



CHRIS ELKINS / CHRISTOPHER BARAKAT

MAX- HYPE

MAXIMUM EXTREME HYPERTROPHY PROGRAM
FOR INTERMEDIATE/ADVANCED LIFTERS

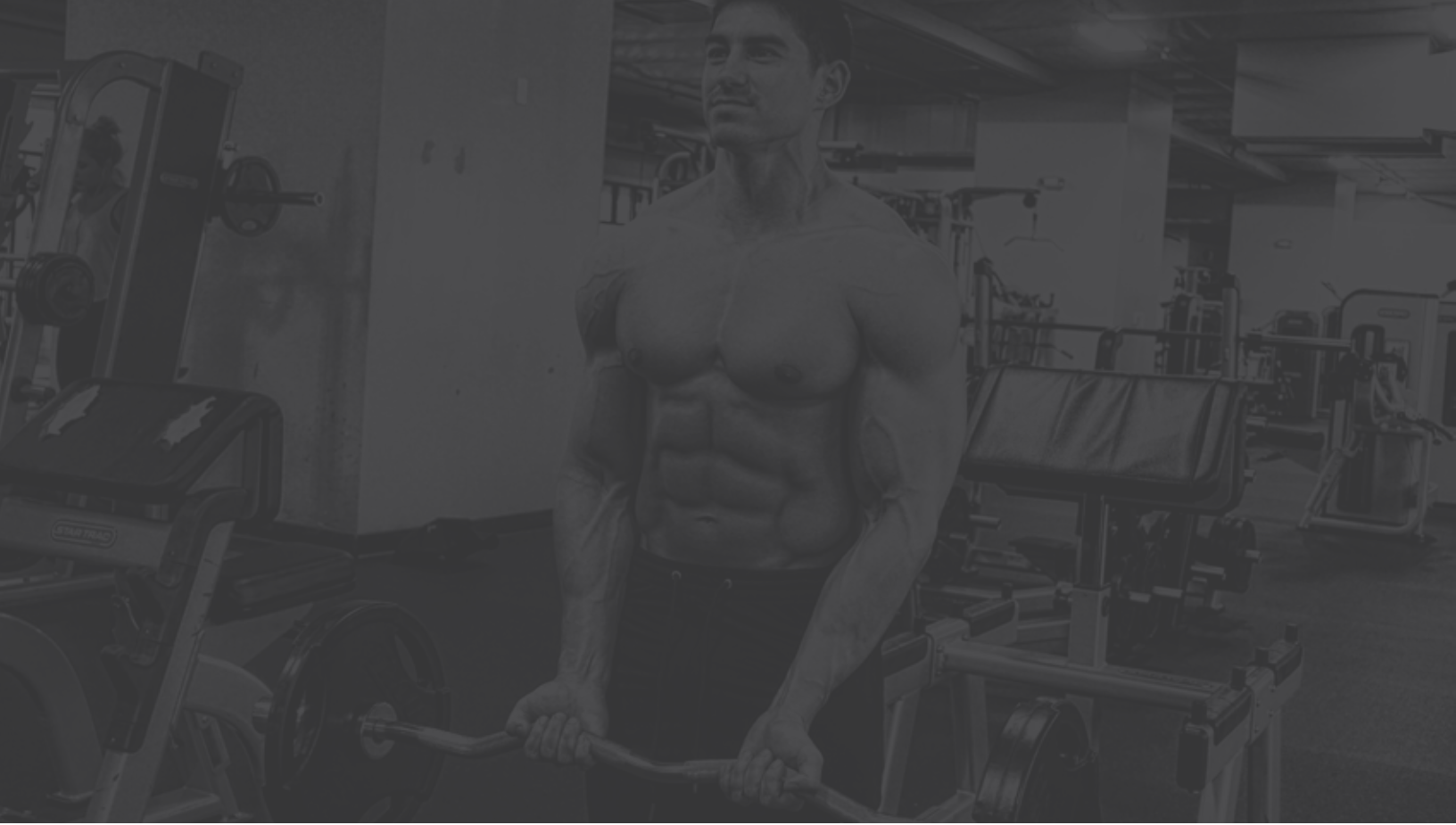


MAX-HYPE

TRAINING PROGRAM

**MAXIMUM EXTREME HYPERTROPHY PROGRAM
FOR INTERMEDIATE/ADVANCED LIFTERS**

WRITTEN BY
CHRIS ELKINS
CHRISTOPHER BARAKAT



FOREWORD

Congratulations on the purchase. If you're ready for the best pumps, unexpected strength gains and maximum size gains then you've made the right choice!

I am extremely pleased to finally present Max-Hype - Maximum Extreme Hypertrophy Training Program along with the following e-book and video tutorial to you. I have personally been using this program since November 2016 and have loved and been challenged by every training session. It's the only program that I have ever implemented where I am constantly experiencing muscle soreness each week and even one year later. The program is set up so you are always pushing past your limits.

I have been a fan of high volume training since I first started lifting consistently. I love the feeling of the pump and looking and feeling massive in the gym. I love finishing a leg day and stumbling out of the gym. However, at times I would hold back because I know the importance of making progress and alternating rep ranges to avoid hitting a plateau. I linked up with Christopher Barakat during my offseason after my first WNB Pro show. I respected his approach and credentials and took it as an opportunity to expand my horizons and increase both knowledge and experience. At the time, I had no idea how much we would learn from each other, and what we could accomplish together.

He wrote up a high volume, high frequency and high intensity program specifically for me with special attention to an existing hip injury. An MRI confirmed a tear in my iliopsoas so Chris tailored my program without squats, but with maximum gains! I enjoyed the program and noticed how much progress I was making in such a short amount of time.

