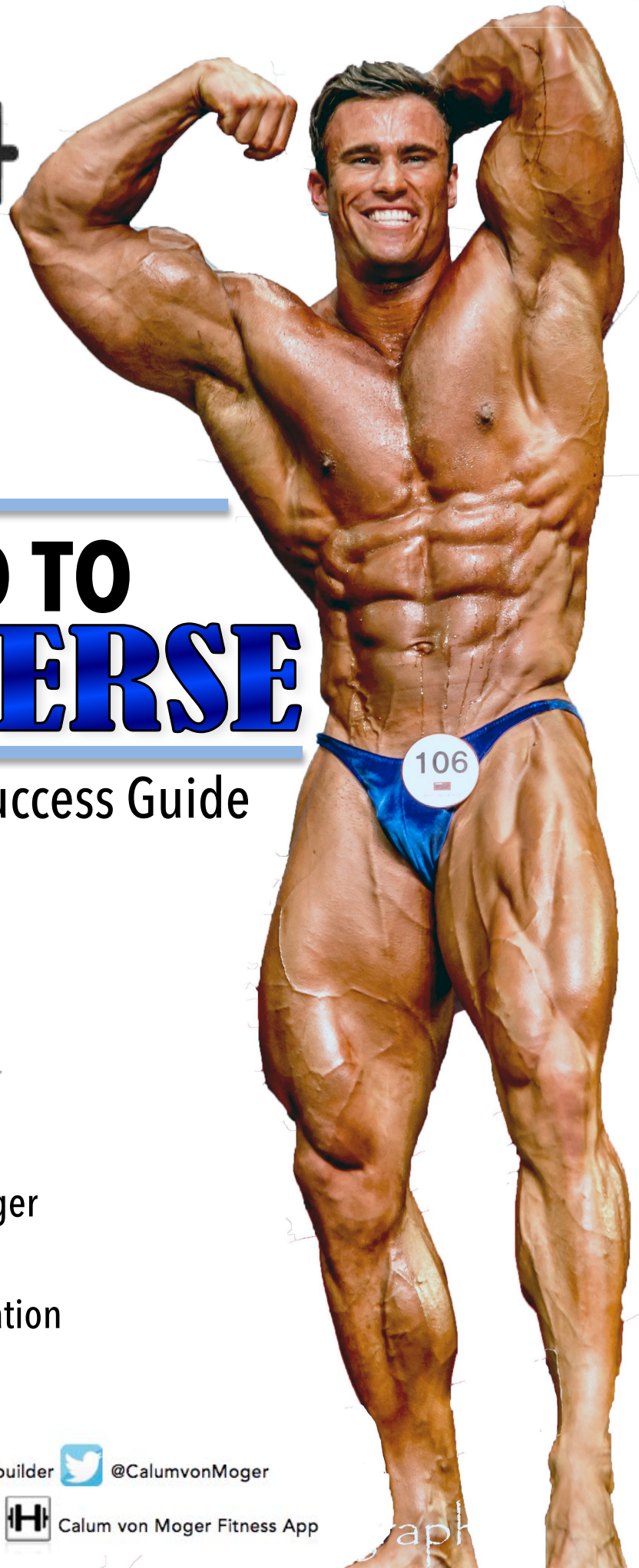


**Calum**  
VON  
**MOGER**







# THE ROAD TO MR. UNIVERSE




Training and Nutrition Success Guide



By: Calum von Moger  
Mr. Universe  
World Fitness Federation

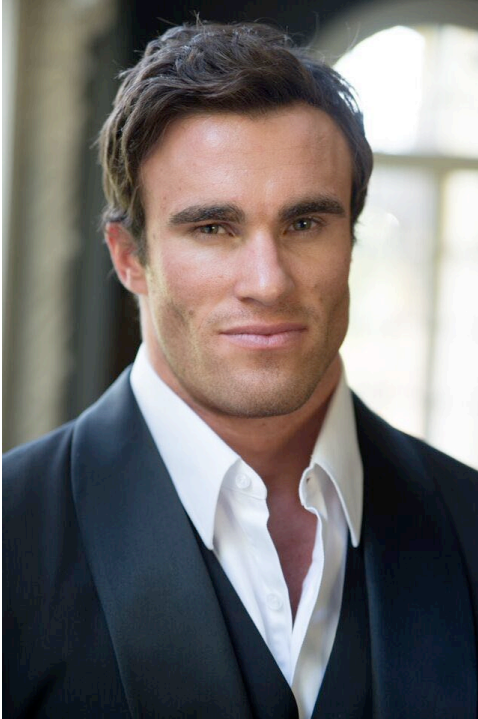
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**The Road to Mr. Universe  
Training and Nutrition Success Guide  
Written by: Calum von Moger**



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# INTRODUCTION

## ABOUT ME

Hi Friends,

First of all, I want to thank you for your interest in learning more about how I prepare for Mr. Universe.

By sharing my 10 years of body building experience, I am looking forward to helping you get into the best shape of your life, pushing you further towards reaching your goals. I've been lifting weights since I was 14, so I've learned what works for me in terms of diet and exercise. Everyone is different so I am very careful in recommending what I do for others.



If you follow me on social media, you know I bend the rules that typical bodybuilders follow. I enjoy a wide variety of foods and have unique methods of training. Not to say that others are doing it wrong, but I refuse to abide by mind numbing diets and miserable workouts that make me dislike going to the gym. I love to compete and know how to buckle down for a show; however, my basic philosophy is very simple:

***"I enjoy life and don't live it so rigidly that doing what I love is no longer fun."***

This e-book is what I believe in, my style of training, and my overall ideologies on food, fitness, and every-day life. My hope for you is that you too can enjoy looking and training like a bodybuilder while still leading a healthy and relaxed lifestyle.

Whether you want to lose weight, gain muscle and/or prepare for a show, I'm about to reveal what all aspiring bodybuilders and fitness enthusiasts want to know!

In my Road to Mr. Universe Training and Nutrition Success Guide, you can expect:

- How to adopt a winning mindset
- My off-season diet and training split
- My on-season diet and training split
- Contest-level tips, tricks and pictures
- Supplement recommendations

I am really looking forward to helping you reach your fitness endeavors!

Cheers!

Cal

## IT ALL BEGINS WITH THE MIND



The strongest most powerful asset you have is your mind. Most people never realize how much potential they have because they never truly believe in themselves; other people might doubt them or they lack a vision. The body is the servant of the mind. Depending on what you think, will determine how you act.

*"Like a plant comes from a seed,  
action comes from a thought."*

➡ You are literally what you think you are. If you tell yourself that you want to be a champion then your thoughts are going to be focused on that. If you can focus very intensely and think about this all the time, eventually it will reveal itself in your actions.

**"You are the master of your thoughts, you own them, only you can see them,  
and only you can control them."**

➡ Once you realize you are in complete control of your mind, then you can begin to redirect your thoughts intelligently and purposefully towards positive actions. This will lead to a more productive life and an overall higher quality lifestyle. By pursuing this process, you will sooner or later discover that you are in fact the master controller of your soul, the director of your life.

➡ You will also find within yourself, the laws of thought, and understand with ever-increasing accuracy how your thoughts equip your mind with the tools needed to shape your...

**character, circumstances and destiny.**

You will be amazed at how much easier it is to take your life by the reins and be the leader.

## HAVING A PURPOSE

➡ In order to achieve any intelligent accomplishment, you first must link thought with purpose. Without this connection you will drift aimlessly, like a ship without a rudder. You can't reach your destination without a purpose.

*"You should conceive a legitimate purpose in your heart, then set out to achieve it."*

➡ This purpose should be the centralizing point of all your thoughts. Whether it's losing 20lbs of fat, building 10lbs of muscle, competing in a show, or becoming the most aesthetic possible version of yourself, whichever it is you choose—I want you to devote all your thought energy and focus into attaining your desire. Do not allow your mind to wander away and distract yourself from your goals—remember what you want to achieve and redirect your thoughts. Just as any weak person can make himself stronger with careful and patient training, a person with weak thoughts can make themselves stronger by exercising him or herself in the right way of thinking.

I remember I began training almost a year out for the 2014 Mr. Universe show in South Korea. My drive came from the 2013 WFF Universe in Greece, where I placed 5th. I was disappointed in myself, but turned this experience into a positive outcome by telling myself, "Ok Calum, fair or not fair-you lost!" I then knew what it felt like to lose and I didn't like the bitter taste it left in my mouth. I told myself, "I'm going to spend the next 12 months training my butt off so that next year, when I step on stage, they won't have any problems choosing first place. It will be a competition for 2<sup>nd</sup> and 3<sup>rd</sup>." –that was my thought process. I wanted to turn the lights out when I stepped on stage and make sure that I was the clear winner. By having this drive in me to win, I created a purpose to train harder than anyone else and made all the necessary sacrifices to win.

➡ Think of a purpose or a goal you have and use it to motivate yourself until you get there. No great achievement came without sacrifices so be prepared to make them if you want to succeed. If your friends ask you to go out drinking with them and you know you have to train legs the next day, tell them: "Cal said I can't go because I have to train legs tomorrow." I don't care what your excuse is—blame me, tell them you have to walk your pet fish!!! Whatever the situation is, make sure you don't give in to the temptations that will lead you away from the path you know you want to be on.

*"Those who accomplish little, sacrifice little and those who achieve much have sacrificed much."*

## VISUALIZATION

Sometimes people come up to me and say they train their butts off 5 times a week, eat right and do their cardio but nothing changes and they ask me why. When I ask them, "What are you training for?" and their reply is: "Oh, nothing in particular", then it's simple—I tell them, "You have no vision!"

➡ Create an image in your head of how you would like to look one day. An easy way to start is by having pictures or posters on your walls, screen savers etc. of people whose physiques impress you the most and who you most want to look like. I did this at the start with a poster of Arnold on my wall.

➡ When you go to bed at night, visualize yourself with the dream body you want to have. Make it a realistic vision, focus on this image and begin to think you are going to look like this.

I've been using visualization techniques like this since my dad taught me when I used to play soccer. On the way to every soccer match, he would tell me to think about scoring goals and in my mind see the ball hitting the back of the net every time I had a shot. He would put my mind on repeat and it worked. That year I won the Golden Boots Award for kicking the most goals in the league. I've adopted the same technique for Bodybuilding; I'm no longer just lifting weights at the gym... I'm getting closer to attaining the world-class physique I have seeded in my mind.

➡ This is what you must do to adopt a winning mindset. Weed out all useless thoughts and convert them into constructive and positive thinking. Create a purpose and have a vision.

