



MONSTER MAKER
TOTAL BODY MUSCLE BUILDING



DAY 1 - REPETITION DAY - POSTERIOR

POSTERIOR LEGS
VERTICAL PULL
HORIZONTAL PULL
MONSTER MAKER
POSTERIOR LEGS CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

1A) Barbell RDL's x 6-8 reps

1B) Barbell Hip Buck (No Box / Bench) x 10-12 reps

1C) Long Leg Marches x 45-60 seconds

Rest 90 seconds between rounds, 3 minutes between completed circuits.
VERTICAL PULL CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

2A) Weighted Chins x 6-8 reps

2B) DB Curls x 10-12 reps

2C) DB High Pull x 45-60 seconds (using 50% of your 12RM)

Rest 90 seconds between rounds, 3 minutes between completed circuits.
HORIZONTAL PULL CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

3A) Barbell Doad Row x 6-8 reps

3B) Inverted Chin Curls x 10-12 reps

3C) Renegade Row x 45-60 seconds (using 50% of your 12RM)

Rest 90 seconds between rounds, 3 minutes between completed circuits.
MONSTER MAKER: 80'S SLASHER

4) Cable Pull Throughs x 80 reps w/15RM

Rest 60 second between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 2 - REPETITION DAY ANTERIOR

ANTERIOR LEGS
VERTICAL PUSH
HORIZONTAL PUSH
MONSTER MAKER
ANTERIOR LEGS CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

1A) Barbell Front Squats x 6-8 reps

1B) DB Alt. Reverse Lunges x 10-12 reps each leg

1C) Walk the Box - 45-60 seconds

Rest 90 seconds between rounds, 3 minutes between completed circuits.
VERTICAL PUSH CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

2A) DB OHP x 6-8 reps

2B) DB Grave Digger x 10-12 reps

2C) DB Speed Push Press x 45-60 seconds (using 50% of your 12RM)

Rest 90 seconds between rounds, 3 minutes between completed circuits.
HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (MAX CIRCUIT TIME = 2:30)**

3A) DB Floor Press x 6-8 reps

3B) Cable Ground and Pound x 10-12 reps

3C) Diamond Cutter Pushups x 45-60 seconds

Rest 90 seconds between rounds, 3 minutes between completed circuits.
MONSTER MAKER: 80'S SLASHER

4) DB Jump Squats x 80 reps (15RM or -20% of 1RM Back Squat)

Rest 60 seconds between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 3 - OFF

DAY 4 - DYNAMIC LOWER

1) Box Squat 60% 1RM OR Banded Box Squat 70% 1RM (50% Weight + 20% Band Resistance) - 6 x 2 reps (Rest 45-60 seconds between sets.)	
2) Reactive DB Box Jumps - 6 x 3 reps (Rest no more than 60 seconds between sets.)	
3) High Knee Flying 20's - 8 x 1 rep (Rest no more than 60 seconds between sets.)	
4) Pull Throughs - 3 x 10-12 reps (Rest 60-90 seconds between sets.)	
5) Abs - Choose ONE of the following exercises below: (Rest 30-60 seconds between sets.)	
Triple Bicycle Crunch - 2-3 x 30 (10 triplets)	Speed Plate Drag Planks - 2-3 x 10 (5 to each side)
Explosive 21's - 2-3 x 21 reps (7 each left, right, both)	Med Ball Twisting Wall Throws Burpees - 2-3 x 10 (5 to each side)
Medicine Ball Power Twist Slams - 2-3 x 10 (5 to each side)	Wall Jack Planks - 2-3 x 10

DAY 5 - REMNANT DAY

1) Bench Press - 3 x 8RM
2) Block Deadlift - 3 x 8 w/ 10RM (leave 2 in the tank)
3) Z Press - 3 x 8RM
4) BB Row - 3 x 8RM
5) BB Curl - 3 x 8RM
6) Lying Triceps Extension w/ Stretch - 3 x 8RM
<i>Rest 2 - 3 minutes between all sets and exercises in this workout.</i>