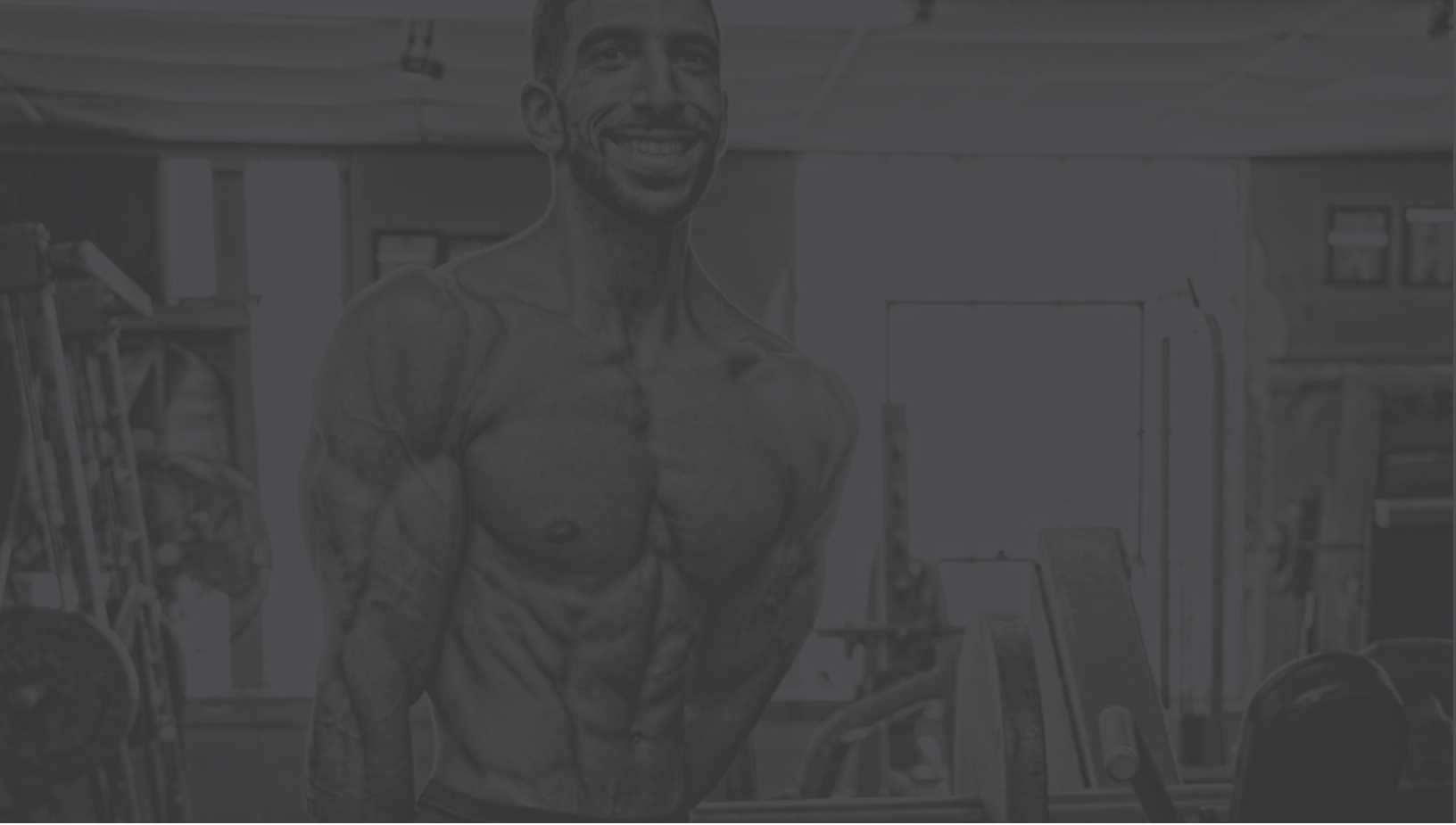
My training partners; Matt Ogus, Ishak, and Gusttavo also loved the program. We all provided feedback and continued to improve the program. I convinced Chris that we had to make this program available to the world, or at least those that have been training for 2+ years and want to look like pro bodybuilders. We initially released it to just a handful of Alpha Testers and the feedback was nothing short of incredible. We expanded the Alpha Testing to a little over 225 trainees. We monitored their progress and answered questions in a private Facebook group that you are all invited to with this purchase. I am looking forward to seeing you there and hearing your feedback. I can guarantee that if you embrace the intensity techniques and safely push yourself through mental fatigue to muscle failure – your body will have no choice but to make adaptations (also known as gains!). I see myself running the MaX-Hype Training Program for years. I'll continue to

make adjustments based on preferences and weak points and the next time I hit the stage I will bring my absolute best with a much improved physique, thanks to MaX-Hype!

Chris Elkins

WNBF Pro Natural Bodybuilder

Cutting Edge Physiques



INTRODUCTION

Welcome and thank you for joining us in our pursuit of making bodybuilding great again!

Over the past 5 years, there has been a tremendous amount of information shared over the internet in the fitness industry; some claiming to truly understand the scientific evidence at our disposal, others providing you with nothing but a cookie cutter plan. There has been some positive changes due to quality information that has reached the masses, but there have also been a number of self-proclaimed experts claiming they know exactly what works, what doesn't and that their methods are the best.

What I have done over the past 5 years was educated myself in a formal fashion. Not only have I read through the scientific literature, analyzed it,

critiqued it, but I've also been fortunate enough to conduct research studies in a Human Performance Laboratory and present on various topics in the field of exercise science. I initially studied Athletic Training and earned my Bachelor of Science degree, then later completed my Master's in Exercise and Nutritional Sciences.

I currently teach various exercise and nutritional science courses at the University of Tampa and continue to conduct various experiments in our lab, studying how to maximize muscle growth! Over the course of this time, I've worked with hundreds of individuals on a one-on-one level, where I've been able to apply my knowledge and gain real-world experience. I've been able to witness that different people respond differently to various stimuli, and with this, I've been able to create this program that utilizes a variety of resistance training techniques to provide an intense stimulus to your body and force it to adapt and grow!

It is well understood that the longer you've been training, the harder it is to continue to grow and that our rate of progress generally slows down. Because of this, it is important to provide novel stimuli to your body and push it to an intensity it hasn't experienced in the past. If you continue to follow the same training routine over and over, chances are you're going to look the same.

With this program, Chris Elkins and I look forward to breaking past your bodies plateau, and inducing a growth stimulus so you can accumulate the gains you've been looking for.

Thanks again for joining us,

Christopher Barakat, MS, ATC, CISSN

Human Performance Scientist

Adjunct Professor

MSc- Exercise and Nutritional Science

BSc- Athletic Training

Certified Sports Nutritionist – International Society of Sports Nutrition

Owner of Competitive Breed, LLC. – Physique Coaching



WHAT CAUSES YOUR MUSCLES TO GROW? HOW CAN WE INDUCE THAT GROWTH STIMULUS?

Hypertrophy, or skeletal muscle growth, is a very complex, physiological process that is initiated through a training stimulus. Various training stimuli can induce a growth response but many trainees don't take advantage of all of the different mechanisms of hypertrophy. They often train in one particular style and only provide their body with one form of stimulus. In this program, we will utilize various exercise techniques and train through a large range of intensity to ensure we are providing our body with multiple growth stimuli.

The primary mechanism for muscle growth that we as scientist understand best is mechanical tension. Mechanical tension is why we use weights (an external load) as our tool to build muscle. The tension we create within our muscle during weight training leads to a cascade of physiological growth factors within our bodies. However, over time your body will adapt to a certain amount of tension. That's why over time, you need to increase the loads you are lifting to create more mechanical tension on your muscle. Your body builds more muscle, as a defense mechanism, in order to be able to handle that load/weight that is providing that mechanical tension. This is the exact adaptation we are seeking.

Since mechanical tension is a primary driver for muscle growth, progressive tension overload is a crucial component and needs to be a variable you track over time. This means that you're slowly increasing your training volume over time. Therefore, you are increasing how much weight you're able to lift and how many reps you're able to perform with a particular amount of weight. So as you run this training program, be sure to track how much weight you're using for each exercise, and over time you want to either increase your repetitions with the same weight, or be able to use more weight while maintaining consistent form.

