



LEAN BULK

2.0

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INTRODUCTION

THANK YOU FOR PURCHASING THE LEAN BULK 2.0. I AM FOREVER GRATEFUL FOR ALL OF YOUR SUPPORT! THE SQUAD HAS ALWAYS SHOWN ME LOVE AND SUPPORTED EVERYTHING THAT I DO. I KNOW THAT NONE OF THIS WOULD BE POSSIBLE WITHOUT YOU, AND I DO MY BEST TO GIVE YOU DOPE PRODUCTS AND MERCHANDISE THAT YOU CAN USE IN THE GYM. I AM TRULY JUST SHARING MY PASSION AND I'M BLESSED THAT YOU SUPPORT THAT. THANK YOU FOR PURCHASING THIS EBOOK! MAKE SURE YOU TAG ME ON IG OR EMAIL ME THE GAINZ THAT YOU MAKE FOLLOWING THIS PROGRAM!

THE FIRST LEAN BULK IS MY BEST SELLING EBOOK AND I KNOW THAT MANY OF YOU USED THE FIRST VERSION WITH A LOT OF SUCCESS. THE FIRST PROGRAM WAS LIT AND I HAD A LOT OF FUN FOLLOWING IT AND MAKING THE VIDEOS FOR MY YOUTUBE CHANNEL! YOU DON'T NEED TO DO THE ORIGINAL LEAN BULK IN ORDER FOR THE LEAN BULK 2.0 TO WORK. THEY ARE TWO DIFFERENT EBOOKS DESIGNED TO REACH THE SAME GOALS OF GETTING BIGGER AND STRONGER. I WROTE THE ORIGINAL LEAN BULK BECAUSE I WANTED TO FOCUS ON GETTING BIGGER AND STRONGER AT THE TIME, AND I WANTED TO SHARE MY WORKOUT PLAN WITH YOU. I ALSO WANTED TO EXPLAIN WHY I DO THE THINGS I DO SO THAT YOU CAN LEARN HOW I'VE BUILT MUSCLE AND STRENGTH WITH MY TRAINING STYLE AND PHILOSOPHIES. I AM WRITING THIS EBOOK WITH THE SAME THING IN MIND. I AM CURRENTLY BORED WITH MY TRAINING AND I WANT TO GET BACK TO FOCUSING ON MY OWN PERSONAL GAINZ. I'M SHARING MY PLAN WITH YOU AND HOPE TO HELP YOU LEARN AND MAKE PROGRESS AT THE SAME TIME.

I WRITE EBOOKS THAT I PERSONALLY FOLLOW LIKE THE ORIGINAL LEAN BULK, AND I ALSO WRITE EBOOKS LIKE THE GET SHREDDED PROGRAMS THAT I PUT OTHER PEOPLE THROUGH. I LIKE TO SHARE MY PERSONAL WORKOUTS FOLLOWING THESE PROGRAMS ON MY YOUTUBE CHANNEL SO THAT YOU CAN FOLLOW THESE WORKOUT PLANS WITH ME. I AM GOING TO FOLLOW THIS PROGRAM JUST AS YOU WILL AND I WILL HIT ALL OF THE CONCEPTS FROM THIS EBOOK ON MY YOUTUBE CHANNEL SO MAKE SURE YOU TUNE IN. I'M EXCITED TO MAKE SOME GAINZ AND GET BACK TO DOING WHAT I LOVE IN THE GYM! I WROTE THIS PROGRAM FOR ME, BUT I'M GLAD TO SHARE IT WITH YOU. LET'S GO!!

LET'S GET BETTER TOGETHER!

GOALS

I'M NOT GONNA LIE, I HAVEN'T FELT LIKE MYSELF IN THE GYM FOR A WHILE. MY SOCIAL MEDIA GREW AND I WAS ABLE TO BUILD SEVERAL BUSINESSES WITH IT. THESE BUSINESSES WERE THINGS THAT I ALWAYS DREAMED ABOUT, LIKE OWNING MY OWN GYM (ZOO CULTURE). I'M INCREDIBLY BLESSED WITH THE AMOUNT OF SUCCESS EACH OF MY BUSINESSES HAS RECEIVED OVER THE LAST FEW YEARS. THAT SAID, I FEEL LIKE I'VE HAD TO SACRIFICE MYSELF AND MY TRUE PASSION TO GET MY BUSINESSES TO WHERE I WANT THEM TO BE. I'M SURE THAT MANY OF YOU CAN RELATE WITH YOUR OWN LIFE GOALS. DON'T GET ME WRONG, I LOVE ZOO CULTURE AND I LOVE DOING ALL THAT I DO ON SOCIAL MEDIA. I'M NOT COMPLAINING AT ALL! I GUESS YOU CAN SAY THAT SOMETIMES THINGS JUST END UP DIFFERENT THAN WHAT WE ORIGINALLY HAD IN MIND. IT'S NOT A GOOD OR BAD THING. IT'S JUST DIFFERENT.

I'VE BATTLED WITH ANXIETY AND DEPRESSION FOR MOST OF MY LIFE, ESPECIALLY AS AN ADULT. I'VE SHARED SOME OF THAT WITH YOU ON SOCIAL MEDIA AND IT'S SOMETHING THAT I AM CONSTANTLY WORKING ON. I HAD TO STOP AND LOOK AT MYSELF AND ADDRESS THE CAUSES FOR SOME OF THESE NEGATIVE FEELINGS. I SOON REALIZED THAT ONE OF THOSE CAUSES IS THAT I WAS NO LONGER DOING THE ONE THING THAT MEANT THE MOST TO ME, THE ONE THING THAT ALWAYS WAS MY CENTER AND HELPED MAKE THE REST OF MY LIFE BETTER, AND THAT WAS SIMPLY PUTTING IN THE WORK TO BUILD MUSCLE AND STRENGTH. I DIDN'T WANT TO GET JACKED AND STRONG BECAUSE I WANTED OTHER PEOPLE TO NOTICE. I DIDN'T DO IT BECAUSE I WANTED A BIGGER SOCIAL MEDIA FOLLOWING (SOCIAL MEDIA WASN'T EVEN A THING WHEN I STARTED). I SIMPLY DID IT BECAUSE IT MADE ME HAPPY AND I ENJOYED SELF-IMPROVEMENT AND FOCUSING ON SOMETHING THAT ALLOWED ME TO PROGRESS. I'VE FELT THAT, RECENTLY, I HAVEN'T SPENT ANY TIME FOCUSING ON THAT. MY WORKOUTS HAVE BEEN JUST GOING THROUGH THE MOTIONS AT THE GYM. I WAS GOING BUT MY HEART WASN'T IN IT. IF YOU COMBINE THAT WITH THE FACT THAT I CONSTANTLY HAVE TO GRIND ON EVERY ASPECT OF MY BUSINESS THEN THERE IS NO WONDER I WAS FEELING DOWN AND BURNT OUT. I FELT LIKE I WASN'T MAKING ANY PROGRESS PHYSICALLY AND, IF ANYTHING, I WENT BACKWARDS. I RECOGNIZED ALL OF THIS AND I FOUND A SOLUTION.

THAT SOLUTION IS THAT I NEEDED TO PICK A GOAL AND CREATE A PROGRAM TO ACHIEVE IT. I NEEDED TO DO THIS FOR ME PHYSICALLY AND ALSO MENTALLY. THIS WASN'T SOMETHING THAT IS MEANT TO HELP ME PROGRESS IN ANY OTHER PART OF MY LIFE. THIS IS SOMETHING THAT IS SIMPLY FOCUSED ON USING THE GYM TO BETTER MYSELF FOR MYSELF. COMING UP WITH A GOAL WAS EASY. I ALWAYS ENJOY PURSUING MUSCLE MASS AND STRENGTH MORE THAN ANYTHING! TO ME, THIS IS BETTER THAN TRYING TO GET SHREDDED OR ANY OTHER PHYSICAL GOAL. IT FEELS GOOD TO GET BIGGER AND STRONGER AND IT'S FUN TO TRAIN FOR IT. ONCE I HAD MY GOAL, I SAT DOWN AND STARTED WORKING ON A PLAN TO ACHIEVE IT.

FAST-FORWARD TO WHERE WE ARE TODAY AND YOU NOW HAVE THAT PLAN! ONCE I STARTED WORKING ON THE PLAN I THOUGHT THAT THIS WOULD BE A PERFECT LEAN BULK 2.0. I KNOW THIS IS KIND OF COMBINING WORK INTO THIS, AND I DIDN'T WANT TO DO THAT UNLESS IT WAS GOING TO BE FUN. I'VE HAD MANY OF YOU ASK ME WHEN THIS EBOOK WAS GOING TO COME OUT. I THINK SOME OF YOU HAVE BEEN WAITING FOR MORE THAN A YEAR NOW. I THOUGHT THAT NOW WAS THE BEST TIME TO DO A LEAN BULK 2.0. I REALLY ENJOYED MAKING THE CONTENT FOR THE FIRST LEAN BULK (YOU CAN STILL SEE IT ON MY YOUTUBE CHANNEL) AND IT WAS HONESTLY THE LAST TIME I MADE ANY SERIOUS GAINZ IN THE GYM. I RELEASED THAT EBOOK AROUND 2 YEARS AGO! I FELT THAT I WOULD NOT ONLY ENJOY FOLLOWING THIS PROGRAM, BUT THAT I WOULD ENJOY CREATING CONTENT FOR YOU TO ENJOY FOLLOWING IT TOO!

SO, THE GOALS OF THIS PROGRAM ARE TO UTILIZE POWERLIFTING AND BODYBUILDING METHODS TO ADD MUSCLE MASS AND STRENGTH. WE WILL FOCUS ON POWERLIFTING STRENGTH WITH HEAVY COMPOUND MOVEMENTS AND WE WILL TRACK NUMBERS AND PERCENTAGES TO INCREASE IT. WE WILL FOCUS ON BODYBUILDING STRENGTH BY LOOKING AT NUMBERS AND USING ADVANCED TRAINING TECHNIQUES TO MAKE SURE YOU ARE PURSUING STRENGTH WITH BODYBUILDING MOVEMENTS INSTEAD OF JUST PURSUING STRENGTH WITH POWERLIFTING MOVEMENTS. INCREASES IN STRENGTH WITH BOTH OF THESE MOVEMENTS WILL LEAD TO MORE MUSCLE MASS. THIS IS POWER BODYBUILDING AT IT'S BEST! WE CAN ADD MORE MASS THAN A POWERLIFTING PROGRAM AND WE CAN ADD MORE STRENGTH THAN A PURE BODYBUILDING PROGRAM. YOU GET THE BEST OF BOTH WORLDS!

LASTLY, I MENTIONED THAT THIS PLAN IS CREATED FOR ME TO GET MY FOCUS BACK IN THE GYM AND FIND A BALANCE AGAIN WITH MY PERSONAL LIFE AND OVERALL HAPPINESS. I WILL ADD THAT THE LAST GOAL OF THIS PROGRAM IS TO ENCOURAGE YOU TO TRAIN WITH A PURPOSE. THIS GOES BEYOND THE PURPOSE OF JUST BEING FOCUSED ON YOUR GOALS. THIS IS YOU ASKING YOURSELF WHAT YOUR "WHY" IS. WHY ARE YOU DOING THIS? WHAT OTHER BENEFITS ARE YOU GETTING BESIDES MUSCLE AND STRENGTH BY DOING THIS? YOU WILL LEARN MORE ABOUT YOURSELF BY FOLLOWING THIS PROGRAM AND I SINCERELY HOPE THAT YOU WILL LEARN HOW THE GYM AND TRAINING WITH A PURPOSE CAN BRING PEACE OF MIND AND HAPPINESS TO ALL ASPECTS OF YOUR LIFE. OH, AND YOU'LL MAKE GAINZ TOO. LET'S KEEP IT REAL...IT'S ALWAYS MOSTLY ABOUT THAT!

LET'S GET STARTED!!

NUTRITION/SUPPLEMENTS

***IF YOU DON'T KNOW HOW TO TRACK YOUR MACROS OR CALORIES THEN I HIGHLY SUGGEST SEARCHING THE WIDE VARIETY OF FITNESS APPS AVAILABLE. THERE ARE SEVERAL THAT ARE DESIGNED TO TRACK YOUR CALORIES AND MACROS FOR YOU, AND YOU CAN DO IT FROM YOUR PHONE. DO SOME RESEARCH AND FIND THE ONE THAT WORKS BEST FOR YOU.**

THIS EBOOK IS CALLED "LEAN BULK" AND THAT MEANS THAT THE GOAL IS TO TRY AND ADD MUSCLE MASS WITH THE LEAST AMOUNT OF FAT GAIN AS POSSIBLE. NUTRITIONALLY SPEAKING, IN ORDER TO ADD MUSCLE TISSUE, YOU WILL NEED TO EAT IN A CALORIC SURPLUS. THIS MEANS THAT YOU WILL NEED TO EAT MORE CALORIES PER DAY THAN YOU BURN. SOMEBODY WHO IS EATING IN A CALORIC DEFICIT AND TRYING TO LOSE BODY FAT SHOULDN'T FOLLOW THIS PROGRAM. YOU WOULD BE BETTER OFF FOLLOWING ONE OF MY GET SHREDDED PROGRAMS IF THAT WAS YOUR GOAL. A PROBLEM WITH EATING IN A CALORIC SURPLUS IS THAT SOME OF THAT SURPLUS CAN BE STORED AS BODY FAT. THE GOAL IS TO TRY AND FIND THE RIGHT AMOUNT OF CALORIES, WITH THE RIGHT RATIO OF MACRONUTRIENTS, TO SUPPLY WHAT'S NEEDED FOR MUSCLE GROWTH WITHOUT SPILLING OVER TO UNWANTED FAT GAIN. YOU SHOULD EXPECT TO PUT ON SOME BODY FAT DURING THIS TIME, BUT WE WANT TO PUT ON THE LEAST AMOUNT OF BODY FAT AS POSSIBLE.

20 CALORIES

THE FIRST THING THAT YOU NEED TO DO IS FIND YOUR CALORIC MAINTENANCE. YOUR CALORIC MAINTENANCE IS THE AMOUNT OF CALORIES THAT YOU NEED TO CONSUME ON A DAILY BASIS TO MAINTAIN YOUR CURRENT WEIGHT. THE EASIEST WAY TO DO THIS IS TO TRACK YOUR CALORIES FOR A WEEK. ADD UP YOUR CALORIES FOR ALL 7 DAYS AND DIVIDE BY 7. THIS WILL GIVE YOUR AVERAGE DAILY CALORIC INTAKE. IF YOU'VE BEEN GAINING WEIGHT THEN THIS IS LIKELY ALREADY A SURPLUS. YOU CAN START BY CONSUMING THIS AMOUNT OF CALORIES AND STICK WITH THE PLAN UNTIL YOU STOP GROWING BECAUSE YOU ARE ALREADY CURRENTLY IN A SURPLUS. IF YOU'VE BEEN LOSING WEIGHT THEN YOU HAVE LIKELY BEEN EATING IN A CALORIC DEFICIT. THIS MEANS YOU'VE BEEN EATING LESS THAN YOUR MAINTENANCE AND THIS IS WHY YOU'VE BEEN LOSING WEIGHT. THIS IS GREAT FOR FAT LOSS, BUT YOU WON'T GROW FROM THIS. YOU WILL WANT TO INCREASE YOUR CALORIC INTAKE FOR THIS PLAN IF THAT IS THE CASE. IF YOUR WEIGHT HAS MORE OR LESS STAYED THE SAME THEN YOU ARE CURRENTLY EATING AT YOUR CALORIC MAINTENANCE LEVEL. YOU WILL WANT TO INCREASE YOUR CALORIES FOR THIS PROGRAM BECAUSE A MAINTENANCE LEVEL CALORIC INTAKE WILL NOT ADD MUSCLE MASS.

I LIKE TO MAKE CALORIC CHANGES IN THE AMOUNT OF 500 CALORIES AND GIVE THOSE CHANGES A WEEK OR TWO TO SHOW IF IT WAS ENOUGH. FOR EXAMPLE, LET'S SAY YOU'VE BEEN EATING 2000 CALORIES PER DAY AND YOU'VE BEEN MAINTAINING AT THAT. YOU WOULD WANT TO BUMP YOUR CALORIES TO 2500 AND SEE IF YOU GAIN WEIGHT OVER THE NEXT WEEK OR TWO. IF YOU DO NOT GAIN WEIGHT THEN YOU NEED TO INCREASE TO 3000. YOU WILL SEE WEIGHT GAIN AND ONCE YOU DO, YOU CAN KEEP YOUR CALORIES THE SAME UNTIL WEIGHT GAIN PLATEAUS FOR SEVERAL WEEKS. ANOTHER EXAMPLE, IF YOU'VE BEEN CONSUMING 2000 CALORIES PER DAY AND YOU'VE BEEN LOSING WEIGHT THEN YOU WILL STILL BUMP TO 2500 AND SEE WHAT HAPPENS. THE CHANGE IS ALWAYS IN AN INCREMENT OF 500 CALORIES. YOU SHOULD FIRST SEE WEIGHT LOSS STOP AS YOU FIND YOUR CALORIC MAINTENANCE AND THEN YOU WILL SEE WEIGHT GAIN OCCUR AS YOU END UP IN A CALORIC SURPLUS. THIS SURPLUS IS WHERE WE WANT TO BE. THIS IS THE SAFEST WAY TO PREVENT OVERSHOOTING YOUR TARGET CALORIES AND ADDING UNNECESSARY BODY FAT. SMALL CHANGES OVER TIME WILL ADD UP AND YOU WILL SEE PROGRESS.

EATING IN A CALORIC SURPLUS IS ENOUGH TO GROW, AND YOU CAN STOP HERE IF THE THOUGHT OF TRACKING MACROS IS TOO OVERWHELMING FOR YOU. IF YOU CAN AT THE VERY LEAST KEEP YOUR CALORIES IN CHECK THEN YOU WILL STILL BE ABLE TO MAKE PROGRESS.

