

MONDAY

BREAK-IN DAY

How to Perform Your Break-In Workout: Choose a weight that will cause you to reach failure anywhere in the 4-8 rep range for each of the four exercises. Follow the warmup protocol provided (based on your weight selection) and perform your test set. Make note of the weight used and reps performed for each exercise. You will need this information for future workouts this month. Rest 45-60 seconds between sets.

BREAK-IN:

FRONT SQUAT - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test
DB BENCH PRESS - Light (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test
DEADLIFT - KB Swings (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test
ROW - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test

TUESDAY

STRENGTH / ECCENTRIC

How to Perform Today's Workout: There are two "Break-Up" Combos to be performed today along with additional eccentric work. Each combo consists of 3 straight sets of technique work followed by 2 straight reinforcement sets of the base exercise. For both parts of the combo it is important to choose a weight that gets difficult in the 10 rep range and stop without reaching full failure. Rest 60-90 seconds between sets.

BREAK-UP COMBO 1

3 BREAK-UP SETS - Plate Raise Squats x 10
2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM
4 SETS - DB Jump Squats x 10-12RM to Failure (Plyo Eccentric) (optional weighted)

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

BREAK-UP COMBO 2

3 BREAK-UP SETS - Incline DB Pause Bench x 10
2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM
4 SETS - Weighted Dips x 10-12RM to Failure (Forced Eccentrics - Step Up / Lower Down)

3 SETS - DB Phelps Press x 6-8RM to Failure
3 SETS EACH ARM - DB Cheat Lateral Raises x 6-8RM to Failure

WEDNESDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "constant tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Bailout" below.

BREAK-UP COMBO 1

3 BREAK-UP SETS - Rack Pulls x 10
2 REINFORCEMENT SETS - Deadlifts x 10-12RM
4 SETS - Stiff Legged Deadlifts x 15-25RM to Metabolic Failure (Constant Tension)

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

BREAK-UP COMBO 2

3 BREAK-UP SETS - Touch and Go Rows x 10
2 REINFORCEMENT SETS - Underhand Barbell Rows x 10-12RM
4 SETS - Inverse Incline DB Rows x 15-25RM to Metabolic Failure (Constant Tension)

1 ROUND - Metabolic Biceps "Bail Out" **
3 SETS - Band Pull Aparts to Failure

BAIL OUT NOTE

NOTE: If your weight drops past half of what you started with in order to complete the initial portion of this, simply drop to the next lightest weight to perform your multiplier reps at the end.

** Choose your 12RM for Dumbbell Biceps Curls and perform 10 reps. Rest 10 seconds and perform 9 reps. Rest 10 seconds and attempt 8 reps, etc. If at any point you cannot complete your rep total, immediately drop to the next lightest set of dumbbells and finish your reps. Continue this descending ladder until you have completed your last single rep. When done, multiply the number of times you dropped to lighter dumbbells by 10 and perform that many reps in rest pause fashion (without putting down your dumbbells) using half as much weight as you started the workout with.

THURSDAY **OFF**

FRIDAY **STRENGTH / METABOLIC**

Perform Break-Up Combos as previously instructed and use “occlusive tension” for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic “Drop Out” below.

BREAK-UP COMBO 1

- 3 BREAK-UP SETS - Plate Raise Squats x 10
- 2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM
- 4 SETS - DB Goblet Squats x 15-25RM to Metabolic Failure (Occlusive Tension)

BREAK-UP COMBO 2

- 3 BREAK-UP SETS - Incline DB Pause Bench x 10
- 2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM
- 4 SETS - X Crossovers x 15-25RM to Metabolic Failure (Occlusive Tension)

1 ROUND - Metabolic Shoulders “Drop Out” **

DB OHP ==> Push Press ==> High Pull ==> Plate 8's with 1 DB==> Plate Press Out ==> Mule Kicks ==> Pike Pushups

3 SETS - Tubing External Rotation each arm x 12-15RM

** Use 75% of your 10-12RM for Dumbbell Overhead Presses and perform this entire sequence of exercises as a mechanical drop set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

SATURDAY **BREAKOUT ARM DAY**

Using APEX style training, perform your heavy sets for biceps first and then move onto 3 rounds of your continuous biceps-triceps-explosive biceps circuit. Repeat the sequence with your heavy triceps exercise and your continuous triceps-biceps-explosive triceps circuits. Rest 60-90 seconds between heavy sets, 90 seconds between rounds of APEX combos.