As an intermediate to advanced trainee, you should recall that when you first started training, your strength increased at a much faster rate compared to now, and even your rate of muscle gain was much faster when you first started. The strength gains are primarily due to a lot of neurological adaptations that occur. Your body becomes more efficient at recruiting motor units and firing your muscles. You also start to learn the movement patterns and become more skilled with each lift. In regards to size, your body grows at a fast rate initially because weight training is such a novel stimulus that your body is forced to adapt. In this program, we will implement intensity

techniques that induce greater muscle damage and force it to adapt, similar to how it was forced to grow when you first started weight training.

Two other mechanisms of hypertrophy that are often neglected are metabolic stress and cell swelling (aka “the pump”). These mechanisms are maximized through varying training techniques that really push the envelope of “strength-endurance”, drives a lot of blood into the muscle tissue, and leads to an accumulation of various metabolites. These training techniques typically require greater time-under-tension, so rather than focusing on very heavy loads, it is important to select weights you can perform for a higher repetition range, while maintaining perfect form to keep mechanical tension as high as possible. Metabolic stress and cell swelling seems to induce hypertrophy by creating a “life or death” environment within the muscle cell. This accumulation of lactic acid and the acute cell swelling response forces your muscle to adapt and grow. (It is normal in this program to feel sore even after running it for over 6-8 weeks).

In this program, we ensure a great deal of metabolic stress and cell swelling by including numerous supersets, drop sets, high repetition work, and novel intensity techniques such as blood flow restriction and intraset stretching. If you’re not used to these training techniques, you’re going to be pushed to your limit and your body will reap the benefits!

Another crucial component to this hypertrophy program is a plethora of exercise variation. The more advanced we become the better our bodies adapt to dealing with the stress we place upon it (i.e tension while lifting). MaX-Hype utilizes an array of exercises that overloads each muscle at different portions of its given range of motion. So although certain exercises may be able to train a muscle throughout its entire range, no exercise can overload the muscle at its fully shortened position, fully lengthened/

stretched position and in the mid-range. Because of this, if your goal is to maximize muscular development, you need to include exercises that overload and stress your musculature throughout its entire active range.

The large scale of exercise variation can also provide psychological benefit. Enjoying your training protocol is a huge component to your long term success and progress. If you're not excited to train, don't prepare yourself mentally, and feel like your training program is stale, this is going to negatively impact your intensity and effort in the gym. Over time, people find themselves just "going through the motions" when they train. This is the last thing we want on MaX-Hype! We want you to be fired up and ready to dominate your training session. The program is extremely challenging and the high training frequency will take a toll on your body. That's why it's important to prioritize your nutrition and other variables such as sleep to optimize your recovery.

The MaX-Hype Training program is designed for intermediate to advanced lifters. Not only are we going to train each body part 2-3x per week, we are going to hit each muscle with high-volume and effort each session. Studies have shown that the more training experience (years) we acquire, the less sensitive we become to grow. In untrained subjects, muscle protein synthesis (MPS) is elevated for 72 hours, however, in well-trained athletes like you and I, MPS is elevated for a much shorter period of time (8-24 hours!). That's another reason why the more advanced we become, the more frequently we need to train each body part in order to stimulate a growth response. Moreover, as this window of opportunity to maximize MPS becomes smaller for us advanced trainees, it makes variables like post workout nutrition a much greater priority compared to a beginner.



EXPLANATION OF EACH TRAINING DAY AND EXERCISE/MOVEMENT

WEEK 1

DAY 1: UPPER

CHEST PRESS MOVEMENT OF CHOICE

We start off with a chest press movement of your choice to ensure we develop strength with our horizontal pushing movements. Getting stronger on this exercise is going to carry over to strength in all other push exercises. We periodize and undulate your rep scheme on a weekly basis to reduce the chance of hitting a plateau. Getting stronger with this staple movement will allow you to use heavier loads and create more mechanical tension

when performing your other exercises in higher rep ranges as well. Gaining strength over time will allow you to accumulate more training volume, a crucial component to gaining size.

CHEST SUPPORTED ROW

Utilizing a chest supported/machine row is going to minimize strain on our low back, keep us fresh for the following day's lower body session, and most importantly, gives us the opportunity to minimize momentum and properly activate our back musculature with sound execution. There are many different ways in which you can perform the horizontal row depending on what muscles you aim to stimulate the most. This is going to vary on your individual goal of this exercise, your intent when performing it and how you execute it. If you want this exercise to primarily overload the muscle of your "upper back" (rhomboids, mid/low trap, teres, and rear delts) you want to make sure you're retracting your shoulder blades, have your elbows flaring out a bit, and your shoulder closer to 90 degrees. If your goal is to primarily train the lats, your execution will be totally different. In that cause, you should initiate the movement by dropping your shoulder blades down (depressing your scapula) and row with the intent to scrape your elbows across the floor as you row back. The machine you use, hand position, and plane in which you pull are going to alter which muscles are doing most of the work.

Note: See videos explaining different variations

LAT PULL-DOWNS OR PULL-UPS SUPERSETTED WITH OVERHEAD PRESS OF CHOICE

This superset of your antagonistic muscle groups is a great way to train your vertical pull and vertical pressing movements in a more time efficient manner. When performing the pull-up or pull-down variation, your posterior

musculature such as your lats, low/mid traps, teres major/minor and rear delts will be primary movers. The opposite is true for the overhead press movement. In this case, the front/lateral deltoid, upper traps, clavicular fiber of your pectoralis and triceps will be responsible for moving the load. Since this is a reciprocal movement, you're not going to pre-exhaust and fatigue those muscle groups for the exercises they're responsible for performing. This superset will get the blood flowing and your muscles pumped. Each week, you'll alter the intensity of the loads and over time you'll make progress on both of these exercises and see it translate visibly into your physique.

DIPS SUPERSETTED WITH UPRIGHT ROWS

At this stage of the workout, your upper body should be pumped up and your ability to move through a greater range of motion should be enhanced. After completing both horizontal and vertical pushes/pull, it's time to execute the final two compound exercises of the workout. Dips can be performed in various ways depending on which muscle you want to emphasize the most. Regardless of how you perform it, you want to make sure you're going as "deep" as you can without causing shoulder discomfort. For those of you experience shoulder pain with dips you can try the following options: decrease your range of motion on this exercise, use an assisted dip machine to reduce your load, or try a dip machine variation.

The Dip and Upright Rows are essentially opposite movements of one another.

The Upright row is a great movement to target the lateral deltoids, and all three muscles of your trapezius. If utilizing a cambered bar or cable apparatus here, be sure to perform the upright row with the bar path resembling more of an arc motion rather than straight up and down. Attempt to row close to your forehead here and use a load that you can control during

both the concentric and eccentric portion of the lift. This will reduce your risk of injury.