MACROS

FOR THOSE OF YOU THAT WANT TO TAKE THINGS A STEP FURTHER THEN I HIGHLY SUGGEST THAT YOU FIGURE OUT HOW MANY OF EACH MACRO THAT YOU ARE GOING TO CONSUME TO FILL THOSE CALORIES. PROTEIN, CARBOHYDRATES, AND FATS ARE THE THREE MACRONUTRIENTS. PROTEIN AND CARBOHYDRATES HAVE 4 CALORIES PER GRAM WHILE FATS HAVE 9 CALORIES PER GRAM. HERE IS AN EXAMPLE: 100G OF PROTEIN IS 400 CALORIES; 100G OF CARBS IS 400 CALORIES, AND 100G OF FAT IS 900 CALORIES. YOU CAN SEE THAT FATS ARE MORE CALORICALLY DENSE THAN PROTEIN OR CARBOHYDRATES. PROTEIN IS MADE UP OF "ESSENTIAL AMINO ACIDS (EAA)" THAT ARE REQUIRED FOR YOUR BODY TO BUILD NEW MUSCLE TISSUE. THAT'S AN IMPORTANT PART OF NUTRITION THAT WE NEED TO COVER AND IT'S ALSO THE REASON THAT PROTEIN SHAKES AND HIGH PROTEIN DIETS ARE SO POPULAR. CARBOHYDRATES ARE A FUEL SOURCE SO WE ONLY NEED TO CONSUME ENOUGH TO PERFORM AND PROVIDE ENERGY FOR BODILY FUNCTIONS. FATS ARE A FUEL SOURCE THAT ALSO PROVIDES "ESSENTIAL FATTY ACIDS (EFA)". EFA SOUND SIMILAR TO EAA AND THAT'S BECAUSE THEY ARE BOTH ESSENTIAL FOR BODILY FUNCTIONS. ESSENTIAL MEANS WE NEED TO GET THEM IN OUR DIET OR ELSE OUR BODY WON'T WORK PROPERLY AND DEFINITELY WON'T MAKE ANY GAINZ.

YOU CAN NOW UNDERSTAND THAT THE 3 MACROS EACH SERVE THEIR OWN PURPOSE OUTSIDE OF MAKING UP YOUR TOTAL NUMBER OF CALORIES THAT YOU'LL NEED TO CONSUME ON A DAILY BASIS. YOU'LL THEN WANT TO DESIGN YOUR MEALS AND FOOD INTAKE TO MEET A CERTAIN MACRO RATIO. A GREAT STARTING RATIO IS A 40/40/20 PCF RATIO. THIS MEANS THAT 40% OF YOUR CALORIES SHOULD COME FROM PROTEIN, 40% OF YOUR CALORIES SHOULD COME FROM CARBS, AND 20% OF YOUR CALORIES SHOULD COME FROM FATS. SOME PEOPLE DO WELL WITH A 40/30/30 PCF RATIO AS WELL. IF CARBS TREAT YOU WELL THEN STICK WITH THE FIRST ONE, IF THEY DON'T THEN YOU MAY WANT TO TRY THE SECOND ONE.

HERE IS AN EXAMPLE OF MACROS AND CALORIES. IF YOUR TOTAL CALORIC GOAL IS 2000 CALORIES PER DAY AND YOU ARE FOLLOWING A 40/40/20 PCF RATIO, THEN WE NEED TO FIGURE OUT HOW MANY CALORIES 40% IS AND 20% IS. 40% OF 2000 IS 800 AND 20% OF 2000 IS 400. THIS MEANS YOU WILL GET 800 CALORIES FROM PROTEIN, 800 CALORIES FROM CARBS, AND 400 CALORIES FROM FATS. YOU CAN THEN TAKE 800 CALORIES FROM PROTEIN AND DIVIDE THAT BY 4 CALORIES. THIS GIVES YOU 200 GRAMS OF PROTEIN BECAUSE $200G \times 4 \text{ CALS/G} = 800$ CALORIES. YOU WILL CONSUME 200 GRAMS OF CARBS BECAUSE CARBS AND PROTEIN HAVE THE SAME 4 CAL/G. LASTLY, YOU WILL TAKE THE 400 CALORIES FROM FAT AND DIVIDE THAT BY 9. THIS GIVES YOU ROUGHLY 45G OF FAT. YOU NOW HAVE YOUR MACROS: 200G PROTEIN, 200G CARBS, 45G FAT WILL GIVE YOU 2000 CALORIES ON THE DAY.

ONCE YOU GET A BASE FROM THIS THEN YOU CAN MODIFY YOUR 40/40/20 RATIO BY CHANGING EACH MACRO, OR YOU CAN INCREASE YOUR CALORIC INTAKE BY SIMPLY ADDING MACROS ACROSS THE BOARD IN THE SAME RATIO. I WANT TO POINT OUT THAT THE 40/40/20 RATIO IS MERELY A STARTING POINT AND SOMETHING TO HELP GUIDE YOU DOWN THE RIGHT PATH. YOU CAN MODIFY IT AS YOU GO. A COMMON MODIFICATION IS TO INCREASE PROTEIN INTAKE. MANY PEOPLE LIKE TO CONSUME 1.5-2G PROTEIN PER POUND OF BODY WEIGHT WHEN TRYING TO GROW AND I'M NOT AGAINST THIS. IF YOU ARE A 200LB PERSON THEN THIS MEANS YOU WILL BE CONSUMING 300-400G OF PROTEIN PER DAY. YOU WILL JUST NEED TO ADJUST YOUR CARB AND FAT INTAKE TO HIT YOUR TARGET CALORIES. THIS MAY END UP PUTTING YOU IN A 50/30/20 PCF RATIO. YOU COULD ALSO LEAVE YOUR CARBS AND FATS THE SAME AND SIMPLY INCREASE YOUR PROTEIN WHEN IT IS TIME TO BUMP YOUR CALORIES. THERE ARE A VARIETY OF THINGS YOU CAN DO TO BUMP YOUR CALORIES THAT MAY ALTER YOUR MACRO RATIO. TRYING TO STICK WITH THE 40/40/20 IS A GREAT GUIDELINE BUT IF YOU END UP A LITTLE DIFFERENT THEN THAT IS OK. IF YOU ARE GAINING MUSCLE MASS AND STRENGTH THEN IT'S THE RIGHT RATIO. YOU'RE NOT DOING IT WRONG IF YOU ARE MAKING GAINZ!

SUPPLEMENT SUGGESTIONS

NOW THAT YOU UNDERSTAND PROTEIN AS ONE OF THE MACROS THEN YOU CAN SEE WHY PROTEIN SHAKES ARE SUCH A POPULAR SUPPLEMENT. NOT ONLY IS PROTEIN GREAT FOR BUILDING MUSCLE, BUT A PROTEIN SHAKE IS ALSO A GREAT WAY TO INCREASE YOUR PROTEIN INTAKE WITHOUT ADDING A BUNCH OF EXTRA CARBOHYDRATE OR FAT MACROS ALONG WITH IT. REMEMBER THAT MOST ANIMAL PROTEIN SOURCES COME WITH A FAIR AMOUNT OF FAT WITH THEM AS WELL. A PROTEIN SHAKE, IN COMPARISON, USUALLY COMES WITH VERY MINIMAL FAT OR CARBOHYDRATE MACROS, DEFINITELY NOT ENOUGH TO UPSET YOUR DIET. PROTEIN SHAKES AREN'T THE ONLY SUPPLEMENTS THAT CAN HELP YOU MAKE GAINZ, SO I WILL GO OVER A FEW THAT I BELIEVE WILL HELP YOU. SUPPLEMENTS AREN'T A MAGIC PRODUCT THAT WILL BUILD MUSCLE MASS SIMPLY BY TAKING THEM. THE PROPER TERM IS ACTUALLY "DIETARY SUPPLEMENT" AND THIS MEANS IT IS A PRODUCT THAT SUPPLEMENTS YOUR DIET. ANOTHER WAY OF SAYING THAT IS TO SAY THAT SUPPLEMENTS ADD TO AND COMPLIMENT YOUR CURRENT DIET. THESE PRODUCTS SHOULD MAKE YOUR DIET BETTER WITH THEM INCLUDED IN IT. YOU CAN DEFINITELY MAKE GAINZ WITHOUT SUPPLEMENTS, BUT SUPPLEMENTS AREN'T ALWAYS A WASTE OF MONEY EITHER. HERE ARE THE SUPPLEMENTS THAT I FEEL WILL HELP YOU THE MOST.

PROTEIN SHAKE/WEIGHT GAINER

AS I PREVIOUSLY MENTIONED, PROTEIN SHAKES ARE A GREAT WAY TO INCREASE YOUR PROTEIN INTAKE WITHOUT ADDING EXTRA CARBS AND FATS. YOU MAY WANT TO ADD EXTRA CARBS AND FATS AND IF THAT'S THE CASE THEN THE WEIGHT GAINERS AVAILABLE ARE A GREAT OPTION. THE OTHER BENEFIT OF A PROTEIN SHAKE/WEIGHT GAINER IS THAT THEY ARE FAST DIGESTING AND EASY TO USE. THESE ARE GREAT PRODUCTS TO HAVE POST-WORKOUT WHEN YOU WANT SOMETHING TO DIGEST QUICKLY AND SPARK RECOVERY IMMEDIATELY. THESE ARE ALSO GREAT WHEN YOU DON'T HAVE TIME TO EAT A MEAL BUT YOU NEED TO GET SOMETHING IN. YOU CAN PRE-PACKAGE THESE IN SHAKER CUPS, ADD WATER, AND HAVE A MEAL ANY PLACE OR TIME. BASICALLY, IF YOU'RE IN A PINCH THEN THEY CAN WORK WELL AS A MEAL REPLACEMENT. THESE PRODUCTS GO AT THE TOP OF MY SUPPLEMENT SUGGESTION LIST. IF YOU ARE LOOKING FOR A GOOD WHEY PROTEIN THEN CHECK OUT MY SUPPLEMENT LINE AT WWW.ORGINSUPPS.COM.

AMINO ACIDS

YOU MIGHT BE ASKING YOURSELF WHY YOU NEED TO TAKE AMINO ACIDS IF YOU ARE ALREADY TAKING PROTEIN THAT IS MADE UP OF AMINO ACIDS. THE SHORT ANSWER IS THAT AMINO ACID PRODUCTS DIGEST EVEN FASTER THAN PROTEIN SUPPLEMENTS. I PERSONALLY LIKE TO USE THESE PRODUCTS BEFORE OR DURING MY WORKOUT (AKA "INTRA-WORKOUT").

AMINO ACIDS HAVE GONE UNDER A LOT OF SCRUTINY LATELY AND THAT HAS MOSTLY BEEN DIRECTED AT BCAA SUPPLEMENTS. I CREATED AN EAA SUPPLEMENT FOR ORIGIN (ORIGINSUPPS.COM) THAT GIVES YOU ALL OF YOUR ESSENTIAL AMINO ACIDS COMPARED TO JUST THE 3 AMINO ACIDS IN BCAA ONLY SUPPLEMENTS. I PERSONALLY DON'T HAVE A PROBLEM WITH BCAA PRODUCTS, AND I STILL BELIEVE IN AMINO ACID SUPPLEMENTATION DURING THE WORKOUT, BUT I HIGHLY SUGGEST AN EAA PRODUCT IF YOU HAVE THE CHOICE.

CARBOHYDRATE

THE CARBOHYDRATE PRODUCTS THAT I AM TALKING ABOUT COME IN TWO TYPES. YOU CAN GET FAST DIGESTING CARBS LIKE KARBOLYN, VITARGO, OR CYCLIC DEXTRIN (FOUND IN ORIGIN INTRA) THAT ARE BEST CONSUMED DURING THE WORKOUT. THESE PRODUCTS DIGEST QUICKLY AND SUPPLY THE MUSCLE WITH FUEL AS YOU NEED IT DURING YOUR WORKOUT. MY ORIGIN INTRA PRODUCT HAS A FEW OTHER GOODIES IN IT THAT HELP YOUR WORKOUT AS WELL. THIS IS THE TYPE OF CARBOHYDRATE SUPPLEMENT THAT I USE. THE OTHER TYPE OF CARB PRODUCT WOULD BE SOMETHING CHEAP LIKE MALTODEXTRIN THAT YOU CAN ADD TO YOUR PROTEIN SHAKES WHEN NEEDED TO INCREASE YOUR CARBOHYDRATE INTAKE. THESE TYPES OF CARBOHYDRATES WILL WORK SIMILAR TO THE PREVIOUSLY MENTIONED SOURCES, BUT THEY WON'T DO AS GOOD OF A JOB INTRA-WORKOUT. YOU COULD USE THIS TYPE OF PRODUCT SIMILAR TO A PROTEIN SHAKE. IT'S A GREAT WAY TO GET THE EXTRA CARBOHYDRATES INTO YOUR DIET WITHOUT ADDING EXTRA PROTEIN OR FATS ALONGSIDE IT. OVERALL CARBOHYDRATE PRODUCTS ARE REALLY ONLY NEEDED IF YOU STRUGGLE TO GET ENOUGH CARBOHYDRATES IN YOUR DIET OR YOU WANT TO GET THE ADDED PERFORMANCE FROM INTRA-WORKOUT CARBOHYDRATE SUPPLEMENTATION.

GREENS/MULTI-VITAMIN

I ALWAYS RECOMMEND A GREENS PRODUCT BECAUSE MOST PEOPLE (MYSELF INCLUDED) DON'T GET ENOUGH GREENS IN THEIR DIET. THIS IS A PRODUCT THAT MAY NOT DIRECTLY GIVE YOU GAINZ, BUT IT WILL BENEFIT YOUR HEALTH. I BELIEVE THAT A HEALTHY BODY GROWS FASTER AND EASIER THAN AN UNHEALTHY ONE. IF YOU ARE GOING TO SPEND MONEY ON SUPPLEMENTS THEN A GREENS PRODUCT SHOULD BE HIGH ON YOUR LIST. YOU MAY BE THINKING THAT YOU EAT VEGETABLES OFTEN ENOUGH TO AVOID TAKING THIS TYPE OF PRODUCT. IT'S NOT SO MUCH THE FREQUENCY OF VEGGIE CONSUMPTION THAT MAKES ME LIKE THESE PRODUCTS. IT'S MORE ABOUT THE DIVERSITY OF THEIR SOURCES. A GOOD GREENS SUPPLEMENT MIGHT BE GIVING YOU NUTRITION FROM 30-40 DIFFERENT GREENS SOURCES. IF YOU AREN'T EATING THAT MANY DIFFERENT GREENS SOURCES ON A FREQUENT BASIS THEN A GOOD GREENS SUPPLEMENT WILL FILL THAT VOID.

ESSENTIAL FATTY ACID

THERE MAY BE TIMES THAT YOU ARE NOT GETTING A LOT OF FATS IN YOUR DIET. IT'S HARD TO GET A GOOD DOSE OF ALL OF YOUR ESSENTIAL FATTY ACIDS EVEN WHEN YOU CONSUME A FAIR AMOUNT OF FAT. YOU HAVE TO GET A WIDE VARIETY OF FATS IN YOUR DIET TO AVOID FAILING TO CONSUME ALL OF THEM IN THE RIGHT RATIO. IF YOU CONSUME TOO MANY OF ONE OVER THE OTHER THEN YOUR BODY DOESN'T WORK AS EFFICIENTLY AS IT SHOULD. MOST PRODUCTS THAT FALL INTO THIS CATEGORY ARE CALLED "FISH OIL" OR "FLAXSEED OIL". THIS IS BECAUSE THE OMEGA-3 FATTY ACID IS THE FATTY ACID THAT IS MOST COMMONLY DEFICIENT IN THE AVERAGE PERSON'S DIET AND BOTH FISH OIL AND FLAXSEED OIL SUPPLY A LOT OF IT. KRILL OIL, FLAXSEED OIL, AND FISH OIL SUPPLEMENTS ARE ALL GREAT, BUT A PRODUCT LIKE "UDO'S OIL" IS EVEN BETTER. IT'S NOT CHEAP BUT IT WILL GIVE YOU ALL OF YOUR ESSENTIAL FATTY ACIDS IN ONE PRODUCT FROM MULTIPLE SOURCES. I LIKE TO SUPPLEMENT KRILL OIL ALONGSIDE UDO'S OIL SO THAT I CAN MAKE SURE I'M GETTING AN ADEQUATE AMOUNT OF OMEGA-3 AS WELL. I'M SLIGHTLY BUMPING MY OMEGA-3 INTAKE WHILE STILL GETTING A SUFFICIENT AMOUNT OF ALL OF THE OTHER ESSENTIAL FATTY ACIDS AS WELL.

PRE-WORKOUT/PUMP

THESE PRODUCTS ARE NOT ESSENTIAL BECAUSE THEY ARE NOT GOING TO CONTRIBUTE TOWARDS MUSCLE GROWTH AT ALL. THAT SAID, THEY DO HELP INCREASE PERFORMANCE AND PERFORMANCE INCREASES WILL LEAD TO MUSCLE GAIN. MOST OF THESE PRODUCTS ARE FOCUSED ON GIVING YOU ENERGY AND PUSHING MORE BLOOD INTO THE MUSCLE DURING THE WORKOUT. BOTH OF THESE THINGS CAN INCREASE PERFORMANCE. IF YOU NEED THE EXTRA BOOST OF ENERGY THEN THIS TYPE OF SUPPLEMENT CAN CLIMB UP TO ONE OF THE TOP PRIORITIES ON YOUR LIST. IF YOU DON'T THINK YOU NEED IT THEN YOU CAN SAVE THE MONEY. REGARDLESS, WE ARE TRYING TO IMPROVE PERFORMANCE ALONGSIDE MAKING GAINZ SO THESE TYPES OF PRODUCTS ARE GREAT WAYS TO HELP MAKE SURE YOU ARE PERFORMING AT YOUR BEST EVERY TIME YOU HIT THE GYM. I MAKE TWO PRODUCTS CALLED ORIGIN PRE AND ORIGIN PUMP THAT ARE AVAILABLE ON WWW.ORIGINSUPPS.COM. YOU CAN STACK THEM TOGETHER FOR THE BIGGEST GAINZ IN PERFORMANCE OR YOU CAN TAKE THE PRE BY ITSELF IF YOU WANT ENERGY OR JUST THE PUMP BY ITSELF IF YOU WANT A CAFFEINE FREE BOOST FOR YOUR WORKOUT.

CREATINE/BETA-ALANINE

THESE TWO INGREDIENTS ARE SOME OF THE MOST STUDIED AND PROVEN INGREDIENTS THAT ARE KNOWN TO BOOST PERFORMANCE AS WELL AS ASSIST WITH RECOVERY. IF YOU ARE TAKING PRE-WORKOUT TYPE PRODUCTS THEN YOU ARE LIKELY GETTING ENOUGH OF BOTH OF THESE TO COVER IT. IF YOU DON'T THEN YOU MIGHT WANT TO LOOK INTO A PURE CREATINE AND PURE BETA-ALANINE PRODUCT TO SUPPLEMENT PRE-WORKOUT. REMEMBER, IF YOU PERFORM BETTER THEN YOU ARE MORE LIKELY TO MAKE GAINZ THAN IF YOU DON'T. THESE INGREDIENTS GET AN HONORABLE MENTION BECAUSE OF THAT.

MY MEAL PLAN

MEAL PREPPING IS A HUGE PART OF FINDING SUCCESS WITH YOUR DIET. IT'S VERY DIFFICULT TO EAT THE RIGHT FOODS IN THE PROPER AMOUNTS IF YOU AREN'T ORGANIZED. IF YOU PREP YOUR MEALS AHEAD OF TIME THEN YOU SIMPLY LOAD UP YOUR FOOD FOR THE DAY AND EAT THE MEALS. YOU CAN PREP 1-2X PER WEEK AND HAVE ALL OF YOUR FOOD READY FOR EACH DAY.

