer's Walk 3x45-60s  
Dumbbell Preacher Curl 3x15



Seated Barbell Wrist Curl 3x20  
Hyperextension with bar in hand (snatch grip) 3x20  
Glute Bridge 3x12-20  
Weighted Crunch 4x25

## WEEK 3

### Intensity Day

Z-Press at Chest Level 1RM (bands optional)  
Close Grip Paused Bench Press 3x3-5  
Reverse Pec Deck 3x12  
Above the Knee Rack Pull 1RM  
Trap-Bar Shrug 5x3-5  
Reverse Grip Pushdown 3x10  
High Pin Curl 3x5  
Cable Pull-through 3x10-20  
Weighted Plank 3x30s

### Volume Day

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

Weighted Plank 3x60s

## WEEK 4

### Intensity Day

Z Press at Chin Level 1RM (bands optional)

Incline Close Grip Paused Bench Press 3x3-5

Floor Dumbbell Flyes 3x12

Cable Side Raise 3x10

Zercher Squat off Low Pins or Behind the back Rack Pull (below or at the knee) 1RM

Snatch Grip Power Shrug 5x3-5 or Snatch Grip High Pull 5x3-5

V-Bar Pushdown 3x10

Table Curl (do it off bench) 3x5

Seated Calf Raise 3x10

Zercher Hold 3x10-20s

### Volume Day

Incline Close Grip Bench Press 1x AMRAP (reps should range between 10-30)

Incline Wide Grip Bench Press 1x AMRAP

Decline Dumbbell Bench Press 3x10-20 OR Flat Dumbbell Bench Press on Stability/Bosu

Ball 3 Minutes STRAIGHT 3s down 3s up

Crucifix Hold 3x30s

Floor Barbell Extension 3x12

Reverse Grip Pushdown 5x20

Rack Pull Above the Knee with Bands 5x5

Snatch Grip Barbell Shrug 3x10-20

T-Bar Row 4x12

Lawnmower Row 3x10

Hammer Curl 3x20

Standing Barbell Wrist Curl 3x20

Hyperextension with bar on neck 3x10

Zercher Hold 3x15-30s

## 4 WEEK PROGRAM #2

### WEEK 1

#### Intensity Day

Close Grip Incline Bench Press with Doubled Bands 1RM

Push Press 5x5

Rope Pushdown 3x10

Power Side Raise 3x6-10

Rack Pull Below the Knee 1RM

Power Barbell Shrug 3-5x3-5

Rope Pushdown 3x10

Incline Dumbbell Curl 3x8-12

Towel Pullup 3xAMRAP

Hyperextension with Bar in Hand 3x10

Hip Thrust 3x10

Cable Crunch 3x10

#### Volume Day

Push Press with Non-Doubled Bands 12x2 at 55% of 1RM *OR* Decline Close Grip Bench Press 10x10

Shoulder Press 3x10-20

Dicks Press 3x15

Straight Bar Pushdown 5x20

Reverse "Pec Deck" using Bands 3x12

Front Squat 3x20 (doubled bands optional)

Barbell Shrug 4x25

Seated Dumbbell Shrug 3x20

Dumbbell Upright Row 3x10-15

Ez-Bar Curl 3x10  
Rope Cable Curl 3x15-20  
Seated Cable Wrist Curl (horizontal) 3-5x20  
Hyperextension with Bar in Hand 3x20  
Hip Thrust 3-5x12-20  
Cable Crunch 4-5xAMRAP

## WEEK 2

### Intensity Day

Close Grip Bench Press with Doubled Bands 1RM  
Neutral Flat Dumbbell Bench Press 3x6-10  
V-Bar Pushdown 3x10  
Cable Face Pull 3x10-15  
Rack Pull at the Knee 1RM  
Behind the Back Power Shrug 3-5x3-5  
Barbell Curl off High Pins 3x6-8  
Seated Barbell Wrist Curl 3x6-10  
Wide Stance Good Morning 3x10  
Glute Bridge 3x10  
Weighted Plank 3x15-30s