*"Once you set your heart on something and believe in yourself 100%*



## TRAINING SCHEDULE

### WORKOUT SPLIT

DAY 1: CHEST & BACK

DAY 2: BICEPS, TRICEPS & CALVES

DAY 3: QUADS & HAMSTRINGS

DAY 4: BACK & CHEST

DAY 5: SHOULDERS, TRAPS & CALVES

DAY 6: HAMSTRINGS, CALVES & ABS


DAY 7: REST DAY



## TRAINING NOTES

Before you race to the gym and start hurling iron around the place, let me go through each day here first so you understand the methods behind this 6-Day split routine.

In the off-season, I trained chest and back twice a week. The reason is I wanted to bring these areas up, so I prioritized them by hitting these muscles at the start and middle of the week. My arms grow quickly and I didn't want them to be out of proportion to the rest of my body. Plus they get trained secondary when I do chest and back together, so that's why I trained them once a week. I trained legs twice a week. The first workout is primarily focused on the quadriceps and later in the week, I devote a workout to my hamstrings. Shoulders and traps got hit once a week, because like my arms they are not as stubborn and grow faster than other muscle groups.

 Reading this you might be thinking to yourself that you have certain muscle groups that you're finding hard to develop. If this is the case, I recommend you prioritize them in your splits too by training them twice a week. Use my rep range as a guide. For example if it says do 10 reps then you should be failing around the 10th rep. If you get more reps like 15 then the weight is too light and you need to increase the resistance. If you don't get more than 6 reps then the weight is too heavy and you need to lighten the load. For the most part, keep rest times short: 60-90 seconds. Leg days you will need up to 2-3 minutes rest on heavier working sets.

One last thing I'll probably mention it a hundred times in here but I cannot put enough emphasis on it: **SQUEEZE** each rep forcefully at peak contraction.

**Always SQUEEZE!**

# DAY 1

## CHEST & BACK

### CHEST

Dumbbell Flys 2 sets 15 reps

Incline Press 4 sets 10 reps

Dumbbell Press 3 sets 10 reps

Dips 3 sets to failure with only 30 second rest

### BACK

Pullovers (machine or dumbbell) 3 sets 15 reps

Chin-Ups as many sets to get 50 reps

Bent Over Rows 4 sets 8 reps

Close Grip Pull Downs 3 sets 10 reps



## CHEST & BACK

Day 1: Chest & Back.

➔ Start off with 2 sets of **Dumbbell Flys**. Go lighter than usual because you'll be doing 15 reps and the idea is to warm up and stretch the pecs before the onslaught begins.

➔ Next move on to **Incline Bench Presses**. Start with a light, prep set. Then add enough weight so you can only manage 10 reps. Your form should be controlled using full ROM (range of motion) and squeezing for 2 seconds at the top of each rep.

➔ Next head over to the **Free Bench** and take a pair of dumbbells in each hand. You'll have to go lighter than what you're used to because by now your chest should be already fatiguing. 3 sets of 10 reps. Keep rest times at 1 minute.

➔ When you reach the **Dip Bars** get straight to work on as many reps as you can manage. Make sure you go all the way down. No half reps! Rest 30 seconds and repeat 2 more times.

➔ **Pullovers** are a great transition between chest and back. Your chest will be bombed out after these and by doing 3 sets your back will be primed for action.

➔ Next is time to grind out some chin-ups. You have to do 50 **Chin-Ups** in as least amount of sets as possible. If you're not strong enough on the chin-up bar utilize the Lat Pull-Down or Assisted Chin-Up Machine until you're doing sets of 10 chins on your own. I recommend doing a set till failure, rest a minute and start your next set.

➔ **Bent Over Rows** are my favorite exercise for developing thickness in my back. I committed myself to this exercise for a year, and when the time came for me to step on stage again I was equipped with a much thicker back. Make sure you select a weight where you can squeeze the weight at the top of the movement for at least 1 second. Keep the back straight and not rounded. That's the secret here. Don't sacrifice form for weight!

➔ Last exercise is **Close Grip Pull Downs**. This exercise is great for hitting the lower lats. To work the back completely the lower back must be arched, not rounded.

# DAY 2

## BICEPS, TRICEPS & CALVES

### BICEPS

- Barbell Curls 4 sets 12-8
- Incline Dumbbell Curls 3 sets 8 reps
- Preacher Curls 3 sets 8 reps

### TRICEPS

- Cable Push Downs 3 sets 15
- Overhead Rope Extension 4 sets 12  
reps
- Lying Triceps Extension 4 sets 10-6

### CALVES

- Standing Calf Raises 5 sets



## BICEPS, TRICEPS & CALVES

Day 2: Biceps & Triceps.

➡ Starting off with an empty **Barbell**, do 20 repetitions to get the blood flow into your arms. Load the bar with enough weight to allow yourself to forcefully squeeze 12 reps. Increase the weight until your doing reps of 8.

➡ **Incline Dumbbell Curls** should be done with very strict form. The elbows need to remain by the side. Too often I see people raising their elbows in this exercise. All that is going to do is bring your shoulder in to play. Also supinate your hands as far as you can as you lift the dumbbell and squeeze for a few counts at the top.

➡ **Preacher Curls** are a good finisher for biceps because you can sit down and punish them one last time before triceps. Just make sure you are going all the way down for this movement, pause and drive the weight up explosively. Squeeze at the top and lower the weight under slow control.

➡ **Cable Push Downs** are a good starter for triceps. Do 3 sets of a minimum 15 reps. Not too heavy but squeeze every rep hard as you can at the bottom for a few counts.

➡ You can do **Overhead Rope Extensions** two ways. One is by setting up a bench in front of the pulley. Kneeling in front, rest your elbows on the bench and extend your arms out in front of your head. The other way is by standing up without the bench and leaning forward. 4 sets here with full ROM.

➡ Finally do the **Lying Triceps Extensions**. I do them last because I don't have to load up as much weight because the triceps are already exhausted. Remember it's not about how much weight you can push... if it were, I would be a power-lifter.

➡ Before you go home to feed the pythons, don't forget to train the calves too. 4 sets. Using the **Standing Calf Machine**, do 8 reps from midway to the top with straight knees, followed by 8 reps with bent knees, followed by 8 reps from bottom to midway stretching at the bottom part. Repeat 3 more times.

## QUADS AND HAMSTRINGS

### QUADS & HAMSTRINGS

Squats 5 sets 20-8 reps

Leg press 4 sets 15 reps

Hack squats 3 sets 10 reps

Lying leg curls 3 sets 20 reps

Leg extensions 3 sets 15 reps

Day 3: Quads & Hamstrings.

➡ Starting with 8 minutes on the **Exercise Bike** is always a good idea. Squats are a demanding exercise and legs need to be warmed up properly.

➡ I have always pyramided my **Squats**. Start off with high reps and low weight. For each succeeding set, increase the weight accordingly and reduce the reps as you need to. Squat so your thighs are at least parallel to the floor if not further. As you get to your final sets you should be resting up to 2-3 minutes to give them the recovery they need.

➡ Next load up the **Leg Press** and complete 4 sets of 15 reps. You can change your foot stance each set. The narrower and lower stance will target the quads more; a wider and higher stance will hit the glutes and hamstrings more.

➡ **Hack Squats** are great for also targeting the 'teardrops' and outer sweep on your quads. I go for a narrow stance here. By this time your legs should be feeling like they are going to depart with your body, so you won't have to go crazy loading up with weights.

➡ I finish off with super-setting **Lying Leg Curls** with **Leg Extensions** as a final crucifier for the legs. Do a set of leg curls immediately followed by leg extensions. Rest 1 minute before repeating.

## CHEST & BACK

### CHEST & BACK

Bench Press 5 sets 12-4 reps

T-Bar Rows 5 sets 12-4 reps

Incline Press 4 sets 10-4 reps

Deadlifts 4 sets 10-4 reps

Dumbbell Flys 3 sets 10 reps

Chin-Ups 3 sets 10 reps

This workout is basically the same as the first chest & back session. The only thing that I change up is I'll train back first this time and then chest. I'll also change the exercises in the order they're done. For example flat bench first followed by incline dumbbell press. T-bar rows instead of bent over rows etc. Doing this keeps these lagging muscle groups guessing and it's a good way to shock them into new growth.





## SHOULDERS & CALVES

### SHOULDERS

Seated Military Press

6 sets 12-6 reps

Overhead Dumbbell Press

3 sets 1-drop set

Upright Rows 3 sets 10 reps

Dumbbell Side Raises

3 sets + triple drop set

Rear Cable Flys 3 sets 10 reps

Dumbbell Shrugs 3 sets 10 reps

### CALVES

Standing Calf Raises 5 sets



## SHOULDERS & CALVES

Day 5: Shoulders & Traps.

➡ To start, warm-up the shoulders on the **Seated Military Press** with 2 light sets. Load the bar and do another 4 sets with nice slow movements.

➡ Straight after this go and start on **Overhead Dumbbell Presses**. When you finish the third set, grab a lighter pair of dumbbells and take one more set to failure.

➡ Next hit the **Upright Rows**. Keep the grip shoulder width and do 3 sets of 10 reps with lighter weight because you're only going to rest 30 seconds for these sets.

➡ Next do 3 sets of **Side Lateral Raises**. Make sure you select a weight that won't turn your side raises into calf raises! After set 3, drop the weight and repeat till failures... continue in this fashion until your shoulders want to unhinge themselves from your body.

➡ Finish off your shoulder workout with **Rear Cable Flys**. I use the cables with no attachments just by gripping the little rubber spacer. Set it up at chest height, cross your arms and get to work on your final 3 sets.

➡ **Dumbbell Shrugs** are simple. Grip the dumbbells by your side and raise your shoulders like your trying to touch your ears with them. Just don't bend the elbows here!

# DAY 6

## HAMSTRINGS, CALVES & ABS

### HAMSTRINGS

Exercise Bike 8min

Lying Leg Curls 3 sets 20 reps

Stiff-Leg Deadlifts 4 sets 10 reps

Kneeling Ham Curls 3 sets 10 reps

### CALVES

Seated Calf Raises 10 minutes doing 10 reps

Rest for 10 seconds between each set (Choose a light weight and squeeze!)

### ABS

Fit Ball Sit-Ups 40 reps

Medicine Ball Twists 30 reps

Leg Raises 20 reps

Plank 1 min

(Repeat 3 times)



## HAMSTRINGS, CALVES & ABS

Day 6: Hamstrings, Calves & Abs.

➔ Warm-up on the **Bike** for 8 minutes. To start, I like to do a high rep range on the **Leg Curls** so they are fully primed for the rest of the workout.