I PERSONALLY GET MY FOOD FROM TRIFECTA NUTRITION (WWW.TRIFECTANUTRITION.COM). I TELL THEM THE MEALS THAT I WANT TO EAT AND THE QUANTITIES OF FOOD FOR EACH MEAL AND THEY DELIVER IT TO ME. TRIFECTA'S FOOD QUALITY IS AS GOOD OR BETTER THAN ANYTHING YOU WILL GET AT THE GROCERY STORE AND THEY'VE DONE A GREAT JOB TO MAKE THEIR MEALS AFFORDABLE. YOU WILL HAVE A FOOD BILL NO MATTER WHAT, SO YOU MAY WANT TO COMPARE HOW MUCH YOU SPEND AT THE GROCERY STORE ALONGSIDE HOW MUCH TIME YOU SPEND COOKING AND THEN COMPARE THAT TO THE COST OF GETTING YOUR MEALS FROM TRIFECTA. YOU CAN ALSO PICK DIFFERENT STYLES OF EATING FROM THEM LIKE KETO, PALEO, ETC. THEY ALSO HAVE SOME MEALS READY TO GO THAT WILL REQUIRE LITTLE TO NO MODIFICATIONS FROM YOU TO FIT YOUR DIET. THEY CAN MAKE YOUR LIFE SO MUCH EASIER!

I HAVE PUT MY STARTING MEAL PLAN INTO THIS PROGRAM SO THAT YOU CAN SEE AN EXAMPLE OF HOW I EAT ON A DAILY BASIS. REMEMBER THAT I WILL ALSO MODIFY MY FOODS AS THE PLAN PROGRESSES. AS I GROW, I WILL NEED TO BUMP MY CALORIES. SO THIS EXAMPLE IS WHERE I'M STARTING AND I WILL MODIFY FROM THERE. THIS CAN HELP YOU DESIGN YOUR OWN MEAL PLAN, MEAL PREP, OR HELP YOU WITH AN ORDER FROM TRIFECTA OR ONE OF THE MANY FOOD PREP SERVICES AVAILABLE. FEEL FREE TO CHECK OUT HOW I EAT AND COPY IT, JUST REMEMBER THAT YOU WILL NEED TO ADJUST YOUR MACROS AND CALORIES TO FIT YOUR DIETARY NEEDS. I'M A PRETTY BIG GUY AND PROBABLY HAVE TO EAT MORE THAN A LOT OF YOU TO GROW!

MEAL 1: 80Z BISON, 2 HARD BOILED EGGS, 2 TRIFECTA MUFFINS

MEAL 2: 80Z CHICKEN BREAST, 80Z BROWN RICE, 10Z RAW ALMONDS

MEAL 3: 80Z CHICKEN BREAST, 80Z BROWN RICE, 10Z RAW ALMONDS

MEAL 4: 80Z BEEF, 80Z SWEET POTATO, 1 CUP MIXED VEGGIE

MEAL 5: 60Z SALMON, 60Z QUINOA, 1 CUP ASPARAGUS, 1 TBSP UDO'S OIL

MEAL 6: 100Z TRIFECTA OATS, 10Z RAW ALMONDS, 1 TBSP MACADAMIA NUT OIL

*I AM ALSO LEAVING ROOM TO HAVE A SNACK OR EXTRA MEAL DEPENDING ON HOW I FEEL. IT'S A BULKING PROGRAM SO IF I NEED THE EXTRA CALORIES THEN I WANT SOME FLEXIBILITY FROM MY DIET SO I CAN HAVE WHATEVER I FEEL LIKE AT THE TIME.

PRE-WORKOUT: 1 SCOOP ORIGIN PRE, 1 SCOOP ORIGIN PUMP

INTRA-WORKOUT: 1 SCOOP ORIGIN INTRA, 1 SCOOP ORIGIN AMINO

POST-WORKOUT: 2 SCOOPS ORIGIN WHEY

*I ALSO TAKE A GREENS PRODUCT AT LEAST ONCE PER DAY.

HOW TO USE A LOG BOOK

YOU WILL NEED TO GET REAL COMFORTABLE WITH LOGGING YOUR WORKOUTS IN ORDER FOR THIS PROGRAM TO BE A SUCCESS. IF YOU DON'T LOG YOUR WORKOUTS WITH THIS PLAN THEN IT WILL NOT WORK PROPERLY. I'M TELLING YOU THAT YOU HAVE TO DO IT OR ELSE YOU ARE JUST WASTING TIME.

A LOGBOOK IS SIMPLY JUST YOU TRACKING YOUR TOP SETS FROM YOUR WORKOUTS SO THAT YOU CAN COMPARE FROM WEEK TO WEEK. YOU CAN DO THIS ON THE NOTES ON YOUR PHONE OR GO OLD SCHOOL AND PURCHASE A NOTEBOOK JUST FOR THIS PURPOSE. YOU WILL USE THE INFORMATION THAT YOU LOG THROUGHOUT THE PLAN TO HELP DETERMINE WHAT WEIGHT YOU WILL BE USING FOR EACH EXERCISE AS YOU MOVE FORWARD. IT'S A LOT EASIER TO PUSH YOURSELF TO HIT A CERTAIN NUMBER THAN IT IS TO SIMPLY SAY "WORK HARD". YOU'LL BE TRYING TO BEAT YOUR LOGBOOK AND MAKE CONSISTENT PROGRESS FROM WEEK TO WEEK. I PERSONALLY ENJOY GOING INTO A WORKOUT KNOWING THAT I HAVE TO USE A CERTAIN WEIGHT AND HIT A CERTAIN NUMBER OF REPS FOR EACH EXERCISE. IF I CAN DO IT THEN IT'S A SUCCESS AND I JUST LIFTED MORE THAN I DID LAST WEEK. IF I DON'T THEN I FAILED ON THAT EXERCISE. I DON'T LIKE TO FAIL SO KNOWING WHAT I HAVE TO DO ADDS EXTRA MOTIVATION TO GUARANTEE THAT I'M CONTINUING TO PROGRESS.

TRACKING FOR BODYBUILDING EXERCISES

YOU WILL TRACK YOUR TOP SETS OF EVERY EXERCISE. YOUR TOP SET IS YOUR LAST, AND HEAVIEST, SET. FOR BODYBUILDING MOVEMENTS YOU'LL BE GIVEN A SUGGESTED REP RANGE. FOR EXAMPLE, IF I SUGGEST 8-12 REPS THEN YOU WILL PICK A WEIGHT THAT YOU THINK YOU WILL HIT MUSCLE FAILURE IN THE 8-12 REP RANGE. MUSCLE FAILURE MEANS YOU ARE GOING TO GET AS MANY REPS AS YOU PHYSICALLY CAN UNTIL YOU LITERALLY CANNOT COMPLETE ANOTHER REP. THIS WILL BE FOR YOUR LAST SET (TOP SET) ONLY. FOR EXAMPLE, LET'S SAY THAT YOUR TOP SET ON THE DUMBBELL INCLINE PRESS IS 8-12 REPS. YOU THINK YOU CAN DO 100LBS IN THAT RANGE. LET'S SAY WEEK 1 YOU DO 8 REPS AT 100LBS. THAT'S GOOD! NOW ON WEEK 2 YOU WANT TO TRY TO GET AT LEAST 9 REPS. YOU'LL DO THIS UNTIL YOU CAN GET 12 OR MORE REPS. IF YOU GET 12 OR MORE REPS ON ANY WEEK, THEN YOU'LL INCREASE THE WEIGHT TO 105 OR 110LBS AND START OVER AGAIN TRYING TO BEAT YOUR LOGBOOK AND WORK YOUR WAY UP TO 12 REPS. THE INCREASE IN WEIGHT WILL LIKELY CAUSE YOUR REPS TO DROP. SO IF YOU INCREASED THE WEIGHT TO 105LBS ON WEEK 6 AND YOUR REPS DROPPED BACK TO 8 THEN YOU'LL THEN TRY AND GET AT LEAST 9 REPS ON WEEK 7, ETC.

THIS SERVES TWO PURPOSES. FIRST, YOU WILL KNOW THE WEIGHT YOU WILL USE ON YOUR TOP SET AND YOU WILL STRIVE TO DO MORE REPS WITH THAT WEIGHT THAN YOU EVER HAVE BEFORE. YOU WILL NOW DO THIS ON A WEEKLY BASIS FOR AS LONG AS THAT EXERCISE IS IN THE PLAN. YOU ALWAYS REFER BACK TO THE PREVIOUS WEEK'S PERFORMANCE IN YOUR LOGBOOK AND YOU WILL TRY AND BEAT IT. SECOND, IT WILL GUARANTEE THAT YOU ARE PUSHING TO MUSCLE FAILURE AND STIMULATING GROWTH. IF YOU TIE, OR EVEN GET FEWER REPS, AND YOU DON'T PROGRESS...THEN AT LEAST YOU PUSHED TO MUSCLE FAILURE. IN THAT CASE, WE MAY NOT SEE THE STRENGTH AND PERFORMANCE GAINZ LIKE WE WANT, BUT WE WILL STILL BE STIMULATING MUSCLE GROWTH BY REACHING MUSCLE FAILURE. STRENGTH AND MUSCLE GROWTH ARE CLOSELY RELATED TO EACH OTHER. IF YOU ARE GETTING STRONGER THEN IT'S ONLY A MATTER OF TIME BEFORE THE MUSCLE IS GROWING BIGGER. IF YOU ARE NOT GETTING STRONGER BUT ARE TRAINING TO FAILURE AND GAINING WEIGHT, THEN IT IS ONLY A MATTER OF TIME BEFORE YOU GET STRONGER TOO.

YOU MIGHT BE THINKING THAT YOU CAN'T DO THAT FOREVER BECAUSE THERE WILL COME A POINT WHERE YOU JUST AREN'T GETTING STRONGER OR YOU CAN'T USE A HEAVIER WEIGHT. THIS IS WHERE I WILL INTRODUCE THE "REST PAUSE" TECHNIQUE. FOR THE PURPOSES IN THIS PLAN, A "REST PAUSE" SET WILL BE 2 SETS WITHIN 1 FOR YOUR TOP SET. YOU WILL TAKE YOUR TOP SET TO FAILURE IN THE SUGGESTED REP RANGE LIKE YOU'VE NORMALLY BEEN DOING. YOU WILL REST FOR 15 BREATHS AND THEN ATTEMPT THE SAME WEIGHT AGAIN FOR AS MANY REPS AS YOU CAN DO. YOU WILL TRACK BOTH SETS OF THIS TOP SET. FOR EXAMPLE, LET'S SAY YOU CHOOSE 100LBS IN THE 8-12 REP RANGE. ON WEEK 1 YOU GOT 8 REPS, 15 BREATH REST, FOLLOWED BY 3 REPS. YOU NOW HAVE TWO DIFFERENT NUMBERS TO TRY AND BEAT. LET'S SAY ON WEEK 2 YOU GOT 8 REPS AND 4 REPS. THIS IS STILL PROGRESS EVEN THOUGH THE FIRST NUMBER DIDN'T CHANGE. YOU WILL DO THIS UNTIL THE FIRST NUMBER HITS 12 REPS OR MORE AND THEN YOU WILL INCREASE THE WEIGHT. IF YOU DON'T GET MORE REPS WITH YOUR FIRST TRY THEN YOU HAVE A CHANCE TO DO MORE AFTER YOUR 15 BREATH BREAK. OVERALL THE REST PAUSE TECHNIQUE IS ALLOWING YOU TO INCREASE THE TOTAL NUMBER OF REPS COMPLETED WITH THE HEAVIEST WEIGHT FOR ANY GIVEN EXERCISE. THIS INCREASE IN REPS IS ANOTHER WAY TO HELP STIMULATE MUSCLE GROWTH. I WILL EXPLAIN MORE ABOUT THE REST PAUSE SETS FOR THE EXERCISES YOU WILL PERFORM THEM WHEN WE GET TO THE PLAN.

INCORPORATING POWERLIFTING PERCENTAGES

IT'S IMPORTANT TO UNDERSTAND HOW PERCENTAGES CAN HELP INCREASE STRENGTH ON THE POWERLIFTING MOVEMENTS. HEAVY COMPOUND MOVEMENTS TAKEN TO FAILURE IN THE POWER REP RANGES OF 3-5 REPS WON'T PROGRESS AS EASY AS THE BODYBUILDING TYPE MOVEMENTS IN YOUR LOGBOOK. THERE WILL COME A POINT WHERE WE HAVE TO FIND YOUR MAX ON THE POWERLIFTING MOVEMENTS AND THEN TRAIN WITH A % OF THAT MAX IN ORDER TO PROGRESS. YOU WANT YOUR WORKING SETS TO BE CHALLENGING BUT NOT BREAK YOU. FAILURE TRAINING WITH THE HEAVY COMPOUND LIFTS OFTEN LEADS TO INJURY. IF YOU CAN TRAIN WITH A HEAVY % OF YOUR MAX THEN YOU SHOULD NOTICE THAT YOUR MAX INCREASES THE NEXT TIME YOU TEST IT. THIS IS A WAY OF STILL MAKING STEADY PROGRESS OVER TIME, COMPARED TO TRYING TO BEAT THE LOGBOOK AND MAKE STEADY PROGRESS ON A WEEKLY BASIS. THE LAST BENEFIT OF USING % BASED POWERLIFTING METHODS IS THAT ONCE YOU FIND YOUR MAX YOU WILL BE ABLE TO OUTLINE THE EXACT WEIGHTS AND REPS YOU WILL BE SHOOTING FOR OVER A PERIOD OF SEVERAL WEEKS. IT'S A MORE LONG TERM PLAN THAN THE METHODS WE ARE USING FOR BODYBUILDING PROGRESSION, BUT IT'S NECESSARY TO SAFELY ADD STRENGTH OVER TIME. I WILL ADDRESS THE MAX TESTING WEEKS IN THE NEXT SECTION AND HELP YOU UNDERSTAND HOW, AND WHEN, YOU WILL FIGURE OUT YOUR MAXES ON THE SQUAT, BENCH, AND DEADLIFT.

WE WILL LOOK AT PERFORMANCE BY TRACKING EVERYTHING WITH THE LOGBOOK. YOU WILL TRACK AND PROGRESS ON THE BODYBUILDING MOVEMENTS AS PREVIOUSLY DESCRIBED AND WE WILL BE USING A % OF YOUR MAX FOR POWERLIFTING PROGRESSION. THE ULTIMATE GOAL IS TO SEE YOUR BODYBUILDING STRENGTH INCREASE OVER TIME AND SEE YOUR POWERLIFTING NUMBERS INCREASE EACH DEDICATED MAX WEEK IN THIS PROGRAM. IF WE CAN DO THIS ALONGSIDE EATING IN A CALORIC SURPLUS THEN YOU WILL BE MAKING GAINZ AND GETTING BIGGER AND STRONGER.



TRACKING MASS GAIN

THERE ARE MULTIPLE WAYS TO TRACK THE PROGRESS OF YOUR GAINZ. WE WILL BE USING THE SCALE AND PROGRESS PICTURES AS THE TWO PRIMARY WAYS OF TRACKING PROGRESS. IF YOU WANT TO GO A STEP FURTHER THEN YOU CAN ALSO TAKE MEASUREMENTS OF CERTAIN BODY PARTS LIKE ARMS, CHEST, AND LEGS IF YOU WANT. THE TWO REQUIRED WAYS TO TRACK PROGRESS WILL SIMPLY BE WITH THE SCALE AND PICTURES.

IT'S IMPORTANT THAT EACH METHOD YOU USE IS DONE WITH CONSISTENCY. I MEAN THAT YOU NEED TO DO EACH OF THEM AT THE SAME TIME CONSISTENTLY. I SUGGEST THAT YOU WEIGH YOURSELF AND TAKE PROGRESS PICTURES AT THE SAME TIME EVERY WEEK. YOU ONLY NEED TO DO THIS ONCE PER WEEK. IF YOU DO THIS ON SUNDAY MORNING AT 10AM THEN YOU'LL WANT TO DO THIS EVERY SUNDAY AT 10AM DURING THE PLAN. IT DOESN'T MATTER WHEN YOU DO IT AS LONG AS YOU CONSISTENTLY DO IT AT THE SAME TIME AND RECORD IT EACH WEEK. THIS IS IMPORTANT BECAUSE YOU WILL GAIN AND LOSE WEIGHT AT VARIOUS POINTS OF ANY GIVEN DAY. THIS FLUCTUATES DUE TO WATER RETENTION FROM FOOD, TRAINING, USING THE BATHROOM, ETC. IF YOU CONSISTENTLY DO IT AT THE SAME TIME EACH WEEK THEN YOU HAVE SOME SORT OF CONTROL AND YOU WON'T HAVE AS MUCH VARIANCE WITH YOUR SCALE WEIGHT.

SCALE WEIGHT IS EASY BECAUSE WE WANT TO SEE IT INCREASING ON A WEEKLY BASIS. A GOOD RATE OF GROWTH IS TO GAIN 1-2LBS CONSISTENTLY EACH WEEK. IF YOU DO THIS THEN YOU WILL GAIN 15-30LBS BY THE TIME YOU FINISH THIS PROGRAM! IF YOU GAIN MORE THAN 2LBS PER WEEK THEN YOU NEED TO BE AWARE THAT SOME OF IT MAY BE BODY FAT. CHECK YOUR PROGRESS PICTURES TO BE SURE.

PROGRESS PICTURES ARE SIMPLY THERE TO MAKE SURE YOU AREN'T GETTING FAT. IT'S ALSO NICE TO USE THESE TO SEE THE GAINZ. IF THE SCALE IS GOING UP FROM WEEK TO WEEK THEN YOU WILL ALSO WANT TO COMPARE YOUR PICTURES FROM WEEK TO WEEK. IT WILL BECOME INTERESTING ABOUT HALF WAY THROUGH THE PLAN BECAUSE YOU CAN COMPARE PICTURES FROM WHEN YOU STARTED AND VISUALLY SEE THE PROGRESS. YOU CAN ALSO DO THE SAME WITH YOUR SCALE WEIGHT AND SEE HOW MUCH WEIGHT YOU HAVE GAINED AT THAT POINT AS WELL. LASTLY, YOU CAN REFER BACK TO YOUR LOGBOOK AND SEE YOUR STRENGTH INCREASES TO GO ALONG WITH IT. WE SEE OURSELVES EVERY DAY AND SOMETIMES IT'S HARD TO SEE THE PROGRESS. IF YOU REFER BACK TO YOUR LOGBOOK, SCALE WEIGHT, AND PROGRESS PICTURES THEN YOU CAN SEE THE PROGRESS AND THAT ALWAYS MOTIVATES YOU FOR MORE!