HEAVY BICEPS - DB Hammer Curls x 3 SETS OF 6-8RM

3 SETS - BREAKOUT “APEX” COMBO 1

- A. BICEPS - Inverted Chin Curls x F
- B. TRICEPS - Cobra Push Ups x F
- C. BICEPS EXPLOSIVE - Plyo Barbell Curls x F (Use 75% Your 10-12RM or bar if too heavy)

HEAVY TRICEPS - Lying DB Tricep Extensions x 3 SETS OF 6-8RM

3 SETS - BREAKOUT “APEX” COMBO 2

- A. TRICEPS - Incline DB Kickbacks x 12-15RM
- B. BICEPS - Incline DB Curls x 12-15RM
- C. TRICEPS EXPLOSIVE - Diamond Cutter Plyos x F

APEX COMBO NOTE

NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

SUNDAY **OFF**

MONDAY

STRENGTH / ECCENTRIC

How to Perform Today's Workout: There are two "Break-Up" Combos to be performed today along with additional eccentric work. Each combo consists of 3 straight sets of technique work followed by 2 straight reinforcement sets of the base exercise. For both parts of the combo it is important to choose a weight that gets difficult in the 10 rep range and stop without reaching full failure. Rest 60-90 seconds between sets.

BREAK-UP COMBO 1

- 3 BREAK-UP SETS - Rack Pulls x 10
- 2 REINFORCEMENT SETS - Deadlifts x 10-12RM
- 4 SETS - DB Plyo Sprinter Lunges x 10-12RM (Plyo Eccentrics)

BREAK-UP COMBO 2

- 3 BREAK-UP SETS - Touch and Go Rows x 10
- 2 REINFORCEMENT SETS - Underhand Barbell Rows x 10-12RM
- 4 SETS - Straight Arm Pushdowns x 10-12RM (Forced Eccentrics)

- 3 SETS - DB Compass Rows x 6-8RM to Failure
- 3 SETS EACH ARM - DB Incline Cheat Curls x 6-8RM to Failure

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

TUESDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "constant tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Cubed" below.

BREAK-UP COMBO 1

- 3 BREAK-UP SETS - Plate Raise Squats x 10
- 2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM
- 4 SETS - DB Goblet Squats x 15-25RM to Metabolic Failure (Constant Tension)

BREAK-UP COMBO 2

- 3 BREAK-UP SETS - Incline DB Pause Bench x 10
- 2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM
- 4 SETS - X Crossovers x 15-25RM to Metabolic Failure (Constant Tension)

- 1 ROUND - Metabolic Triceps "Cubed" **
- 3 SETS - Prone Shoulder Presses x 12-15RM

** Perform Tricep Pushdowns. Take whatever you would use for a set of 21's and bump up the weight by 20lbs. Perform 7 reps in the bottom half of the range of motion. Drop 10lbs on the stack and perform the 7 reps in the top half of the range of motion. Drop 10lbs and perform the 7 reps in the full range of motion. Add 10lbs back and repeat the sequence. Do this a total of 5 times.

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

WEDNESDAY

OFF

THURSDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "occlusive tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Lights Out" below.

BREAK-UP COMBO 1

- 3 BREAK-UP SETS - Rack Pulls x 10
- 2 REINFORCEMENT SETS - Deadlifts x 10-12RM
- 4 SETS - Stiff Legged Deadlifts x 15-25RM to Metabolic Failure (Occlusive Tension)

BREAK-UP COMBO 2

- 3 BREAK-UP SETS - Touch and Go Rows x 10
- 2 REINFORCEMENT SETS - Underhand Barbell Rows x 10-12RM
- 4 SETS - Inverse Incline DB Rows x 15-25RM to Metabolic Failure (Occlusive Tension)

- 1 ROUND - Metabolic Shoulders "Lights Out" **
 Incline Inv. DB Laterals x F ==> DB Rear Delt Row X F ==> Lateral Raise X F ==> High Pull X F ==> Front Raise X F ==> Overhead Press X F
- 3 SETS - Cable Face Pulls x F

** Use your 10-12RM for Incline Inverted DB Laterals and perform this entire sequence of exercises as a mechanical advantage set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

BREAK-UP COMBO NOTE
 NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

FRIDAY

BREAKTHROUGH DAY

Using your testing results from Break-In Day, the warm-up sequence specified below and the touch up set calculator provided, use today's workout to set the stage for new gains as you head into next week's training. Rest 90 seconds - 2 minutes between sets.