DAY 6 - MAX EFFORT / FRIDAY THE 13TH

MAX EFFORT LIFT	FRIDAY THE 13TH	ACCESSORIES
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MAX EFFORT LIFT**	ACCESSORIES
1) Barbell Squat x 3-5 reps	3) Barbell RDL's - 3 x 10-12 reps to failure
FRIDAY THE 13TH - PURGATORY SETS	<i>Rest 60 - 90 seconds between sets.</i>
2) DB Bulgarian Split Squat - 5 x 13,12,11,10,9 reps each leg	4) Barbell Hip Thrusts - 3 x 10-12 reps to failure
<i>Use your 15RM. If unable to get rep count, rest/pause for the number of sec that correlate to the number of reps you're attempting to complete in that set until all 55 reps are finished. Rest 13 seconds b/w sets and rest/pause as prescribed.</i>	<i>Rest 60 - 90 seconds between sets.</i>

**** Max Effort Warmup Protocol - Work your way up to your prescribed RM for the given lift/month over 8 sets in the following rep sequence: 5,5,3,3,2,1,1,1**
Example: If your Squat 1RM is 250 pounds, perform the following: Bar x 5, 95 x 5, 135 x 3, 185 x 3, 205 x 2, 215 x 1, 225 x 1, 240 x 1, 250 = 1RM. In this particular example, the percentages of your 1RM would be the following: Bar, 40%, 55%, 75%, 80%, 85%, 90%, 95%, 1RM
Example: If your Lying Triceps Extension 3-5RM is EZ Bar + 35lbs on each side, perform the following: Bar x 5, 10's x 5, 15's x 3, 15's x 3, 20's x 2, 25's x 1, 25's x 1, 30's x 1, 35's = 3-5RM. In this particular example, the percentages of your 3-5RM would be the following: Bar, 40%, 55%, 55%, 70%, 80%, 80%, 90%, 3-5RM

NOTE: For all Max Effort Lifts, barbells are preferred, however if you don't have access or need to use dumbbells for any other reason, they are an acceptable substitution.

DAY 7 - OFF

DAY 8 - REPETITION DAY - POSTERIOR

POSTERIOR LEGS	VERTICAL PULL	HORIZONTAL PULL	MONSTER MAKER
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POSTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	HORIZONTAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)
1A) DB Alt. Reverse Sprinter Lunges x 6-8 reps	3A) Chest Supported Barbell Row x 6-8 reps
1B) Alt. Heel Touch Squats x 10-12 reps	3B) DB Tripod Row x 10-12 reps each arm
1C) DB Frog Press x 45-60 seconds	3C) Plate T's x 45-60 seconds (strip the 5's from chest supported rows)
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>
VERTICAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	MONSTER MAKER: 80'S SLASHER
2A) Weighted Pullups x 6-8 reps	4) Barbell RDL's x 80 reps (15RM or ~40% of 1RM Deadlift)
2B) Jumping Chins x 10-12 reps	<i>Rest 60 seconds between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).</i>
2C) Kneeling DB Shrugs - 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 9 - REPETITION DAY ANTERIOR

ANTERIOR LEGS	VERTICAL PUSH	HORIZONTAL PUSH	MONSTER MAKER
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ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)
1A) DB Bulgarian Split Squats x 6-8 reps each leg	3A) DB Bench Press x 6-8 reps
1B) DB Alt. Step Ups x 10-12 each leg	3B) DB Upper Chest Pullover x 10-12 reps
1C) Alt. Step Up Thrusts - 45-60 seconds	3C) Cobra/Hindu Pushups x 45-60 seconds
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>
VERTICAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	MONSTER MAKER: 80'S SLASHER
2A) DB Cheat Laterals x 6-8 reps each arm	4) DB Goblet Squats x 80 reps (15RM or ~20% of 1RM Back Squat)
2B) DB 1-Arm Clean and Press x 10-12 reps each arm	<i>Rest 60 seconds between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).</i>
2C) Single DB Press Outs x - 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 10 - OFF