### Volume Day

Standing Overhead Press 10x10  
Incline Dumbbell Bench Press 3x10-20  
Overhead Barbell Extension 3x8-15  
Rope Pushdown 5x20  
Cable Face Pulls 3x20-30  
Zercher Squat 3x20 (doubled bands optional)  
Yates Row 3x20-30  
One Arm Dumbbell Shrug 3x20 (10 per arm)



Farmer Walk 3x45-60s  
Seated Cable Wrist Curl 4x25 (Vertical)  
Reverse Barbell Curl 4x8-12  
Wide Stance Good Morning 2x10-20  
Glute Bridge 3x12-20  
Weighted Plank 3x30-60s

## WEEK 3

### Intensity Day

Close Grip Floor Press 1RM  
Close Grip Bench Press Off Low Pins 3x3-5  
Reverse Grip Pushdown 3x10  
Doubled Band Face Pull 3x10-30  
Rack Pull Above the Knee 1RM  
Snatch Grip High Pull 4x6-8  
Reverse Grip Pushdown 3x10  
Standing Dumbbell Wrist Curl 3x6-10  
Partial Dumbbell Curl or Table Curl 3x10  
Close Stance Good Morning 3x10-20  
Cable Pull-Through 3x10  
Weighted Crunch 4x25

### Volume Day

Incline Close Grip Bench Press 10x10  
Flat Dumbbell Press 3x10-20  
One Arm Overhead Dumbbell Extension 3x12  
V-Bar Pushdown 4x25  
Reverse Pec Deck 3x30  
Snatch Grip Deadlift from 6 inch Blocks 9-12x3 (rest 30 seconds between sets)  
Barbell Row 4x8-12

Standing Dumbbell Shrug 3x20-30  
Standing Dumbbell Wrist Curl 3x20  
Overhand Rack Pull Static Hold 3xASASP (as long as possible)  
Hammer Curl 3x10  
Close Stance Good Morning 2x10-20  
Cable Pull-Through 5x12-20  
Weighted Crunch 4x25

## WEEK 4

### Intensity Day

Push Press with Non-Doubled Bands 1RM  
Neutral Incline Dumbbell Press 3x4-10  
V-Bar Pushdown 3x10  
Cable Side Raise 3x10  
Front Squat with Doubled Bands 1RM  
Yates Row 4x6-8  
V-Bar Pushdown 3x10  
Partial Barbell Curl 3x6-10  
Standing Barbell Wrist Curl 3x6-10  
Zercher Good Morning 3x6-10  
Hyperextension with Plates  
Zercher Hold 3x5-15s

### Volume Day

Close Grip Bench Press 10x10  
Decline Dumbbell Bench Press 3x10-20  
Dumbbell Crucifix Hold 3x30s  
Decline Barbell Extension 3x10-15  
Reverse Grip Pushdown 5x20  
Snatch Grip Deadlift from 4 inch Blocks 9-12x3 (rest 30 seconds between sets)

Snatch Grip Barbell Shrug 3x10-20  
Kroc Row 3x20-30  
Hammer Curl 3x20  
Standing Barbell Wrist Curl 3x20  
Ez-Bar Curl 4x8-12  
Cable Wrist Curl Hold (vertical or horizontal) 3x15-30s  
Zercher Good Morning 2x10-20  
Hyperextension with Plates 5x12-20  
Zercher Hold 3x15-30s

## 4 WEEK PROGRAM #3

### WEEK 1

#### Intensity Day

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

#### Volume Day

Overhead Press with minibands (quarter of an inch) 8x3 @45% 30-60s rest between sets  
(Rotate 3 different grips each set, all close-medium)  
Dumbbell Shoulder Press 3x15-20 (to failure, 3-5 minutes rest between sets)  
Dicks Press 3x8-15  
Band Pushdown 4x50 (very fast)

