



**THIBARMY**

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**BALLISTIC MANAGEMENT**

# **PURE MUSCLE MASS BLUEPRINT**

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## RPE CHART

RATE OF PERCEIVED EFFORT IN LIFTING ACTIVITIES		
10	Maximal effort	Couldn't do anything more
9.5	Almost limit effort	Couldn't have done more reps, but maybe could have done a bit more weight
9	Extremely hard	Could do 1 more rep
8.5	Very hard	Could do 1 more rep, maybe 2
8	Hard	Could do 2 more reps
7.5	Fairly hard	Could do 2 more reps for sure, maybe 3
7	Somewhat demanding	Could do 3 more reps
6	Comfortable	Could do 4-6 more reps
4	Very easy	Warm-up

# PHASE 1

## Day 1 - Chest / Delts / Triceps

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Light incline DB press	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Pec deck machine	2-2-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Multi grip Barbell bench press	3-0-1	1	6+max +max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min
D	Seated DB shoulder press	4-0-1	3	8	3	10	3	12	3	8	2 min
E	Incline seated DB lateral raise	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Triceps dips	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min
G	Rope triceps pushdown	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Stretch for 2 secc and peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a close grip, after 6 reps, switch to a medium grip for max rep, then switch to as wide grip for another max rep set.  
Try to increase the number of total rep each week

D - Increase the number of rep each week with the same weight

E - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

F - Use a more upright position to put emphasis more on triceps than chest.

## Day 2 - Lower Body - Quads emphasis

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Leg press	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Leg extension	2-2-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Front/back squat	3-0-1	1	6+max	2	6+max	3	6+max+max	1	6+max+max	2-3 min
D	Romanian deadlift	4-0-1	3	8	3	10	3	12	3	8	2 min
E	Leg curl	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Standing calf raise	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Stretch for 2 secc and peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a front squat stance, after 6 reps, switch to a back squat stance

D - Increase the number of rep each week with the same weight

E - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

F - Lower the weight in 5 seconds, do 2 rest-pause sets after you have completed 6 reps.

### Day 3 - Back [lats emphasis] / Rear Delts / Biceps

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Lat-pulldown wide pronated grip	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Straight-arm pulldown	2-2-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Multi grip pull/chin up	3-0-1	1	6+max	2	6+max	3	6+max+max	1	6+max+max	2-3 min
D	Chest-supported T-bar row	4-0-1	3	8	3	10	3	12	3	8	2 min
E	Reverse pec deck	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Preacher curl	5-0-1	3	8	3	8+max	3	8+max+max	3	8	2 min
G	Seated DB hammer curl	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Stretch for 2 secc and peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a pronated grip pull-up, after 6 reps, switch into a supinated grip chin-up, when you can't do no more reps, switch into a neutral grip pull-up. You can take 10-15 sec rest between switches

D - Increase the number of rep each week with the same weight

E - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep sets on week 3

F - Lower the weight in 5 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

G - Lower the weight in 5 seconds, do 2 rest-pause sets after you have completed 6 reps.

## Day 4 - Delts / Chest / Triceps

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	High incline DB press	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Seated front raise	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Multi grip military press	3-0-1	1	6+max +max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min
D	Dips	4-0-1	3	8	3	10	3	12	3	8	2 min
E	DB Floor flies	2-2-1-0	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Lying DB triceps extension	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min
G	Cable overhead triceps extension	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a close grip, after 6 reps, switch to a medium grip for max rep, then switch to as wide grip for another max rep set.  
Try to increase the number of total rep each week

D - Increase the number of rep each week with the same weight

E - Keep the stretch for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

F - Lower the weight in 5 seconds. Add 2 rest-pause max reps sets on each set

G - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

## Day 5 - Lower Body - Hamstring emphasis

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Romanian deadlift	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Lying leg curl	2-2-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Glute ham raise/back extension	3-0-1	1	6+max	2	6+max	3	6+max	1	6+max	2-3 min
D	Hack squat	4-0-1	3	8	3	10	3	12	3	8	2 min
E	Leg extension	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Seated calf raise	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Stretch for 2 secc and peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a front squat stance, after 6 reps, switch to a back squat stance

D - Increase the number of rep each week with the same weight

E - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

F - Lower the weight in 5 seconds, do 2 rest-pause sets after you have completed 6 reps.