LATERAL RAISES, SKULL CRUSHERS, BICEP CURLS

After hitting various compound movements and training your upper body musculature from all angles, it's time to get into our isolation exercises and empty out the gas tank! Lateral raises can be performed with dumbbells, kettlebells, cable machine or even resistance bands. Whichever you choose, be sure to stick to it for 6 weeks before switching your variation to ensure you can make progress with that specific variation. To maximize lateral deltoid activation and minimize trap involvement, make sure you use an appropriate load. Your lateral deltoid is the primary mover when you're abducting your arm from 30-70 degrees. You don't need to perform these raises by getting your arm as high as possible. One cue that may help you isolate your lateral deltoid a bit more is to picture yourself spreading your arms apart as you're abducting your shoulder joint. Picture yourself trying to "reach" as far out to the sides as you can. When performed properly, your lateral deltoids should have a pump and be fatigued by the end of this giant set.

After performing lateral raises, get right into a skull crusher variation (dumbbell, cambered bar, or machine). When performing your skull crushers, make sure you maintain your shoulder position throughout the whole movement. The only joint moving here should be your elbow and the only muscle working here should be your triceps. The skull crusher is a great exercise that overloads the tricep in its "mid-range" where it's strongest. Because of that, the skull crusher is typically an exercise you can overload well for a single joint exercise. Try not to "lock out" your elbow joint at the top of the movement. This will transfer the load/tension from your tricep muscle onto your elbow joint. Over time, this can cause some elbow

pathologies.

Immediately following your skull crushers, get right into biceps curls. Just like the other exercises, pick a variation and stick to it for at least two cycles of the program. Utilizing dumbbells for this giant set is a great way to optimize time and be as efficient as possible in the gym. You can go from one exercise to the next with minimal rest in between.

When performing biceps curls, you can choose to start in a neutral position and supinate as you concentrically contract/ curl the weight, OR you can just stay in a supinated position throughout the whole range of motion. If you stay supinated the entire time, your biceps will be engaged the entire rep. However, if you want to work both your bicep and brachioradialis muscle, you can opt to perform this by changing your forearm position throughout the rep (neutral to supination).

At this point, every muscle in your upper body has been directly trained, but this MaX-Hype Training Program pushes you farther than you've ever been pushed, so this workout isn't complete quite yet.

PEC-DECK FLIES SUPERSETTED WITH REAR DELT FLIES

These antagonist movements are going to get blood back into your chest and rear delts and make sure these muscles have been trained throughout their full range of motion.

When performing Pec-Deck Flies, be sure to get a really strong contraction in the fully shortened position when your elbows are closest to the midline of your body. The best part of a pec-deck is that tension is relatively equal throughout the entire movement, be sure to execute this movement with full

range of motion. Only your shoulder joint should be moving here. Depending on the machine and the individual, you may experience elbow discomfort if your arms are “locked out”. You can have a slight bend in the elbows here if that’s the case. After completing your set of Peck-Deck Flies, get right into your Rear Delt Flies.

When performing your Rear Delt Flies, you should try to “protract” your shoulder blades. Essentially this is rolling your shoulder blades forward. You don’t want your shoulder blades retracting during this movement because that will shift a lot of the tension onto the mid traps and rhomboids, but we are intending the rear delts to do most of the work here.

STRAIGHT ARM LAT PULL-DOWNS SUPERSETTED WITH FRONT RAISES

The final exercise of the day trains antagonist movements of shoulder extension (lats) and shoulder flexion (front delts). Using a cable column, you’ll be able to superset this exercise efficiently. You can use different variations of attachments here (i.e. straight bar, cambered bar, or rope attachment). One thing to note is that the rope does allow you to perform slightly greater range of motion when extending your shoulder for the straight arm lat pull-downs which can be advantageous.

When performing both of these movements, really focus on getting a hard contraction at the end of the range. Squeeze those muscles hard and use a load you can pause for one second at the bottom. As always, be sure to control the negative portion of the lift. Remember, your negatives are eccentric contractions, you should still feel your muscle working and controlling the load!



DAY 2: LOWER

LYING HAMSTRING CURLS

Before getting into a major compound movement like the squat, I like to program an isolation exercise like hamstring curls for a few reasons. This allows us to get our knee joint warmed up and our hip musculature activated and well prepared for a compound lift. More importantly, many trainees are heavily quad dominant and their hamstrings are lagging. Lying hamstring curls are a great exercise to train the hamstrings throughout a full range of motion while overloading the fully shortened portion when the muscle is fully contracted. The key to doing this is to drive your hips into the machine, and maintain an isometric contraction of your glutes while performing the movement. Your hips and low back should remain in a stable position while the only joint that moves is your knee joint via hamstring contractions.

Lastly, to further isolate the hamstrings, perform this exercise with your toes pointed down (ankles plantar flexed). This is going to inhibit your calf muscle from assisting with the knee flexion and place all tension on the hamstrings.

SQUATS

After those hamstring curls, your knees should be lubricated, warmed up, and you're more prepared to squat! Everyone's squat mechanics are going to vary based on their build and preferences. The length of your limbs (leg/torso ratio) is a big factor in determining whether you're not you'll be best suited to high bar squat, low bar squat, or feel most comfortable with a hybrid of the two. One thing I want to emphasize is to make sure your core is contracted throughout the entire squat. Be sure to control the load in both the concentric and eccentric phases of the lift as you ascend and descend, respectively.

Not everyone is going to be able to squat "ass-to-grass" nor should they. Squat within a range of motion that you feel most comfortable in and that you're in control of the load the entire repetition. One major limiting factor with squat ROM is ankle mobility. You can try elevating your heel with 2.5 or 5lbs plates and/or invest in a weightlifting shoe with an elevated heel.

I personally recommend that you break at your hips and knee joint simultaneously when squatting. However if you want these squats to be more quad dominant, you can intentionally break at the knee. If you want this squat to emphasize the posterior chain a bit more, break at the hips to place more stress on the glutes and hamstrings. Be sure to undulate your repetition goals on the squat in a weekly fashion as periodized in the program. This will minimize the risk of you hitting any strength plateaus!

DEADLIFTS

Deadlifts are another major compound movement that are going to be crucial for overall strength and hypertrophy! This exercise is another one that is going to vary from person to person based on their physical characteristics and preference. The Sumo Deadlift is going to put more emphasis on the adductors and quadriceps since there is typically more range of motion at the knee and the stance requires a much wider base with your hips externally rotated. The conventional deadlift typically requires a greater range of motion and will place more emphasis on the glutes and hamstrings compared to the sumo, while the quadriceps do less total work.

As advanced trainees, you should be comfortable deadlifting by this point and you should know which variation you are strongest with. If you're comfortable with both the sumo and the conventional variation, feel free to switch them up every 6 to 12 weeks.