Dumbbell Side Raises 3x10

Low Box Squat with Doubled Minibands 12x2 @50% 30-60s rest between sets OR  
Monster Minibands @40%

Speed Deadlifts with Light Bands 10x2 @50% OR Strong Bands @40%

Dumbbell Row or Seal Row 3x10-20

Standing Dumbbell Shrug 3x20

Dumbbell Preacher Curl 3x10

Plate Pinch 3x30-60s

Hyperextension with bar in hand 3x33

Standing Band Crunches 3x20-50

## WEEK 2

### Intensity Day

Overhead Press with Monster Minibands 1RM

Behind the Neck Press OR Dumbbell Shoulder Press 3x6-8

Band Face Pulls 3x20

Front Low Box Squat (8-12 inch box) 1RM

4 Inch Snatch Grip Block Pull 3x3-5

Low Pin Curl 3x10

Snatch Grip Hyperextension 3x5

Standing Band Crunches 3x10

### Volume Day

Miniband Overhead Press (quarter of an inch) 8x3 @50% 30-60s rest between sets  
(Rotate 3 different grips each set, all close-medium)

Incline Dumbbell Bench Press 3x15-20 (to failure)

Floor Dumbbell Extension 3x10

Band Pushdown 3x33 (very fast)

Crucifix Holds 3x30s



Low Box Squat with Doubled Minibands 12x2 @55% 30-60s rest between sets OR  
Monster Minibands @45%  
Speed Deadlifts with Light Bands 10x2 @55% OR Strong Bands @45%  
Barbell Shrug 4x25  
Dumbbell Upright Row 3x10  
Hyperextension with Green Bands + holding plates 3x20/As many reps as possible  
(AMRAP)  
Plate Wrist Curl 3x20  
Half Rep Chinups 3xAs many reps as possible (AMRAP)  
Standing Band Crunches 3x20

## WEEK 3

### Intensity Day

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

### Volume Day

Miniband Overhead Press (quarter of an inch) 8x3 @55% 30-60s rest between sets  
(rotate close + medium grips each set)  
Flat Dumbbell Bench Press 3x15-20 (to failure)  
Floor Barbell Extension 3x10  
One Arm Reverse Band Pushdown with Green Bands 3xAMRAP  
Power Side Raises 3x10

Low Box Squat with Doubled Minibands 12x2 @50% 30-60s rest between sets OR  
Monster Minibands @60%  
Speed Deadlifts with Light Bands 10x2 @60% OR Strong Bands @50%  
Yates Row 3x20-30  
Seated Dumbbell Shrug 3x20  
Standing Dumbbell Wrist Curl 3x20  
Towel Pullups 3xAMRAP  
Close Stance Good Morning 3x10  
Weighted Crunches 3x20

## WEEK 4

### Intensity Day

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

### Volume Day

Standing Overhead Press 10x10  
Bradford Press 3x20 (10 front + 10 back)  
Dicks Press with Minibands or Barbell Overhead Extension with Minibands 3x15-20  
Band Pushdown 5xAMRAP  
Band Pullapart 300 reps  
Zercher OR Front Squat 3x10-20

Below the Knee Rack Pull 3x10-20  
Behind the back Barbell Shrug 5-6x10-15  
Standing Barbell Wrist Curl 3x20  
Incline Dumbbell Curl 3x12  
Wide Stance Good Morning 3x10  
Weighted Crunches 3x20-50

## 4 WEEK PROGRAM #4

### WEEK 1

#### Intensity Day

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

#### Volume Day

Landmine Press 10x10  
Shoulder Press 3x20  
Dicks Press 3x15  
Straight Bar Pushdown 5x20  
Band Scarecrow 3x12  
Rack Pull Below the Knee 8x3 or 12x2 with 30s rest intervals

Barbell Shrug 4x25  
Seated Dumbbell Shrug 3x20  
Dumbbell Upright Row 3x10-15  
Ez-Bar Curl 3x10  
Cable Rope Curl 3xAMRAP  
Horizontal Wrist Curl with Fat Gripz 3-5x20  
Hyperextension with Bar in Hand 3x20  
Hip Thrust 3-5x12-20  
Cable Crunch 5xAMRAP