➔ **Stiff-Leg Deadlifts** are done with a moderate to heavy weight as this is a stretching movement and I find that having more weight on the bar will give more emphasis on the stretch. The **Kneeling Curls** are a contraction exercise so doing these with stiff legs work together perfectly. Sometimes I'll superset the two together for more intensity.

➔ **Seated Calf Raises** are like a marathon for the calves so don't go too heavy on the weight. The idea here is to keep the rest period short over an extended period of time. My calves are stubborn so to really teach them a lesson to grow they need to be punished in this fashion.

➔ Finish the workout with an **Abs Circuit**. 1 set Lying Leg Raises for 25 reps followed by 1 set Upright Leg Raises for 25 reps followed by 1 set Knee Crunches for 25 reps. Repeat 3 times.

# OFF-SEASON

## CARDIO

During the offseason I don't do a lot of cardio. My body has a quick metabolism that prevents me from gaining weight easily. In fact, I lose weight easily. If I'm trying to bulk up, I'll minimize the amount of aerobic activity. If I do cardiovascular exercise, it's typically away from gyms as treadmills bore me. I'll go on hikes or walks in the morning for an hour up to 3 times a week. If you have a dog—perfect! Walk him. In the summer I'll go jogging on the beach, swimming, paddle boarding and other outdoor activities. 😊



## SUPPLEMENTS

The following food plan is a guideline for how I structure my meals around the day in the off-season. A beginner misconception aside, major muscle growth isn't achieved solely by training. If your goal is to add 10lbs of muscle mass to your frame, you will need to consume a lot of quality protein, carbohydrates and good sources of fat. Gaining weight is not as easy as eating anything and everything you can get your hands on. Sure, going to McDonalds and slamming down two Big Macs, a large coke and fries on a regular basis will help you gain weight—but it will be the wrong kind of weight.

**"Bulking up is hard, becoming overweight is easy... Don't confuse the two!"**

Building quality muscle minus a protruding belly takes a well-formed plan—one that has you eating the right types of foods at the correct times and in optimal proportions. It might seem complicated but I'll break it down for you so all you have to do is train, eat and track your progress in the mirror.

### SUPPLEMENTS:


**BCAAS:** this group of three amino acids (leucine, isoleucine and valine) is the most important for the manufacture, maintenance and repair of muscle tissue. BCAAs particularly leucine, stimulates protein synthesis, the process in muscle cells that builds muscle protein and as a result, creates growth.

- Research shows that BCAAs reduce levels of cortisol, a catabolic hormone that leads to muscle breakdown. Since cortisol levels rise after workouts and in the mornings, you should use BCAAs at these critical times.

 Take 10-15g with your first breakfast, mid-workout and post-workout.

**CREATINE:** Taking creatine before and during your workouts helps your muscles continuously produce the energy they need to perform rep after rep in the gym. It also makes muscles stronger by drawing water into the muscle cells, which gives them a biochemical advantage, and ultimately helps you lift more weight or squeeze out an extra rep or two.

- Creatine's effect on muscle growth may be one of the most significant benefits for bodybuilders. By pulling water into the muscle, it gives them increase in size and places a stretch on the cells that instigates growth.

 Take 5g creatine in your pre-workout, mid-workout and post-workout shake

## SUPPLEMENTS

**GLUTAMINE:** this amino acid aids growth by increasing levels of leucine in muscle fibers, inhibiting breakdown and encouraging muscles to store more glycogen. The water glycogen holds makes the muscles fuller.

- It's also a critical nutrient to keep the immune system strong too.

➡ Take 5-10g glutamine with your post-workout shake.

**WHEY PROTEIN:** whey is the fastest digesting protein you can swallow. It's rich in BCAAs and provides peptides (small protein fragments) that enhance blood flow and kick-start the muscle recovery process.

➡ To build muscle you'll want to have a protein shake upon waking up, before and after workouts and even between meals.

**CASEIN PROTEIN:** the other milk protein, casein, is a slow digesting whey protein. Casein has the ability to provide your bloodstream with a slow and steady flow of amino acids that could last for hours.

- Muscles may not be built overnight, but drinking a glass of casein-rich milk is the ideal protein to consume right before bed, as it'll be more helpful throughout the night than any other protein option.

➡ Take 30g casein protein at night

**FAST DIGESTING CARBS:** I recommend using a homopolysaccharide (derived from potato, rice and corn) carbohydrate over unprocessed waxy maize starches, which are inferior for rapid glycogen loading and nutrient absorption.

- It's critical to replenish your muscles with carbs as soon as possible after training, both for fuel and to restock depleted glycogen stores for muscle growth.

➡ Take 50g carbs with your mid workout shake and 75-100g with your post workout shake.

## FOOD PLAN

### WAKE UP

30g whey protein  
75g carbs  
OR  
30g whey protein  
1 banana

1

### LUNCH

1 seasoned chicken breast  
1 cup cooked white rice  
Mixed vegetables

OR

2 extra lean beef burgers  
2 slices reduce fat cheese  
1 whole meal bun  
Piece of fruit

OR

6 slices roast beef  
4 slices whole meal bread  
2 slices cheese  
Lettuce  
2 slices Beetroot

4

### SHAKE IT UP

Consume 30-60min pre-workout  
Mix in water:  
30g whey protein  
Eat 1 large banana/apple

Consume 15mins pre workout  
Mix in water:  
A pre workout  
Beta alanine 1.5g  
Fat burner 1 serve  
Creatine 5g

6

### BREAKFAST

3 whole eggs  
3 egg whites  
Extra lean ground beef or  
Turkey burger  
1 bagel  
Pineapple pieces

OR

Delicious Smoothie:  
1 cup no fat milk  
30g strawberry protein  
Handful frozen blueberries  
2 eggs  
1 tbsp. peanut butter  
Honey  
Handful oats

2

### AFTERNOON SNACK

1-cup cottage cheese  
Chopped watermelon  
Chopped pineapple  
OR  
50g carbs  
30g whey protein  
OR  
1 large mashed sweet potato  
30g whey protein

5

### MORNING SNACK

1 cup cooked oats  
Handful Blueberries  
2 tbsp. yogurt  
Honey & cinnamon  
OR  
50g casein protein  
1 whole meal muffin  
1 tbsp. Peanut butter

3





## FOOD PLAN

### SHAKE IT UP

# 7

During workout

Mix in water:

- 50g carbs
- 5g creatine
- 10-15g BCAAs

Post workout

Mix in water:

- 50g whey isolate
- 75-100g carbs
- 5g creatine
- 5-10g glutamine
- 10g BCAAs

### DINNER

# 8

- Large steak
- White Potatoes
- Green beans
- Salad and w/dressing

OR

- Large piece Atlantic salmon
- 1 cup cooked White rice
- Grilled onion
- Mixed vegetables

OR

- Pan-fried chicken breast
- 2 large sweet potatoes
- 6 Asparagus spears
- Salad and dressing

### BEDTIME

# 9

- 1 serving Cream of rice
- Tsp. brown sugar or honey
- Cinnamon
- 3 tbsp. yogurt

OR

- 30g casein protein
- 50g carbs
- Handful almonds/cashews

OR

- 30g casein protein
- 1 tbsp. peanut butter
- Glass reduced fat milk



## TRAINING NOTES

12 weeks out from my show I completely change my training regime. This shocks the muscles and spur on new growth.

You'll see that I train each muscle group only once a week, however, don't for a second stop and think it's going to be any easier! For each muscle group I add extra exercises so that I'm hitting each muscle from as many different angles as I can. This is crucial if you want to get that detailed, 3-dimensional look.

When I first started working out, I trained in a gym that was very limited to the different exercises available. It only had a rack of dumbbells, a few barbells, a squat rack, chin-up bar, lat pull-down and a bench press. Even then, being a virgin gym goer, I was able to build up a great foundation from utilizing what I had. After a couple years, I joined a proper gym and it had all sorts of machines I'd never seen before. When I started using them my body responded immediately to the new exercises. I was growing faster and I was able to get a more impressive overall build.

Most gyms these days have so much equipment and different exercise machines; there are now so many ways to train the same muscle. By changing my split routine and exercises, I've been able to hit each muscle more thoroughly and see them pop out more clearly.

The following split is one I frequently use as a staple for my on-season training. I want you to try and follow it as closely as you can, however, every week swap out one exercise for another. This way you are continuously changing the angles you are targeting for each muscle group. For example, one week for quads, do close stance squats. The following week—do close stance leg presses, the following week—do close-stance hack squats. Don't give your other muscles a chance to adapt either! Hit them with different machines and exercises each week and they won't have a choice but to grow.

## TRAINING SCHEDULE

### WORKOUT SPLIT

DAY 1: QUADS

DAY 2: CHEST & CALVES

DAY 3: BACK

DAY 4: SHOULDERS & ABS

DAY 5: HAMSTRINGS & CALVES

DAY 6: BICEPS, TRICEPS & ABS

DAY 7: REST



Junior Mr. Universe 2011



# DAY 1

## QUADS

### LEGS

Leg Extension 4 sets, 12-15 reps

(2 warm up, 2 working)

Leg Press 3 sets, 12-15 reps

Hack Squat 3 sets, 12-15 reps

Squats 4 sets, 8-15 reps

Smith Machine Squats 3 sets,  
10-15 reps

### Superset:

Lunges 2 sets, 20 reps

(10 each leg)

Leg Extensions 2 sets, 10-15 reps



Junior Mr. Universe 2011

# DAY 1

## QUADS

Day 1. Quads.

➡ Start with two sets of light **Leg Extensions**. 15 reps for each. Follow with two heavier sets so your failing on 12th rep minimum. Try and hold each rep for a second at the top. Between each set of leg extensions stretch your quads 10 seconds twice on each leg. Total rest time between sets should be just over a minute here.

➡ Next move on to the **Leg Press**. Start with a weight that you can manage 15 reps on. Do 2 more sets hitting a minimum of 10 reps. Keep rest times between 1-2 minutes. Remember to change the foot position each week. One week close, the following medium.

➡ Move on to the **Hack Squat**. If your outer -sweep of your quads need development, prioritize a close stance for this exercise each week. Do 3 sets of 15 reps resting 1-2min between sets.

➡ After, head over to the **Squat Rack**. Try and do 4 sets with increasing weight each set. Aim for 15 reps to start and as you go heavier work down to 8-10 reps. Rest as long as you need to recover enough to get those reps out.

➡ **Smith Machine Squat**. If you used a wider stance on squats then go narrow here and vice versa. By this time your legs should be begging for mercy but it isn't over yet hahaha. Here you should do 3 sets of 12-15 reps. I don't expect you to go too heavy here, however for each rep I don't want you to pause at the top or bottom. You should move up and down like a piston but never stopping at either end of the movement. Again, rest times should be between 1-2min but if they are really hurting then I won't mind if you take an extra minute.