LOGBOOK EXAMPLES

BODYBUILDING MOVEMENT EXAMPLES:

EXAMPLE 1: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

WEEK 1 LOG: 100LBS 10 REPS

WEEK 2 LOG: 100LBS 10 REPS

WEEK 3 LOG: 100LBS 11 REPS

WEEK 4 LOG: 100LBS 13 REPS

WEEK 5 LOG: 105LBS 9 REPS

YOU WILL NOTICE THAT THE REPS WERE THE SAME FOR WEEK'S 1 AND 2.

THIS ISN'T A FAILURE OR PROGRESSION. HOWEVER, WEEK 3 YOU PROGRESSED AND BY WEEK 4 YOU SURPASSED 12 REPS. YOU INCREASED THE WEIGHT BY 5LBS ON WEEK 5 SINCE YOU GOT 12 REPS OR MORE ON WEEK 4. YOU WILL NOW PROGRESS WITH 105LBS EACH WEEK UNTIL YOU GET 12 OR MORE REPS THEN YOU WILL INCREASE TO 110LBS, ETC.

EXAMPLE 2: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

*LAST SET REST PAUSE.

WEEK 1 LOG: 100LBS 10 REPS, 6 REPS

WEEK 2 LOG: 100LBS 10 REPS, 7 REPS

WEEK 3 LOG: 100LBS 12 REPS, 5 REPS

WEEK 4 LOG: 105LBS 8 REPS, 5 REPS



YOUR FIRST PART OF THE SET WILL ALWAYS BE THE GAUGE FOR WHEN YOU SHOULD INCREASE THE WEIGHT. YOU'LL NOTICE THAT WEEK 1 AND 2 DOESN'T SHOW ANY PROGRESSION FOR THE FIRST PART, BUT YOU DO GET ONE MORE REP ON THE SECOND PART. YOU HIT THE TARGET OF 12 REPS FOR WEEK 3 SO YOU INCREASE THE WEIGHT FROM 100LBS TO 105LBS FOR WEEK 4. YOU'LL CONTINUE WITH 105LBS UNTIL THE FIRST PART OF THE SET HITS 12 REPS OR MORE. THESE MOVEMENTS WILL HAVE YOU TRACK BOTH PARTS OF THE SET BECAUSE YOU WANT TO HAVE TWO NUMBERS TO TRY AND BEAT. AS I MENTIONED, THERE WILL COME A TIME THAT YOU WILL NOT BE ABLE TO PROGRESS AND THE REST-PAUSE TECHNIQUE ALLOWS YOU TO GET MORE VOLUME WITH THE HEAVY WEIGHT WHILE ALSO GIVING YOU TWO NUMBERS TO BEAT. YOU WON'T DO IT IN THIS PLAN, BUT YOU CAN DO A REST PAUSE SET WITH 3 DIFFERENT SETS AND USE THE SAME 15 BREATH REST BETWEEN EACH SET. WE WILL STICK TO 2 DIFFERENT SETS FOR THIS PROGRAM, BUT I'M JUST LETTING YOU KNOW THAT YOU CAN DO MORE IN THE FUTURE IF YOU LIKE!

IF YOU COMPARE EXAMPLE 1 TO EXAMPLE 2 THEN YOU WILL NOTICE THAT BOTH EXAMPLES USE 100LBS. BOTH EXAMPLES WILL STIMULATE MUSCLE GROWTH. THAT SAID, IF YOU'VE EXHAUSTED THE STYLE IN EXAMPLE 1 AND HIT A PLATEAU IN STRENGTH, OR RAN OUT OF HEAVIER WEIGHTS, THEN THE ONLY WAY TO STIMULATE MUSCLE GROWTH IS WITH MORE VOLUME. VOLUME MEANS MORE REPS, BUT YOU NORMALLY CAN'T ADD SIGNIFICANT VOLUME WITHOUT REDUCING WEIGHT. IF YOU LOWER THE WEIGHT THEN THE ADDED VOLUME WILL NOT STIMULATE MUSCLE GROWTH BECAUSE THE WEIGHTS GOT LIGHTER. INSTEAD, YOU HAVE TO KEEP THE WEIGHT HEAVY AND ALLOW JUST ENOUGH OF A BREAK TO SQUEEZE OUT A FEW MORE REPS WITH THE SECOND PART OF THE REST PAUSE SET. REMEMBER, YOU'RE TAKING THE FIRST PART TO FAILURE, WHICH MEANS YOU CANNOT DO ANOTHER REP. A 15 BREATH REST WILL BE ENOUGH TIME FOR YOU TO GET A FEW MORE REPS AS YOU TAKE THE SECOND PART OF THE SET TO FAILURE AGAIN. THOSE FEW MORE REPS THAT YOU GET WITH YOUR HEAVIEST WEIGHT WILL BE ENOUGH TO INCREASE VOLUME AND FURTHER STIMULATE MUSCLE GROWTH. THIS ADVANCED METHOD IS A GREAT WAY TO CONTINUE BUILDING MUSCLE MASS WHEN YOU'VE HIT A PLATEAU WITH THE TRADITIONAL METHOD.

POWERLIFTING % EXAMPLES:

YOU WILL NOT HAVE TO WORRY ABOUT PERCENTAGES UNTIL THE 2 ND AND 3 RD WORKOUT SPLIT OF THIS PROGRAM. THE FIRST SPLIT WILL BE FOCUSED ON ESTABLISHING A BASE AND WE WILL HAVE THE FIRST MAX WEEK AFTER THAT SPLIT. I WILL GO OVER THE MAX WEEKS IN THE NEXT SECTION, BUT I WANT TO GIVE YOU AN EXAMPLE TO REFER TO WHEN WE GET TO THOSE WEEKS.

LET'S SAY YOU HAVE A MAX SQUAT OF 400LBS. IF I WANT YOU TO PERFORM 75% OF YOUR MAX FOR A CERTAIN NUMBER OF SETS THEN YOU WILL FIGURE OUT YOUR WORKING WEIGHT LIKE THIS:

SQUAT 400LB MAX: $0.75 \times 400 = 300\text{LBS}$ WORKING WEIGHT.

SO IF I SAID THAT I WANT YOU TO PERFORM 2 SETS AT 5 REPS WITH 75% OF YOUR SQUAT MAX THEN YOU WILL DO 2 SETS OF 300LBS FOR 5 REPS.

IF YOU DON'T WANT TO PERFORM A 1 REP MAX DURING YOUR MAX WEEK THEN WE CAN FIGURE OUT AN ESTIMATED 1 REP MAX BY TAKING YOUR 3 OR 5 REP MAX INTO CONSIDERATION. KEEP IN MIND THAT THIS IS JUST AN ESTIMATE, BUT IT IS CLOSE ENOUGH THAT YOU CAN FIGURE OUT YOUR WORKING WEIGHTS WITH THIS ESTIMATION. YOU CAN DO THIS BY REVERSING THE MATH. YOU SHOULD ASSUME THAT YOUR 5 REP MAX WEIGHT IS ROUGHLY 75% OF YOUR 1 REP MAX AND YOUR 3 REP MAX WEIGHT IS ROUGHLY 85% OF YOUR 1 REP MAX. SO YOU WOULD FIGURE IT OUT LIKE THIS:

SQUAT 300LBS X 5 REPS = 300LBS DIVIDED BY 0.75 = 400LBS ESTIMATED MAX.

SQUAT 300LBS X 3 REPS = 300LBS DIVIDED BY 0.85 = 353LBS ESTIMATED MAX.



MAX WEEKS

MAX WEEKS WILL SERVE TWO DIFFERENT PURPOSES. THE MAIN PURPOSE IS TO CHECK YOUR STRENGTH ON THE POWERLIFTING MOVEMENTS. THE SECOND PURPOSE IS TO ALLOW FOR SOME REST FROM THE BODYBUILDING/VOLUME ASPECT OF THE PROGRAM.

YOU WILL ONLY BE MAXING OUT ON THE SQUAT, BENCH, AND DEADLIFT DURING YOUR MAX WEEKS, SO YOUR OVERALL WORK LOAD WILL BE MUCH SMALLER. YOU WILL NOT BE PERFORMING ANY OTHER MOVEMENTS AND YOU WILL HAVE 4 COMPLETE REST DAYS. EVEN THOUGH YOU WILL BE PUSHING YOURSELF WITH YOUR MAXES, THIS EXTRA REST SHOULD ALLOW YOU TO RECOVER AND PREPARE FOR THE NEXT SPLIT IN THIS PROGRAM.

THIS IS A POWER BODYBUILDING PROGRAM, WHICH MEANS THAT WE ARE LOOKING FOR STRENGTH GAINS AS MUCH AS MASS GAIN. USING THESE WEEKS AS REST WEEKS FOR THE BODYBUILDING PART OF THE PROGRAM WILL ALLOW YOU TO STAY FRESH THROUGHOUT THE WHOLE 15 WEEKS. I ALSO WANTED YOU TO FOCUS PURELY ON YOUR MAXES THIS WEEK. WE SHOULD END EACH OF THESE WEEKS FEELING REFRESHED AND ACCOMPLISHED BY LIFTING A HEAVIER WEIGHT THAN YOU EVER HAVE BEFORE.

YOU WILL START YOUR MAX WEEK ON THE SQUAT, WHICH WILL BE 7 DAYS FROM YOUR LAST LEG DAY FROM THE PREVIOUS SPLIT. THIS SHOULD HELP YOU BE AS FRESH AS POSSIBLE FOR YOUR MAX. YOU WILL REST THE DAY AFTER SQUATTING AND THEN MAX YOUR BENCH PRESS THE FOLLOWING DAY. YOU WILL REST AGAIN AFTER YOUR BENCH DAY AND THEN DEADLIFT THE FOLLOWING DAY. THIS IS TO GIVE ENOUGH REST BETWEEN SQUATTING AND DEADLIFTING, AS BOTH ARE FULL BODY MOVEMENTS. YOU WILL END THE WEEK WITH 2 DAYS REST BEFORE STARTING THE NEXT SPLIT IN THE PROGRAM.

REMEMBER TO REST DURING THIS WEEK AND FOCUS ON YOUR MAXES. THE NUMBERS THAT YOU PUT UP FOR YOUR MAX WILL BE NECESSARY TO FIGURE OUT THE WORKING % FOR THE REMAINING WORKOUT SPLITS. IF YOU'VE BEEN LOGGING YOUR WORKOUTS THEN YOU SHOULD SEE STRENGTH INCREASES WITH THE BODYBUILDING MOVEMENTS AS WELL. IF YOU'VE BEEN TRACKING YOUR WEIGHT THEN YOU SHOULD ALSO SEE AN INCREASE BY THE FIRST MAX WEEK. IF YOU HAVEN'T GAINED WEIGHT BY THE FIRST MAX WEEK THEN YOU ARE DEFINITELY NOT EATING ENOUGH CALORIES TO GROW. LET EACH MAX WEEK BE A BENCHMARK FOR YOUR POWERLIFTING STRENGTH AND LET IT BE A GOOD TIME TO LOOK AT YOUR DIET TO MAKE SURE YOU HAVE ESTABLISHED WEIGHT GAIN AS WELL. YOU'LL GET TWO OTHER SHOTS TO MAX OUT BEFORE THIS PROGRAM IS OVER AND I HOPE THAT YOU GET STRONGER AND GROW BIGGER BETWEEN EACH ONE.

WORKOUT PLAN

THIS PROGRAM IS 15 WEEKS IN TOTAL! STRENGTH AND MUSCLE MASS DOESN'T COME EASY OR QUICKLY, BUT IF YOU APPLY YOURSELF TO THIS PROGRAM THEN I GUARANTEE YOU WILL SEE PROGRESS OVER THE NEXT 4 MONTHS.

IF YOU ARE THINKING THAT YOU WILL GET BORED FOLLOWING ONE PLAN FOR 15 WEEKS THEN DON'T TRIP! I GOT YOU! YOU WILL ACTUALLY HAVE 3 DIFFERENT WORKOUT PLANS DURING THIS TIME PERIOD AND 3 SEPARATE MAX WEEKS THAT WILL BE TREATED AS THEIR OWN WORKOUT WEEK. YOU WILL NOT GO MORE THAN 4 WEEKS WITHOUT SWITCHING UP YOUR WORKOUT PLAN IN SOME WAY. YOU WILL ALSO BE USING YOUR LOGBOOK LIKE WE TALKED ABOUT AND YOU WILL BE CHASING NUMBERS WITH EACH WORKOUT. YOU WON'T HAVE TO WORRY ABOUT GETTING BORED WITH THIS PROGRAM BECAUSE THERE WILL BE FREQUENT CHANGES AND YOU'LL HAVE SPECIFIC NUMBERS THAT YOU HAVE TO HIT WITH EACH WORKOUT. THIS WILL PROBABLY BE THE MOST INTERACTIVE WORKOUT PROGRAM THAT MANY OF YOU HAVE EVER FOLLOWED.

THERE WILL BE SOME CONSISTENCIES THROUGHOUT THE ENTIRE 15 WEEKS THOUGH. YOU WILL BE PERFORMING THE POWERLIFTING MOVEMENTS THE WHOLE TIME, BUT THE SETS, REPS, AND INTENSITY WILL CHANGE THROUGHOUT. YOU WILL ALSO BE PERFORMING SOME BODYBUILDING MOVEMENTS THROUGHOUT THE ENTIRE PROGRAM. I WON'T COMPLETELY CHANGE THINGS UP EVERY 4 WEEKS, BUT THE PLANS WILL CHANGE UP ENOUGH THAT YOU WON'T GET TIRED OF DOING THE SAME THING.

THE BEST PART ABOUT THIS PROGRAM IS THAT IT'S REPEATABLE. THE ORIGINAL LEAN BULK PROGRAM IS THE SAME WAY. THIS MEANS THAT AS SOON AS YOU FINISH THE PROGRAM YOU CAN START ALL OVER AGAIN WITH NEW NUMBERS AND CONTINUE MAKING GAINZ!

WEEKS 1-4

I WANT TO TAKE THIS TIME TO TEACH YOU HOW TO PROGRESS WITH EACH SET WITH THE EMPHASIS OF TAKING YOUR TOP SET (LAST SET) TO MUSCLE FAILURE. WE WILL BE CONDITIONING YOUR BODY TO HANDLE THIS PROGRAM AND GET INTO A HABIT OF USING THE LOGBOOK AND RECOGNIZING PROGRESSION DURING THESE FIRST 4 WEEKS. YOU WILL NOTICE SOME CARDIO IN THIS PART OF THE PROGRAM. I DON'T WANT POOR CARDIOVASCULAR SHAPE AND ENDURANCE AFFECTING YOUR INTENSITY AND AMOUNT OF WORK THAT YOU CAN PUT IN. THE CARDIO IN THIS PLAN ISN'T FOR FAT LOSS BUT FOR PERFORMANCE. CARDIO CAN BE USED TO INCREASE PERFORMANCE AND HELP YOU GROW BIGGER AND STRONGER TOO!

IT'S IMPORTANT THAT YOU LEARN HOW TO PROPERLY USE YOUR LOGBOOK. I WANT YOU TO TRACK THE WEIGHT THAT YOU USE AND THE NUMBER OF REPS THAT YOU ACHIEVE FOR YOUR TOP SET ONLY. YOUR TOP SET IS YOUR LAST SET OF EACH EXERCISE. YOU WILL PROGRESS UP IN WEIGHT WITH EACH SET. THIS MEANS THAT YOUR FIRST SET OF EACH EXERCISE SHOULD BE MORE LIKE A WARM UP SET. YOU WILL INCREASE THE WEIGHT WITH EACH SET SO THAT YOUR LAST SET (TOP SET) IS YOUR HEAVIEST SET. YOU WILL TAKE YOUR TOP SET TO COMPLETE MUSCLE FAILURE. THIS MEANS THAT YOU WILL KEEP LIFTING UNTIL YOU CAN'T ANYMORE. YOU WILL THEN RECORD THE NUMBER OF REPS THAT YOU GOT WITH THE WEIGHT THAT YOU USED IN YOUR LOGBOOK.

ALL OTHER SETS SHOULD NOT BE TAKEN TO MUSCLE FAILURE. YOU WILL GO TO FAILURE ON YOUR TOP SET ONLY. FOR YOUR TOP SET, YOU SHOULD PICK A WEIGHT THAT YOU THINK WILL HIT FAILURE IN THE SUGGESTED REP RANGE. IF YOUR TARGET REPS IS 8-12 THEN YOU SHOULD PICK A WEIGHT THAT FAILURE HITS WITHIN 8-12 REPS. IF YOU GET FEWER THAN 8 REPS THEN YOU WILL WANT TO MAKE A NOTE OF THAT AND DECREASE THE WEIGHT BY 5-10 LBS NEXT TIME. IF YOU GET MORE THAN 12 REPS THEN YOU WILL WANT TO INCREASE THE WEIGHT BY 2.5-5LBS THE NEXT TIME. IF YOU GET ANYWHERE IN THE 8-12 REP RANGE THEN YOU WILL KEEP THE WEIGHT THE SAME FOR THE NEXT TIME AND TRY AND GET AT LEAST 1 MORE REP THAN YOU DID PREVIOUSLY.

THE GOAL IS TO EITHER GET 1 MORE REP WITH THE SAME WEIGHT OR INCREASE IN WEIGHT EACH WEEK DURING THIS PART OF THE PROGRAM. YOU WILL BUILD A HABIT OF APPLYING INTENSITY AND TRAINING TO FAILURE WITH YOUR TOP SET. YOU WILL ALSO BUILD A HABIT OF USING YOUR LOGBOOK SO THAT YOU KNOW EXACTLY WHAT WEIGHT TO USE AND HOW MANY REPS YOU NEED FOR THE TOP SETS OF EACH EXERCISE EVERY WEEK. YOU MAY NOT ALWAYS PROGRESS IN STRENGTH AND PERFORMANCE, BUT REGARDLESS YOU WILL BE TRAINING TO COMPLETE MUSCLE FAILURE AND THIS IS ONE OF THE BEST WAYS TO ENCOURAGE GROWTH AND BUILD MUSCLE MASS.

DAY 1 – LEGS

CARDIO WARM UP: 5-10 MINUTES LOW INTENSITY ON THE STAIR MASTER OR ELLIPTICAL.

THIS IS SIMPLY TO WARM UP THE MUSCLES IN YOUR LOWER BODY BEFORE LEG DAY. YOU SHOULDN'T NEED TO MAKE THIS STRENUOUS. ALL THAT NEEDS TO BE ACCOMPLISHED IS THAT YOU SLIGHTLY ELEVATE YOUR HEART RATE AND GET SOME BLOOD FLOWING TO YOUR LEGS.

DUCK WALKS: 50 YARDS TOTAL.