## WEEK 2

### Intensity Day

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

### Volume Day

Standing Overhead Press 10x10  
Incline Dumbbell Bench Press 3x10-20  
Overhead Barbell Extension 3x8-15  
Rope Pushdown 5x20  
Miniband Face Pulls 3x20



Rack Pull At the Knee 8x3 or 12x2 with 30s rest intervals  
Yates Row 3x15-20  
One Arm Dumbbell Shrug 3x20 (10 per arm)  
Farmer's Walk 3x45-60s  
Vertical Wrist Curl 4x25 with Fat Gripz  
Reverse Barbell Curl with Fat Gripz 4x8-12  
Reverse Hypers 4x25  
Glute Bridge 3x12-20  
Doubled Monster Miniband Crunch 5xAMRAP

## WEEK 3

### Intensity Day

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

### Volume Day

Incline Bench Press 10x10  
Flat Dumbbell Press 3x20  
One Arm Overhead Dumbbell Extension 3x12  
V-Bar Pushdown 4x25  
Monster Miniband Face Pulls 3x30

Snatch Grip Deadlift from 4 inch Blocks 8x3 or 12x2 with 30s rest intervals

Trap-Bar Shrug 4x25

Standing Dumbbell Shrug 3x15-20

Standing Dumbbell Wrist Curl with Fat Gripz 3x20

Trap Bar Static Hold With Fat Gripz 3x15-30s

Zercher Good Morning 2x10-20

Cable Pull-Through 5x12-20

Weighted Crunch 4x25

## WEEK 4

### Intensity Day

Push Press with Monster Minibands 1RM

Standing One Arm Dumbbell Press 3x3-5

Cable Scarecrows 3x10

Deadlift with Strong Bands 1-RM

Snatch Grip Power Shrug 5x3-5

V-Bar Pushdown 3x10

Partial Barbell Curl with Fat Gripz 3x6-10

Standing Barbell Wrist Curl with Fat Gripz 3x6-10

Close or Wide Stance Good Morning 3x6-10

Band Pull-Through 3x10 (you may need to double or quadruple them)

Zercher Hold 3x5-15s

### Volume Day

Close Grip Bench Press 10x10

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)

Dumbbell Crucifix Hold 3x30s

Floor Barbell Extension 3x12

Reverse Grip Pushdown 5x20

Snatch Grip Deadlift from 2 inch Blocks 8x3 or 12x2 with 30s rest intervals  
Snatch Grip Barbell Shrug 3x10-20  
Kroc Row 3x20-30  
EZ-Bar Curl with Fat Gripz 4x8-12  
Underhand Wrist Curl 3-5x20  
Close or Wide Stance Good Morning 2x10-20  
Band Pull-Through 5x12-20 (you may need to double or quadruple them)

## 4 WEEK PROGRAM #5

### Week 1

#### Intensity Day

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

#### Volume Day

Standing Overhead Press 3x20  
Behind The Neck Press 8RM + 2 rest pause  
Overhead Barbell Extension 3x12  
Rope Pushdown 5x20  
Band Face Pulls 3x20  
Front Squat 1x20 + 2 back-off sets  
T-Bar Row 3x12  
Dumbbell Shrug 3x20

Cable Upright Row 3x10  
Dumbbell Wrist Curl 3x20  
Pinch Plate 3x30s  
Reverse Hyperextension 3x20  
Weighted Crunches 3x20

## Week 2

### Intensity Day

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

### Volume Day

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



Weighted Crunches 3x20

## Week 3

### Intensity Day

Overhead Press with Minibands/Z-Press at throat 1-5RM

Incline Dumbbell Bench Press With Minibands 3x8

Reverse Pec Deck 3x12

Snatch Grip Rack Pull Above the Knee 1-5RM

Pendlay Row 3x3

One Arm Deadlift With Fat Gripz 4x1

Glute-Ham Raise 3x10

Standing Cable Crunch 3x10

### Volume Day

Landmine Press 3x20

Bradford Press 3x10 (10 per side)