➡ Final crucifer for your legs are 2 sets **Lunges** supersetted with 2 sets **Leg Extensions**. Do 20 lunges for each leg and then slam a set of leg extensions. Repeat one more time after a few minutes rest. Catch ya later quads!

# DAY 2

## CHEST & CALVES

### CHEST

Warm up Pec Dec Fly 3 sets, 15 reps

Incline Bench Press 3 sets, 8-12 reps and a 30% drop set to fail

Dumbbell Bench Press- 3 sets, 8-12 reps

Dips 3 sets to fail

Chess Press Machine- 3 sets 8-12 reps

Incline Cable Flys- 3 sets 15 reps

### CALVES

Standing Calf Raises 5 sets 10-20 reps,

last set do 5 drop sets to failure

Seated Calf Raise 3 sets 15 reps



Mr. Universe 2013

## CHEST & CALVES

Day 2. Chest & Calves.

➔ Start off with a warm up on the **Pec Dec Fly**. 15 reps for 3 sets should suffice and get the blood pumping into your chest. Rest time: 1 minute.

➔ Next exercise is the **Incline Bench Press**. Use a machine or barbell here. Do 3 sets of 10-15 reps. On your last set, drop the weight 30% and do another set to failure.

➔ After this, go to the dumbbell rack for 3 sets of **Dumbbell Bench Press**. By this time you should be properly warmed up so go heavy from the start to finish. Try and get 10-12 reps here. Rest 1-2 minutes between sets.

➔ Next move on to the **Dip Bar**. Here you'll do 3 sets but each set is to failure and cut rest times down to 30 seconds - 1 minute.

➔ Find a **Chest Press Machine**. For each rep hold it at the top and squeeze for a second. Don't let the weight drop, but lower slowly and repeat. 3 sets of 10-12 reps. Rest times 1-2 minutes.

➔ Finish off with **Incline Cable Flys**. Don't let your arms go too far down at the bottom of each rep, keep your elbows slightly bent and hold for a second at the top. 3 sets 15 reps. Rest times 1-2 minutes.

➔ Head over to the **Standing Calf Press**. Select a light weight and do 20 reps. Follow up with 4 more sets going heavier each time but still try and get 20 reps. Rest times 30 seconds.

➔ Last exercise is the **Seated Calf Raise**. 3 sets of 15-20 reps. Each rep hold for a second at the top and stretch down the bottom. Rest times 30 seconds.

## BACK

### BACK

#### Superset

Wide Grip Lat Pulls 3 sets 10-12 reps

Cable Rope Rows 3 sets 10 reps

Seated Machine Rows 3 sets 10-12 reps

Dumbbell Rows 3 sets 10-12 reps

Bent Over Rows 3 sets 10-12 reps

Rack Pulls 3 sets 10-12 reps

1-Arm Seated Rows 3 sets 10-12 reps

Wide Grip Lat Bar Pullovers 3 sets 10 reps

Chin-Ups 2 sets to failure



Mr. Universe 2013





## BACK

Day 3. Back

➡ Start by supersetting 3 sets of 12-15 **Lat Pulls** and 3 sets of 10 reps on the **Cable Rope Rows**. Rest 1-2 minutes before repeating.

➡ Next move on to the **Seated Machine Rows**. 3 sets of 10-12 reps here. Rest 1-2 minutes.

➡ **Dumbbell Rows** are next. Grab a fairly heavy dumbbell so you can do 10-12 reps. Keep the dumbbell close to your body as you execute each rep. Rest 1-2 minutes

➡ Follow these with **Barbell Bent-over Rows**. Again do 3 sets of 10-12 reps. You want to be able to do a weight that allows you to properly squeeze your scapulars behind your back at the top of each rep.

➡ Head over to the **Rack Pulls** next. For these you should go heavy. Don't use a belt as this will disengage you from squeezing your lower back, which is what you are trying to do here. Wrist wraps are fine to use if you need extra grip support. Lower the bar to just below the knees for each rep. Raise and squeeze at the top, while pulling your shoulders back. 3 sets of 10-12 reps. Rest 2 minutes.

➡ For the **1 Arm Seated Rows**, start with your palms facing downwards and as you pull the pulls closer to your back, twist your grip so your palms are facing into your side. 3 sets 10-12 reps. Rest 1 minute.

➡ Next is the **Wide Grip Lat Bar Pullovers**. Make sure you keep your back straight and don't bend the elbows. 3 sets 10 reps. Resting 1 minutes between sets.

➡ Lastly (if possible) do 2 sets of **Chin-Ups** to failure. This should have your lats begging you to stop.

## SHOULDERS & ABS

### SHOULDERS

Side Dumbbell Raises 2 sets 15 reps (light)

Machine Shoulder Press 5 sets 8-12 reps

Dumbbell Shoulder Press 3 sets 8-12 reps

Side Dumbbell Raises 3 sets 12 reps with a final drop set to fail

Seated Barbell Press 3 sets plus double drop set to fail

Leaning Side Dumbbell Raises 2 sets 12 reps

Dumbbell Shrugs 3 sets 12 reps

Rear Pec Dec Fly 3 sets 12-15 reps

### ABS

Abs Circuit 3 sets, 25 rep each

Seated Knee Crunches

Lying Leg Raises

Upright Knee Raises

Day 4. Shoulders & Abs.

➡ Begin with 2 sets of **Lateral Dumbbell Raises**. 15 reps on a lightweight will be just enough to flush the blood into your deltoids. Rest only 30 seconds between sets. Stretch your deltoids between sets too.

➡ Next head over to a **Machine Shoulder Press**. 2 warm up sets followed by 3 working sets. Here you should try going heavy as you can, provided your form is still good, for reps of 8-12. Don't worry about going past failure if your training solo. You're in a machine so the weight can't crush you. Rest times 1-2 minutes 34

## SHOULDERS & ABS

➡ After this are 3 sets of **Dumbbell Shoulder Press**. Use a weight that will allow you to get at least 8-12 reps. One thing to pay attention to here is to not lock out your shoulders at the top, keep them under constant tension. And don't lower past your chin either, controlled movements always! Rest times 1-2 minutes.

➡ **Side Lateral Raises**. Grab a set of dumbbells for 3 sets of 12 reps on these side raises. Make sure the weight is just light enough so you can get your arms to at least parallel to the floor. On the final set drop the weight to a lighter pair of dumbbells and rep out to failure. Rest times 30-60 seconds.

➡ **Seated Barbell Press** is next. By now your shoulders will feel like they are going to fall off their sockets so this exercise is not about lifting heavy but squeezing each rep. Start light and do sets of 8-12. Move up in weight for each set so long as you're getting a minimum of 8 reps. You can do this exercise behind the neck or in front, whichever you're more comfortable with. Swap it up from time to time if you can. Don't let the barbell go too far below your chin and don't lock out at top. This will keep your shoulders under constant contraction. Finally on your last set do a double drop set. The last drop set just rep out to fail on an empty barbell. Rest 1-2 minutes between sets.

➡ Next is **Leaning Lateral Dumbbell Raises**. Find an upright bench and stand beside it. Hold on with 1 arm and lean out to the side so you're on a slight angle. Then with your other arm, using a light dumbbell raise it up to the side, parallel to the floor. Hold for a second at the top. Then lower but stop before it's hanging by your side, again you should keep your shoulders under tension by doing it this way. 2 sets, 12 reps. Rest times 1-2 minutes.

➡ Head over to do **Dumbbell Shrugs**. Grab a set heavy enough to allow you to do 3 sets of 12 reps without cheating by bending your elbows. Rest times 1-2 minutes

➡ Lastly, finish up with 3 sets of 12-15 reps on the **Rear Pec Dec Fly**. Make sure you squeeze each rep for a second and release the weight slowly. Rest times 1-2 minutes

Abs Circuit 3 sets 25 reps each.

Seated Knee Crunches

Lying Leg Raises

Upright Knee Raises

## HAMSTRINGS & CALVES

### HAMSTRINGS

Seated Leg Curls 3 sets 15-20 reps

Lying Leg Curls 3 sets 15-20 reps

Stiff Leg Dumbbell Deadlifts 3 sets 10-12 reps

High Wide Leg Press 3 sets 12-15 reps

Kneeling Leg Curls 3 sets 12-15 reps

### CALVES

Standing Calf Raises 5 sets 10-20 reps last set do 5-drop sets to failure

Seated Calf Raise 3 sets 15 reps



## HAMSTRINGS & CALVES

Day 5. Hamstrings & Calves

- ➔ Start off with **Seated Leg Curls**. 3 sets of 15-20 reps. Stretch your hamstrings in between sets. Rest times 1 minute
- ➔ Next move on to **Lying Leg Curls**. 3 sets of 15-20 reps. Rest times 1-2 minutes.
- ➔ **Stiff Leg Dumbbell Deadlifts**. A little trick you can do is place 2 small 2.5kg weight plates under your toes; this will give you a better stretch on your hamstrings. Keep your legs shoulder width apart and angle your toes slightly inwards. Don't let the Dumbbells go right down to the floor and don't pull them right up and straighten your back. You want to keep your hamstrings under as much tension for the whole set. 3 sets, 10-12 reps. Rest times 1-2 minutes.
- ➔ After this you'll do **High Wide Leg Press**. Have your feet positioned up high on the footplate and have them just outside shoulder width apart. Angle your toes outwards. 3 sets, 12-15 reps. Rest times 1-2 minutes.
- ➔ **Kneeling Leg Curls**. Make sure you squeeze each rep at the top very hard. 3 sets, 12-15 reps.
- ➔ Next is **Standing Calf Raise**. 5 sets of 10-20 reps. on your last set do 5-drop sets each one to failure.
- ➔ Last is **Seated Calf Raise**. 3 sets here of 15 reps and your calves will be cooked.