When performing the deadlift, be sure to brace your core, keep a neutral spine and keep the bar as close to your body as possible by engaging the lats and musculature in your back. Be sure to pull the slack out of the bar before initiating the pull. If you're a hybrid athlete and sometimes focus on powerlifting for competitive reasons, I would "practice like you play". What I mean by that is to make sure you pause after each rep and lock out each rep as required for competition. If you're just training this movement for physique development purposes, feel free to perform this in a "touch-and-go" manner if you prefer.

If you don't have any competitive aspirations from a powerlifting standpoint, I highly recommend using a double-overhand grip with straps in order to keep the emphasis on your posterior chain. If you're a powerlifter, you may need to use an over-under grip, but understand that this does increase your risk of

injuring your biceps in your supinated arm. Moreover, this can lead to some muscular imbalances in the back/shoulder as one arm is internally rotated and the other is externally rotated.

GLUTE BRIDGE (UPPER BACK ELEVATED - HIP THRUST)

The Glute Bridge, AKA Hip Thrust is a phenomenal exercise that overloads your glutes in their shortened portion of the range. Unlike the squat where the tension is the greatest “in the hole” at the bottom of the movement when the glutes are stretched and lengthened, the glute bridge actually overloads the glutes throughout the entire range. Scientific studies have shown the glute bridge to be superior in regards to glute activity when compared to the squat.

This exercise is going to not only build you bigger and stronger glutes, there is going to be tremendous carry-over in your squat and deadlift strength. The way this exercise overloads hip extension is invaluable and needs to be a staple for those looking to improve their backside. Your hamstrings will also play a secondary role as will your quads.

In regards to foot position, this can vary a bit. I recommend placing your feet hip-width apart, but you can alter this every 6-12 weeks and perform them with your feet close together or with a wider base. Be sure to use an elevated box or bench. If the bench or box is too high, it can force you to use a range of motion too large and potentially be dangerous to your lower back. I recommend a 12 inch box if possible. Use a barbell foam pad or yoga mat to protect your hips/pelvis from the direct load and contact of the barbell.

CALF RAISES

By this point, all of our major compound movements are done and you

should be feeling pretty fatigued. Your glutes, quads and hamstrings have been significantly overloaded and we're going to give them a brief break.

When performing calf raises, it's very important that you don't use any momentum. Perform your calf raises with an explosive concentric, pause for one second at the top (squeeze hard here!), control the eccentric for three seconds, and then pause at the bottom in the stretched position for one second. By not using momentum or cheating, you're going to make your calf muscle do the work and not use the stretch reflex of the achilles tendon.

Standing and donkey calf raises with the knees extended will prioritize the gastrocnemius muscle, and seated variations with the knee flexed will emphasize the soleus more. Make sure you get full plantarflexion at the top, most people stop way short of this and that extra inch at the top can make a big difference.

LEG EXTENSIONS, HIP ADDUCTION, HIP ABDUCTION

This giant set is going to finish off your leg training for the day. Although squats are a great exercises for quad development, it's important to program direct isolation work as well. The leg extension overloads the quadriceps when they are fully shortened and the knee is fully extended.

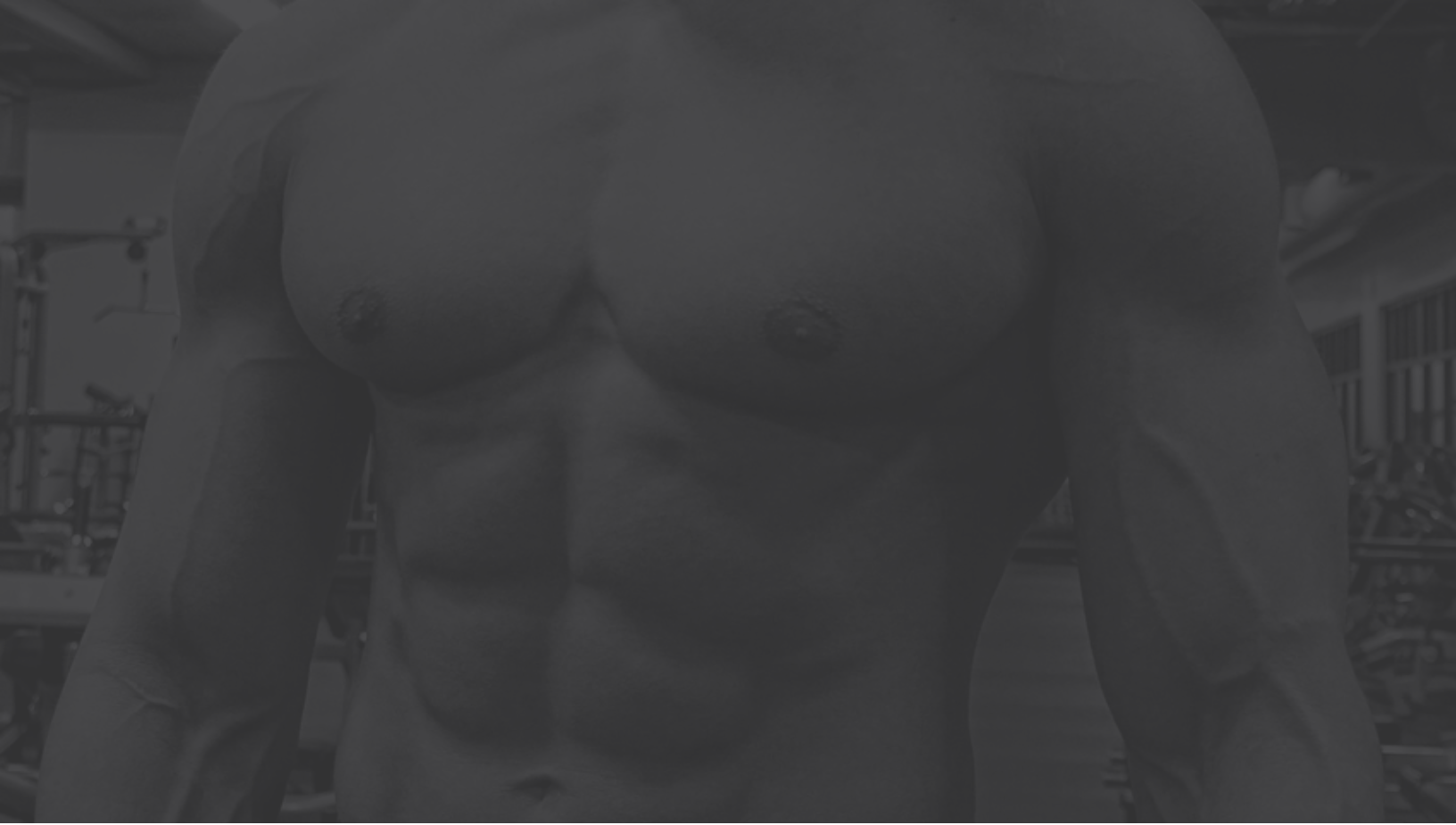
The quadriceps are made of four muscles, all which extend the knee. However, your rectus femoris muscle of your quadriceps also flexes your hip joint. At the top of the movement try to actually flex your hip as if you're performing a straight leg raise. You will feel a much deeper contraction and this will get your rectus femoris firing even more!