YOU CAN DO THESE IN 5-10 YARD INTERVALS. I UNDERSTAND THAT SOME OF YOU DON'T HAVE ACCESS TO A TURF STRIP LIKE WHAT I HAVE IN ZOO CULTURE. FEEL FREE TO DO THESE FOR AS FAR AS YOU CAN AND THEN TURN AROUND AND DO THEM IN A BACK AND FORTH MOTION. YOU WANT TO DO THESE FOR ROUGHLY 50 YARDS. AGAIN, THIS ISN'T ANYTHING STRENUOUS AND IS SIMPLY A GOOD WAY TO WARM UP YOUR LEGS, GLUTES, AND LOWER BACK BEFORE WE GET DEEPER INTO THE WORKOUT.

SQUAT: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

YOU SHOULD BE WARMED UP AT THIS POINT, BUT REGARDLESS I WANT YOU TO START LIGHT AND ADD WEIGHT EACH SET SO THAT YOUR LAST SET IS YOUR HEAVIEST SET. YOU SHOULDN'T NEED THE FULL 3 MINUTES FOR YOUR FIRST FEW SETS. USE ONLY THE REST THAT YOU NEED. YOU MAY WANT TO TAKE 3 MINUTES BEFORE YOUR LAST AND HEAVIEST SET.

LEG PRESS: 4 SETS OF 8-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

THE LEG PRESS IS A DANGEROUS MACHINE IF IT IS NOT DONE PROPERLY. YOUR GLUTES SHOULD REMAIN PLANTED ON THE PAD OF THE MACHINE, YOU SHOULD NOT BOUNCE THE SLED AT THE BOTTOM OF THE REP, AND LASTLY YOU SHOULDN'T LOCK YOUR KNEES OUT AT THE TOP OF THE LIFT. THIS MACHINE IS A GREAT TOOL TO BUILD LOWER BODY MASS AND STRENGTH IF YOU USE IT PROPERLY.

BULGARIAN SPLIT SQUAT: 3 SETS OF 8-12 REPS PER LEG WITH 1 MINUTE REST IN BETWEEN LEGS.

THIS IS A GREAT EXERCISE TO ISOLATE EACH LEG FROM ONE ANOTHER. WE ALL HAVE A DOMINANT LEG AND IT SUCKS WHEN YOU'RE WEAKER LEG HINDERS YOUR STRENGTH ON THE SQUAT. LEARNING HOW TO USE BOTH LEGS INDEPENDENTLY TO ONE ANOTHER IS A GREAT WAY TO INCREASE STRENGTH AND KEEP YOUR GAINZ EVEN BETWEEN YOUR LEGS.

LYING, SEATED, OR KNEELING HAMSTRING CURL: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

YOUR HAMSTRINGS WILL BE WORKED ON ALL OF THE LEG EXERCISES AS WELL AS ON THE DEADLIFT LATER IN THE WEEK. IT'S IMPORTANT TO GIVE YOUR HAMSTRINGS SOME DIRECT WORK AS WELL. YOU HAVE THE OPTION OF CHOOSING BETWEEN THESE THREE MACHINES. I SUGGEST THAT YOU USE THE ONE THAT ALLOWS YOU TO FEEL YOUR HAMSTRINGS CONTRACTING THE BEST. YOU WILL WANT TO STICK WITH THE SAME MACHINE (FOR THE SAKE OF YOUR LOGBOOK PROGRESSION), SO WHICHEVER MACHINE YOU CHOOSE MAKE SURE THAT IT'S THE ONE THAT YOU USE THROUGHOUT THE REMAINDER OF THE PROGRAM.

SEATED OR STANDING CALF RAISE: 5 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

AGAIN, I'M GIVING YOU THE OPTION TO CHOOSE BETWEEN MACHINES. YOU CAN ALTERNATE MACHINES HERE, BUT YOU WILL ALWAYS COMPARE BACK TO THE LAST TIME YOU USED EACH SPECIFIC MACHINE. I WANT YOU TO STRETCH EACH CALF FOR 15 SECONDS DURING YOUR REST PERIOD BEFORE ATTACKING YOUR NEXT SET.

DAY 2 – CHEST

PUSH-UPS: 3 SETS OF 15-20 PUSH-UPS WITH LESS THAN 1 MINUTE REST IN BETWEEN SETS.

THIS IS A WARM UP EXERCISE. I WANT YOU TO FINISH AROUND 50 TOTAL REPS. I WANT YOU TO MAKE SURE THAT THESE ARE QUALITY REPS AND YOU AREN'T CHEATING YOURSELF. IF YOU CAN EASILY DO 50 PUSH-UPS THEN I STILL WANT YOU TO PERFORM ONLY 15-20 AT A TIME WITH A REST. THE GOAL IS TO GET SOME BLOOD INTO YOUR WORKING MUSCLES FOR THE BENCH PRESS. THE REST PERIOD WILL ASSIST WITH THAT. IF THIS IS HARD FOR YOU THEN DON'T WORRY. IT'LL ONLY BE HARD FOR A WEEK OR TWO AND THEN YOU WILL GET THROUGH THIS EASILY.

BROOMSTICK STRETCHES: 3 SETS OF 10 STRETCHES WITH 30 SECONDS REST IN BETWEEN SETS.

AGAIN, THIS IS A WARM UP EXERCISE SO TAKE YOUR TIME AND MAKE EACH REP COUNT. THIS IS A GREAT TOOL TO USE TO INCREASE FLEXIBILITY IN YOUR SHOULDERS AND STRETCH YOUR PECS BEFORE BENCHING.

FLAT BARBELL BENCH PRESS: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

YOU SHOULD TREAT THIS THE SAME WAY THAT YOU DID THE SQUAT IN YESTERDAY'S WORKOUT. DON'T CHEAT YOURSELF! REMEMBER TO PERFORM THIS MOVEMENT WITH A FULL RANGE OF MOTION AND STAY IN CONTROL OF THE WEIGHT THE WHOLE TIME. DON'T PERFORM HALF REPS OR BOUNCE THE WEIGHT OFF OF YOUR CHEST. YOU CAN EVEN ADD A SHORT PAUSE AT THE BOTTOM WHEN YOU TOUCH YOUR CHEST IF IT HELPS PREVENT YOU FROM CHEATING. QUALITY REPS BEAT HEAVY REPS OR SLOPPY REPS ANY TIME!

CLOSE GRIP BENCH PRESS: 4 SETS OF 8-12 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

THIS IS ARGUABLY THE GREATEST BENCH ACCESSORY EXERCISE THAT THERE IS. THIS WILL ADD STRENGTH AND MUSCLE MASS TO YOUR ANTERIOR DELTS, BUT ESPECIALLY YOUR TRICEPS. BUILDING MUSCLE AND STRENGTH WITH THIS EXERCISE WILL DIRECTLY TRANSLATE OVER TO A STRONGER BENCH PRESS AND WILL CARRY OVER TO A STRONGER OVERHEAD PRESS TOO.

PLATE LOADED INCLINE PRESS: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

I LIKE PERFORMING THIS EXERCISE AFTER MY OTHER HEAVY PRESSING IS COMPLETED. THE FIXED MOTION OF THE MACHINE, WITH SAFETY STOPS, ALLOWS YOU TO PUSH YOURSELF TO FAILURE SAFELY WITHOUT AS MUCH RISK OF INJURY.

FLAT DBELL FLYE: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

CONTROL IS THE KEY TO MAKING THIS EXERCISE WORK FOR YOU. THE TEMPO OF THIS EXERCISE SHOULD BE SLOW AND IN CONTROL. YOU WANT TO FEEL A STRETCH ON THE ECCENTRIC PORTION OF THE LIFT AND A STRONG CONTRACTION TOWARDS THE TOP OF THE LIFT. CONTROL THE WEIGHT THROUGHOUT THE MOTION AND REMEMBER THAT QUALITY REPS BEATS HEAVY WEIGHT OR SLOPPY FORM.

CABLE CROSSOVER: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS IS A SAFER VERSION THAN THE DBELL FLYE AND HAS A DIFFERENT STRENGTH CURVE AS WELL. THE CABLES ALLOW FOR CONSTANT TENSION THROUGHOUT THE REP. I'VE ALSO INCREASE THE VOLUME HERE AS WELL. THIS IS THE LAST EXERCISE OF TODAY'S WORKOUT AND THE GOAL IS TO FINISH WITH THE BIGGEST PUMP IN YOUR CHEST AS POSSIBLE. YOU WILL STILL INCREASE THE WEIGHT USED WITH EACH REP AND TRY AND BEAT YOUR PERSONAL BEST, BUT AT THE SAME TIME CONTROL AND FORM IS MORE IMPORTANT THAN WEIGHT AND SPEED. KEEP THAT IN MIND!

CARDIO: 10 MINUTES HIIT ON THE STATIONARY BIKE.

YOUR LEGS MIGHT BE A LITTLE BIT SORE FROM YESTERDAY'S WORKOUT BUT YOU'LL HAVE TO POWER THROUGH IT. WE ARE USING HIIT CARDIO FOR A SHORT AMOUNT OF TIME BECAUSE CARDIO IN THIS PLAN ONLY SERVES TO CONDITION YOUR ENDURANCE FOR HIGH INTENSITY WEIGHT TRAINING. I WANT YOU REACHING MUSCLE FAILURE ON YOUR WEIGHTLIFTING MOVEMENTS INSTEAD OF ENDURANCE OR CARDIOVASCULAR FAILURE. THIS TYPE OF CARDIO SHOULDN'T INHIBIT MUSCLE MASS GAIN, AND IT WILL INCREASE YOUR ENDURANCE TO HELP YOU GET THOSE EXTRA REPS WHEN THINGS START TO GET HARD.



DAY 3 – BACK

PULL-UPS: 3 SETS OF 5-10 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

YOU SHOULD TREAT THIS THE SAME WAY YOU DID THE PUSH-UPS FROM YESTERDAY'S WORKOUT. I WOULD LIKE FOR YOU TO FINISH THIS BETWEEN 20-30 REPS. THE PRIMARY GOAL IS TO HELP YOU WARM UP YOUR LATS, FOREARMS, AND BICEPS SO THAT YOU DON'T PULL SOMETHING WITH THE NEXT EXERCISE...THE DEADLIFT.

DEADLIFT: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST.

THE PREVIOUS PULL-UPS ONLY HELPED WITH WARMING UP BUT DID NOTHING FOR YOUR LOWER BACK, GLUTES, AND HAMSTRINGS. YOU WILL WANT TO MAKE SURE THAT YOU TAKE SOME TIME TO WARM UP PROPERLY BEFORE GETTING INTO THE HEAVIER LIFTING ON THIS EXERCISE. FEEL FREE TO PERFORM AN EXTRA LIGHT SET OR TWO BEFORE YOU PROGRESS UP IN WEIGHT. YOU WANT YOUR 5 TH SET TO BE THE HEAVIEST AND THIS WILL BE THE SET THAT YOU TRACK AS WELL, SO MAKE THAT THE FOCAL POINT. YOU SHOULD BE TREATING THIS THE SAME WAY YOU TREATED THE SQUAT AND BENCH PRESS.

BARBELL SHRUG: 3 SETS OF 8-12 REPS WITH 1-2 MINUTES REST.

I'VE STRESSED THIS WITH OTHER EXERCISES, BUT I WANT YOU TO CONTROL THE WEIGHT AND FOCUS ON FORM OVER HEAVY WEIGHT AND SLOPPY REPS. WE JUST INDIRECTLY WORKED THE TRAPS ON THE DEADLIFT SO THEY SHOULD BE READY TO GO FOR THIS EXERCISE. THIS IS A VERY SIMPLE MOVEMENT, BUT STRENGTH THROUGH THE TRAPS, MID BACK, AND NECK WILL CARRY OVER TO MORE STRENGTH ON ALL 3 OF THE POWERLIFTING MOVEMENTS. IT'S SIMPLE BUT EFFECTIVE FOR STRENGTH GAINZ, AND BIG ASS TRAPS MAKE ANYBODY LOOK MORE JACKED!

PLATE LOADED MACHINE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

THERE IS A WIDE VARIETY OF THESE TYPES OF MACHINES AVAILABLE. THEY ALL HIT THE BACK FROM DIFFERENT ANGLES. I WILL LET YOU CHOOSE THE MACHINE THAT YOU LIKE THE BEST. JUST MAKE SURE THAT YOU STICK WITH THE SAME MACHINE FROM WEEK TO WEEK THROUGHOUT THE DURATION OF THIS PROGRAM. WE DON'T WANT TO UPSET THE LOGBOOK BY SWITCHING MACHINES.

SINGLE ARM DBELL ROW: 3 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS – 1 MINUTE REST IN BETWEEN ARMS.

THIS IS ONE OF THE TRIED AND TRUE BACK BUILDERS. THE SHORTER REST IN BETWEEN ARMS ALLOWS THIS EXERCISE TO MOVE QUICKLY AND ADD A CHALLENGE TO IT AT THE SAME TIME. AS ALWAYS, FOCUS ON YOUR FORM AND CONTROL THE WEIGHT INSTEAD OF JERKING THE WEIGHT AROUND. YOU WANT TO GAIN STRENGTH WITH GOOD FORM. IT WON'T BE LONG BEFORE YOU ARE MOVING THE BIG WEIGHTS AND STAY IN CONTROL OF THEM INSTEAD OF LET THEM CONTROL YOU.

CLOSE GRIP CABLE ROW: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

YOUR BACK WILL BE FATIGUED AT THIS POINT SO WE WILL MOVE TO CABLE SUPPORTED EXERCISES. THIS WILL ALLOW YOU TO PUSH TO FAILURE SAFELY COMPARED TO THE FREE WEIGHT MOVEMENTS. WE ARE ALMOST DONE WITH TODAY'S WORKOUT SO MAKE SURE THAT YOU PUSH YOURSELF AND FINISH STRONG!

LAT PULLDOWN: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE SPENT A LOT OF TIME WITH ROWING MOVEMENTS AKA BACK DENSITY MOVEMENTS. THESE TYPES OF MOVEMENTS CARRY OVER BEST FOR MASS GAIN AND STRENGTH. THAT SAID, WE WANT BACK WIDTH TOO SO WE WILL FINISH WITH A WIDTH EXERCISE SIMILAR TO THE PULL UP. MAKE SURE TO GET A FULL STRETCH AT THE TOP OF THE LIFT AND SQUEEZE THE CONTRACTION. TRY AND USE AS LITTLE BODY ENGLISH AS POSSIBLE. WE WANT YOUR LATS TO MOVE THE WEIGHT. DON'T TURN THIS MOVEMENT INTO A ROW BY ROCKING BACK AND USING YOUR WHOLE BODY TO MOVE THE WEIGHT.

CARDIO: 2000M ON THE ROWER MACHINE.

THIS IS A GREAT HIT EXERCISE WHEN PERFORMED IN A SPRINTING STYLE. DON'T LET THE FIRST PART OF IT FOOL YOU. IT MAY FEEL EASY AT THE START, BUT IT WILL GET DIFFICULT REALLY FAST IF YOU AREN'T CAREFUL. I LIKE TO CHOOSE 2000 OR 2500M AS A TARGET LENGTH AND THEN TEST FOR TIME. YOU CAN TRY AND BEAT YOUR TIME EACH WEEK. IF YOU CAN PERFORM 2000M IN 8 MINUTES OR LESS, WITHOUT FEELING LIKE YOU'RE GOING TO DIE, THEN YOU WILL BE IN OPTIMAL CARDIOVASCULAR/ENDURANCE SHAPE FOR THIS STYLE OF TRAINING PROGRAM. YOU SHOULD WORK TOWARDS THAT GOAL.

DAY 4 – SHOULDERS/ABS

DBELL FRONT RAISE: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS MOVEMENT IS MOSTLY IN PLACE (ALONG WITH THE NEXT LATERAL RAISE) AS A WARM UP FOR THE SHOULDERS BEFORE WE GET INTO THE PRESSING MOVEMENTS. DON'T SWING WITH YOUR TORSO AND HAVE SLOPPY FORM. YOUR BODY SHOULD REMAIN UPRIGHT WITH MINIMAL "BODY ENGLISH" AND YOU SHOULD FOCUS ON USING YOUR ANTERIOR DELTOID TO MOVE THE WEIGHT.

DBELL LATERAL RAISE: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THE SAME RULES APPLY AS THE FRONT RAISE. KEEP YOUR FORM STRICT AND FOCUS ON THE MEDIAL (MIDDLE) DELT MOSTLY MOVING THE WEIGHT.

STANDING OVERHEAD PRESS: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

THIS IS YOUR HEAVIEST MOVEMENT ON THE DAY. YOU SHOULD TREAT IT THE SAME WAY YOU DID THE SQUAT, BENCH, AND DEADLIFT. YOU CAN PERFORM THESE LIKE A PUSH-PRESS OR A STRICT PRESS AS LONG AS YOU STAY CONSISTENT FROM WEEK TO WEEK. WE WANT TO SEE PROGRESSION WITH YOUR LOGBOOK AND MOST PEOPLE CAN ALWAYS PUSH PRESS MORE THAN THEY STRICT PRESS. SO JUST MAKE SURE YOU DON'T START WITH A STRICT PRESS AND TURN IT INTO A PUSH PRESS AS THE WEEKS GO ON. STICK WITH WHATEVER ONE YOU START WITH.

DBELL MILITARY PRESS: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

THIS MOVEMENT IS TO GUARANTEE THAT YOU TAKE THE LEG DRIVE OUT OF IT BECAUSE YOU WILL BE SITTING DOWN. THIS IS ALSO A GREAT WAY TO ALLOW BOTH SIDES OF YOUR BODY TO WORK INDEPENDENTLY OF ONE ANOTHER. YOU'LL BUILD A MORE BALANCED PHYSIQUE THIS WAY AND MAKE SURE THAT BOTH ARMS/SHOULDERS ARE PROGRESSING IN STRENGTH EQUALLY.

REVERSE DBELL FLYE: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

I FIND THAT THIS MOVEMENT IS GREAT FOR THE REAR DELTS BUT ALSO GETS THE SMALLER MUSCLES IN THE UPPER/MID BACK AS WELL. MAKE SURE TO CONTROL THE WEIGHT DURING THE CONCENTRIC AND ECCENTRIC PORTION OF THIS MOVEMENT. YOU DON'T WANT TO SWING THE WEIGHT OR LET YOUR TORSO MOVE AROUND WILDLY. STRICT FORM WILL KEEP THE WEIGHT TARGETED ON THE REAR DELTS AND SCAPULA AREA WHERE WE WANT IT.

FACEPULL: 3 SETS OF 12-15 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

THIS MOVEMENT IS GOING TO HIT A LOT OF THE SAME MUSCLES AS THE REVERSE DBELL FLYE. THE DIFFERENCE IS THAT IT COMES WITH SOME SLIGHT EXTERNAL ROTATION COMPARED TO THE REVERSE FLYE. THIS IS ONE OF THE BEST EXERCISES THAT YOU CAN DO FOR SHOULDER HEALTH. WE WILL BE DOING A LOT OF PRESSING IN THIS PROGRAM SO SHOULDER HEALTH IS SOMETHING TO KEEP AN EYE ON.

