THE PR MACHINE

WELCOME TO THE PR MACHINE!

Within this PDF there will be strategies and techniques that have prepared weight lifters for maximal output during the Bench, Squat, and Deadlift.

So if you are seeking strength-specific results for your compound movements, we do suggest learning this system and testing your one-rep maximum (under your own discretion).

Upon testing this one rep max (1RM), you will enable our Hyperpower ONLY bonus called The Calculated Strength Method (for Phase II only).

The Calculated Strength Method is an undulating system that provides a scientific approach to your strength & power progression. Using our unique % based approach in addition to The Daily Power and Hyperpower System is a game-changer.

ENJOY!

BEFORE YOU TEST THE 1RM
(REP MAX):

TECHNIQUE

- Technique plays a crucial role in the strength, power, and muscle building process. The leverages you create empower strength output.

- Technique helps to prevent injury in and OUT of the gym. If you want to continue to get stronger/increase your 1RM you need to be consistent with your training. Bad technique —> Increase Rate of Injury —> Less Time Working Out —> Little to no Strength, Power, and Muscle Building Gains

- When you get started with the Hyperpower System, you will gain access to the demonstrative videos of each superset and exercise within each day, week, and month of training.

NUTRITION & CALORIC INTAKE

- As discussed in The Big 3 Nutrition Series - to achieve optimal strength output, it is important to consume the correct amount of calories and micronutrients.

- It is recommended to be in a large surplus (closer to 500 calories/day) if you want to gain weight and solely focus on increasing the strength of your compound movements.

- It is recommended to be in caloric maintenance or small surplus (closer to 250 calories/day) if you want to stay aesthetic, while also building strength & power.

SLEEP

- One of the most important tools to increasing strength is taking proper care of the Central Nervous System. The CNS fires out signals to the muscles for maximal strength output. When the CNS doesn't recover, output is reduced. Reduced output means reduced cross-bridge recruitment. The point is… get your sleep and REST!

- It is suggested to sleep 7-8 hours a night for the CNS to fully recover.

TRAINING INTENSITY

- Increase and decrease intensity consistently (follow the Daily Power & Hyperpower System)

- Do not give up when the training gets hard. This is where strength & power progression is earned.

- To increase your 1RM optimally - complete your training entirely. Do not skip out on sets, reps, or rest periods. Once you've developed the technique to train at peak intensity, you'll be unstoppable.

ONE REP MAX TESTING
(1RM)

** DO NOT PERFORM A MAXIMAL EXERTION EXERCISE WITHOUT A PROPER SPOT.*

CHOOSE THE SCENARIO THAT DESCRIBES YOUR SITUATION:

PROTOCOL "A":

I have to test my max again:

Since you already have an idea of what your old max is or have already tested it previously - go ahead and follow Protocol "A".

PROTOCOL "B":

I want to test my max again:

If you are new to training or haven't tested your max in a long time - go ahead and follow Protocol "B".

Protocol "A"

Squat, Bench Press, & Deadlift:

Step 1: Follow our lower body and upper body mobility warm up in the Daily Power

Step 2: Complete 7 repetitions at 50% of your previous 1RM., then rest 2 minutes

Step 3: Complete 5 repetitions at 70% of your previous 1RM., then rest 2 minutes and 30 seconds

Step 4: Complete 3 repetitions at 80% of your previous 1RM., then rest 3 – 5 minutes

Step 5: Complete 1 repetition at 90% of your previous 1RM., then rest 3 – 5 minutes

Step 6: Attempt 1 RM up to three different times, with 3 – 5 minute rest in between

- Ex:
  - **1st** Attempt - 300 lbs.
  - **2nd** Attempt - 310 lbs.
  - **3rd** Attempt 325 lbs.

Step 7: CONGRATULATIONS! You have your 1 RM and may begin the HyperPower Systems

Protocol "B"

Before implementing the Hyperpower bonus called The Calculated Strength Method (for Phase II only), test your 1RM below.

**Our Hyperpower System is designed for all fitness levels! If you are NEW to lifting, then follow Phase I of the Hyperpower System before testing your max. It is never suggested to test your 1RM if you don't have proper technique and experience.

Testing your compound Movements:

** Before testing the 1RM, it is recommended to rest for 3-4 days prior.
** It is suggested to test your maxes over a 3 day period.