Incline Elbows-Out Extensions 3x10

Straight Bar Pushdown 4x50

Cable Face Pulls 3x20

Romanian Deadlift 3x12

Chest-Supported Row 3x12

Alternating One Arm Dumbbell Shrug Off Knees 3x60s

Incline Front Raise 3x10

Side Pressure Wrist Curl 3x20

Finger Pullups 3xAMRAP

Hyperextension 3x20

Reverse Wood Chop 3x10

# Week 4

## Intensity Day

Overhead Press With Monster Minibands/Z-Press at Chest 1-5RM

Circus Press 3x3

Rear Delt Flyes 3x10

Snatch Grip Deadlift with Bands (lots of tension) 1-5RM

Plate Row 3x5

Hex Dumbbell Hold 3x30s

Reverse Lunge 3x10 (5 per leg)

Band Twist 3x10

## Volume Day

Z Press No Pins 1x10-15 + 2 Back-off sets

Incline Dumbbell Bench Press 3x20 (to failure)

Decline Dumbbell Extensions 3x10

Band Pushdown 3xAMRAP

Reverse Pec Deck 3x12

Stiff-legged Deadlift 3x10

Dumbbell Row 3x10

Barbell Shrug 3x20

Cable Upright Row 3x10

Forearm Raise 3x10

Half Rep Neutral Chinups 3xAMRAP

Glute Bridge 3x10

Decline Medicine Ball Twist 3x20

# 4 WEEK PROGRAM #6

## Week 1

### Intensity Day

Close Grip Bench Press With Minibands 1-5RM

Z Press 3x5

Deficit Deadlift 1-5RM

High Pull 4x6

Band Face Pulls 3x20

Hammer Curl 3x10

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

Standing Overhead Press 1x15 + 2 rest pause

Seated Dumbbell Press 3x20 (to failure)

Decline Barbell Extension 3x10

Band Pushdown 3xAMRAP

Reverse Pec Deck 3x12

Good Morning 4x8

Wide Grip Weighted Pullup 1x3-5 + 2 back-off sets

Barbell Shrug 3x20

Snatch Grip Barbell Upright Row 3x12

Towel Pullups 3xAMRAP

Pinch Plate 3x30s

Reverse Hyperextension 3x20

Weighted Crunches 3x20

## Week 2

### Intensity Day

Close Grip Bench Press With Monster Minibands 1-5RM

Incline Dumbbell Bench Press With Minibands 3x6-8

Dumbbell Side Raise 3x8

Deficit Trap-Bar Deadlift

T-Bar Row 3x5

Pin Curl 3x3

Glute-Ham Raise With Bands 3x10

Weighted Crunches 3x10

### Volume Day

Overhead Press 3x12-15 + last set triple dropset

Incline Dumbbell Press 3x20 (failure)