INCLINE SIT UPS: 4 SETS OF 25 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THE GOAL IS TO WORK UP TO DOING 100 SIT UPS ON THE HIGHEST INCLINE POSSIBLE. IF YOU CAN DO THIS WHILE HOLDING WEIGHT THEN EVEN BETTER. WE AREN'T GOING FOR HIGH REPS WITH THIS EXERCISE BUT INSTEAD WANT TO PROGRESS JUST LIKE ANYTHING ELSE. YOU SHOULD FIRST STRIVE TO GET 25 REPS A SET. YOU SHOULD THEN WORK TOWARDS BEING ABLE TO DO 100 REPS STRAIGHT WITHOUT ANY REST. ONCE YOU CAN DO THIS THEN YOU CAN ADD WEIGHT AND PERFORM 4 SETS OF 25 WEIGHTED INCLINE SIT UPS. A STRONG CORE WILL MAKE YOU STRONGER ON ALMOST EVERY WEIGHTLIFTING EXERCISE AND IT WILL CARRY OVER TO HELPING YOU WITH EVERY DAY LIFE AS WELL.

CARDIO: 10 MINUTES HIIT CARDIO ON THE STATIONARY BIKE.

WE FINISH THE DAY WITH SOME HIIT CARDIO ON THE STATIONARY BIKE. REMEMBER THAT THIS FIRST WORKOUT SPLIT INCLUDES CARDIO TO MAKE SURE THAT YOUR ENDURANCE IS READY FOR THE HEAVIER LIFTING THAT COMES LATER IN THIS PLAN.

LEAN  BULK



DAY 5 – ARMS

STANDING ALTERNATING DBELL CURL: 4 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN SETS.

MAKE SURE TO PERFORM THESE WITH STRICT FORM. WE WANT TO WORK YOUR BICEPS NOT YOUR BACK. THERE MAY BE TIMES WHERE I WILL ALLOW CHEATING ON CERTAIN REPS OR EXERCISES. THIS IS NOT ONE OF THOSE TIMES.

STANDING BARBELL CURL: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

THIS IS THE MOVEMENT THAT YOU CAN HAVE THE MOST FUN FOCUSING ON STRENGTH GAINZ AS WELL AS BICEP GAINZ. I WANT YOU TO PERFORM THIS WITH STRICT FORM. I WILL OCCASIONALLY ALLOW LOOSE FORM WITH THIS MOVEMENT, BUT YOU HAVE TO ALWAYS BE CAREFUL. IF YOU ARE PUSHING YOUR LIMITS WITH HEAVY WEIGHT AND CHASING REPS THEN LOOSE FORM CAN LEAD TO A BICEP TEAR. IF YOU PUSH YOURSELF WITH STRICT FORM INSTEAD, THEN YOU HAVE A GREATER CHANCE AT BUILDING BIGGER ARMS AND LESS RISK OF INJURY.

EZ BAR PREACHER CURL: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

I KEEP PREACHING STRICT FORM SO DON'T BE SURPRISED TO HEAR ME PREACHING ABOUT FORM WITH THE PREACHER CURL. I WANT YOU TO FOCUS ON GETTING THE BEST RANGE OF MOTION POSSIBLE WITH THIS MOVEMENT. YOU SHOULD CONTROL THE WEIGHT/STRETCH ON THE CONCENTRIC AND FEEL THE BICEPS SQUEEZE ON THE CONCENTRIC. TRY NOT TO LET THE WEIGHT REST AT THE TOP OR BOTTOM OF THE MOVEMENT. YOU WANT TO KEEP CONSTANT TENSION ON THE BICEPS THROUGHOUT THE WHOLE REP.

DBELL HAMMER CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN SETS.

OK, IF YOU WANT A BICEP MOVEMENT THAT YOU CAN DO WITH LOOSE FORM THEN I'LL LET YOU HAVE THIS ONE. IF YOU WANT TO PERFORM THIS EXERCISE WITH STRICT FORM THEN THAT'S FINE TOO. JUST REMEMBER SO SIDE WITH CAUTION BECAUSE YOUR BICEPS WILL BE FATIGUED AT THIS POINT IN THE WORKOUT. THIS IS A FUN EXERCISE TO GO HEAVY SO YOU SHOULD ENJOY CHASING NUMBERS AND BEATING YOUR LOGBOOK WITH THIS ONE.

VGRIP PRESSDOWN: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE JUST FINISHED KILLING OUR BICEPS SO LET'S MOVE ONTO TRICEPS. I WANT YOU TO CONTROL THE ECCENTRIC PART OF THE MOVEMENT. IT SHOULD TAKE YOU 3-5 SECONDS TO RETURN TO THE TOP STARTING POSITION. WE BUILD MUSCLE BY CONTROLLING THE WEIGHT ON THE CONCENTRIC AND ECCENTRIC PARTS OF THE LIFTS. THIS IS ESPECIALLY TRUE WITH MOST CABLE EXERCISES LIKE THE VGRIP PRESSDOWN.

EZBAR OVERHEAD EXTENSION: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

THIS IS A GREAT EXERCISE TO REALLY BUILD UP THE LONG HEAD OF THE TRICEPS. THAT'S THE HEAD THAT IS UNDERNEATH YOUR ARM AND PROVIDES A SHELF FOR THE BICEPS TO SIT ON. IT'S ALSO THE BIGGEST OF THE THREE HEADS OF THE TRICEPS AND ONE OF THE MAJOR KEY'S TO BIG ARMS. THIS MOVEMENT IS ALSO DANGEROUS IF YOU HAVE SLOPPY FORM. THIS EXERCISE CAN BE THE BEST THING TO BUILD YOUR TRICEPS, BUT IT CAN ALSO BE THE THING THAT CAUSES ELBOW INJURIES AND TRICEP TEARS. PUSH YOURSELF AND PROGRESS, BUT DO SO WITH CAUTION AND STRICT FORM. A SPOTTER IS DEFINITELY RECOMMENDED HERE.

ROPE OVERHEAD EXTENSION: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS MOVEMENT IS VERY SIMILAR TO THE ONE THAT WE JUST COMPLETED. THE CABLE ASPECT CHANGES THE STRENGTH CURVE OF THE MOVEMENT AND THE POSITIONING ALLOWS YOU TO FIND A MORE COMFORTABLE ANGLE FOR YOUR ELBOWS. I WANT YOU TO CONTROL THE ECCENTRIC JUST LIKE YOU DID WITH THE VGRIP PRESSDOWN AND SPEND A GOOD 3-5 SECONDS LOWERING THE WEIGHT TO THE STARTING POSITION.

SINGLE ARM CABLE KICKBACK: 3 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

I WANT YOU TO PAUSE FOR A QUICK 2-3 SECOND COUNT AT THE TOP OF EACH REP. YOU SHOULD FLEX YOUR TRICEPS HARD AND FEEL THEM SQUEEZE WHILE PERFORMING THIS EXERCISE. YOU WILL STILL FOCUS ON YOUR LOGBOOK AND TRY TO BEAT YOUR BEST WEIGHT/REPS LIKE ANY OF THE EXERCISES, BUT THIS IS A HUMBLING MOVEMENT. LIGHT WEIGHT WITH THE SQUEEZE AT THE TOP GOES FAR HERE. YOU'D BE SURPRISED HOW LITTLE WEIGHT YOU NEED TO RALLY HAMMER THE TRICEPS!

CARDIO: NO CARDIO TODAY

IT'S ARM DAY, LET'S NOT WASTE TIME WITH CARDIO TODAY.

DAY 6 – REST

DAY 7 – REST

MAX WEEK 5

AS I PREVIOUSLY MENTIONED, YOU WILL ONLY BE PERFORMING YOUR MAXES DURING THIS WEEK. YOU WILL ONLY BE DOING ONE EXERCISE EACH WORKOUT DAY. WE WANT THIS WEEK TO BE A REST FROM THE BODYBUILDING MOVEMENTS AND I WANT YOU TO FOCUS ALL OF YOUR EFFORT TOWARDS YOUR MAXES. REMEMBER TO TAKE YOUR TIME, WARM UP PROPERLY AND SLOWLY WORK YOUR WAY UP TO WHAT YOU THINK YOUR MAX COULD BE FOR EITHER A 5 REP, 3 REP, OR 1 REP MAX. YOU SHOULD FINISH EACH OF THESE MAX DAYS WITH EITHER AN ESTIMATED 1 REP MAX OR AN ACTUAL 1 REP MAX.

THESE MAX DAYS WON'T BE EASY AND IT SHOULD TAKE YOU 30-45 MINUTES TO COMPLETE AFTER YOU WARM UP AND TAKE PLENTY OF REST IN BETWEEN SETS TO BE AS FRESH AS POSSIBLE DURING YOUR MAXES. THE GOAL OF THIS WEEK IS TO ESTABLISH YOUR MAXES ON THE SQUAT, BENCH, AND DEADLIFT. WE WILL BE USING A PERCENTAGE OF THESE MAXES FOR THE NEXT 4 WEEKS OF THE TRAINING SPLIT. YOU SHOULD BE PERFORMING YOUR MAXES IN THE FOLLOWING ORDER THROUGHOUT THE WEEK:

DAY 1 – SQUAT

DAY 2 – REST

DAY 3 – BENCH

DAY 4 – REST

DAY 5 – DEADLIFT

DAY 6 – REST

DAY 7 – REST

WEEKS 6-9

WE WILL BE INCORPORATING THE POWERLIFTING PERCENTAGES AS WELL AS THE REST PAUSE TECHNIQUE FOR THE BODYBUILDING MOVEMENTS OF THIS WORKOUT SPLIT. THIS SPLIT IS STILL A 5 DAY WORK WEEK LIKE THE FIRST SPLIT THAT WE COMPLETED, BUT YOUR CARDIO WILL BE CONDENSED TO ONE DAY ONLY. YOU SHOULD HAVE BETTER ENDURANCE FROM THE FIRST SPLIT SO WE WILL SIMPLY MAINTAIN AND FOCUS ON THE HEAVIER LIFTING NOW. I LIKE TO USE THIS CARDIO/BODYWEIGHT DAY AS A DAY TO LOOSEN UP AND PUSH SOME BLOOD AROUND WITHOUT CREATING A LOT OF MUSCLE DAMAGE WITH WEIGHTS THAT WOULD HINDER RECOVERY. WE WILL BE TRAINING WITH HEAVIER WEIGHTS AND THE WORKOUTS SHOULD BE MORE INTENSE THAN THE FIRST 4 WEEKS. THE EXTRA REST DAY FROM WEIGHTLIFTING WILL HELP MAKE SURE THAT YOU ARE RECOVERING TO GROW AND BE ABLE TO TRAIN WITH 100% EFFORT EACH DAY.

I HAVE PREVIOUSLY GONE OVER HOW TO PERFORM THE REST PAUSE TECHNIQUE AND I HAVE ALSO GONE OVER HOW TO INCORPORATE THE POWERLIFTING PERCENTAGES. THE POWERLIFTING MOVEMENTS (SQUAT, BENCH, DEADLIFT) WILL BE PERCENTAGE BASED. I WILL LET YOU KNOW WHAT PERCENTAGE AND WHAT REP RANGE IN THE PLAN. I WILL ALSO LET YOU KNOW WHICH EXERCISES WILL USE THE REST PAUSE TECHNIQUE. ALL OTHER MOVEMENTS SHOULD FOLLOW THE SAME PRINCIPLES AS THE FIRST WORKOUT SPLIT IN THAT YOU WILL PROGRESS UP IN WEIGHT EACH SET AND TAKE YOUR TOP SET TO FAILURE.

YOUR LOGBOOK WILL CHANGE IN THAT YOU WILL NOW HAVE TO LOG BOTH SETS OF THE REST PAUSE TECHNIQUE, YOU WILL HAVE POWERLIFTING PERCENTAGES, AND YOUR WORKOUT SPLIT/EXERCISES HAVE CHANGED. OTHERWISE THE WAY YOU LOG WILL NOT CHANGE UNLESS OTHERWISE NOTED BELOW.

DAY 1 – LEGS

BOX JUMPS: 3 SETS OF 8-10 JUMPS WITH 1 MINUTE REST IN BETWEEN SETS.

I WANT YOU TO PERFORM A BODYWEIGHT SQUAT BEFORE EACH JUMP. THIS IS A WARM UP EXERCISE TO NOT ONLY GET SOME BLOOD MOVING TO THE MUSCLE, BUT ALSO TO TEACH EXPLOSIVENESS FROM A SQUAT POSITION.

BODYWEIGHT LUNGES: 3 SETS OF 8-10 REPS PER LEG WITH 30 SECONDS REST IN BETWEEN LEGS.

THIS IS STRICTLY A WARM UP EXERCISE. THERE IS NO NEED TO LOG ANYTHING OR PUSH BEYOND WARMING UP HERE.

SQUAT: WE WILL BE USING DIFFERENT PERCENTAGES OF YOUR MAX EACH WEEK. YOU WILL DO 2-3 WARM UP SETS OF 8-10 REPS BEFORE DOING YOUR WORK SETS BELOW. YOU SHOULD REST FOR 1-3 MINUTES IN BETWEEN WARM UP SETS AND YOU SHOULD REST FOR 3-5 MINUTES BEFORE YOUR WORK SETS BELOW.

-WEEK 1: 2 SETS OF 5 REPS AT 70% OF YOUR ESTIMATED OR ACTUAL 1 REP MAX.

-WEEK 2: 2 SETS OF 5 REPS AT 70-75% OF YOUR ESTIMATED OR ACTUAL 1 REP MAX.

-WEEK 3: 2 SETS OF 3 REPS AT 80% OF YOUR ESTIMATED OR ACTUAL 1 REP MAX.

-WEEK 4: 2 SETS OF 3 REPS AT 80-85% OF YOUR ESTIMATED OR ACTUAL 1 REP MAX.

I WANT TO REMIND YOU THAT YOU SHOULD BE DOING 2-3 WARM UP SETS BEFORE ATTEMPTING THE LISTED WORKING SETS. YOU WILL NOW HAVE 2 WORKING SETS INSTEAD OF 1 TOP SET LIKE THE PREVIOUS SPLIT. YOU DO NOT NEED TO TRAIN TO MUSCLE FAILURE AND SHOULD JUST FOCUS ON HITTING YOUR NUMBER FOR THE DAY. YOU'LL NOTICE THAT WEEK 2 AND 4 GIVE YOU AN OPTION OF A PERCENTAGE RANGE. THIS IS IN CASE YOU FAIL TO HIT YOUR TARGET REPS ON WEEKS 1 AND 3. FOR EXAMPLE, IF YOU WERE TRYING TO HIT 300LBS FOR 5 REPS ON WEEK 1 AND ONLY GOT 4 REPS THEN YOU SHOULD STICK WITH 70% FOR WEEK 2. IF YOU HIT 5 REPS EASILY THEN YOU SHOULD INCREASE TO 75% FOR WEEK 2. THE PROGRAM WILL PROGRESS FROM WEEK 1 TO 4 SO ALL YOU NEED TO DO IS FIGURE OUT YOUR NUMBERS TO HIT AND PUT THE WORK IN!

FRONT SQUAT: 3 SETS OF 8-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

THE FRONT SQUAT IS A GREAT ACCESSORY EXERCISE TO INCREASE SQUAT AND DEADLIFT STRENGTH. YOU WILL ALREADY BE SQUATTING SO THE TRANSITION TO THIS EXERCISE SHOULD BE EASY. YOU CAN EASILY DROP THE WEIGHT DOWN AND HIT THIS MOVEMENT RIGHT AWAY. FOCUS FIRST ON YOUR FORM OVER USING A HEAVY WEIGHT. WE JUST TRAINED REALLY HEAVY WITH THE BACK SQUAT SO FOCUS MORE ON PROGRESSION HERE COMPARED TO PUTTING UP REALLY HEAVY NUMBERS.

LEG PRESS: 3 SETS OF 8-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

WE WILL KEEP THIS MOVEMENT FROM THE LAST SPLIT SO YOU CAN STILL FOCUS ON YOUR PROGRESSION. WE ARE DROPPING A SET BECAUSE WE DIDN'T HAVE FRONT SQUATS IN THE LAST SPLIT. YOU MAY BE SLIGHTLY MORE FATIGUED NOW THAN THE LAST LEG DAY BECAUSE THE WEIGHTS GOT HEAVIER ON THE SQUAT AND WE ADDED THE BACK SQUAT. DON'T BE DISCOURAGED IF YOUR NUMBERS PLATEAU OR EVEN DROP HERE ON THE LEG PRESS. SIMPLY COMPARE TO YOUR PREVIOUS WEEK'S PERFORMANCE AND STRIVE FOR PROGRESSION.

SEATED, LYING, OR KNEELING HAMSTRING CURL: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE WILL ALSO KEEP THIS MOVEMENT IN THIS SPLIT. THE ONLY DIFFERENCE THAT I WANT YOU TO MAKE IS THAT YOUR LAST SET WILL BE A REST PAUSE SET TO FAILURE. YOU WILL NOW BE LOGGING BOTH PARTS OF THE REST PAUSE SET FOR YOUR LAST SET OF THIS MOVEMENT. IF YOU STILL AREN'T CLEAR ON HOW TO PERFORM A REST PAUSE SET THEN IT IS SIMPLY YOUR LAST SET TO FAILURE...REST FOR 15 BREATHERS...AND TAKE THE SAME WEIGHT TO FAILURE AGAIN. YOU'LL RECORD THE NUMBER OF REPS YOU GOT WITH BOTH TIMES YOU TOOK THE SAME WEIGHT TO FAILURE.

SEATED OR STANDING CALF RAISE: 5 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

THIS ALSO REMAINS IN THE SPLIT AND EVERYTHING WILL BE THE SAME EXCEPT YOU WILL PERFORM YOUR LAST SET AS A REST PAUSE SET TO FAILURE.



DAY 2 – CHEST/TRICEPS

PUSH UPS: 3 SETS OF 15–20 PUSH-UPS WITH LESS THAN 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE PREVIOUS SPLIT. YOU WILL STILL BE USING THIS AS A WARM UP EXERCISE AND NOTHING MORE THAN THAT.

BROOMSTICK STRETCHES: 3 SETS OF 10 STRETCHES WITH 30 SECONDS REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE PREVIOUS SPLIT. THIS IS STILL PART OF OUR WARM UPS ON CHEST DAY.

FLAT BARBELL BENCH PRESS: YOU WILL FOLLOW THE SAME % AND REP RANGES AS THE SQUAT. YOU SHOULD APPROACH THE BENCH PRESS THE SAME EXACT WAY YOU APPROACH YOUR SQUAT. YOU'LL SET YOUR NUMBERS BASED OFF OF A % OF YOUR 1 REP MAX AND DO YOUR BEST TO HIT THEM FROM WEEK TO WEEK.