## Day 6 - Back [upper back emphasis] / Rear Delts / Biceps

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Wide pronated grip seated row	4-0-1	4	12/10/8/12+	4	10/8/6/10+	4	8/6/4/8+	3	12	2-3 min
B	Face pull	2-2-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
C	Upright row / hang pull	3-0-1	1	6+max	2	6+max	3	6+max+max	1	6+max+max	2-3 min
D	DB shrug	2-0-1-2	3	8	3	10	3	12	3	8	2 min
E	Bent over DB lateral raise	2-0-1-2	3	8	3	8+max	3	8+max+max	3	8	2 min
F	Barbell drag curl	5-0-1	3	8	3	8+max	3	8+max+max	3	8	2 min
G	Ez bar reverse curl	5-0-1	1	6+max+max	2	6+max+max	3	6+max+max	1	6+max+max	2-3 min

A - Increase weight on each set (pyramidal set) and back off on the last set to do one max rep set

B - Stretch for 2 secc and peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

C - Start with a standard upright row, after 6 reps, switch for a hang pull with an explosive concentric

D - Increase the number of rep each week with the same weight

E - Peak contraction for 2 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep sets on week 3

F - Lower the weight in 5 sec. Add one rest-pause max rep set on week 2, and 2 rest-pause max rep set on week 3

G - Lower the weight in 5 seconds, do 2 rest-pause sets after you have completed 6 reps.

## PHASE 2

## Day 1 - Chest & Back

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Barbell bench press	4-0-1	6	10/8/6/10/8/6	6	9/7/5/9/7/5	6	8/6/4/8/6/4	6	7/5/3/7/5/3	2 min
A2	Pronated grip seated row	2-0-1-2	6	12	6	10	6	8	6	6	2 min
B1	Incline DB bench press	5-0-1	3	12	4	10	3	8	4	6	1 min
B2	Neutral grip lat-pulldown	2-0-1-2	3	12	4	10	3	8	4	6	1 min
C1	Bodyweight Dips	5-0-1	2	max	2	max	3	max	3	max	2 min
C2	Fat-man pull up	2-0-1-2	2	max	2	max	3	max	3	max	2 min

A1 - Wave loading scheme: increase weight on the first 3 sets, then back off about 5-10 pounds heavier than your first sets and follow the same increase weight pattern for the last 3 sets

A2 - Peak for 2 sec on each reps, increase weight each week

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Eccentric in 5 sec, try to increase the number of reps each week with your own bodyweight

C2 - Peak contraction for 2 sec on each reps, try to increase the number of reps each week with your own bodyweight

## Day 2 - Lower body

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Front squat	4-0-1	6	10/8/6/10/8/6	6	9/7/5/9/7/5	6	8/6/4/8/6/4	6	7/5/3/7/5/3	2 min
A2	Leg curl	2-0-1-2	6	12	6	10	6	8	6	6	2 min
B1	Split squat	5-0-1	3	12	4	10	3	8	4	6	1 min
B2	Single leg curl	2-0-1-2	3	12	4	10	3	8	4	6	1 min
C1	Leg extension	5-0-1	2	15	2	12	3	12	3	10	1 min
C2	DB romanian deadlift	5-0-1	2	15	2	12	3	12	3	10	2 min

A1 - Wave loading scheme: increase weight on the first 3 sets, then back off about 5-10 pounds heavier than your first sets and follow the same increase weight pattern for the last 3 sets

A2 - Peak for 2 sec on each reps, increase weight each week

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Eccentric in 5 sec, increase weight each week

C2 - Eccentric in 5 sec, increase weight each week

### Day 3 - Delts & Arms

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Military press	4-0-1	6	10/8/6/10/8/6	6	9/7/5/9/7/5	6	8/6/4/8/6/4	6	7/5/3/7/5/3	2 min
A2	Standing barbell curl	4-0-1	6	10/8/6/10/8/6	6	9/7/5/9/7/5	6	8/6/4/8/6/4	6	7/5/3/7/5/3	2 min
B1	DB Scott press	5-0-1	3	12	4	10	3	8	4	6	1 min
B2	Incline DB curl	5-0-1	3	12	4	10	3	8	4	6	1 min
C1	Bent over DB lateral raise	2-0-1-2	2	15	2	12	3	12	3	10	1 min
C2	Upright dips	5-0-1	2	max	2	max	3	max	3	max	2 min

A1 - Wave loading scheme: increase weight on the first 3 sets, then back off about 5-10 pounds heavier than your first sets and follow the same increase weight pattern for the last 3 sets