Overhead Barbell Extension 3x15

Rope Pushdown 4x25

Band Face Pulls 3x20

Zercher Squat 3x10 + last set dropset

Snatch Grip Rack Pull 3x5

Seated Dumbbell Shrug 3x20

Rope Cable Row 3x12

Dumbbell Wrist Curl 3x20

Hex Dumbbell Hold 3x30s

Hyperextension 3x20

Weighted Crunches 3x20

## Week 3

### Intensity Day

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

Close Grip Bench Press To Throat 3x5



Band Face Pulls 3x20

Deadlift with Light Bands 1-5RM

Lilly Shrug 3x10

Weighted Finger Pullups 3x3-5

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

Incline Bench Press With Minibands 1x15-20 then band dropset

Dumbbell Shoulder Press Timed 1x3 Minutes

Flat Dumbbell Extension 3x10

Band Pushdown 3x20

Rear Delt Flyes 3x12

Zercher Squat 1x15 + 2 rest pause

Wide Grip Lat Pulldown 3x10

One Arm Dumbbell Shrug 3x20

Dumbbell Upright Row 3x12

Pinch Plates 3x30s

Hanging Off Bar 1x1-3 Minutes

Hyperextension 3x20

Decline Medicine Ball Twist 3x20

## Week 4

### Intensity Day

Push Press 1-5RM

Viking Press 3x6

Scarecrows 3x12

Deadlift with Strong Bands 1-3RM

Block Pull 3x3

Weighted Towel/Fat Gripz Pullups 3x3

Reverse Hyperextension 3x10  
Standing Cable Crunch 3x10

### Volume Day

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

## 4 WEEK PROGRAM #7

### Week 1

#### Intensity Day

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

### Volume Day

Viking Press 3x20

Close Grip Bench Press 8RM + 2 rest pause

Flat Dumbbell Extension 3x10

Rope Pushdown 5x20

Snatch Grip Rack Pull 4x6

Dumbbell Row 3x10

Calf Raise Shrug 3x12

One Arm Upright Row 3x10

Ez-Bar Curl 3x10

Hex Dumbbell Hold 3x60s

Reverse Hyperextension 3x20

Weighted Crunches 3x20

## Week 2

### Intensity Day

Reverse Monster Miniband Close Grip Bench Press 1-5RM

Circus Press 3x3

Cable Face Pull 3x10

Front Box Squat With Monster Minibands 1-5RM

Wide Grip Weighted Pullup 1x3-5+2 back-off sets

Table Curl 3x8

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

Behind The Neck Push Press 8RM + 2-back-off sets

Neutral Dumbbell Shoulder Press 3x20 (failure)

Decline Dumbbell Extension 3x10

Rope Pushdown 5x20  
Band Face Pulls 3x20  
Block Pull 1x8 + 2 back-off sets  
Dumbbell Row 3x12  
Trap-Bar Shrug 3x20  
One Arm Cable Upright Row 3x10  
Standing Dumbbell Wrist Curl 3x20  
Plate Pinch 3x60s  
Reverse Hyperextension 3x20  
Weighted Crunches 3x20

## Week 3

### Intensity Day

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

### Volume Day

Close Grip Bench With Minibands 1x10 + 2 rest pause  
One Arm Kneeling Landmine Press 3x10 (10 per side)  
Overhead Barbell Extension 3x10  
Rope Pushdown 5x20  
Cable Face Pulls 3x20  
Snatch Grip Block Pull 1x8 + 2 back-off sets  
T-Bar Row 4x8



Overhead Shrug 3x10  
Snatch Grip Upright Row 3x10  
Standing Barbell Wrist Curl 3x20  
Towel Pullups 3xAMRAP  
Hyperextension 3x20  
Wood Chop 3x10

## Week 4

### Intensity Day

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

### Volume Day

Close Grip Bench Press With Monster Minibands 1x10RM + 2 rest pause  
Seated Behind The Neck Press 3x15  
Flat Elbows-Out Extensions 3x12  
Reverse Grip Pushdown 4x25  
Snatch Grip Deadlift 3x8  
Standing Lat Pulldown 3x20  
Lilly Shrug 3x15  
Dumbbell Upright Row 3x10  
Plate Curl 3x20  
Wrist Roller 3x60s  
Reverse Hyperextension 4x25

Weighted Plank 3x60s

## 4 WEEK PROGRAM #8

### Week 1

#### Intensity Day

Overhead Press With Minibands 1-5RM

Kneeling Landmine Press 3x8

Scarecrows 3x10

Good Morning Off Pins 3-5RM

Hammer Strength Row 3x8

Fat Dumbbell Wrist Curl 3x10

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

#### Volume Day

Seated Overhead Press 8RM + 2 rest pause

Neutral Dumbbell Shoulder Press 12RM + 2 rest pause

Overhead Dumbbell Extension 3x15

Reverse Pushdown 4x25

Front Squat 5x10

Trap Bar Shrug 3x20

Trap-Bar Farmer Walk 3x30s

Dumbbell Upright Row 3x10

Barbell Wrist Curl 3x20

Standing Dumbbell Wrist Curl 3x20

Reverse Hyperextension 3x20

Weighted Crunches 3x20

## Week 2

### Intensity Day

Overhead Press With Monster Minibands 1-5RM

Kneeling One Arm Landmine Press 3x10 (5 per side)