## TRICEPS, BICEPS & ABS

### TRICEPS

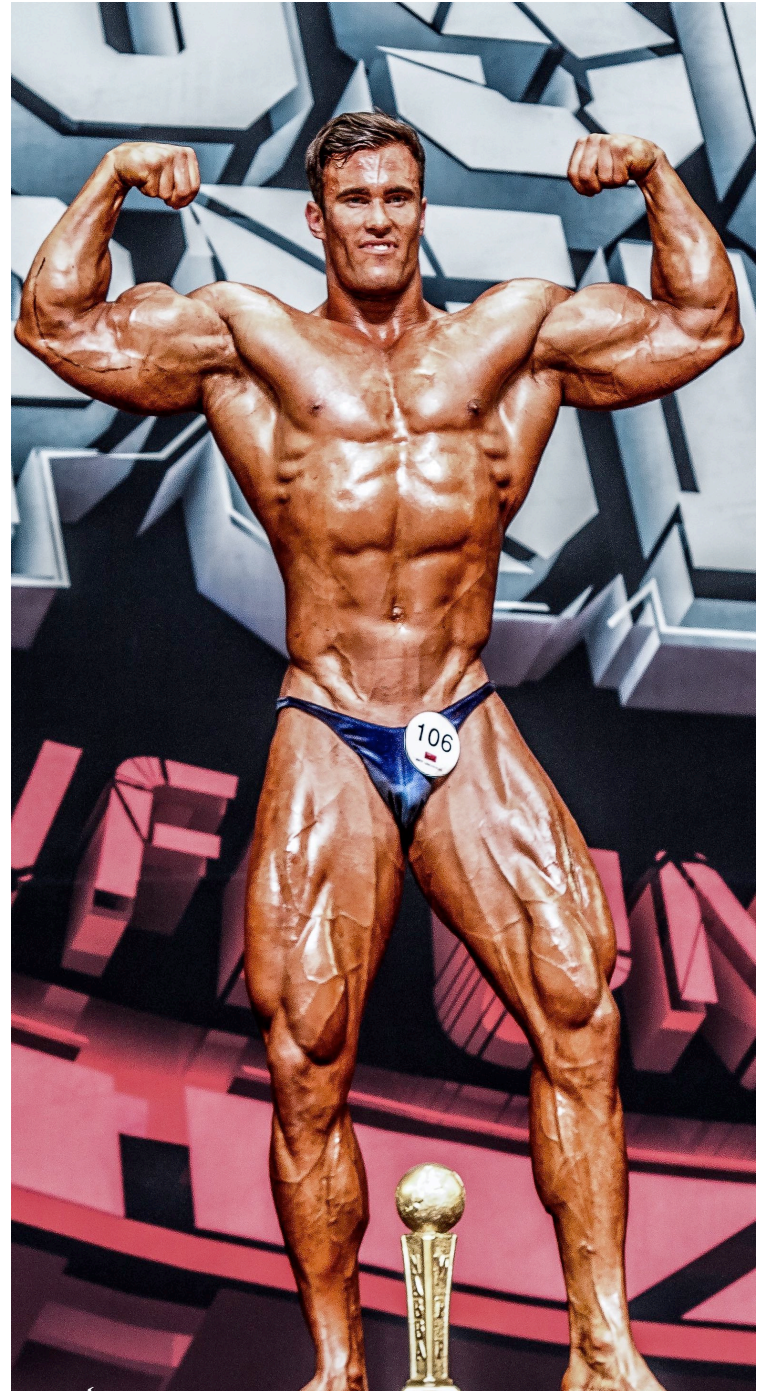
Cable Push Downs 3 sets 12-15 reps  
Overhead Triceps Extensions 3 sets 12-15 reps  
Lying Dumbbell Extensions 3 sets 12-15 reps

### BICEPS

Preacher Curls 3 sets 8-12 reps with a drop set to fail  
Standing Dumbbell Curls 3 sets 8-12 reps with a drop set to fail  
21s 2 sets  
Rope Hammer Curls 3 sets 8-12 reps  
superset with Triceps Pushdowns  
3 sets 8-12 reps

### ABS

Abs Circuit 3 sets, 25 rep each  
Seated Knee Crunches  
Lying Leg Raises  
Upright Knee Raises



Mr. Universe 2014

## TRICEPS, BICEPS & ABS

Day 6. Triceps, Biceps & Abs.

➔ Begin with **Cable Push Downs**. 4 sets of 12-15 reps. Stretch your triceps between sets.

➔ Next is the **Overhead Triceps Extension**. You can either do single arm or double with a dumbbell or you can do overhead cable extensions. 3 sets of 12-15 reps.

➔ Last for triceps is **Lying Triceps Extensions**. You can use a barbell or dumbbells. If you have elbow trouble you can always use a triceps extension machine. 3 set 12-15 reps.

➔ For biceps start on the **Preacher Curls**. 3 sets of 8-12 reps with a drop set to fail on your last set. Rest times 1-2 minutes.

➔ Next is **Standing Dumbbell Curls**. 3 sets of 8-12 reps with a drop set to fail on your last set. Rest times 1-2 minutes.

➔ **Standing EZ Bar Curls**. Do 7 reps from bottom to midway up, 7 reps midway up to top and 7 full range of motion reps. 21 reps per set. Do 2 sets. Rest times 1-2 minutes.

➔ Last finish with a superset of **Rope Hammer Curls** and Rope Triceps Extensions. 3 sets 8-12 reps. Rest times 1-2 minutes.

Abs Circuit 3 sets 25 reps each.

Seated Knee Crunches

Lying Leg Raises

Upright Knee Raises

## CARDIO

### 12 WEEKS OUT

When it comes time to start shredding you have to step up the cardio each week. For the first 8 weeks, do cardio every other day for 30 minutes in the morning. Use gym cardio machines so you can track your heart rate and try keep it between 135 and 145 beats per minute.

|           |                  |
|-----------|------------------|
| MONDAY    | 30mins AM Cardio |
| TUESDAY   | Off              |
| WEDNESDAY | 30mins AM Cardio |
| THURSDAY  | Off              |
| FRIDAY    | 30mins AM Cardio |
| SATURDAY  | Off              |
| SUNDAY    | 30mins AM Cardio |

### 4 WEEKS OUT

Do cardio every day. Use a variety of machines. This keeps it interesting but also works different muscles in your legs. For example: 10min on the Stepper + 10min walking on Incline Treadmill+ 10min on an Exercise Bike.

|           |                            |
|-----------|----------------------------|
| MONDAY    | 630am 30mins fasted Cardio |
| TUESDAY   | After training 30mins      |
| WEDNESDAY | 630am 30mins fasted Cardio |
| THURSDAY  | After training 30mins      |
| FRIDAY    | 630am 30mins fasted Cardio |
| SATURDAY  | After training 30mins      |
| SUNDAY    | 630am 30mins fasted Cardio |

### 2 WEEKS OUT

Add one extra cardio session every day.

|           |   |
|-----------|---|
| MONDAY    | 630am 30mins fasted Cardio, 30mins after training |
| TUESDAY   | 630am 30mins fasted Cardio After training 30mins  |
| WEDNESDAY | 630am 30mins fasted Cardio, 30mins after training |
| THURSDAY  | 630am 30mins fasted Cardio After training 30mins  |
| FRIDAY    | 630am 30mins fasted Cardio, 30mins after training |
| SATURDAY  | 630am 30mins fasted Cardio After training 30mins  |
| SUNDAY    | 630am 30mins fasted Cardio, 30mins after training |



## NUTRITION

### **WE ARE ALL DIFFERENT!**

There is no "secret formula" or "magic diet" that is going to work the same for everyone. There's more than one way to skin a cat (so to speak), so it's essential you find which way works best for you! Everyone's body is unique to them and we all have different needs depending on our body composition. Some of us have fast metabolisms and use calories more efficiently than others. But that doesn't mean if you're someone who gains weight easily or struggles to lose weight that you can't get shredded. It just means that you have to be smarter with your eating habits! Listen to your body; it's constantly talking to you every day. Learn from what it tells you. "If you put that burger and fries in me I show you what it looks like in the mirror the next day!" Or, "I'm tired, give me more carbs so I can give you energy in the gym!" Food is crucial if you want your body to be in tiptop condition.

### **DO AS I SAY, NOT AS I DO**

The following diet is an example of what I used during my lead up to the Mr. Universe. The food measurements were all relevant to my own body's weight and metabolism function. I don't expect you to follow the exact same measurements for each meal etc. But I do I want you to use this food plan as a template for your own dietary requirements. My body demands carbs and utilizes them very efficiently. You, however, may need to reduce the amount of carbs taken in on each day to get leaner. Again it's about monitoring your body each day and paying attention to how you look. Use the mirror and take mental notes and progress pictures each week so you can keep track of your results and what may need to be adjusted. If you're not getting leaner have 3 low carb days. Cut carbs back in 2 of your meals. Ultimately only you will understand your body more than anyone else.

### **IF YOU'RE GONNA CHEAT, DON'T GET CAUGHT OUT!**

As soon as we put ourselves on a diet, all of a sudden we crave every guilty indulgence known to mankind. It's like an automatic switch in the brain. I had a very strict upbringing with my siblings and my parents made sure that our diets were healthy and wholesome. On a special occasion like a birthday, we might celebrate with a pizza or fish & chips. But I never had the fast food experience till much later in my teenage years. Now, in my mid-twenties I have learned that my body can process junk foods quite efficiently and I have incorporated them into my lifestyle. However, in moderation! Balance is key. I feel better when I eat healthy, and the body thanks me when I do. Start off with one cheat meal at the end of the week. Reward yourself to anything you desire! So long as your body can manage these cheat meals and you can maintain your cutting phase without spilling over. Play it safe!

## SUPPLEMENTS

| PRODUCT   | DOSAGE          | RECOMMENDATION                                     |
|---|-----------------|--|
| Vitamin C   | 1000g           | 4x a day with meals                                |
| Pre-workout, I recommend C4 by Cellucor                       | 1 serving       | Before training                                    |
| Kre Alkalyn Powder/Caps                                       | 6 grams/3 caps  | Once a day before training                         |
| Fast Digesting Carbs, I use Karbolyn by EFX                   | (See Meal Plan) | (See Meal Plan)                                    |
| BCAA's and Glutamine Alpha Amino by Cellucor is a good option | 10g             | 3x a day- morning, during training, and before bed |
| Udo's oil Omega 3-6-9<br>*Very Important                      | (See Meal Plan) | (See Meal Plan)                                    |
| Multi Vitamin   | 1 tablet        | Daily with food                                    |
| B Complex Vitamin   | 1 tablet        | AM and PM  |
| Digestive Enzymes. "Twin Labs" makes a good one               | 2 caps          | With meals   |
| ZMA   | 1 serving       | Before bed   |
| L Carnitine Liquid  | 1 tablespoon    | Before Cardio                                      |
| Jet Fuel  | 1 cap           | Before training                                    |
| Inositol Choline  | 1 cap           | Once a day with meals                              |
| Beta Alanine & Taurine  | 1 serving       | Before training                                    |
| Gaba Powder   | 1 gram          | Before Bed   |
| Milk Thistle "Himalaya" Liver Care                            | 2x a day        | 2x a day before meals                              |
| Sea Salt "Himalayan"<br>*Very Important                       | 500 mg          | With meals   |



You can use my code: CALUM for 25% off all Cellucor products!