BREAKTHROUGH

- *DEADLIFT x 2 T-Up Sets, 1 Perf Set
- *UNDERHAND BB ROW x 2 T-Up Sets, 1 Perf Set
- *FRONT SQUAT x 2 T-Up Sets, 1 Perf Set
- *DB BENCH PRESS x 2 T-Up Sets, 1 Perf Set

TOUCH UP SET CALCULATION					
4 reps = Add 2.5%	5 reps = Add 5%	6 reps = Add 10%	7 reps = Add 12.5%	8 reps = Add 15%	
4 reps = 1-2 rep TU	5 reps = 1-2 rep TU	6 reps = 1-2 rep TU	7 reps = 1-2 rep TU	8 reps = 1-2 rep TU	

The amount of weight to use for your touchup sets on each exercise is determined by the number of reps you performed for that exercise on Break-In Day and using the chart above. If you surpass 8 reps, add 10% weight to the exercise which should get you back down in the 4-5 rep range.

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

SATURDAY

BREAKOUT ARM DAY

Using APEX style training, perform your heavy sets for biceps first and then move onto 3 rounds of your continuous biceps-triceps-explosive biceps circuit. Repeat the sequence with your heavy triceps exercise and your continuous triceps-biceps-explosive triceps circuits. Rest 60-90 seconds between heavy sets, 90 seconds between rounds of APEX combos.

HEAVY BICEPS - Incline DB Curls x 3 SETS OF 6-8RM

3 SETS - BREAKOUT "APEX" COMBO 1

- A. BICEPS - Plate Hammer Curls x F
- B. TRICEPS - Overhead Plate Extensions x F
- C. BICEPS EXPLOSIVE - Plyo Chins x F

HEAVY TRICEPS - Barbell Close Grip Bench Press x 3 SETS OF 6-8RM

3 SETS - BREAKOUT "APEX" COMBO 2

- A. TRICEPS - Tricep Pushdowns x 12-15RM
- B. BICEPS - Biceps Cable Curls x 12-15RM
- C. TRICEPS EXPLOSIVE - Alternating Rotational Pushdowns x F (Use 10-12RM on Pushdowns)

APEX COMBO NOTE
 NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

SUNDAY

OFF

MONDAY

STRENGTH / ECCENTRIC

How to Perform Today's Workout: There are two "Break-Up" Combos to be performed today along with additional eccentric work. Each combo consists of 3 straight sets of technique work followed by 2 straight reinforcement sets of the base exercise. For both parts of the combo it is important to choose a weight that gets difficult in the 10 rep range and stop without reaching full failure. Rest 60-90 seconds between sets.

BREAK-UP COMBO 1

3 BREAK-UP SETS - Thrusters x 10

2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM

4 SETS - PB Wall Squats x 10-12RM to Failure (Forced Eccentrics - One Down / Two Up)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Elbows Tucked Floor Press x 10

2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM

4 SETS - Plyo Pushups x 10-12RM to Failure (Plyo Eccentrics)

3 SETS - Rowing Tricep Pushdowns x 6-8RM to Failure

3 SETS EACH ARM - DB Cheat Front Raises x 6-8RM to Failure

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

TUESDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "constant tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Cubed" below.

BREAK-UP COMBO 1

3 BREAK-UP SETS - 1 1/2 Rep Deadlifts x 10

2 REINFORCEMENT SETS - Deadlifts x 10-12RM

4 SETS - Physioball Glute/Ham Raise x Metabolic Failure (Constant Tension)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Barbell Drag Curls x 10

2 REINFORCEMENT SETS - Underhand Barbell Row x 10-12RM

4 SETS - Lat Pulldowns x 15-25RM to Metabolic Failure (Constant Tension)

1 ROUND - Metabolic Biceps "Cubed" **

3 SETS - Band Pull Aparts to Failure

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

** Use whatever weight you would use for a set of 21's on DB Biceps Curls and bump up two weights heavier on the rack. Perform 7 reps in the bottom half of the range of motion of the curl. Drop to the next lightest pair of dumbbells and perform 7 reps in the top half of the range of motion of the curl. Drop to the next lightest pair of dumbbells and perform 7 reps in the full range of motion. Rest 30 seconds and jump back up to the next heaviest pair and repeat the sequence. Do this a total of 5 times.