DAY 11 - DYNAMIC LOWER

1. Box Squat 65% 1RM OR Banded Box Squat 75%1RM (55% Weight + 20% Band Resistance) - 6 x 2 reps (Rest 45-60 seconds between sets.)	
2. Static Broad Jumps - 6 x 3 reps (Rest no more than 60 seconds between sets.)	
3. Lying on Back -> 10 yd Sprint - 8 x 1 rep (Rest no more than 60 seconds between sets.)	
4. DB/KB Swings - 3 x 30-45 secs (Rest 60-90 seconds between sets.)	
5. Abs - Choose ONE of the following exercises below: (Rest 30-60 seconds between sets.)	
Triple Bicycle Crunch - 2-3 x 30 (10 triplets)	Speed Plate Drag Planks - 2-3 x 10 (5 to each side)
Explosive 21's - 2-3 x 21 reps (7 each left, right, both)	Med Ball Twisting Wall Throws Burpees - 2-3 x 10 (5 to each side)
Medicine Ball Power Twist Slams - 2-3 x 10 (5 to each side)	Wall Jack Planks - 2-3 x 10

DAY 12 - REMNANT DAY

1) Bench Press - 3 x 8RM
2) Block Deadlift - 3 x 8 w/ 10RM (leave 2 in the tank)
3) Z Press - 3 x 8RM
4) BB Row - 3 x 8RM
5) BB Curl - 3 x 8RM
6) Lying Triceps Extension w/ Stretch - 3 x 8RM
Rest 2 - 3 minutes between all sets and exercises in this workout.

DAY 13 - MAX EFFORT / FRIDAY THE 13TH

MAX EFFORT LIFT	FRIDAY THE 13TH	ACCESSORIES
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MAX EFFORT LIFT**	ACCESSORIES
1) Pause Squat x 3-5 RM	3) DB Bulgarian Split Squat - 3 x 10-12 reps to failure each leg
FRIDAY THE 13TH - PURGATORY SETS	Rest 60 - 90 seconds between sets.
2) Barbell RDL's - 5 x 13,12,11,10,9 reps	4) Barbell Hip Thrusts - 3 x 10-12 reps to failure
Use your 15RM. If unable to get rep count, rest/pause for the number of sec that correlate to the number of reps you're attempting to complete in that set until all 55 reps are finished. Rest 13 seconds b/w sets and rest/pause as prescribed.	Rest 60 - 90 seconds between sets.

** Max Effort Warmup Protocol - Work your way up to your prescribed RM for the given lift/month over 8 sets in the following rep sequence: 5,5,3,3,2,1,1,1
 Example: If your Squat 1RM is 250 pounds, perform the following: Bar x 5, 95 x 5, 135 x 3, 185 x 3, 205 x 2, 215 x 1, 225 x 1, 240 x 1, 250 = 1RM. In this particular example, the percentages of your 1RM would be the following: Bar, 40%, 55%, 75%, 80%, 85%, 90%, 96%, 1RM
 Example: If your Lying Triceps Extension 3-5RM is EZ Bar + 35lbs on each side, perform the following: Bar x 5, 10's x 5, 15's x 3, 15's x 3, 20's x 2, 25's x 1, 25's x 1, 30's x 1, 35's = 3-5RM. In this particular example, the percentages of your 3-5RM would be the following: Bar, 40%, 55%, 55%, 70%, 80%, 80%, 90%, 3-5RM

NOTE: For all Max Effort Lifts, barbells are preferred, however if you don't have access or need to use dumbbells for any other reason, they are an acceptable substitution.