CLOSE GRIP BENCH PRESS: 4 SETS OF 8–12 REPS WITH 1–3 MINUTES REST IN BETWEEN SETS.

WE WILL KEEP THIS THE SAME AS LAST SPLIT. YOU WILL NOW BE TRAINING MUCH HEAVIER ON THE BENCH PRESS. THIS IS A GREAT ACCESSORY EXERCISE TO BUILD BIGGER TRICEPS AND INCREASE THE STRENGTH ON YOUR BENCH PRESS. WE WILL KEEP THIS IN THE BODYBUILDING REP RANGES FOR NOW. I WANT YOU TO REFER TO YOUR LOGBOOK AND TRY TO MATCH OR BEAT YOUR REPS AND WEIGHT ON YOUR TOP SET EACH WEEK.

PLATE LOADED INCLINE PRESS: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS MOVEMENT ALSO STAYS THE SAME AS THE LAST SPLIT EXCEPT YOU WILL NOW MAKE YOUR LAST SET A REST PAUSE SET.

CABLE CROSSOVER: 4 SETS OF 12–15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES COMPARED TO YOUR LAST SPLIT. KEEP YOUR FORM TIGHT AND FOCUS ON THE PUMP. YOU SHOULD STILL REFER TO YOUR LOGBOOK AND TRY TO IMPROVE FROM WEEK TO WEEK.

VGRIP PRESSDOWN: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS ALSO REMAINS FROM THE LAST SPLIT, BUT YOU WILL NOW PERFORM THE LAST SET AS A REST PAUSE SET.

SINGLE ARM CABLE KICKBACK: 3 SETS OF 12-15 REPS EACH ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

NOTHING CHANGES FOR THIS EXERCISE COMPARED TO THE LAST SPLIT. I STILL WANT YOU HOLDING THE CONTRACTION AT THE TOP OF THE REP AND CONTROLLING THE ECCENTRIC PART OF THE MOVEMENT AS WELL.

DAY 3 – REST

DAY 4 – BACK

PULL UPS: 3 SETS OF 5-10 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE LAST SPLIT. WE ARE STILL USING PULL UPS AS A WARM UP EXERCISE.

DEADLIFT: YOU WILL FOLLOW THE SAME PERCENTAGE STRUCTURE AS THE SQUAT AND BENCH PRESS.

STIFF LEG DEADLIFT: 3 SETS OF 8-12 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

THIS IS A GOOD MOVEMENT TO BUILD THE HAMSTRINGS AND GLUTES. IT'S ALSO A GREAT MOVEMENT TO INCREASE STRENGTH ON THE DEADLIFT. YOU JUST TRAINED HEAVY WITH THE DEADLIFT SO FOCUS MORE ON FORM AND PROGRESSION THAN HEAVY WEIGHTS WITH THIS MOVEMENT.

PLATE LOADED MACHINE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE EXCEPT YOU WILL NOW MAKE YOUR LAST SET A REST PAUSE SET.

SINGLE ARM DBELL ROW: 3 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN SETS.

NOTHING CHANGES HERE FROM THE LAST SPLIT. YOU WILL STILL FOCUS ON YOUR LOGBOOK AND PROGRESSION.

WIDE NEUTRAL GRIP CABLE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE ARE NOW GOING TO SWITCH FROM A CLOSE GRIP CABLE ROW TO A WIDE GRIP CABLE ROW. THIS SHOULD HELP WORK MORE MID TO UPPER BACK COMPARED TO THE CLOSE GRIP FROM THE LAST SPLIT THAT TARGETED MORE LATS.

LAT PULLDOWN: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES FROM THE LAST SPLIT EXCEPT YOU WILL NOW MAKE YOUR LAST SET A REST PAUSE SET.

DAY 5 – SHOULDERS/BICEPS

BARBELL FRONT RAISE: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS WILL BE USED AS A WARM UP EXERCISE BUT YOU WILL STILL TAKE YOUR LAST SET TO FAILURE AND STRIVE FOR PROGRESSION IN YOUR LOGBOOK. MAKE SURE TO USE STRICT FORM AND PREVENT THE TORSO FROM SWINGING AND GENERATING MOMENTUM. WE WANT THE ANTERIOR DELTOID TO BE TAKING ON MOST OF THE WORK.

STANDING OVERHEAD PRESS: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

NOTHING CHANGES FROM THE LAST SPLIT. WE STILL WANT TO TRY AND BEAT THE LOGBOOK FROM WEEK TO WEEK.

ARNOLD PRESS: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS IS A GOOD REPLACEMENT FOR THE DBELL MILITARY PRESS. IT WORKS THE DELTS DIFFERENTLY BECAUSE OF THE DIFFERENT RANGE OF MOTION COMPARED TO THE MILITARY PRESS. THIS STILL SERVES TO HIT EACH SIDE INDIVIDUALLY SO YOU CAN BUILD MUSCLE AND STRENGTH EVENLY FOR BOTH SHOULDERS.

DBELL SHRUGS: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE MOVED SHRUGS TO FROM BACK TO SHOULDER DAY THIS WEEK AND WILL HIT THEM WITH THE DBELLS. THIS WILL ALSO ALLOW BOTH SIDES TO WORK INDEPENDENTLY FROM ONE ANOTHER. FEEL FREE TO PUSH YOURSELF WITH HEAVY WEIGHTS HERE BUT MAKE SURE YOU ARE GETTING A STRONG CONTRACTION AND GOOD RANGE OF MOTION. WE WILL BE HITTING THE TRAPS WITH HEAVY DEADLIFTS ON BACK DAY. LET'S USE TODAY TO HIT THE TRAPS WITH A BETTER RANGE OF MOTION AND GIVE THEM SOMETHING DIFFERENT TO WORK WITH.

FACEPULL: 3 SETS OF 12-15 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

NOTHING CHANGES FOR THIS EXERCISE COMPARED TO THE LAST SPLIT. YOU WILL STILL USE THIS EXERCISE TO HELP BUILD AND MAINTAIN GOOD SHOULDER HEALTH AND POSTURE.

STANDING BARBELL CURL: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

NOTHING WILL CHANGE COMPARED TO THE LAST SPLIT EXCEPT YOU WILL NOW MAKE THE LAST SET A REST PAUSE SET.

DBELL PREACHER CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN ARMS.

WE WILL SWITCH TO DUMBBELLS FOR THIS SPLIT SO THAT YOU CAN WORK EACH ARM INDEPENDENTLY OF THE OTHER. WE WILL ALSO GIVE A FULL 1 MINUTE REST IN BETWEEN EACH ARM. FOCUS ON FORM TO GIVE A FULL RANGE OF MOTION AND THE SAME RULES APPLY AS THE BARBELL VERSION. WE WANT TO AVOID RESTING AT THE TOP AND BOTTOM PART OF THE LIFT SO THAT WE KEEP CONSTANT TENSION ON THE BICEPS THROUGHOUT THE MOVEMENT.

PINWHEEL CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN SETS.

THE PINWHEEL CURL ISN'T MUCH DIFFERENT THAN THE HAMMER CURL. THE MAIN DIFFERENCE IS THAT THE WEIGHT COMES ACROSS YOUR BODY INSTEAD OF IN FRONT OF YOUR BODY. NORMALLY YOU WOULD TRY AND RAISE THE DBELL FROM YOUR RIGHT HAND TOWARDS YOUR RIGHT SHOULDER. THE PINWHEEL CURL WOULD HAVE YOU RAISE YOUR RIGHT HAND ACROSS YOUR BODY TOWARDS YOUR LEFT SHOULDER. YOU CAN GO HEAVY AND HAVE SOMEWHAT LOOSE FORM WITH THIS MOVEMENT, JUST DON'T LET THE MOVEMENT BECOME JITTERY AND JERKING IN MOTION. YOU SHOULD STILL BE FLUID AND HAVE A SMOOTH TEMPO WITH EACH REP. MOST PEOPLE CAN GO HEAVIER ON PINWHEEL CURLS THAN HAMMER CURLS AND IT WORKS THE SAME MUSCLE GROUPS. THIS SHOULD BE A GOOD WAY FOR YOU TO CONTINUE INCREASING WEIGHT FROM YOUR HAMMER CURLS AND HOPEFULLY GAIN SOME MORE MUSCLE AND STRENGTH IN YOUR BICEPS AND FOREARMS.

DAY 6 – CARDIO/BODY WEIGHT

***YOU WILL NOT NEED TO LOG ANYTHING BESIDES THE ROWER FOR THIS WORKOUT DAY. WE AREN'T PUSHING ANYTHING TO FAILURE OR TRYING FOR ANY SORT OF PROGRESSION. WE ARE SIMPLY ELEVATING YOUR HEART RATE AND PUSHING SOME BLOOD AROUND THE BODY. THIS DAY WILL HELP WITH RECOVERY AND KEEP YOUR ENDURANCE UP SO YOU CAN BETTER PUSH TO FAILURE ON ALL OTHER WORKOUT DAYS OF THIS SPLIT.**

CARDIO: 10 MINUTES HIIT ON THE STATIONARY BIKE.

TRI SET: 5 SETS OF 10 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

PUSH UPS

PULL UPS

DIPS

MAKE SURE THAT YOU SLOW THE TEMPO DOWN AND PERFORM COMPLETE REPS WITH A FULL RANGE OF MOTION. YOU WILL NOT REST IN BETWEEN EXERCISES AND ONLY REST FOR 30 SECONDS IN BETWEEN SETS. REMEMBER THAT THIS IS LIKE AN ACTIVE RECOVERY DAY. WE ARE MORE CONCERNED WITH QUALITY REPS AND ELEVATING THE HEART RATE THAN REALLY PUSHING THE MUSCLE. WE PUSH THE MUSCLE WITH THE WEIGHTLIFTING WORKOUTS IN THE REST OF THE WEEK.

HYPEREXTENSION OR GHR: 5 SETS OF 10 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

I WANT YOU TO HAVE CONTROL THROUGHOUT THE FULL RANGE OF THE REP. YOU SHOULD SLOW THE TEMPO DOWN AND ADD A 2-3 SECOND PAUSE AT THE TOP AND THE BOTTOM OF EACH REP. YOU SHOULD ALSO FEEL A GOOD STRETCH IN YOUR HAMSTRINGS WITH THIS EXERCISE.

BOX JUMPS: 5 SETS OF 10 JUMPS WITH 30 SECONDS REST IN BETWEEN SETS.

CHALLENGE YOURSELF WITH THE HEIGHT OF THE BOX, BUT DO IT SAFELY. I WANT YOU TO PERFORM A BODYWEIGHT SQUAT BEFORE EACH JUMP. THIS IS TO HELP WITH EXPLOSIVENESS THAT WILL NOT ONLY HELP YOU INCREASE YOUR VERTICAL JUMP, BUT IT WILL HELP YOU INCREASE YOUR SQUAT MAX TOO.

BURPEES: 50 TOTAL BURPEES WITH AS MUCH REST AS YOU NEED TO COMPLETE.

THIS MAY BE EASY FOR SOME OF YOU AND HARD FOR OTHERS. THE MAIN PURPOSE OF THIS EXERCISE IS TO KEEP YOU IN GOOD ENOUGH CARDIOVASCULAR SHAPE TO PUSH TO MUSCLE FAILURE ON THE REST OF THE DAYS OF THIS WORKOUT SPLIT. I'VE SAID IT BEFORE, BUT I WANT YOU TO BE TRULY REACHING MUSCLE FAILURE AND NOT CARDIO/ENDURANCE FAILURE ON YOUR TOP SETS. THIS WILL HELP INCREASE PERFORMANCE IN THAT ASPECT.

INCLINE SIT UPS: 50 TOTAL FULL RANGE OF MOTION SIT UPS WITH AS MUCH REST AS YOU NEED TO COMPLETE.

I WANT YOU TO SET THE BENCH ON THE HIGHEST INCLINE TO MAKE THIS THE MOST CHALLENGING. IF THIS BECOMES EASY FOR YOU THEN FEEL FREE TO ADD WEIGHT BY HOLDING A PLATE OR A DBELL AS YOU PERFORM YOUR 50 REPS.

HANGING LEG RAISES: 50 TOTAL FULL RANGE OF MOTION LEG RAISES WITH AS MUCH REST AS YOU NEED TO COMPLETE.

I WANT YOU TO MAKE SURE THAT YOU ARE PERFORMING 50 FULL REPS. YOU AREN'T DOING A KNEE RAISE AND YOU SHOULDN'T LET MOMENTUM CARRY THE REPS. YOU WANT TO CONTROL YOUR LEGS UP AND DOWN WHILE TRYING TO KEEP YOUR TORSO AS STABLE AS POSSIBLE THROUGHOUT THE MOVEMENT.

CARDIO: 2000M ON THE ROWER.

IT WOULD BE IDEAL IF YOU CAN COMPLETE THIS IN 8 MINUTES OR LESS. IF YOU CAN'T THEN YOU WANT TO COMPLETE THIS AS QUICKLY AS YOU CAN AND RECORD YOUR TIME. YOU SHOULD TRY TO MATCH OR BEAT YOUR TIME EVERY WEEK. ONCE YOU CAN DO THIS IN THE SUB 8 MINUTE RANGE WITHOUT FEELING LIKE YOU'RE GONNA DIE THEN YOU KNOW YOUR ENDURANCE IS GOOD FOR MOST WEIGHTLIFTING ACTIVITIES.

DAY 7 – REST

MAX WEEK 10

YOU HAVE NOW SUCCESSFULLY COMPLETED THE FIRST WORKOUT SPLIT THAT INCORPORATED THE PERCENTAGES FOR THE POWERLIFTING MOVEMENTS AND THE REST PAUSE TECHNIQUE FOR THE BODYBUILDING MOVEMENTS. YOU WILL PERFORM THIS MAX WEEK JUST LIKE YOU DID LAST TIME, IN THAT YOU WILL NOT BE DOING ANYTHING OTHER THAN MAXING THIS WEEK. YOU SHOULD BE STRONG ENOUGH TO BEAT YOUR PREVIOUS MAXES SO I ENCOURAGE YOU TO TRY AND SET THE BAR A LITTLE HIGHER WITH YOUR MAX ATTEMPTS FOR EITHER A 5 REP, 3 REP, OR 1 REP MAX. YOU SHOULD ALSO LOOK BACK AT YOUR LOG BOOK AND NOTICE STRENGTH AND PERFORMANCE INCREASES WITH YOUR BODYBUILDING MOVEMENTS, ESPECIALLY THOSE THAT USED THE REST PAUSE TECHNIQUE. LASTLY, THIS IS ALSO A GOOD WEEK TO COMPARE PROGRESS PICTURES AND LOOK BACK AT THE PROGRESS YOU'VE MADE WITH WEIGHT GAIN AS WELL.



DAY 1 – SQUAT

DAY 2 – REST

DAY 3 – BENCH

DAY 4 – REST

DAY 5 – DEADLIFT

DAY 6 – REST

DAY 7 – REST



WEEKS 11-14

THIS IS THE LAST WORKOUT SPLIT OF THIS PROGRAM. THERE WILL BE NO CARDIO WITH THIS SPLIT AND THERE WILL BE AN ADDED REST DAY. YOU HAVE NOW BEEN TRAINING TO FAILURE FOR OVER 2 MONTHS NOW WITH ONLY THE SMALL REST PERIODS DURING THE MAX WEEKS (WHICH ISN'T EXACTLY RESTING). YOUR CARDIOVASCULAR ENDURANCE WILL NOT DROP IN THE 4 WEEKS THAT YOU WILL BE FOLLOWING THIS SPLIT, SO CUTTING CARDIO OUT SIMPLY GIVES US MORE TIME TO FOCUS ON TRAINING HARD AND LIFTING HEAVY. THIS WILL BE THE HEAVIEST PORTION OF THE PROGRAM SO THE EXTRA REST IS NECESSARY TO RECOVER AND MAKE GAINZ. ELIMINATING CARDIO SHOULD MEAN THAT YOU ARE BURNING FEWER CALORIES WHILE YOU FOLLOW THIS SPLIT, SO THOSE EXTRA CALORIES SHOULD HELP YOU ADD MUSCLE MASS AND GET THE RECOVERY THAT YOU NEED. IF YOU HAVEN'T INCREASED YOUR CALORIES IN A WHILE, THIS IS A GOOD TIME TO INCREASE THEM SO THAT WE CAN MAKE OUR FINAL PUSH WITH MUSCLE AND STRENGTH GAIN BEFORE THE PROGRAM IS OVER.

WE WILL CONTINUE WITH A PERCENTAGE-BASED SYSTEM ON THE POWERLIFTING MOVEMENTS. THE ONLY DIFFERENCE WILL BE THAT YOU WILL BE USING THE PERCENTAGES BASED OFF OF YOUR MOST RECENT MAXES. YOUR MAX LIFTS SHOULD HAVE GONE UP WITH THE LAST MAX WEEK, SO THEREFORE YOUR WORKING WEIGHTS ON THE POWERLIFTING MOVEMENTS WILL GO UP WITH THIS WORKOUT SPLIT AS WELL. REMEMBER THAT YOU WILL NEED TO DO THE MATH TO FIND YOUR ESTIMATED ONE REP MAX IF YOU CHOSE TO MAX OUT ON A 3 REP OR 5 REP MAX.

WE WILL ALSO CONTINUE WITH THE REST PAUSE TECHNIQUE AND I WILL KEEP MANY OF THE EXERCISES THE SAME. YOU SHOULD NOTICE SOME STRENGTH AND PERFORMANCE INCREASES ON THOSE MOVEMENTS. YOU WILL TRAIN ALL OTHER EXERCISES WITH THE SAME STANDARD SET PROGRESSION THAT WE DID DURING THE LAST TWO WORKOUT SPLITS. THIS MEANS THAT YOU WILL PROGRESS UP IN WEIGHT AND TAKE YOUR LAST SET TO FAILURE UNLESS OTHERWISE NOTED IN THE WORKOUT PLAN.

THESE WILL BE YOUR FINAL 4 WEEKS FOLLOWED BY ONE LAST MAX WEEK. KEEP GRINDING AND PUSH HARD NOW. LET'S END THIS PROGRAM WITH ALL NEW PERSONAL BESTS FOR STRENGTH AND MUSCLE MASS GAINZ!

DAY 1 – LEGS

BODYWEIGHT SQUAT: 3–5 SETS OF 10 REPS WITH AS MUCH REST AS YOU NEED.

THIS IS SIMPLY A WARM UP EXERCISE. YOU SHOULD ALSO TAKE A FEW SETS ON THE SQUAT TO CONTINUE WARMING UP BEFORE GETTING INTO THE HEAVIER WEIGHT. USE THOSE WARM UP SETS PLUS THE BODYWEIGHT SQUAT (ALONG WITH ANY OTHER WARM UP YOU LIKE) TO MAKE SURE YOU ARE READY FOR THE HEAVIEST LIFTING YOU'LL HAVE DONE SO FAR WITH THIS PROGRAM.