As with all exercises make sure you're controlling the repetitions and getting quality contractions.

The hip adduction and abduction machines are often neglected. Neglecting these exercises is a recipe for muscular imbalance and chronic injury over time. It is common for people to have overpowering quads, weaker hamstrings, inhibited glutes and weak hip musculature. We like to address this common imbalance in MaX-Hype.

Also from a physique standpoint, developing mass to your adductors is a great way to increase overall thigh circumference and aesthetics.

When starting off with hip adduction, make sure you start with a light load so you don't injure your pubic symphysis nor strain your adductor muscle group, this is an easy muscle to strain so make sure you start with a warm up set before getting into your working sets with heavier loads. Make sure you pause the contraction in the fully shortened position on both the adduction and abduction exercise for one second and squeeze hard at this position!



DAY 3: CHEST/ARMS

SPEED BARBELL BENCH PRESS

To start off this chest workout, we begin with a power compound movement as your first exercise. Make sure you warm-up your upper body and rotator cuff before starting this exercise.

The purpose of including speed bench press is to improve your body's rate of power development. It is well understood that working with loads 50-65% of your 1 rep max is a great range to improve power development. This will lead to greater power output and translate to greater strength on all your pressing movements over time. If we get stronger with our pressing movements, that means we should be able to use heavier loads over time, increasing our training volume and continue to make gains.

It's important when performing this movement that you're exploding as fast as you can on the concentric portion of the lift. The barbell should move "fast" here. Also, the amount of power and speed you're able to produce from rep 1 to rep 5 shouldn't really vary much and there shouldn't be a significant decrease in power output. If you feel like the 5th rep is challenging or moving slow, decrease the load.

This exercise should excite your nervous system and have you ready for the work that is going to follow in this chest and arms workout.

Be sure you're only resting for 30 seconds in between sets. This isn't supposed to fatigue your central nervous system, but it should excite and activate it.

MACHINE INCLINE PRESS WITH RESISTANCE BANDS

A lot of trainee's have underdeveloped "upper pecs". This means that their clavicular fibers of their pectoralis major aren't nearly as developed as their sternal chest fibers. Because of this common weak point, programming an incline press first is a great way to ensure we can overload these fibers early on in the workout when we're fresh!

Utilizing the resistance bands is an advanced technique that makes the concentric portion of the lift harder as you press. By doing so, this overloads the end of the range of the incline press and provides the greatest amount of tension in the pecs fully shortened position. Because so many exercises only stress the pec's mid-range and lengthened range, it is important exercises are programmed that challenge your pecs in a unique manner.

When performing this machine press, focus on getting your upper arm across your body, focusing on horizontally adducting your shoulder joint. Also, to keep tension on the pecs, don't lock out your elbows at the end of the

range. Doing this will transfer the tension from the pecs onto the triceps and elbow joint.

SMITH MACHINE SLIGHT INCLINE PRESS (GUILLOTINE PRESS)

Performing a few working sets on the slight incline is another way we are emphasizing the clavicular fibers of the pec and prioritizing that upper chest development. The smith machine is a great tool to use when taking exercise past initial failure and when required to perform partial reps because you can rack the weights in a safe manner upon failure.

With this exercise make sure you get a good stretch at the bottom of the range and a strong contraction at the top. Unlike a typical barbell bench press, you want to intentionally set up this exercise so that the bar path lines up with your clavicles and your elbow are flaring out wider than usual. With a standard barbell, this would be more risky, but with the smith machine, your bar path is fixed and you can rerack the weight whenever needed.

Intentionally flaring your elbows out, taking a wider grip and bringing the bar down to your clavicle are all variables that will force your chest to do a lot of the work, compared to your triceps and shoulders. On the final set, once you can no longer complete repetitions with a full range of motion, don't stop the set and rack the weight there. Extend the set and perform partial repetitions at the bottom of the range of motion. As mentioned, once you can no longer perform partials (25-50%) of the range, rack the weight.

WIDE MACHINE CHEST PRESS

Although we can't control our muscular shape in a direct fashion because most of that is due to our physical frame, origin and insertion points of our muscles, we can utilize exercises that stress our muscle fibers from each

and every angle. Utilizing a wide grip, or a machine designed as a wide chest press will provide your pecs with a unique stimulus compared to your traditional chest pressing movements. This will create a lot of tension in the lengthened/stretched portion of the range. Perform this chest press with great control throughout the full range of motion. Just like the other chest pressing exercises, do your best to not lock your elbow out and to keep tension on the pecs.

On your final set of Wide Chest Press, perform a drop set to failure. This will increase the metabolic demands of the exercise, lead to greater lactic acid accumulation and a greater pump!

Pushing your body further than you have in the past is going to be a crucial component to maximize your growth response.

CABLE FLY - HIGH TO LOW, LOW TO HIGH

The Cable Fly is a very versatile exercise that can train the pecs in an isolated fashion, but there are so many variations of this exercise. In order to stress the pec muscle from multiple angles, be sure to perform 3 sets starting high and finishing low, and the other 3, starting low and finishing high.

Performing the fly with these variations will alter how tension is applied to the pec and ensure we are stimulating all regions of our pec. The main focus here should be “adduction” of your shoulder joint. This means, getting your upper arm closer to the midline of your body as you perform the contraction. You can start with a slight bend in the elbows or you can have your arm completely straight, however, regardless of how you start, the only joint that should move during the cable fly is your shoulder joint (upper arms). Make sure your elbow isn't flexing as you perform your fly. Everything else should be locked in place.

When performing the concentric, the goal is to get a strong contraction of the pecs and during the negative/eccentric of the rep, you should feel a good stretch of the pecs. After performing these two variations of flies, your pecs should be fried from all angles and pumped up like never before.

We're now ready to move into arms!

TRICEP PUSHDOWNS SUPERSETTED WITH CABLE CURLS WITH SHOULDERS FLEXED TO 90°

Both of these exercises are able to train each muscle in their shortened positions. The triceps secondary action is to extend the shoulder joint, and the biceps flex the shoulder joint. Because of this, the position of your shoulder is going to vary how the biceps and triceps are overloaded during elbow extension/flexion.

Instead of focusing on doing so many triceps extension and biceps flexion exercises with different hand grips, it's very important to alter your shoulder position! This is going to alter the force-length relationship and how the muscles are overloaded.

When performing the triceps extension, make sure you're getting a strong contraction at the end of the range and squeeze with intensity. Same with the biceps curl, squeeze hard at the end of the range. Performing biceps curls with your shoulders flexed will emphasize that "peak" development we are all seeking.

DB OVERHEAD TRICEPS EXTENSION SUPERSETTED WITH SEATED DB INCLINE CURLS

This superset is the opposite extreme of your previous exercises. These exercises overload your muscle in their lengthened positions. For the triceps, any overhead movement really emphasizes the stretch of the triceps long head. The seated incline curl really places a lot of stress on the distal portion of the long head of the biceps.