DAY 14 - OFF

DAY 15 - REPETITION DAY - POSTERIOR
POSTERIOR LEGS
VERTICAL PULL
HORIZONTAL PULL
MONSTER MAKER

POSTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	HORIZONTAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)
1A) Cable Pull Throughs x 6-8 reps	3A) Low Cable Squat-to-Stand Row x 6-8 reps
1B) Single Leg Cable RDL's x 10-12 reps each leg	3B) 1-Arm High Cable Row x 10-12 reps each arm
1C) DB/KB Swing x 45-60 seconds	3C) Cable Straight Arm Pushdowns x 45-60 seconds
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>
VERTICAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	MONSTER MAKER: 80'S SLASHER
2A) Rocking Pulldown x 6-8 reps	4) Block/Trap Bar Deadlifts x 80 reps (15RM or ~40% of 1RM Deadlift)
2B) Underhand Pulldown x 10-12 reps	<i>Rest 60 seconds between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).</i>
2C) Low Trap Plate Raise x 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 16 - REPETITION DAY ANTERIOR
ANTERIOR LEGS
VERTICAL PUSH
HORIZONTAL PUSH
MONSTER MAKER

ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)	HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)
1A) DB Alt. Reverse Lunges x 6-8 reps each leg	3A) Incline DB Bench Press x 6-8 reps
1B) Goblet Squats x 10-12 reps	3B) DB Incline Powerbombs x 10-12 reps
1C) Split Squat Jumps x 45-60 seconds	3C) DB Tap Pushups x 45-60 seconds
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>
VERTICAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)	MONSTER MAKER: 80'S SLASHER
2A) Landmine Press x 6-8 reps each arm	4) DB Bench Front Squats x 80 reps (15RM or ~30% of 1RM Back Squat)
2B) Landmine Thrusters x 10-12 reps each arm	<i>Rest 60 seconds between sets. Adjust weight/resistance down slightly if reps drop below 9 (reps should stay between 9 & 15 if possible).</i>
2C) 1-Arm Alt. Landmine Press x - 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

** Use a weight that will challenge you in the given rep / time range. All exercises in this circuit should be completed within the stated Max Circuit Time.

DAY 17 - OFF

DAY 18 - DYNAMIC LOWER

1. Box Squat 60% 1RM OR Banded Box Squat 70%1RM (50% Weight + 20% Band Resistance) - 6 x 2 reps (Rest 45-60 seconds between sets.)

2. Cyclone Ninja Box Jumps - 6 x 4 reps (2 x turn to left, 2 x turn to right) (Rest no more than 60 seconds between sets.)

3. 30 Yard "S" Runs - 8 x 1 rep (Rest no more than 60 seconds between sets.)

4. Kneeling Banded Hip Thrusts - 3 x 30-45 secs (Rest 60-90 seconds between sets.)

5. Abs - Choose ONE of the following exercises below: (Rest 30-60 seconds between sets.)

Triple Bicycle Crunch - 2-3 x 30 (10 triplets)

Speed Plate Drag Planks - 2-3 x 10 (5 to each side)

Explosive 21's - 2-3 x 21 reps (7 each left, right, both)

Med Ball Twisting Wall Throws Burpees - 2-3 x 10 (5 to each side)

Medicine Ball Power Twist Slams - 2-3 x 10 (5 to each side)

Wall Jack Planks - 2-3 x 10

DAY 19 - REMNANT DAY

1) Bench Press - 3 x 8RM

2) Block Deadlift - 3 x 8 w/ 10RM (leave 2 in the tank)

3) Z Press - 3 x 8RM

4) BB Row - 3 x 8RM

5) BB Curl - 3 x 8RM

6) Lying Triceps Extension w/ Stretch - 3 x 8RM

Rest 2 - 3 minutes between all sets and exercises in this workout.