SQUAT: YOU WILL FOLLOW THE SAME % STRUCTURE AS THE LAST SPLIT EXCEPT YOU WILL USE YOUR NEW MAXES TO FIGURE OUT YOUR NUMBERS. YOU SHOULD'VE INCREASED YOUR MAX WITH THE LAST MAX WEEK SO YOU WILL BE DOING THE SAME % AND REPS AS THE LAST SPLIT BUT WITH A HEAVIER WEIGHT THIS TIME.

ZERCHER SQUAT: 3 SETS OF 6–8 REPS WITH 1–3 MINUTES REST IN BETWEEN SETS.

I LIKE TO PERFORM THESE INSIDE OF A SAFETY RACK SO THAT I CAN LIFT THEM FROM THE SAFETY PINS. IF YOU DO THIS THEN MAKE SURE THAT YOU DON'T BOUNCE THE BAR OFF OF THE PINS INSIDE THE RACK. YOU SHOULD LOWER IT DOWN SLOWLY FOR A TOUCH AND GO OR SET IT DOWN GENTLY AND LIFT FROM A DEAD STOP. IF YOU ARE DOING THIS WITHOUT THE SAFETY PINS IN A POWER RACK THEN BE CAREFUL RACKING AND UN-RACKING THE WEIGHT. YOU WANT TO PUSH YOURSELF WITH THIS EXERCISE BUT YOU DID JUST SQUAT REALLY HEAVY. SIMPLY PERFORMING THIS MOVEMENT WITH THE WEIGHT PULLING YOU DOWN AND FORWARD WILL BE ENOUGH TO HELP YOU INCREASE STRENGTH IN THE MID TO LOWER BACK. THIS WILL GIVE A NICE CARRY OVER TO THE SQUAT AND DEADLIFT AS AN ACCESSORY EXERCISE FOR STRENGTH.

LEG PRESS: 3 SETS OF 8–10 REPS WITH 1–3 MINUTES REST IN BETWEEN SETS.

YOU JUST WENT THROUGH TWO BRUTAL EXERCISES IN THE SQUAT AND ZERCHER SQUAT. YOU WANT TO ATTACK YOUR LOGBOOK HERE AND TRY FOR PROGRESSION, BUT ALWAYS DO SO SAFELY. THIS LAST SPLIT IS THE HARDEST AND HEAVIEST SPLIT SO REMEMBER TO PUSH YOURSELF BUT DON'T EGO LIFT IF YOU AREN'T SETTING HIGHER NUMBERS. DO YOUR BEST SAFELY!

SEATED, LYING, OR KNEELING HAMSTRING CURL: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THIS WILL REMAIN THE SAME AS THE LAST SPLIT. YOU WILL CONTINUE TO PERFORM THIS MOVEMENT WITH THE REST PAUSE TECHNIQUE.

LEG EXTENSION: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST.

I WANT YOU TO PERFORM A FULL RANGE OF MOTION AND SQUEEZE AT THE TOP OF EACH REP. I WANT YOU TO TRY AND GET THE BIGGEST PUMP IN YOUR QUADS AS POSSIBLE HERE. YOU SHOULD TRACK YOUR TOP SET AND TRY AND BEAT IT EACH WEEK OF THIS SPLIT BEFORE OUR FINAL MAX WEEK.

SEATED OR STANDING CALF RAISE: 5 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE PREVIOUS SPLITS. KEEP GRINDING!

DAY 2 – REST



DAY 3 – CHEST

PUSH UPS: 3 SETS OF 15–20 PUSH-UPS WITH LESS THAN 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE PREVIOUS SPLIT. YOU WILL STILL BE USING THIS AS A WARM UP EXERCISE AND NOTHING MORE THAN THAT.

BROOMSTICK STRETCHES: 3 SETS OF 10 STRETCHES WITH 30 SECONDS REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE PREVIOUS SPLIT. THIS IS STILL PART OF OUR WARM UPS ON CHEST DAY.

FLAT BARBELL BENCH PRESS: YOU WILL FOLLOW THE SAME % STRUCTURE AS THE LAST SPLIT EXCEPT YOU WILL USE YOUR NEW MAXES TO FIGURE OUT YOUR NUMBERS. YOU SHOULD'VE INCREASED YOUR MAX WITH THE LAST MAX WEEK SO YOU WILL BE DOING THE SAME % AND REPS AS THE LAST SPLIT BUT WITH A HEAVIER WEIGHT THIS TIME.

CLOSE GRIP BENCH PRESS: 4 SETS OF 8–12 REPS WITH 1–3 MINUTES REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE LAST SPLIT. YOU CAN GUARANTEE THAT IF THIS EXERCISE HAS INCREASED OVER THE LAST COUPLE MONTHS THAT YOUR BENCH PRESS HAS INCREASED AS WELL.

PLATE LOADED INCLINE PRESS: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES COMPARED TO THE LAST SPLIT. YOU WILL STILL PERFORM YOUR LAST SET AS A REST PAUSE SET.

FLAT DBELL BENCH PRESS: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

YOUR CHEST, SHOULDERS, AND TRICEPS WILL BE FATIGUED BY THIS POINT SO DON'T GO CRAZY WITH THE WEIGHTS OR YOU WILL HAVE A GREATER RISK OF INJURY. I AM ADDING THIS MOVEMENT BECAUSE IT WORKS BOTH PECS INDEPENDENTLY FROM ONE ANOTHER AND IT ALSO ADDS A STRETCH ON THE ECCENTRIC THAT YOU DON'T GET WITH THE PLATE-LOADED MACHINES. I STILL WANT YOU TO TAKE YOUR LAST SET TO FAILURE AND TRACK THINGS IN YOUR LOGBOOK. YOU SHOULD STILL PUSH YOURSELF BUT DON'T BE DISCOURAGED IF YOU ARE LIFTING LESS THAN YOU NORMALLY WOULD ON THIS EXERCISE. YOU JUST WENT THROUGH 3 HEAVY PRESSING MOVEMENTS. IT'S NORMAL IF YOU ARE A LITTLE WEAKER ON THAT.

THE GOOD THING IS THAT THIS WILL BE IN THE SAME ORDER FROM WEEK TO WEEK, SO AFTER THE FIRST WEEK YOU CAN TRY AND BEAT YOUR BEST # OF REPS OR INCREASE THE WEIGHT AND STILL MAKE PROGRESS. YOU WILL STILL STIMULATE MUSCLE GROWTH AND STRENGTH THIS WAY

PEC DECK: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE ARE DITCHING THE CROSSOVER AND USING A PEC DECK NOW. FOCUS ON THE STRETCH AND CONTRACTION WITH EACH REP. WE ARE GOING FOR VOLUME HERE AND HOPEFULLY GETTING A BIG PUMP IN THE PECS TO END THE DAY. YOU SHOULD BE TAKING YOUR TOP SET TO FAILURE AND TRACKING IN YOUR LOGBOOK. THIS IS AN EXERCISE THAT YOU SHOULD BE ABLE TO MAKE PERFORMANCE PROGRESS THESE FINAL 4 WEEKS OF THE PLAN.

DAY 4 – BACK

PULL UPS: 3 SETS OF 5-10 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE LAST SPLIT. WE ARE STILL USING PULL UPS AS A WARM UP EXERCISE.

DEADLIFT: YOU WILL FOLLOW THE SAME % STRUCTURE AS THE LAST SPLIT EXCEPT YOU WILL USE YOUR NEW MAXES TO FIGURE OUT YOUR NUMBERS. YOU SHOULD'VE INCREASED YOUR MAX WITH THE LAST MAX WEEK SO YOU WILL BE DOING THE SAME % AND REPS AS THE LAST SPLIT BUT WITH A HEAVIER WEIGHT THIS TIME.

HAMMER STRENGTH ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES FROM THE LAST SPLIT. YOU WILL STILL MAKE YOUR LAST SET A REST PAUSE SET. YOU SHOULD SEE SOME PERFORMANCE INCREASES HERE SINCE WE TOOK OUT THE STIFF LEG DEADLIFT.

SINGLE ARM DBELL ROW: 3 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN ARMS.

NOTHING CHANGES FOR THIS EXERCISE COMPARED TO THE LAST SPLIT.

WIDE NEUTRAL GRIP CABLE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

THE ONLY THING THAT CHANGES IS THAT YOU WILL NOW BE MAKING YOUR LAST SET A REST PAUSE SET.

LAT PULLDOWN: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES COMPARED TO THE LAST WORKOUT SPLIT.

CLOSE GRIP LAT PULLDOWN: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE WILL BE ADDING THIS EXERCISE TO GIVE YOU MORE VERTICAL PULLING. MOST OF THIS PROGRAM HAS BEEN CENTERED ON BACK "THICKNESS" EXERCISES WITH VERY LITTLE "WIDTH" MOVEMENTS. WE ARE ADDING THIS AT THE END OF THE DAY TO GET MORE BACK WIDTH WORK IN. YOU WILL LOG YOUR TOP SET AND SHOOT FOR PROGRESSION ON THIS EXERCISE DURING THESE FINAL 4 WEEKS.

DAY 5 – REST

DAY 6 – SHOULDERS/ARMS

BROOMSTICK STRETCH: 3 SETS OF 10 STRETCHES WITH 30 SECONDS REST IN BETWEEN SETS.

WE WILL BE ADDING THIS ON SHOULDER DAY BECAUSE I DIDN'T PUT ANY OTHER WARM UP EXERCISE PRIOR TO THE STANDING OVERHEAD PRESS. I WANT YOU TO BE AS FRESH AS POSSIBLE SO WE CAN GET SOME STRENGTH GAINS ON THE OVERHEAD PRESS THESE FINAL WEEKS OF THE PROGRAM.

STANDING OVERHEAD PRESS: 5 SETS OF 6-10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

NOTHING CHANGES FROM THE LAST SPLIT EXCEPT WE ELIMINATED SOME OF THE WARM UP EXERCISES. TAKE AN EXTRA SET OR TWO TO WARM UP PROPERLY BEFORE GETTING INTO YOUR HEAVY SETS. THE ELIMINATION OF THE OTHER EXERCISES SHOULD ALLOW YOU TO HAVE MORE ENERGY TO PUSH THROUGH AND GET SOME PERFORMANCE INCREASES ON THIS MOVEMENT TO END THE PLAN.

DIPS: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE PERFORMED THE DIPS AS PART OF THE BODYWEIGHT WORKOUT WITH THE LAST SPLIT. FEEL FREE TO USE A DIP BELT AND ADD WEIGHT IF YOU CAN THIS TIME. YOU WILL NOW BE LOGGING YOUR LAST SET ONLY AND SHOOTING FOR PROGRESS. IF YOU CAN GET 15 REPS ON YOUR 4 TH SET WITH JUST BODYWEIGHT THEN I HIGHLY ENCOURAGE YOU TO USE A DIP BELT AND ADD WEIGHT. YOU'LL THEN WANT TO WORK UP TO 15 REPS WITH A SPECIFIC WEIGHT BEFORE ADDING MORE WEIGHT. THIS MOVEMENT WILL HELP INCREASE ALL OF YOUR PRESSING MOVEMENTS AND HELP YOU BUILD BIGGER CHEST, SHOULDERS, AND TRICEPS AS WELL.

DBELL LATERAL RAISE: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE WILL ADD THESE BACK IN ON SHOULDER DAY FOR THIS SPLIT. WE ARE LOOKING FOR VOLUME HERE AND I WANT YOU TO FOCUS ON GETTING THE BIGGEST PUMP IN YOUR DELTS AS POSSIBLE. TRY TO ELIMINATE USING YOUR TORSO TO GENERATE MOMENTUM. KEEP YOUR FORM STRICT AND MAKE SURE THAT YOU ARE PLACING THE STRESS ON THE DELTOIDS WHERE IT SHOULD BE.

DBELL SHRUGS: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE LAST SPLIT.

VGRIP PRESSDOWN: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES HERE COMPARED TO THE LAST SPLIT. YOU WILL STILL MAKE YOUR LAST SET A REST PAUSE SET.

ROPE OVERHEAD EXTENSION: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

WE ARE ADDING THIS MOVEMENT BACK INTO THIS SPLIT AND I WANT YOU TO MAKE YOUR LAST SET A REST PAUSE SET.

STANDING BARBELL CURL: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

NOTHING CHANGES WITH THIS EXERCISE COMPARED TO THE LAST SPLIT. YOU WILL STILL MAKE YOUR LAST SET A REST PAUSE SET.

PINWHEEL CURL: 4 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN SETS.

NOTHING CHANGES FROM THE LAST WORKOUT SPLIT WITH THIS EXERCISE.

DAY 7 – REST

MAX WEEK 15

THIS IS YOUR FINAL MAX WEEK. YOU WILL PERFORM IT JUST AS YOU HAVE THE LAST TWO PREVIOUS MAX WEEKS. ALL OF YOUR HARD WORK HAS COME TO THIS. LET'S SET SOME PERSONAL BESTS FOR YOUR SQUAT, BENCH, AND DEADLIFT!

DAY 1 – SQUAT

DAY 2 – REST

DAY 3 – BENCH

DAY 4 – REST

DAY 5 – DEADLIFT

DAY 6 – REST

DAY 7 – REST

LEAN BULK

2.0



CONCLUSION

I HOPE THAT YOU HAVE ENJOYED THIS PROGRAM AND THAT YOU MADE A LOT OF GAINZ IN STRENGTH AND MUSCLE MASS. IF YOU WANT TO REPEAT THIS PROGRAM THEN YOU CAN SIMPLY START BACK WITH THE FIRST WORKOUT SPLIT AGAIN AND CREATE A NEW LOGBOOK. I WOULD SUGGEST THAT YOU NOW TAKE A WEEK OFF OR AT LEAST TAKE IT EASY. HIGH INTENSITY PROGRAMS LIKE THIS WORK TO MAKE PEOPLE BIGGER AND STRONGER, BUT THEY ONLY WORK SO LONG WITHOUT REST BEFORE THEY LEAD TO INJURY. IF YOU MADE PROGRESS BUT FEEL BEAT UP THEN THAT'S A GOOD THING! YOU SHOULD TAKE A WEEK AND REST UP THEN YOU WILL BE RECHARGED AND READY TO ATTACK THIS AGAIN OR START A NEW WORKOUT PROGRAM. WHATEVER YOU DECIDE TO DO NEXT, I HOPE THAT YOU ARE NOW ABLE TO DO IT WITH HEAVIER WEIGHTS THAN YOU COULD HAVE BEFORE!

I HOPE THAT YOU NOW UNDERSTAND THE IMPORTANCE OF THE LOGBOOK. THAT'S ONE TOOL THAT IS CRUCIAL IN ANY WEIGHT OR STRENGTH GAINING PROGRAM AND I DON'T SEE ENOUGH PEOPLE TALKING ABOUT IT. POWERLIFTERS ARE GREAT AT IT BECAUSE THEY DEAL WITH NUMBERS AS A CRUCIAL PART OF THEIR WORKOUT PROGRAM. BODYBUILDERS TEND TO GO MORE BY FEEL AND THAT LEAVES THEM STUCK IN A PLATEAU FOR LONGER THAN THEY SHOULD. YOU SHOULD KEEP YOUR LOGBOOKS BECAUSE YOU CAN ALWAYS REFER BACK TO THEM. IT'S GREAT TO LOOK BACK OVER THE YEARS AND SEE THE PERFORMANCE PROGRESS THAT YOU MADE OVER TIME. I ALSO FIND THAT COMPETING WITH YOURSELF AND TRYING TO BEAT THE LOGBOOK IS A GREAT WAY TO PREVENT GETTING BORED IN THE GYM. THERE IS SOMETHING ABOUT KNOWING THE EXACT WEIGHT YOU ARE GOING TO USE AND THE EXACT NUMBER OF REPS THAT YOU ARE AFTER ON ANY TOP SET OF AN EXERCISE. IT'S LIKE IT GIVES YOU A COMPETITION OR FIGHT WITH EACH EXERCISE IN WHICH YOU CAN WIN OR LOSE TO YOUR LOGBOOK. THE BEST WAY TO IMPROVE IS TO ALWAYS COMPARE AND COMPETE AGAINST YOURSELF AND NOBODY ELSE. THIS WORKS FOR THE GYM AND MANY OTHER ASPECTS OF LIFE!

THANK YOU ONCE AGAIN FOR CHOOSING TO SUPPORT ME. I AM TRULY BLESSED TO BE ABLE TO LIVE THE LIFE THAT I LIVE AND I COULDN'T DO IT WITHOUT YOU. I'M GLAD THAT YOU DECIDED TO FOLLOW THIS PROGRAM WITH ME AND LET ME HELP YOU WITH YOUR GOALS. THE INTERNET IS CRAZY AND SOCIAL MEDIA HAS IMPACTED THE WAY THAT WE ALL LIVE OUR DAILY LIVES. I'M GLAD THAT I'M ABLE TO USE THOSE TOOLS TO SHARE MY TRUE PASSION WITH THE GYM AND WEIGHTLIFTING.

I GET TO SHARE WHAT I DO AND WHAT I'VE DONE TO BUILD MUSCLE AND STRENGTH WITH THOUSANDS OF PEOPLE. I AM FORTUNATE ENOUGH TO BE ABLE TO BE AN INFLUENCE AND IMPACT A LOT OF PEOPLE WITH THEIR LOVE FOR THE GYM AND WEIGHTLIFTING. I'M GLAD THAT I'VE BEEN ABLE TO PLAY MY PART WITH YOU AND YOUR STORY. I ONLY HOPE THAT YOU NOW CONTINUE TO PROGRESS AND THEN SHARE YOUR KNOWLEDGE AND EXPERIENCES WITH OTHERS.

I KNOW HOW MUCH THE GYM HAS IMPACTED MY LIFE FOR THE BETTER. THIS VERY PROGRAM EXISTS BECAUSE I FELT OFF CENTER AND THIS IS THE THING THAT'S HELPING BRING ME BACK. I'M GLAD THAT THIS PROGRAM IS ABLE TO DO THE SAME FOR YOU. I HOPE THAT YOU'VE LEARNED SOMETHING ABOUT YOURSELF BY STICKING WITH THIS PROGRAM AND PUSHING YOUR LIMITS WITH EACH EXERCISE. I HOPE THAT THIS PROGRAM HAS IMPACTED YOU MENTALLY AS MUCH AS IT HAS PHYSICALLY. LASTLY, AND MOST OF ALL, I HOPE THAT YOU ARE IN A GOOD PLACE MENTALLY AND CAN NOW ENJOY ALL OF YOUR NEW GAINZ AS YOU CONTINUE DOWN THE PATH YOU ARE ON IN THE WORLD OF FITNESS.

LET'S CONTINUE TO GET BETTER TOGETHER!

Bob Meyer 