DB overhead triceps extensions can be done unilaterally with two separate DB's or bilaterally with one heavier DB. You want to make sure you're maintaining your shoulder position and the only joint that is moving is your elbow.

Get a full stretch on both exercises, this stretched portion is the whole reason it's programmed so make sure you take advantage of it!

After doing 6 sets of both biceps and triceps in a superset fashion, your arms should be filled with blood and the pump should be intense!

HAMMER CURLS

DB Hammer Curls are a great exercise to train the brachialis and brachioradialis muscles. This is going to really improve the overall aesthetics and mass to your arms. You can perform the DB Hammer Curls by alternating one arm at a time each rep, or performing each limb simultaneously. I recommend performing them alternating because you'll be slightly stronger in this fashion as your nervous system can generate energy to one limb at a time rather than two.

Get a good squeeze at the top of the movement here and try not to use momentum, cheat or swing.

MACHINE TRICEP EXTENSION WITH INTRASET STRETCHING

This advanced technique is going to be painful and will leave your triceps with so much blood; it will be something you've never experienced before! Utilizing a machine tricep extension, your "rest" periods are going to be 30 seconds of loaded stretching. So you're going to select a load you can perform 20 reps with, and then after completing those 20 reps, you will allow the load to stretch your tricep for 30 seconds. A good trick here to get an intense stretch is actually flexing the antagonist muscle, the bicep in this case. This will intensify the stretch. Make sure the weight isn't racked and that the load is forcing you into elbow flexion and stretching the triceps. The first set won't feel too intense, but it gets more and more intense each round. Decrease the load slightly and perform 15 reps, then allow that load to stretch your triceps for 30 seconds. Rinse and repeat.

This intense stretch creates a lot of tension, but this also traps blood into the muscle. When you're performing the repetitions blood is flowing into the muscle with each contraction. When you put the tricep under a loaded stretch, you limit blood from escaping and more blood continues to rush in while the muscle is under tension due to the stretch.

This advanced technique is a great way to maximize the cell swelling response and activate that growth signal!

Enjoy that pump and embrace the pain!



DAY 4: QUADS/ ADDUCTORS

HIP ADDUCTION

Not only do a lot of people have weak hip adductors, they lack overall development in this region of their thighs. From a strength and aesthetics standpoint, you're missing out on an entire muscle group that can really add overall thickness to your thighs. Also, having strong adductors can reduce your risk of injury and muscular imbalance issues.

In this workout, we start out with this isolation movement on your hip adductors. Be sure to do a few warm-up sets with light loads to work through that range of motion. A lot of time our hip musculature is tight, so this region needs a bit more time to warm-up.

Once getting to your working sets, make sure you're pausing the contraction in the fully shortened position and getting a good squeeze. By starting with an isolation movement on your adductors, we're able to overload them throughout their full range of motion. This muscle group doesn't get much direct work in any other compound lifts so it's important to prioritize it once in a while throughout your training program. Lastly, by fatiguing your adductors more, your quadriceps are going to be forced to do more work on the upcoming compound movements!

LEG EXTENSIONS

As previously mentioned, the leg extension enables you to overload your quadriceps in their fully shortened position. Doing this exercise first, when your quads are fresh is going to provide a novel stimulus for most. If you've been doing leg extensions at the end of your workout for most of your leg training, you've never been able to go as heavy as possible on this isolation exercise. Well now is your chance!

Make sure you're getting strong contractions of your quads, full extension at your knee joint, and even a little bit of hip flexion at the top of the range to shorten your rectus femoris even further!

After 4 working sets and a drop set your quads should be extremely pumped! We're just getting started for this leg workout!

LEG PRESS WIDE FOOT POSITION SUPERSETTED WITH NARROW FOOT POSITION

Starting off with a wide foot position is a great way to create tension on adductors during the eccentric portion of the leg press. Plus, having your feet in a wider position with your toes slightly pointed out, externally rotates your hip joint and will challenge a lot of the leg musculature. Once you

complete 12 full reps with this wide foot position, rack the weight and alter your foot position to a narrower stance. Do not move your foot position without the weight being racked! That is a very dangerous maneuver and may lead to an injury!

With only 5 seconds of “rest” to change your foot position. Get right into executing another 12 repetitions with a more narrow foot position. This narrow foot position will remove adductor involvement but really emphasize your quads and hip flexors.

For those of you with good ankle mobility, you can place your feet lower on the platform to maximize the range of motion at your knee joint and train your quads through a larger range of motion. If you don't have great ankle mobility, you may need your foot placement to be higher on the leg press. This will decrease the range of motion at the knee and lead to a little bit more hamstring and glute recruitment. This will vary from individual to individual.

After 4 sets of this superset, the pump should be intense in your entire thigh region!

Block after block, make sure you're doing your best to increase weight and progressively overload this exercise as you should focus on with every exercise.

When performing leg presses, make sure your low back is staying flat against the pad. You don't want your lumbar spine flexing at all! Any rounding in the lower back can be very dangerous when the leg press is loaded! Don't focus on getting your knee's to your chest, most people can't and shouldn't do this when leg pressing. Stay within your active range of motion. Don't let the load push you into a range you aren't controlling with your musculature!

BULGARIAN SPLIT SQUATS

Some people may think this is insane to do a very challenging unilateral exercise towards the end of the workout, but this is MaX-Hype! Not for the weak, but for those looking to take their physique to the next level!

The Bulgarian split squat is an awesome unilateral exercise that will have all of your leg musculature firing at some point within the range. Studies have shown that unilateral, closed-chain exercises are particularly good for developing the Vastus Medialis Obliquis (VMO) portion of your quadriceps (aka - teardrop). Moreover, many people have muscle imbalances and strength discrepancies from side to side. The Bulgarian split squat is a great way to address both of those issues.

Make sure you start with your weak leg first, that way you can use an appropriate load for your 10 rep goal. Although your strong side may be able to perform more reps or more weight, just keep it equal! Over time you will see this imbalance improve.

The Bulgarian split squat can be a great glute movement if you “break at the hip” and sit back first, but since this is quad day, initiate the movement by breaking at the knee to stress the quads more. Make sure you keep a tight core and neutral spine. This movement can be performed with dumbbells, kettlebells, a barbell (front rack position) or even with TRX suspension bands. Feel free to experiment with different variations but try to stick to one variation for 6 weeks or so before switching

BFR WALKING LUNGES SUPERSETTED WITH BFR HAMSTRING CURLS

To finish off the workout, I want to ensure all legs muscles are provided a growth signal. By this point your quads and adductors should have nothing left in the tank. However, we can still provide our glutes and hamstrings with a growth stimulus without causing any muscle damage or hindering recovery. Blood flow restriction is our advanced technique of choice here.