DAY 20 - MAX EFFORT / FRIDAY THE 13TH

MAX EFFORT LIFT

FRIDAY THE 13TH

ACCESSORIES

MAX EFFORT LIFT**

1) Box Squat x 3-5 RM

FRIDAY THE 13TH - PURGATORY SETS

2) Barbell Hip Thrusts - 5 x 13,12,11,10,9 reps

Use your 15RM. If unable to get rep count, rest/pause for the number of sec that correlate to the number of reps you're attempting to complete in that set until all 55 reps are finished. Rest 13 seconds b/w sets and rest/pause as prescribed.

ACCESSORIES

3) Barbell RDL's - 3 x 10-12 reps to failure

Rest 60 - 90 seconds between sets.

4) DB Bulgarian Split Squat - 3 x 10-12 reps to failure each leg

Rest 60 - 90 seconds between sets.

**** Max Effort Warmup Protocol - Work your way up to your prescribed RM for the given lift/month over 8 sets in the following rep sequence: 5,5,3,3,2,1,1,1**
Example: If your Squat 1RM is 250 pounds, perform the following: Bar x 5, 95 x 5, 135 x 3, 185 x 3, 205 x 2, 215 x 1, 225 x 1, 240 x 1, 250 = 1RM. In this particular example, the percentages of your 1RM would be the following: Bar, 40%, 55%, 75%, 80%, 85%, 90%, 95%, 1RM

Example: If your Lying Triceps Extension 3-5RM is EZ Bar + 35lbs on each side, perform the following: Bar x 5, 10's x 5, 15's x 3, 15's x 3, 20's x 2, 25's x 1, 25's x 1, 30's x 1, 35's = 3-5RM. In this particular example, the percentages of your 3-5RM would be the following: Bar, 40%, 55%, 55%, 70%, 80%, 80%, 90%, 3-5RM

NOTE: For all Max Effort Lifts, barbells are preferred, however if you don't have access or need to use dumbbells for any other reason, they are an acceptable substitution.

DAY 21 - OFF

DAY 22 - AX MONSTER 400 REP CHALLENGE - POSTERIOR

DB Curls x 100 reps

DB Reverse Sprinter Lunges x 200 reps (100 each leg)

DB High Pulls x 100 reps

** This is a timed challenge. Perform all 400 reps in any order, in good form, as quickly as possible. Weight used should be 75% of your 10RM DB Curl (NOT alternating db curl) throughout the challenge. Record your time and obtain your rank in the scoring chart for this challenge.

DAY 23 - OFF**DAY 24 - AX MONSTER 400 REP CHALLENGE - ANTERIOR**

DB Bench Press x 100 reps

DB Bench Front Squats x 200 reps

DB Press Outs x 100 reps

** This is a timed challenge. Perform all 400 reps in any order, in good form, as quickly as possible. Weight used should be 75% of your 10RM DB Bench Press throughout the challenge. Only one dumbbell will be used for the Press Outs (gripped with two hands). Record your time and obtain your rank in the scoring chart for this challenge.

DAY 25 - OFF**DAY 26 - MAX EFFORT CHALLENGE**

Barbell Squats r/p for 13 x 5RM

Heavy DB Bench r/p for 13 x 5RM

Barbell Rows r/p for 13 x 5RM

OHP r/p for 13 x 5RM

Barbell Curls r/p for 13 x 5RM

Lying DB Extensions r/p for 13 x 5RM

Rest no longer than 5 minutes after completed exercises.

** This is a timed challenge. Perform each exercise in rest/pause fashion, in good form, as quickly as possible. Use your 5RM. Start the clock as soon as you perform your first set. The clock runs until you finish the last set on the given exercise. At this time you may stop the clock. Rest no more than 5 minutes while transitioning to the next exercise. Start the running clock again as soon as you begin the first set of this new exercise and stop the clock when you finish the last set on that exercise. Repeat in this fashion for each exercise and keep track of your time as you will try to beat it when you are re-tested in weeks 8 and 12

DAY 27 - OFF**DAY 28 - OFF**