WEDNESDAY

OFF

THURSDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "occlusive tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Drop Out" below.

BREAK-UP COMBO 1

3 BREAK-UP SETS - Thrusters x 10

2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM

4 SETS - DB Banded Split Squats x 15-25RM on each leg to Metabolic Failure (Occlusive Tension)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Elbows Tucked Floor Press x 10

2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM

4 SETS - Push/Squeeze Ups to Metabolic Failure (Occlusive Tension)

1 ROUND - Metabolic Shoulders "Drop Out" **

DB OHP ==> Push Press ==> High Pull ==> Plate 8's with 1 DB ==> Plate Press Out ==> Mule Kicks ==> Pike Pushups

3 SETS - Tubing External Rotation each arm x 12-15RM

** Use 75% of your 10-12RM for Dumbbell Overhead Presses and perform this entire sequence of exercises as a mechanical drop set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

FRIDAY

BREAKTHROUGH DAY

Using your testing results from Break-In Day, the warm-up sequence specified below and the touch up set calculator provided, use today's workout to set the stage for new gains as you head into next week's training. Rest 90 seconds - 2 minutes between sets.

BREAKTHROUGH

*DEADLIFT x 2 T-Up Sets, 1 Perf Set

*UNDERHAND BB ROW x 2 T-Up Sets, 1 Perf Set

*FRONT SQUAT x 2 T-Up Sets, 1 Perf Set

*DB BENCH PRESS x 2 T-Up Sets, 1 Perf Set

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

TOUCH UP SET CALCULATION

4 reps = Add 2.5% 5 reps = Add 5% 6 reps = Add 10% 7 reps = Add 12.5% 8 reps = Add 15%
 4 reps = 1-2 rep TU 5 reps = 1-2 rep TU 6 reps = 1-2 rep TU 7 reps = 1-2 rep TU 8 reps = 1-2 rep TU

The amount of weight to use for your touchup sets on each exercise is determined by the number of reps you performed for that exercise on Break-In Day and using the chart above. If you surpass 8 reps, add 10% weight to the exercise which should get you back down in the 4-5 rep range.

SATURDAY

BREAKOUT ARM DAY

Using APEX style training, perform your heavy sets for biceps first and then move onto 3 rounds of your continuous biceps-triceps-explosive biceps circuit. Repeat the sequence with your heavy triceps exercise and your continuous triceps-biceps-explosive triceps circuits. Rest 60-90 seconds between heavy sets, 90 seconds between rounds of APEX combos.

HEAVY BICEPS - Weighted Close Grip Chinups x 3 SETS OF 6-8RM

3 SETS - BREAKOUT "APEX" COMBO 1

A. BICEPS - Barbell Curls x 12-15RM

B. TRICEPS - Pancake Push ups x F

C. BICEPS EXPLOSIVE - Inverted Plyo Chin Rows x F

HEAVY TRICEPS - Tricep Pushdowns x 3 SETS OF 6-8RM

3 SETS - BREAKOUT "APEX" COMBO 2

A. TRICEPS - Incline DB Triceps Extension x 10-12RM

B. BICEPS - DB Spider Curls x F (Use same weight as above exercise)

C. TRICEPS EXPLOSIVE - Plyo BW Tricep Extensions x F

APEX COMBO NOTE

NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

SUNDAY

OFF

MONDAY

STRENGTH / ECCENTRIC

How to Perform Today's Workout: There are two "Break-Up" Combos to be performed today along with additional eccentric work. Each combo consists of 3 straight sets of technique work followed by 2 straight reinforcement sets of the base exercise. For both parts of the combo it is important to choose a weight that gets difficult in the 10 rep range and stop without reaching full failure. Rest 45-60 seconds between sets.