A2 - Wave loading scheme: increase weight on the first 3 sets, then back off about 5-10 pounds heavier than your first sets and follow the same increase weight pattern for the last 3 sets

B1 - Eccentric in 5 sec, increase weight each week

B2 - Eccentric in 5 sec, increase weight each week

C1 - Peak contraction for 2 sec, try to increase the number of reps each week with your own bodyweight

C2 - Eccentric in 5 sec, try to increase the number of reps each week with your own bodyweight

## Day 4 - Chest & Back

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Decline DB press	4-0-1	3	8	3	10	4	10	4	12	1 min
A2	Face pull	2-0-1-2	3	8	3	10	4	10	4	12	2 min
B1	DB floor flies	3-1-1-0	3	8	3	10	4	10	4	12	1 min
B2	DB shrug	2-0-1-2	3	8	3	10	4	10	4	12	2 min
C1	Push-up	3-0-3	3	max	3	max	4	max	4	max	1 min
C2	Cable shrug	5-0-1	3	8	3	10	4	10	4	12	2 min

A1 - Keep the same weight week after week, but increase the reps

A2 - Keep the same weight week after week, but increase the reps

B1 - Keep the same weight week after week, but increase the reps

B2 - Keep the same weight week after week, but increase the reps

C1 - Increase reps every week with your own bodyweight

C2 - Keep the same weight week after week, but increase the reps

## Day 5 - Lower body

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Leg press narrow stance	4-0-1	3	8	3	10	4	10	4	12	1 min
A2	Glute ham raise	4-0-1	3	8	3	10	4	10	4	12	2 min
B1	Goblet squat	4-0-1	3	8	3	10	4	10	4	12	1 min
B2	Seated leg curl	2-0-1-2	3	8	3	10	4	10	4	12	2 min
C1	Bulgarian split squat	4-0-1	3	8	3	10	4	10	4	12	1 min
C2	Single leg back extension	2-0-1-2	3	8	3	10	4	10	4	12	2 min

A1 - Keep the same weight week after week, but increase the reps  
 A2 - Keep the same weight week after week, but increase the reps  
 B1 - Keep the same weight week after week, but increase the reps

B2 - Keep the same weight week after week, but increase the reps  
 C1 - Keep the same weight week after week, but increase the reps  
 C2 - Keep the same weight week after week, but increase the reps

## Day 6 - Delts & Arms

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Close grip bench press	4-0-1	3	8	3	10	4	10	4	12	1 min
A2	Ez bar preacher curl	4-0-1	3	8	3	10	4	10	4	12	2 min
B1	Cable triceps extension	4-0-1	3	8	3	10	4	10	4	12	1 min
B2	DB hammer curl	4-0-1	3	8	3	10	4	10	4	12	2 min
C1	Seated Db shoudler press	4-0-1	3	8	3	10	4	10	4	12	1 min
C2	DB lateral raise	4-0-1	3	8	3	10	4	10	4	12	2 min

A1 - Keep the same weight week after week, but increase the reps  
 A2 - Keep the same weight week after week, but increase the reps  
 B1 - Keep the same weight week after week, but increase the reps

B2 - Keep the same weight week after week, but increase the reps  
 C1 - Keep the same weight week after week, but increase the reps  
 C2 - Keep the same weight week after week, but increase the reps

# PHASE 3



## Day 1 - Upper body

	Exercise	Tempo	Week 1		Week 2		Week 3		Week 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Barbell bench press	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	2 min
A2	Pendlay row	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	2 min
B1	Single arm DB overhead press	5-0-1	4	6	4	8	4	10	4	12	90 sec
B2	Single arm lat-pulldown	2-0-1-2	4	6	4	8	4	10	4	12	90 sec
C1	Triceps mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	75 sec
C2	Biceps mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	75 sec

### Week 1 details

A1 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM

A2 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press

C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

### Week 2 details

A1 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%

A2 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press

C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

### Week 3 details

A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure

A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press

C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

### Week 4 details

A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure

A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure

B1 - Eccentric in 5 sec, increase weight each week

B2 - Peak contraction for 2 sec on each reps, increase weight each week

C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press

C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

## Day 2 - Lower body

	Exercise	Tempo	Week 1		Week 2		Week 3		Week 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Front squat	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	3 min
A2	Lying leg curl	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	3 min
B1	Split squat	5-0-1	4	6	4	8	4	10	4	12	90 sec
B2	Single leg curl	2-0-1-2	4	6	4	8	4	10	4	12	90 sec
C1	Leg press mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	90 sec
C2	Seated calves mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	90 sec

