



**MONSTER MAKER**  
TOTAL BODY MUSCLE BUILDING



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Blackwell

**DAY 1 - REPETITION DAY ANTERIOR**
**HORIZONTAL PUSH**
**VERTICAL PUSH**
**ANTERIOR LEGS**
**MONSTER MAKER**
**HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 2:30)**

1A) DB Floor Press x 6-8 reps

1B) Cable Ground and Pound x 10-12 reps

1C) Diamond Cutter Pushups x 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

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

3A) Barbell Front Squats x 6-8 reps

3B) DB Alt. Reverse Lunges x 10-12 each leg

3C) Walk the Box - 45-60 seconds

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

4) Incline DB Bench Press x 80 reps w/ 15RM

*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 2 - REPETITION DAY - POSTERIOR**
**VERTICAL PULL**
**HORIZONTAL PULL**
**POSTERIOR LEGS**
**VERTICAL PULL CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 2:30)**

1A) Weighted Chins x 6-8 reps

1B) DB Curls x 10-12 reps

1C) DB High Pull - 45-60 seconds

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

2A) Barbell Dead Row x 6-8 reps

2B) Inverted Chin Curls x 10-12 reps

2C) Renegade Row x 45-60 seconds

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

3A) Barbell RDL's x 6-8 reps

3B) Barbell Hip Buck (No Box / Bench) x 10-12 reps

3C) Long Leg Marches x 45-60 seconds

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*

\*\* 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 - MAX EFFORT / FRIDAY THE 13TH**

<b>MAX EFFORT LIFT</b>	<b>FRIDAY THE 13TH</b>	<b>ACCESSORIES</b>
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MAX EFFORT LIFT**	ACCESSORIES
1) Bench Press x 3-5 RM	3) Weighted Dips - 3 x 10-12 reps to failure
<b>FRIDAY THE 13TH - PURGATORY SETS</b>	Rest 60 - 90 seconds between sets.
2) Incline DB Bench Press - 5 x 13,12,11,10,9 reps	4) 3D Crossovers - 3 x 10-12 reps each arm 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%, 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 6 - REMNANT DAY**

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

**DAY 7 - OFF**

**DAY 8 - REPETITION DAY ANTERIOR**

HORIZONTAL PUSH

VERTICAL PUSH

ANTERIOR LEGS

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

- 1A) DB Bench Press x 6-8 reps  
 1B) DB Upper Chest Pullover x 10-12 reps  
 1C) Cobra/Hindu Pushups x 45-60 seconds

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*
**VERTICAL PUSH CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 3:00)**

- 2A) DB Cheat Laterals x 6-8 reps each arm  
 2B) DB 1-Arm Clean and Press x 10-12 reps each arm  
 2C) Single DB Press Outs x 45-60 seconds

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*
**ANTERIOR LEGS CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 3:00)**

- 3A) DB Bulgarian Split Squats x 6-8 reps each leg  
 3B) DB Alt. Step Ups x 10-12 each leg  
 3C) Alt. Step Up Thrusts - 45-60 seconds

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

- 4) Dips x 90 reps w/ 15RM (weighted or assisted as needed)

*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 9 - REPETITION DAY - POSTERIOR**

VERTICAL PULL

**HORIZONTAL PULL**

POSTERIOR LEGS

**VERTICAL PULL CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 2:30)**

- 1A) Weighted Pullups x 6-8 reps  
 1B) Jumping Chins x 10-12 reps  
 1C) Kneeling DB Shrugs - 45-60 seconds

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*
**HORIZONTAL PULL CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 2:45)**

- 2A) Chest Supported Barbell Row x 6-8 reps  
 2B) DB Tripod Row x 10-12 reps each arm  
 2C) Plate T's x 45-60 seconds (strip the 5's from chest supported rows)

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*
**POSTERIOR LEGS CIRCUIT x 3 ROUNDS (\*\*MAX CIRCUIT TIME = 3:00)**

- 3A) DB Alt. Reverse Sprinter Lunges x 6-8 reps  
 3B) DB Alt. Heel Touch Squats x 10-12 reps  
 3C) DB Frog Press x 45-60 seconds

*Rest 90 seconds between rounds, 3 minutes between completed circuits.*

\*\* 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 - MAX EFFORT / FRIDAY THE 13TH**
**MAX EFFORT LIFT**
**FRIDAY THE 13TH**
**ACCESSORIES**

MAX EFFORT LIFT**	ACCESSORIES
1) Pause Bench Press x 3-5 RM	3) Incline DB Bench Press - 3 x 10-12 reps to failure
<b>FRIDAY THE 13TH - PURGATORY SETS</b>	<i>Rest 60 - 90 seconds between sets.</i>
2) Weighted Dips - 5 x 13,12,11,10,9 reps	4) 3D Crossovers - 3 x 10-12 reps each arm 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 13 - REMNANT DAY**

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

**DAY 14 - OFF**

**DAY 15 - REPETITION DAY ANTERIOR**

HORIZONTAL PUSH

VERTICAL PUSH

ANTERIOR LEGS

MONSTER MAKER

HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)
1A) Incline DB Bench Press x 6-8 reps	3A) DB Alt. Reverse Lunges x 6-8 reps each leg
1B) DB Incline Powerbombs x 10-12 reps	3B) Goblet Squats x 10-12 reps
1C) DB Tap Pushups x 45-60 seconds	3C) Split Squat Jumps 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) X-Crossovers x 80 reps w/ 15RM
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 &amp; 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 16 - REPETITION DAY - POSTERIOR**

VERTICAL PULL

HORIZONTAL PULL

POSTERIOR LEGS

VERTICAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	POSTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)
1A) Rocking Pulldown x 6-8 reps	3A) Cable Pull Throughs x 6-8 reps
1B) Underhand Pulldown x 10-12 reps	3B) Single Leg Cable RDL's x 10-12 reps each leg
1C) Low Trap Plate Raise x 45-60 seconds	3C) DB/KB Swing 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>
HORIZONTAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	** 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.
2A) Low Cable Squat-to-Stand Row x 6-8 reps	
2B) 1-Arm High Cable Row x 10-12 reps each arm	
2C) Cable Straight Arm Pushdowns x 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

**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 - MAX EFFORT / FRIDAY THE 13TH**

<b>MAX EFFORT LIFT</b>	<b>FRIDAY THE 13TH</b>	<b>ACCESSORIES</b>
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MAX EFFORT LIFT**	ACCESSORIES
1) Floor Press x 3-5 RM	3) Weighted Dips - 3 x 10-12 reps to failure
<b>FRIDAY THE 13TH - PURGATORY SETS</b>	<i>Rest 60 - 90 seconds between sets.</i>
2) Crossovers - 5 x 13,12,11,10,9 reps each arm	4) Incline DB Bench Press - 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 20 - REMNANT DAY**

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

**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**