# ON-SEASON NUTRITION

## MEAL PLAN

### ONE HIGH (CARB) DAY

7 AM

1

4oz lean 4 % beef  
6 egg whites, one whole egg  
2 cups of oatmeal with water  
2-teaspoon udos

9:30 AM

2

9oz Bison or "horse meat" or  
4% lean ground beef  
1-cup veggies  
9oz of white potato

10:45 AM

3

1 scoop of carbs with 1 scoop  
of whey Isolate protein, 2-  
teaspoon udos

12:30 PM

4

9oz's Chicken or 99% lean  
ground turkey  
1 cups veggies  
2-teaspoon udos  
9oz white rice

1:45 PM

5

1 scoop of carbs with 1 scoop  
of whey Isolate protein, 2-  
teaspoon udos

3:30 PM

6

9oz chicken or 99% lean  
ground turkey  
9oz sweet potato  
1 cups veggies

6 PM

7

9oz chicken or 99%lean  
ground turkey  
1-cup vegetables  
2 Teaspoon "udo's oil  
9 oz. white rice

8:15 PM

8

8 oz. Lean 4%- 7% Bison or  
lean ground beef  
1cup vegetables  
9oz.'ss sweet potato

9:05 PM

9

Pre Workout: 2 scoops carbs  
with all other pre workout  
supplements and drink before  
30 minutes before gym  
workout.

During your workout: 2 scoops  
of carbs with 2 serve BCAAs  
water

10:45 PM

10

After training: 1.5 scoops of  
carbs with 1 scoop of whey  
isolate with BCAA'S and  
Glutamine

11:30 PM

11

12 egg whites  
1/8 cup of cream of rice  
1-teaspoon udos

\*Go to bed\*



**NOTES:** 500 mg of sea salt added per meal on food, continue carbs/  
protein powder on non-training days.

# ON-SEASON NUTRITION

## MEAL PLAN

### TWO LOW (CARB) DAYS

7 AM

1

4oz lean 4 % beef  
6 egg whites, one whole egg  
1.5 cups of oatmeal with water  
2-teaspoon udos

9:30 AM

2

9oz Bison or "horse meat" or  
4% lean ground beef  
1-cup veggies  
7oz of white potato

10:45 AM

3

1 scoop of carbs with 1 scoop  
of whey Isolate protein, 2-  
teaspoon udos

12:30 PM

4

9oz's Chicken or 99% lean  
ground turkey  
1 cups veggies  
2-teaspoon udos  
7oz white rice

1:45 PM

5

1 scoop of carbs with 1 scoop  
of whey Isolate protein, 2-  
teaspoon udos

3:30 PM

6

9oz chicken or 99% lean  
ground turkey  
6 oz. sweet potato  
1 cups veggies

6 PM

7

9oz chicken or 99%lean  
ground turkey  
1-cup vegetables  
2 Teaspoon "udo's oil  
6 oz. white rice

8:15 PM

8

8 oz. Lean 4%- 7% Bison or  
lean ground beef  
1cup vegetables  
7 oz.'s sweet potato

9:05 PM

9

Pre Workout: 1.5 scoops carbs  
with all other pre workout  
supplements and drink before  
30 minutes before gym  
workout.

During your workout: 1.5  
scoops of carbs with 2 serve  
BCAAS water

10:45 PM

10

After training: 1.5 scoops  
of carbs with 1 scoop of  
whey isolate with BCAA'S  
and Glutamine

11:30 PM

11

12 egg whites  
1/8 cup of cream of rice  
1-teaspoon udos

\*Go to bed\*



**NOTES:** 500 mg of sea salt added per meal on food, continue carbs/  
protein powder on non-training days.

## NOTES

### IMPORTANT:

- No juices or milk or sodas or almond milk. Coffee okay!!
- Stevia is a good sweetener. You can use stevia instead of sugar.
- No marinating food, you can use Hot Sauce "Franks".
- You should drink at least 4-6 liters of water a day.
- Sleep 7-9 hours a night.
- Sugar free or low sugar BBQ sauces are okay. At 4 weeks out remove them.

### 2 weeks out

- Swap out the beef at "Meal 6" and substitute it with Tilapia or other white fish meat.
- Remove cream of rice from "Meal 7".
- Remove whey and carb shakes between "Meals 2 & 3" and "Meals 3 & 4".
- Reduce carbs to half a scoop for pre and during workout.
- Remove post workout shake.



## BICEPS



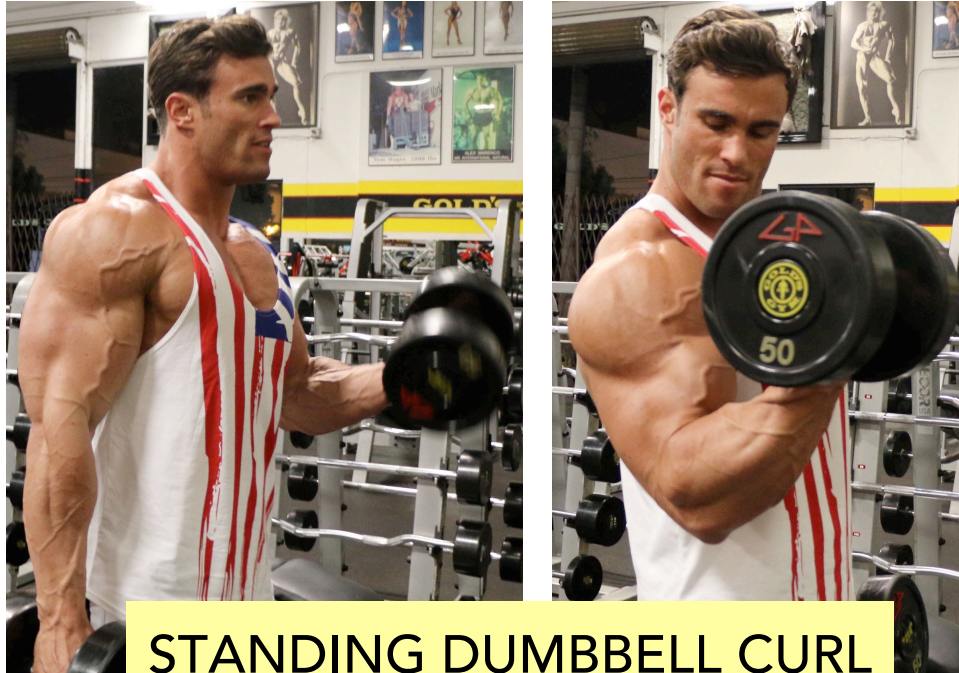
EZ BARBELL CURL



CONCENTRATION CURL

You can use my code: VONMOGER for a discount off StrongLiftWear purchases.  
[www.strongliftwear.com](http://www.strongliftwear.com)

## BICEPS



## BICEPS



HAMMER ROPE CURL



INCLINE DUMBBELL CURL



EZ BARBELL PREACHER CURL





## TRICEPS



SINGLE ARM OVERHEAD TRICEP EXTENSION



LYING BARBELL TRICEP EXTENSION

## TRICEPS



DUMBBELL OVERHEAD EXTENSION



TRICEP PUSH DOWNS

## TRICEPS



DIPS



SINGLE ARM CABLE EXTENSION  
(SUPINATED GRIP)

# EXERCISE APPENDIX

## TRICEPS



SINGLE ARM CABLE EXTENSION  
(PRONATED GRIP)



