



MONSTER MAKER
TOTAL BODY MUSCLE BUILDING



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DAY 1 - REPETITION DAY - POSTERIOR

VERTICAL PULL	HORIZONTAL PULL	POSTERIOR LEGS	MONSTER MAKER
VERTICAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)		POSTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	
1A) Weighted Chins x 6-8 reps		3A) Barbell RDL's x 6-8 reps	
1B) DB Curls x 10-12 reps		3B) Barbell Hip Buck (No Box / Bench) x 10-12 reps	
1C) DB High Pull - 45-60 seconds		3C) Long Leg Marches 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 = 2:30)		MONSTER MAKER: 80'S SLASHER	
2A) Barbell Dead Row x 6-8 reps		4) Chest Supported DB Rows x 80 reps w/ 15RM	
2B) Inverted Chin Curls 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) Renegade Row 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 2 - REPETITION DAY ANTERIOR

VERTICAL PUSH	HORIZONTAL PUSH	ANTERIOR LEGS
VERTICAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)		ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)
1A) DB OHP x 6-8 reps		3A) Barbell Front Squats x 6-8 reps
1B) DB Grave Digger x 10-12 reps		3B) DB Alt. Reverse Lunges x 10-12 each leg
1C) DB Speed Push Press x 45-60 seconds		3C) Walk the Box - 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 PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)		** 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) DB Floor Press x 6-8 reps		
2B) Cable Ground and Pound x 10-12 reps		
2C) Diamond Cutter Pushups x 45-60 seconds		
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>		

DAY 3 - OFF

DAY 4 - MAX EFFORT / FRIDAY THE 13TH

MAX EFFORT LIFT

FRIDAY THE 13TH

ACCESSORIES

MAX EFFORT LIFT**	ACCESSORIES
1) Barbell Curls x 3-5 RM	3) DB Pullovers - 3 x 10-12 reps to failure
FRIDAY THE 13TH - PURGATORY SETS	<i>Rest 60 - 90 seconds between sets.</i>
2) Lat Pulldowns - 5 x 13,12,11,10,9 reps	4) Straight Arm Pushdowns - 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 5 - DYNAMIC LOWER

1) Box Squat 60% 1RM OR Banded Box Squat 70% 1RM (50% Weight + 20% Band Resistance) - 6 x 2 reps (<i>Rest 45-60 seconds between sets.</i>)	
2) Reactive DB Box Jumps - 6 x 3 reps (<i>Rest no more than 60 seconds between sets.</i>)	
3) High Knee Flying 20's - 8 x 1 rep (<i>Rest no more than 60 seconds between sets.</i>)	
4) Pull Throughs - 3 x 10-12 reps (<i>Rest 60-90 seconds between sets.</i>)	
5) Abs - Choose ONE of the following exercises below: (<i>Rest 30-60 seconds between sets.</i>)	
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 6 - REMNANT DAY

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

DAY 7 - OFF

DAY 8 - REPETITION DAY - POSTERIOR
VERTICAL PULL HORIZONTAL PULL POSTERIOR LEGS MONSTER MAKER

VERTICAL PULL CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	POSTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)
1A) Weighted Pullups x 6-8 reps	3A) DB Alt. Reverse Sprinter Lunges x 6-8 reps
1B) Jumping Chins x 10-12 reps	3B) DB Alt. Heel Touch Squats x 10-12 reps
1C) Kneeling DB Shrugs - 45-60 seconds	3C) DB Frog Press 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 = 2:45)	MONSTER MAKER: 80'S SLASHER
2A) Chest Supported Barbell Row x 6-8 reps	4) Straight Arm Pushdowns x 80 reps w/ 15RM
2B) DB Tripod Row 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) 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>	