Cable Face Pull 3x10

Zercher Squat Off Low Pins 1-5RM

T-Bar Row 3x8

Side Pressure Wrist Curl 3x20

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

Incline Close Grip Bench Press 1x8RM + 2 rest pause

Viking Press 12RM + 2 rest pause

Incline Barbell Extension 3x12

Rope Pushdown 4x25

Band Face Pulls 3x20

Zercher Squat 5x10

Below The Knee Rack Pull 1x6 + 2 back-off sets

Dumbbell Farmer Walk 3x30s

Barbell Upright Row 3x10

Standing Front Barbell Wrist Curl 3x10

Reverse Dumbbell Wrist Curl 3x20

Reverse Hyperextension 3x20

Weighted Crunches 3x20

## Week 3

### Intensity Day

Push Press With Minibands 1-5RM

Z Press 5x2

Reverse Pec Deck 3x12  
High Bar Box Squat With Minibands 1-5RM  
Chest-Supported Row 3x10  
High Pin Curl 3x6  
Glute-Ham Raise 3x10  
Standing Cable Crunch 3x10

#### Volume Day

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

## Week 4

#### Intensity Day

Behind The Neck Push Press/Push Press with Monster Minibands 3-5RM  
Bottom Overhead Press 4x6  
Rear Delt Flyes 3x15  
High Bar Box Squat With Monster Minibands 1-5RM  
Wide Cable Row 3x10  
Neutral Barbell Curl 3x8  
Hyperextension 3x20



Standing Band Crunch 3x20

### Volume Day

Close Grip Behind The Neck Press 1x15 + 2 rest pause

Close Grip Floor Press 3x8 + 2 rest pause

Incline Elbows-Out Extensions 3x12

Band Pushdown 3xAMRAP

Cable Face Pulls 3x10

Romanian Deadlift 3x12 + 2 back-off sets

Kroc Row 3x20

Power Shrug (no pins) 3x10

Incline Front Raise 3x10

Neutral Wrist Curl 3x20

Seated Dumbbell Wrist Curl 3x10

Reverse Lunge 3x20 (10 per leg)

Weighted Plank 3x60s

## 4 WEEK PROGRAM #9

### Week 1

#### Intensity Day

Close Grip Floor Press With Chains 1-5RM

Block Press 3x5

Trap Bar Deadlift With Fat Gripz 1-5RM

Snatch Grip Deadlift 3x5

Band Face Pulls 3x20

Weighted Towel Pullups 3x3

Reverse Hyperextension 3x10

Standing Cable Crunch 3x10

### Volume Day

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

## Week 2

### Intensity Day

Weighted Dips 3-5RM  
Behind The Neck Push Press 3x5  
Side Raise 3x5  
Snatch Grip Rack Pull 1-5RM  
Pendlay Row With Fat Gripz 3x5  
Reverse Barbell Curl 3x10  
Reverse Hyperextension 3x10  
Standing Cable Crunch 3x10

### Volume Day

Weighted Dips 3x20  
Z Press No Pins 2x15 + last set triple dropset  
Elbows-Out Extensions 3x10

Reverse Pushdown 4x25  
Band Face Pulls 3x20  
Sumo Block Pull With Fat Gripz 1x10 + 2 back-off sets  
Weighted Pullup With Fat Gripz 1x6 + 2 back-off sets  
Trap-Bar Shrug 3x15  
One Arm Upright Row 3x10  
Seated Dumbbell Wrist Curl With Fat Gripz 3x10  
Plate Pinch 3x30s  
Reverse Hyperextension 3x20  
Weighted Crunches 3x20