ROPE PUSH DOWN

## TRICEPS



OVERHEAD ROPE EXTENSION



DUMBBELL SKULL CRUSHERS

## CHEST



INCLINE CHESS PRESS MACHINE

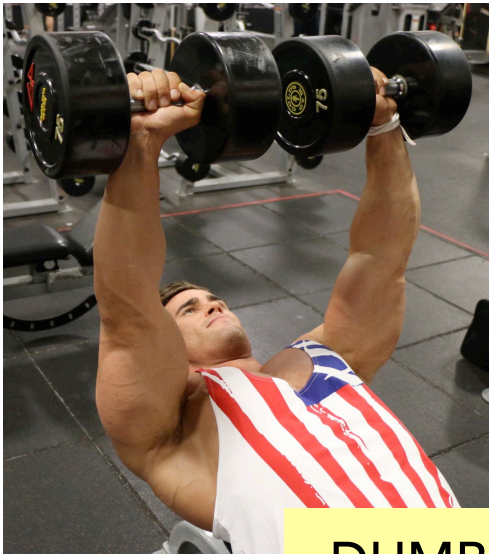


DUMBBELL PULLOVER

## CHEST



INCLINE CABLE FLY



DUMBBELL BENCH PRESS

## CHEST



DUMBBELL FLY



CABLE FLY



## CHEST



PEC DEC FLY



INCLINE SMITH MACHINE PRESS

## BACK



LAT PULL DOWN



LOW ROPE ROW

## BACK



CLOSE GRIP PULL DOWN

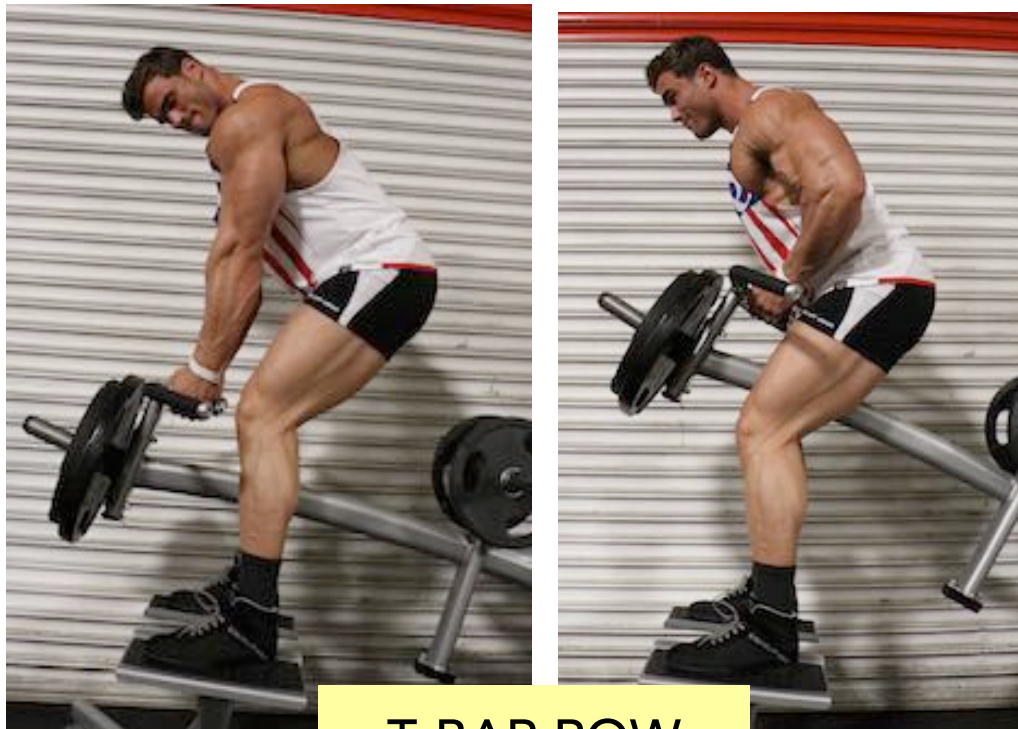


CHIN UP

## BACK



RACK PULL



T-BAR ROW

## BACK

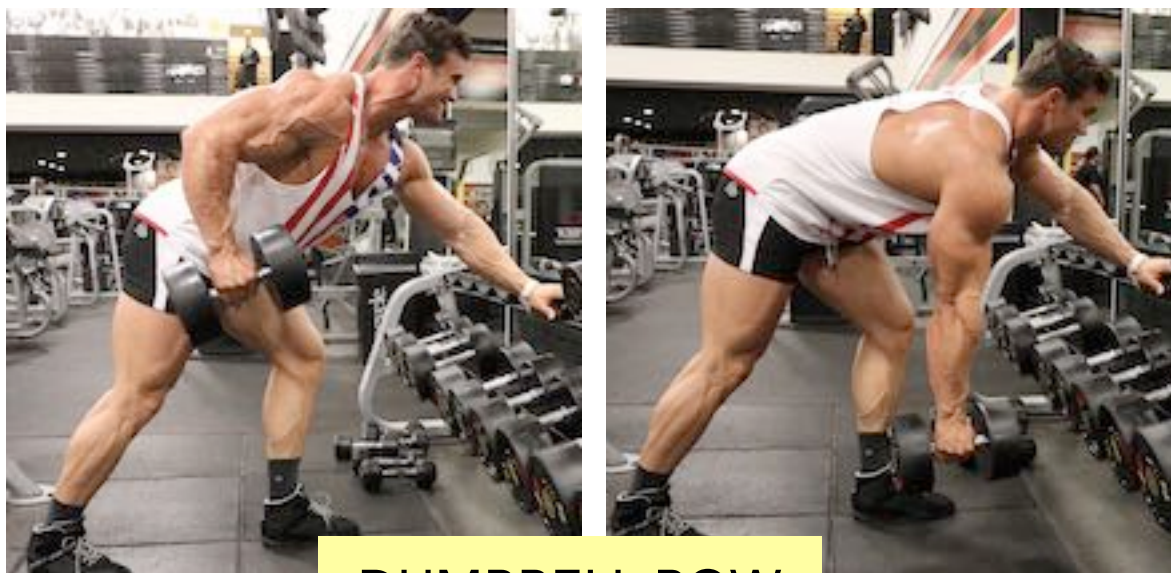


SINGLE ARM CABLE ROW

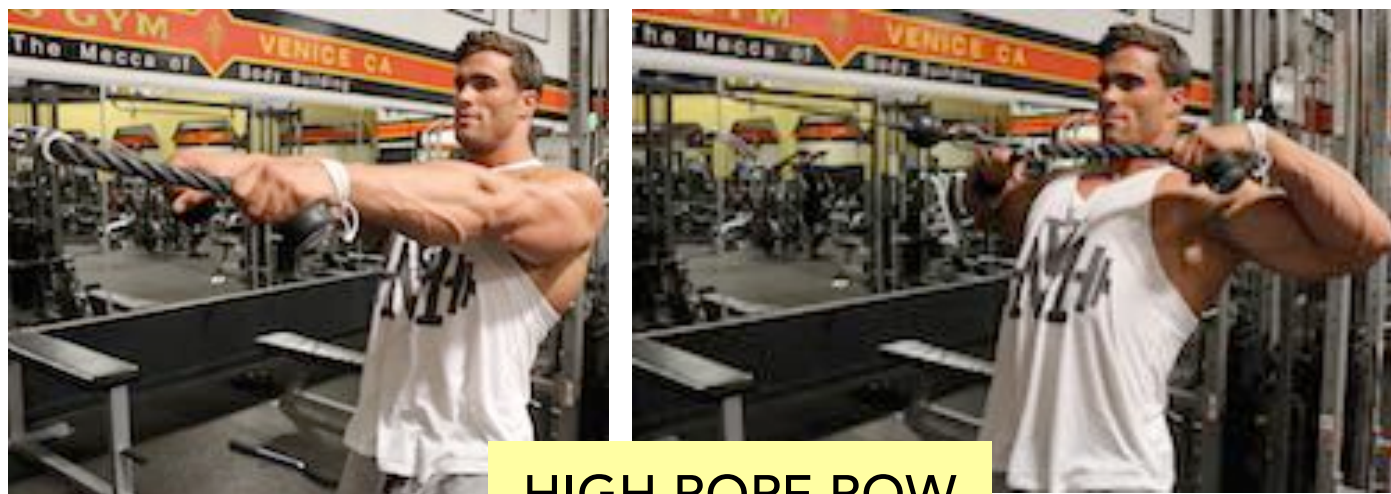


BENT OVER ROW

## BACK

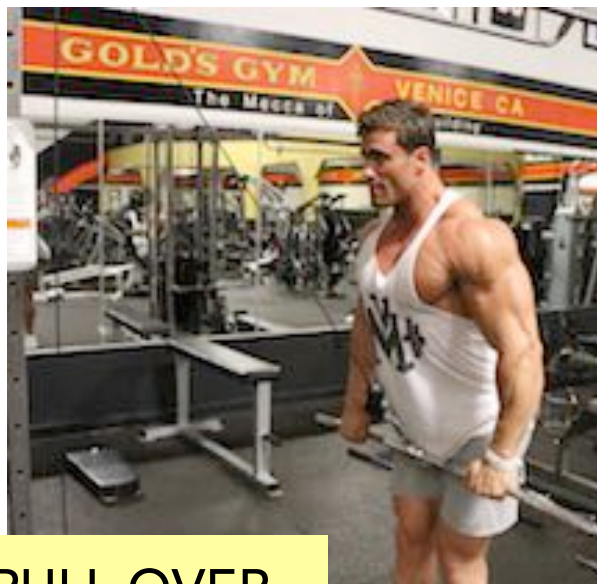


DUMBBELL ROW



HIGH ROPE ROW

## BACK



STIFF ARM PULL OVER



HYPEREXTENSION

## SHOULDERS



SEATED BARBELL PRESS  
(BEHIND HEAD)



SEATED BARBELL PRESS  
(IN FRONT OF HEAD)



## SHOULDERS



SEATED DUMBBELL PRESS



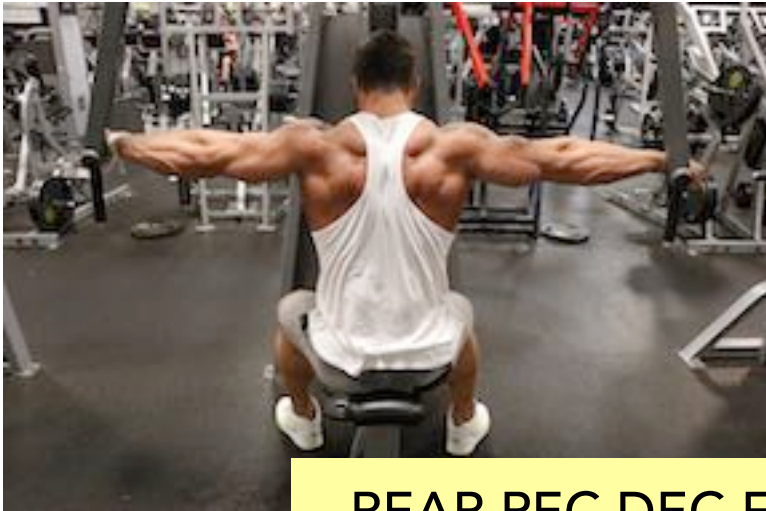
DUMBBELL LATERAL RAISE

Check out my VM personal apparel: [www.calumvonmoger.com](http://www.calumvonmoger.com)