Day 1 - Squat
Day 2 - Bench Press
Day 3 - Deadlift

BENCH PRESS

(Refer to The Big 3 Training System in The Daily Power for proper bench technique. Do not compromise your form to push more weight).

Step 1: Follow the upper body warm-up in The Daily Power.

Step 2: Start off with a weight that is VERY easy for you, complete 5-7 repetitions, then rest for 2 Minutes

Step 3: Add about 20-30 lbs. (or something that is a little heavier than the previous weight) and complete 3-5 repetitions, then rest for 2 Minutes & 30 Seconds

Step 4: Now you want the weight to be even heavier, not your max, but something you know you can do for 3 reps pretty moderately… complete 3 repetitions, then rest for 3 – 5 Minutes

Step 5: You are getting closer to your max, now place a moderate to heavy weight on the bar that you KNOW you can do for 3-5 repetitions and ONLY COMPLETE 1 REP. Rest 3-5 minutes.

Step 6: This is when you begin your 1RM testing. Add 10-20 lbs. to the bar and attempt 1 repetition. If it is extremely hard, that is most likely your max and you can use that number for The Calculated Strength Method bonus in the Hyperpower System. If it felt like there is a lot left in your tank - rest 5 minutes and move onto Step 7.

Step 7: Add 5-10 lbs. to the previous attempt and continue adding 5-10 lbs. until you have attempted 3 TOTAL max's
(do not continue past 3 maximal exertions).

Step 8: Congratulations on achieving your Bench Press 1 RM
(you may begin The HyperPower!

BACK SQUAT

(Refer to The Big 3 Training System in The Daily Power for proper Squat technique. Do not compromise your form to push more weight).

Step 1: Follow the lower body warm-up in The Daily Power.

Step 2: Start off with a weight that is VERY easy for you, complete 7 repetitions, then rest for 2 Minutes

Step 3: Add about 20-30 lbs. (or something that is a little heavier than the previous weight) and complete 5 repetitions, then rest for 2 Minutes & 30 Seconds

Step 4: Now you want the weight to be even heavier, not your max, but something you know you can do for 3 reps pretty moderately… complete 3 repetitions, then rest for 3 – 5 Minutes

Step 5: You are getting closer to your max, now place a moderate to heavy weight on the bar that you KNOW you can do for 3-5 repetitions and ONLY COMPLETE 1 REP. Rest 3-5 minutes.

Step 6: This is when you begin your 1RM testing. Add 10-20 lbs. to the bar and attempt 1 repetition. If it is extremely hard, that is most likely your max and you can use that number for The Calculated Strength Method bonus in the Hyperpower System. If it felt like there is a lot left in your tank - rest 5 minutes and move onto Step 7.
(Do not compromise your technique to squat more weight!)

Step 7: Add 5-10 lbs. to the previous attempt and continue adding 5-10 lbs. until you have attempted 3 TOTAL max's (do not continue past 3 maximal exertions).

Step 8: Congratulations on achieving your Back Squat 1 RM you may begin The Hyperpower System!

DEADLIFT

(Refer to The Big 3 Training System in The Daily Power for proper deadlift technique. Do not compromise your form to pull more weight).

Step 1: Follow the lower body warm-up in The Daily Power.

Step 2: Start off with a weight that is VERY easy for you, complete 4 repetitions, then rest for 2 Minutes

Step 3: Add about 30-50 lbs. (or something that is a little heavier than the previous weight) and complete 5 repetitions, then rest for 2 Minutes & 30 Seconds

Step 4: Now you want the weight to be even heavier, not your max, but something you know you can do for 3 reps pretty moderately… complete 3 repetitions, then rest for 4 – 5 Minutes

Step 5: You are getting closer to your max, now place a moderate to heavy weight on the bar that you KNOW you can do for 3-5 repetitions and ONLY COMPLETE 1 REP. Rest 3-5 minutes.

Step 6: This is when you begin your 1RM testing. Add 10-20 lbs. to the bar and attempt 1 repetition. If it is extremely hard, that is most likely your max and you can use that number for The Calculated Strength Method bonus in the Hyperpower System. If it felt like there is a lot left in your tank - rest 5 minutes and move onto Step 7.
(Do not compromise your technique to pull more weight!)

Step 7: Add 5-10 lbs. to the previous attempt and continue adding 5-10 lbs. until you have attempted 3 TOTAL max's
(do not continue past 3 maximal exertions).

Step 8: Congratulations on achieving your Deadlift 1 RM, you may begin The Hyperpower System!