** 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
VERTICAL PUSH HORIZONTAL PUSH ANTERIOR LEGS

VERTICAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)	ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 3:00)
1A) DB Cheat Laterals x 6-8 reps each arm	3A) DB Bulgarian Split Squats x 6-8 reps each leg
1B) DB 1-Arm Clean and Press x 10-12 reps each arm	3B) DB Alt. Step Ups x 10-12 each leg
1C) Single DB Press Outs x - 45-60 seconds	3C) Alt. Step Up Thrusts - 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 PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	** 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) DB Bench Press x 6-8 reps	
2B) DB Upper Chest Pullover x 10-12 reps	
2C) Cobra/Hindu Pushups x 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

DAY 10 - OFF

DAY 11 - MAX EFFORT / FRIDAY THE 13TH

MAX EFFORT LIFT

FRIDAY THE 13TH

ACCESSORIES

MAX EFFORT LIFT**	ACCESSORIES
1) Chest Supported Rows x 3-5 RM	3) Lat Pulldowns - 3 x 10-12 reps to failure
FRIDAY THE 13TH - PURGATORY SETS	<i>Rest 60 - 90 seconds between sets.</i>
2) DB Pullovers - 5 x 13,12,11,10,9 reps	4) Straight Arm Pushdowns - 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 12 - 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 13 - REMNANT DAY

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

DAY 14 - OFF

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

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)	MONSTER MAKER: 90'S SLASHER
2A) Low Cable Squat-to-Stand Row x 6-8 reps	4) Barbell Shrugs x 80 reps w/ 15RM
2B) 1-Arm High Cable Row 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) Cable Straight Arm Pushdowns 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
VERTICAL PUSH HORIZONTAL PUSH ANTERIOR LEGS

VERTICAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)	ANTERIOR LEGS CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:45)
1A) Landmine Press x 6-8 reps each arm	3A) DB Alt. Reverse Lungos x 6-8 reps each leg
1B) Landmine Thrusters x 10-12 reps each arm	3B) Goblet Squats x 10-12 reps
1C) 1-Arm Alt. Landmine Press 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>
HORIZONTAL PUSH CIRCUIT x 3 ROUNDS (**MAX CIRCUIT TIME = 2:30)	** 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) Incline DB Bench Press x 6-8 reps	
2B) DB Incline Powerbombs x 10-12 reps	
2C) DB Tap Pushups x 45-60 seconds	
<i>Rest 90 seconds between rounds, 3 minutes between completed circuits.</i>	

DAY 17 - OFF

DAY 18 - MAX EFFORT / FRIDAY THE 13TH
MAX EFFORT LIFT
FRIDAY THE 13TH
ACCESSORIES

MAX EFFORT LIFT**	ACCESSORIES
1) Barbell Dead Rows x 3-5 RM	3) DB Pullovers - 3 x 10-12 reps to failure
FRIDAY THE 13TH - PURGATORY SETS	<i>Rest 60 - 90 seconds between sets.</i>
2) Straight Arm Pushdowns - 5 x 13,12,11,10,9 reps	4) Lat Pulldowns - 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 19 - DYNAMIC LOWER

1. Box Squat 60% 1RM OR Banded Box Squat 70%1RM (50% Weight + 20% Band Resistance) - 6 x 2 reps (<i>Rest 45-60 seconds between sets.</i>)	
2. Cyclone Ninja Box Jumps - 6 x 4 reps (2 x turn to left, 2 x turn to right) (<i>Rest no more than 60 seconds between sets.</i>)	
3. 30 Yard "S" Runs - 8 x 1 rep (<i>Rest no more than 60 seconds between sets.</i>)	
4. Kneeling Banded Hip Thrusts - 3 x 30-45 secs (<i>Rest 60-90 seconds between sets.</i>)	
5. Abs - Choose ONE of the following exercises below: (<i>Rest 30-60 seconds between sets.</i>)	
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 20 - REMNANT DAY

1) Squats - 3 x 8RM
2) Bench Press - 3 x 8RM
3) Block Deadlift - 3 x 8 w/ 10RM (leave 2 in the tank)
4) Z Press - 3 x 8RM
5) BB Curls - 3 x 8 w/ 10RM (leave 2 in the tank)
6) Lying Triceps Extension w/ Stretch - 3 x 8RM
<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**