### **Week 1 details**

- A1 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- A2 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Leg press mechanical drop set: Narrow, feet low, on your toes / mid stance, feet in middle, feet flat / wide, feet high, toes curled up
- C2 - Seated calves mechanical drop set: Feet turned in / Feet turned out / Feet neural (15 sec between positions)

### **Week 2 details**

- A1 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- A2 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press
- C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

### **Week 3 details**

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press
- C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

### **Week 4 details**

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Triceps mechanical drop sets: EZ bar wide grip lying triceps ext / EZ bar narrow grip ext. / EZ bar close-grip press
- C2 - Biceps mechanical drop sets: Wide grip spider curl / narrow grip spider curl / standing narrow grip curl

## Day 3 - Upper body

	Exercise	Tempo	Week 1		Week 2		Week 3		Week 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Seated shoulder press from pins	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	2 min
A2	Supinated lat-pulldown	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	2 min
B1	Single arm floor press	5-0-1	4	6	4	8	4	10	4	12	90 sec
B2	Single arm seated row	2-0-1-2	4	6	4	8	4	10	4	12	90 sec
C1	Press mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	75 sec
C2	Pull mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	75 sec

### Week 1 details

- A1 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- A2 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Press mechanical drop sets: Strict DB press / Incline DB press / DB push press
- C2 - Pull mechanical drop sets: Low pulley rope face pull / low pulley kirk shrugs / low pulley shrugs

### Week 2 details

- A1 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- A2 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Press mechanical drop sets: Strict DB press / Incline DB press / DB push press
- C2 - Pull mechanical drop sets: Low pulley rope face pull / low pulley kirk shrugs / low pulley shrugs

### Week 3 details

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Press mechanical drop sets: Strict DB press / Incline DB press / DB push press
- C2 - Pull mechanical drop sets: Low pulley rope face pull / low pulley kirk shrugs / low pulley shrugs

### Week 4 details

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - Press mechanical drop sets: Strict DB press / Incline DB press / DB push press
- C2 - Pull mechanical drop sets: Low pulley rope face pull / low pulley kirk shrugs / low pulley shrugs

## Day 4 - Whole body

	Exercise	Tempo	Week 1		Week 2		Week 3		Week 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Romanian deadlift	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	3 min
A2	Pec deck	3-0-1	3	HDL+	3	HDL	3	6+max	3	6+max+max	3 min
B1	Single leg back extension	5-0-1	4	6	4	8	4	10	4	12	90 sec
B2	Single arm crossover	2-0-1-2	4	6	4	8	4	10	4	12	90 sec
C1	KB mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	90 sec
C2	Crossover mechanical drop set	3-0-1	2	6+max+max	2	6+max+max	2	6+max+max	2	6+max+max	90 sec

### **Week 1 details**

- A1 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- A2 - HDL+: Hold mid range 5 sec/do 5 reps/Hold mid range 4 sec/do 4 reps/Hold mid range 3 sec/Do 3 reps/Hold mid range 2 sec/Do 2 sec/Hold mid 1 sec/do 1 rep - Use 40-50% of 1RM
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - KB mechanical drop set: KB swing / KB lunges (alternate legs) / KB RDL
- C2 - Crossover mechanical drop set: Low cable / Hi cable / presses

### **Week 2 details**

- A1 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- A2 - HDL: Do 5 reps/rest 10 sec/4 reps/rest 10 sec/3 reps/rest 10 sec/2 reps/rest 10 sec/1 reps - rack the bar during rest - use around 70%
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - KB mechanical drop set: KB swing / KB lunges (alternate legs) / KB RDL
- C2 - Crossover mechanical drop set: Low cable / Hi cable / presses

### **Week 3 details**

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - KB mechanical drop set: KB swing / KB lunges (alternate legs) / KB RDL
- C2 - Crossover mechanical drop set: Low cable / Hi cable / presses

### **Week 4 details**

- A1 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- A2 - Rest-pause: 6 reps / rest 15 sec / max reps to failure / rest 15-20 sec / max reps to failure
- B1 - Eccentric in 5 sec, increase weight each week
- B2 - Peak contraction for 2 sec on each reps, increase weight each week
- C1 - KB mechanical drop set: KB swing / KB lunges (alternate legs) / KB RDL
- C2 - Crossover mechanical drop set: Low cable / Hi cable / presses