BREAK-UP COMBO 1

3 BREAK-UP SETS - 1 1/2 Rep Deadlifts x 10

2 REINFORCEMENT SETS - Deadlifts x 10-12RM

4 SETS - Physioball Glute/Ham Raises x Failure (Forced Eccentrics - Use ball to walk yourself back in)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Barbell Drag Curls x 10

2 REINFORCEMENT SETS - Underhand Barbell Row x 10-12RM

4 SETS - Plyo Pull Ups x 10-12RM to Failure (Plyo Eccentrics)

3 SETS - 2-to-1 High Cable Rows x 6-8RM to Failure

3 SETS EACH ARM - Barbell Cheat Curls x 6-8RM to Failure

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

TUESDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use "constant tension" for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic "Bail Out" below.

BREAK-UP COMBO 1

3 BREAK-UP SETS - Thrusters x 10

2 REINFORCEMENT SETS - Barbell Front Squats x 10-12RM

4 SETS - DB Banded Split Squats x 15-25RM on each leg to Metabolic Failure (Constant Tension)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Elbows Tucked Floor Press x 10

2 REINFORCEMENT SETS - DB Flat Bench Press x 10-12RM

4 SETS - Push/Squeeze Ups to Metabolic Failure (Constant Tension)

1 ROUND - Metabolic Triceps "Bail Out **

3 SETS - Prone Shoulder Presses x 12-15RM

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

BAIL OUT NOTE

NOTE: If your weight drops past half of what you started with in order to complete the initial portion of this, simply drop to the next lightest weight to perform your multiplier reps at the end.

** Choose your 12RM for Tricep Pushdowns and perform 10 reps. Rest 10 seconds and perform 9 reps. Rest 10 seconds and attempt 8 reps, etc. If at any point you cannot complete your rep total, immediately drop to the next lightest weight on the stack and finish your reps. Continue this descending ladder until you have completed your last single rep. When done, multiply the number of times you dropped the stack by 10 and perform that many reps in rest pause fashion (without letting the stack rest) using half as much weight as you started the workout with.

WEDNESDAY

OFF

THURSDAY

STRENGTH / METABOLIC

Perform Break-Up Combos as previously instructed and use “occlusive tension” for high rep metabolic exercises. Rest 45-60 seconds between sets. See details for Metabolic “Lights Out” below.

BREAK-UP COMBO 1

3 BREAK-UP SETS - 1 1/2 Rep Deadlifts x 10

2 REINFORCEMENT SETS - Deadlifts x 10-12RM

4 SETS - Physioball Glute/Ham Raise x 15-25RM to Metabolic Failure (Occlusive Tension)

BREAK-UP COMBO 2

3 BREAK-UP SETS - Barbell Drag Curls x 10

2 REINFORCEMENT SETS - Underhand Barbell Row x 10-12RM

4 SETS - Lat Pulldowns x 15-25RM to Metabolic Failure (Occlusive Tension)

1 ROUND - Metabolic Shoulders “Lights Out **

Incline Inv. DB Laterals x F ==> DB Rear Delt Row X F ==> Lateral Raise X F ==> Hi Pull X F ==> Front Raise X F ==> Overhead Press X F

3 SETS - Cable Face Pulls x 12-15RM

** Use your 10-12RM for Incline Inverted DB Laterals and perform this entire sequence of exercises as a mechanical advantage set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

BREAK-UP COMBO NOTE

NOTE: Pick weight that generally gets hard in the 10 rep range and stop. Do not go to full failure on these techniques. Use 10-12RM on Reinforcement Sets and stop a couple reps shy of full failure.

FRIDAY

BREAKTHROUGH DAY

How to Perform Your Breakthrough Day Workout: Use your original Break-in day weight for the four exercises. Follow warmup protocol (based on your weight selection) and perform your test set. Make note of weight used and reps completed for each exercise. You will need this information to compare today's performance to your Break-in Day performance. Rest 60-90 seconds between sets.

BREAKTHROUGH

FRONT SQUAT - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test

DB BENCH PRESS - Light (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test

DEADLIFT - KB Swings (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test

UNDERHAND BARBELL ROW - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test

SATURDAY

OFF

SUNDAY

OFF