## Week 3

### Intensity Day

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

### Volume Day

Viking Push Press 1x12-15 + back-off sets  
Neutral Dumbbell Bench Press With Monster Minibands 3x15  
Overhead Barbell Extension 3x12 + last set dropset  
Rope Pushdown 4x25  
Band Face Pulls 3x20  
Rack Pull 4x6  
Wide Grip Weighted Pullups 3x5  
Barbell Upright Row 3x12

Incline Front Raise 3x10  
Side Pressure Wrist Curl 3x20  
Finger Pullups 3xAMRAP  
Hyperextension 3x20  
Reverse Wood Chop 3x10

## Week 4

### Intensity Day

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

### Volume Day

Close Grip Incline Bench Press With Minibands 1x10 + 2 Back-off sets  
Shoulder Press 3x20 (to failure)  
Elbows out Extensions 3x10  
Reverse Pushdown 4x25  
Romanian Deadlift With Fat Gripz 3x12  
Trap Bar Farmer Walk With Fat Gripz 3x60s  
Seated Dumbbell Shrug 3x15  
One Arm Cable Upright Row 3x10  
Forearm Levering 1xAMRAP ALL ANGLES (front, back, top, sides)  
Towel Pullup 3xAMRAP  
Reverse Hyperextension 3x20  
Band Twist 3x20



# 4 WEEK PROGRAM #10

## Week 1

### Intensity Day

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

### Volume Day

Behind The Neck Push Press 9x3 @60%  
Shoulder Press 3x20 to failure  
Overhead Barbell Extension 3x10  
Rope Pushdown 5x20  
Band Face Pull 3x20  
Front Squat 4x6  
Wide Grip Lat Pulldown 3x8  
Barbell Shrug 3x15  
One Arm Upright Row 3x10  
Hammer Curl 3x12  
Reverse Barbell Curl 3x10  
Reverse Hyperextension 3x20  
Weighted Crunches 3x20

## Week 2

### Intensity Day

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

### Volume Day

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

## Week 3

### Intensity Day

Push Press With Minibands 1-5RM  
Close Grip Floor Press 5x2  
Rear Delt Flyes 3x12  
Reverse Miniband Front Squat 1-5RM

High Pull 5x3  
Partial Hammer Preacher Curl 3x5  
Glute-Ham Raise 3x10  
Standing Cable Crunch 3x10

### Volume Day

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

## Week 4

### Intensity Day

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

## Volume Day

Overhead Press 3x20

Floor Dumbbell Bench Press 1x3-5 Minutes

Flat Elbows-Out Extensions 3x12

Reverse Grip Pushdown 5x20

Reverse Pec Deck 3x12

Pendlay Row 9x3 @60%

One Arm Cable Row 3x12

Lilly Shrug 3x15

Barbell Upright Row 3x10

Low Pin Curl 3x10

Towel Curl 3x20

Reverse Hyperextension 4x25

Weighted Plank 3x60s

# FIN



# Final 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 misinformation will no longer affect you. When nonsense is spotted, you'll immediately reject it. Confusion is dead and gone, and the fitness lifestyle will never be complicated ever again. Most notably, the days of training 4-6x a week, being small, having strength plateaus, and eating bird seed are over.

In many ways, I envy you. I wish I had a system like this when I first began lifting. It would have saved me years of learning the hard way by constantly failing and having to do research. Make the best use of this program, as there's really nothing like it. At least, not for drug-free recreational lifters! I'm mentioning this because it's pure fact. When you follow Naturally Enhanced, you have history, experience, and extensive research by your side! This is what makes the system so great.

Other than that, 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 have to hope, as this is the reality. When you get those gains, please send me your transformation! Let me know how Naturally Enhanced turned you into a muscle-building legend. I'm looking very forward to it.

Your man,

*-Alexander Leonidas*