## SHOULDERS



UPRIGHT BARBELL ROW



REAR PEC DEC FLY

## SHOULDERS



MACHINE SHOULDER PRESS



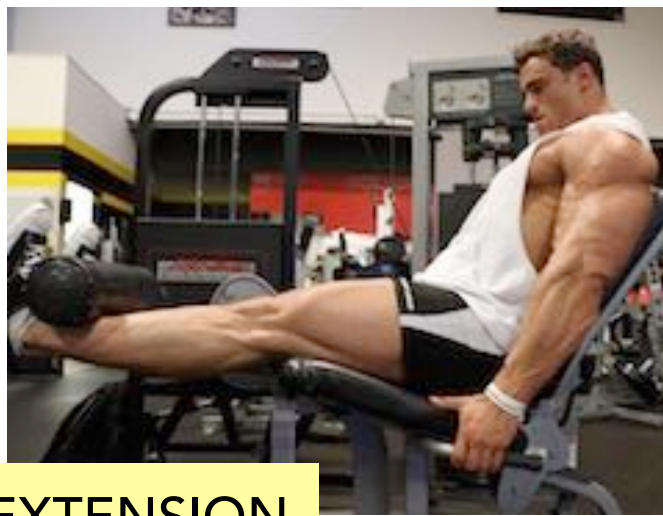
LEANING DUMBBELL LATERAL RAISES

## TRAPS

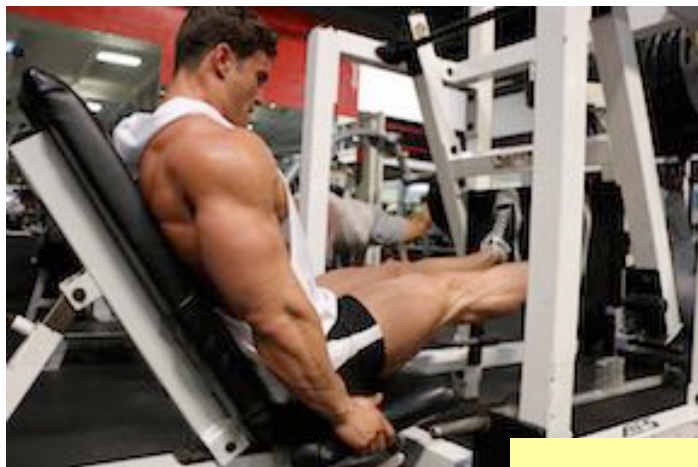


DUMBBELL SHRUGS

## QUADS



LEG EXTENSION



LEG PRESS

## QUADS



SQUAT MACHINE



HACK SQUAT

## QUADS



SQUATS



HIGH LEG PRESS

## HAMSTRINGS



KNEELING SINGLE LEG CURL



SEATED LEG CURL



## HAMSTRINGS

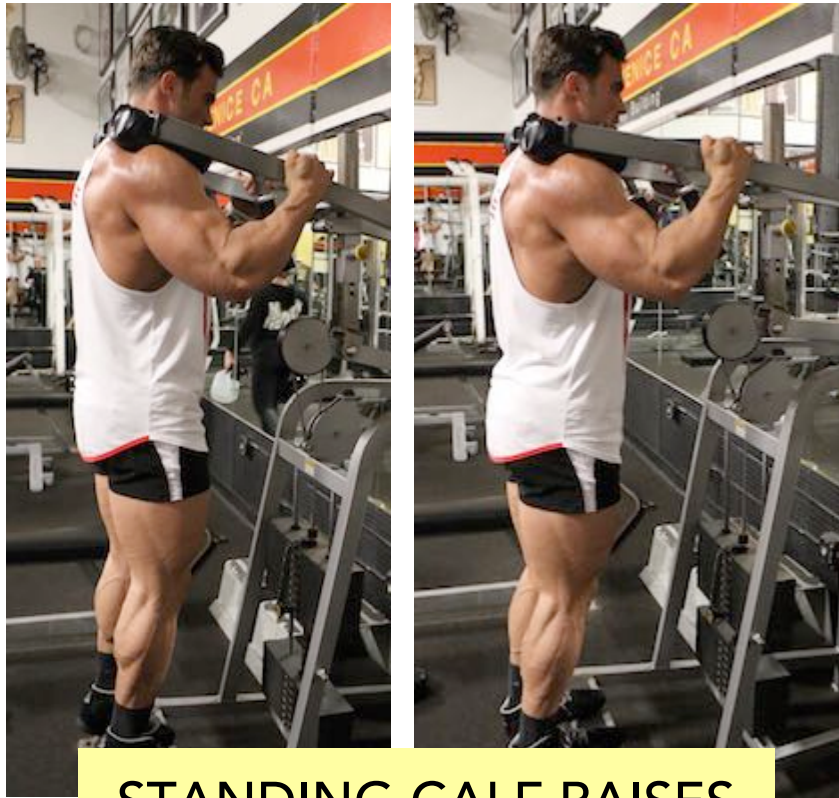


STIFF LEG DUMBBELL DEADLIFT

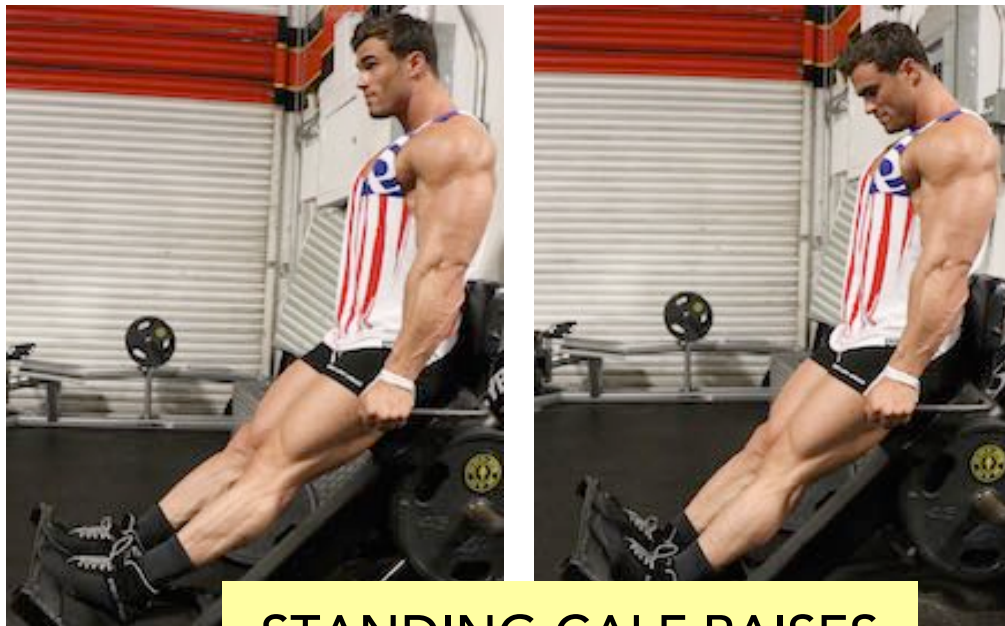


LUNGES

## CALVES



STANDING CALF RAISES

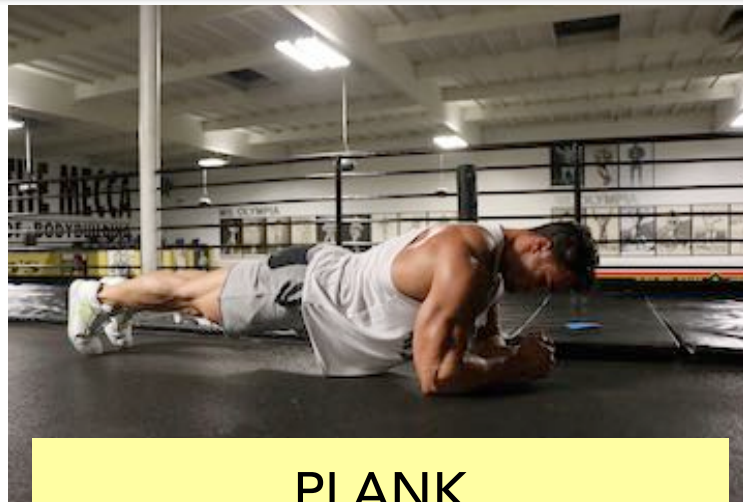


STANDING CALF RAISES

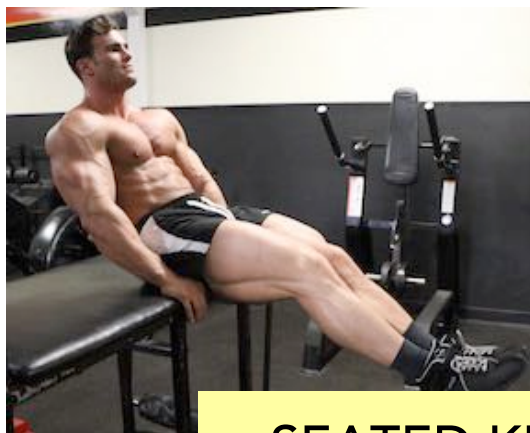
## ABS



MACHINE LEG RAISES



PLANK

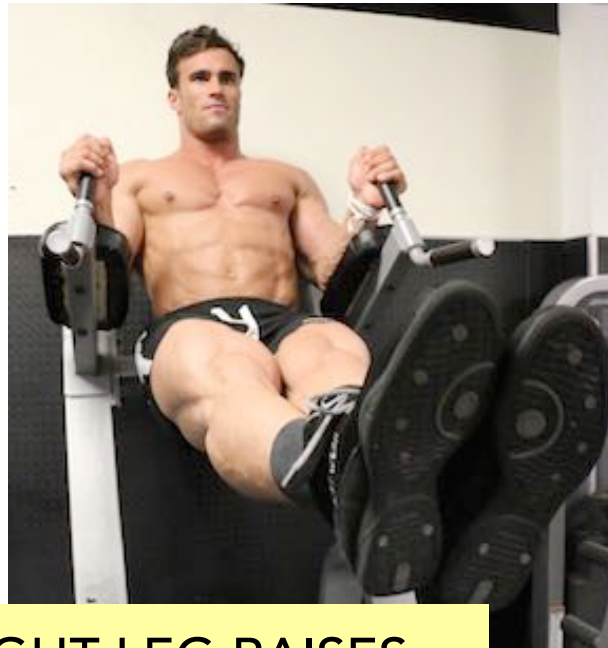


SEATED KNEE RAISES

## ABS



UPRIGHT KNEE RAISES

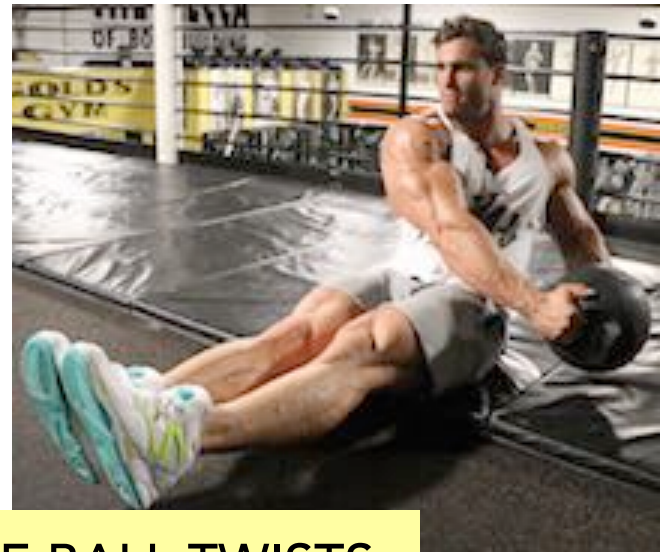
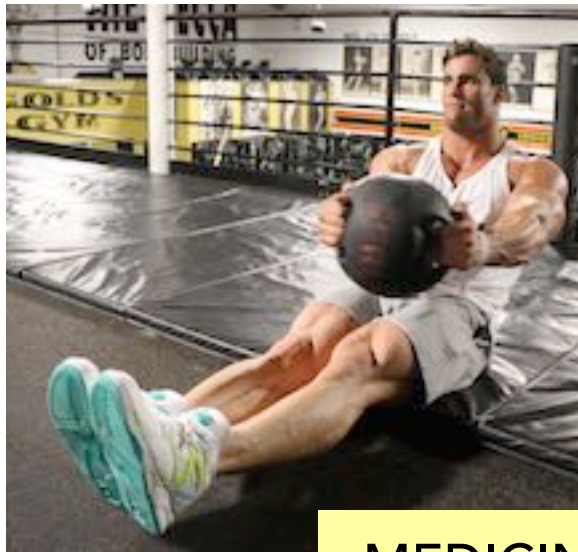


UPRIGHT LEG RAISES

## ABS



FIT BALL SIT UP



MEDICINE BALL TWISTS