Make sure you occlude your upper thigh with a 7/10 subjective tightness. Start by doing 10 reps of walking lunges on each leg and then get right into a bilateral hamstring curl of choice (lying or seated). The walking lunges and hamstring curls should be performed back to back with just 30 second rest in between each superset. Once this is complete, every muscle in your thighs will be pumped up and the workout will be complete!



DAY 5: BACK/ DELTS

LAT PULL-DOWNS (PRONATED) SUPERSETTED WITH MACHINE SHOULDER PRESS

This is an awesome superset training the antagonist muscle groups and opposite movements, a vertical pull into a vertical push. This superset is a great way to get your workout started; by working your musculature through a full range of motion on these exercises, your back and deltoids will be primed for the rest of the workout.

For the lat pull-down, I recommend going outside of shoulder width here and taking a pretty “wide” grip. Initiate the movement by depressing your shoulder girdle down first, before you bend at your elbows at all. Picture yourself bring your elbows down towards your hip while trying to point

your elbows to your spine at the bottom of the movement. Get a strong contraction in your lats, teres major, mid/low traps, rhomboids, and even your rear delts with this movement. Get a good stretch at the top and allow your shoulder girdle to elevate at the top.

Try using a “pistol grip” here, to minimize forearm and bicep activity in order to maximize back activity.

Supersetting right into a shoulder press will work the same movement pattern but now resistance and load is in the opposite direction, forcing your deltoids, triceps and upper traps to come into play. Make sure you control the eccentric and get a good stretch at the bottom. When using a machine shoulder press, avoid locking out at the top. Fully Extending your elbow will take the load off the shoulder muscle and transfer that load onto your elbow joint. Over time this can lead to injury. With a machine shoulder press, you can alter which region on the deltoid is being overloaded to a greater extent. If you take a wider, grip, your lateral deltoid will be exposed to more tension compared to if you used a neutral grip with your elbows closer to the midline of your body. Most people need more lateral head development compared to anterior deltoid, so use a pronated wide grip here as well as long as your shoulder feels comfortable with this position.

LAT PULL-DOWNS (NEUTRAL GRIP) SUPERSETTED WITH ELKINS DB PRESS

Similar to the last superset, we are now just altering the angle in which we are overloading our muscles and making sure we maximize the amount of muscle fibers we stimulate! The neutral grip pulldown is a great exercise to overload the lats! Same concepts here, get a full stretch at the top, and a strong contraction at the bottom of the movement. If you can't pause the rep for ½ a second in the fully shortened position, you're probably going too heavy! Control the weight the whole rep and maximize tension in your back!

The Elkins DB Press, more commonly known as the Arnold Press is a great exercise that works your shoulder through a large range of motion. This exercise is able to overload both the anterior deltoid and the lateral deltoid. If you haven't previously used this exercise in your training regimen, make sure you start with a light load and get use to the movement pattern before overloading.

CABLE UPRIGHT ROWS SUPERSETTED WITH CABLE FRONT RAISES

Using a Cable Column, you won't have to move for this superset. Just set the cable column at the lowest setting to start so you can perform both exercises without making any adjustments except to the weight selected. Use a cambered or "EZ" bar attachment here.

For the Cable upright row, start with your shoulder blades retracted, then leading with your elbows, trying getting the bar to your forehead. Don't pull straight up close to your body, and try rowing in an arc shaped form. The bar path shouldn't be up and down, but should have a natural curvature to the movement. This is a great exercise for lateral delts, upper/mid/lower traps. Control the eccentric and don't fully relax at the bottom. Keep tension on the working muscles and stay within an active range of motion the whole time.

After the upright row, get straight into bilateral cable front raises. This is going to work the anterior delts through a full range of motion and have tension constant throughout the exercise. Although the anterior delts are involved with all pressing movement and get a ton of stimulus through other exercise, doing isolation work and single joint movements is still crucial to maximize development. Why? As you've seen throughout this entire program, we overload each muscle through its entire range of motion.

HIGH ROW - DIAGONAL PULLS

This exercise is one that many people neglect when training their back. Everyone focus on vertical pulls and horizontal pulls but doesn't perform any pulling exercises in this diagonal plane. This is going to prioritize different muscle fibers and ensure we are training the back musculature for all angles. Like all of your pulling movements, make sure you initiate the pull at your shoulder joint first before breaking at the elbow. This will ensure your back muscle are starting the movement and that the elbow flexors aren't doing too much of the work. If you're using a machine with a fixed handle position (i.e. Hammer Strength or Startrek High Row) try attaching D-handles to this machine so you can pull in the most natural position for your body. Also, try performing this exercise unilaterally. This will enable you to use heavier loads as your central nervous system has a more specific, less taxing task. Also, laterally flex your spine a little bit during this movement as if you're doing a side crunch. One of the lats muscle actions is to laterally flex your spine, so by doing this you may feel a deeper contraction at the end of the range when you're in the shortened position.

DB ROWS

There are so many variations on how to perform the DB row, but the goal here is to maximize lat recruitment. Using a neutral or staggered stance, make sure you have a firm base before beginning the movement. Instead of rowing the dumbbell straight up, focus on rowing it back. Initiate the movement by dropping your shoulder blade down (scapular depression) and pull your elbow down and back towards your hip as you row. Use a weight you can get a good contraction with and that you won't swing and use momentum for. On the negative portion of the lift, you should feel a really good stretch in your lat.

SUPINATED LOW ROWS

This low row is going to focus on isolating the lats and training them from another angle. The key to this movement is to drop your shoulder blades down and as you row back, picture yourself scraping your elbow across the floor as you pull. Use a full range of motion to get a good stretch and a good squeeze at the extremes of the range. If performing this in a unilateral fashion, slight lateral flexion of the spine will give you an even deeper contraction of the lats.

MACHINE LATERAL RAISES

This will overload the lateral deltoids throughout their entire range. Unlike with dumbbells, there is only tension at the end of the range and almost no tension in the beginning of the range since gravity isn't working against the muscle until adduction reaches about 30 degree. With machine lateral raise, try to keep your shoulders down (depressed) in order to minimize the upper traps from doing a lot of the work.

STRAIGHT ARM LAT PULL-DOWNS (SHOULDER EXTENSION) SUPERSETTED WITH FACE PULLS

This efficient superset can be performed on the same machine. Preferably using a rope attachment, perform the straight arm lat pull-downs and try to get as much shoulder extension as possible. The advantage to using the rope is that you have a great range of motion at the end and can get your lat in a shorter, more contracted position. If you use a straight bar you will limit your ROM when the bar hits your body as you can't pull through your body. This exercise is here to finish whatever energy your lats may have remaining and to maximize your pump at the end of the workout.

When performing face-pulls one thing a lot of people miss out on is external

rotation. Instead of just pulling straight back, once you get to the end of the range, externally rotate to get the most out of this exercise. This can be a great tool to develop your rear delts, rhomboids and traps all while strengthening your rotator cuff.



DAY 6: GLUTE, HAMS & CALVES

LYING HAMSTRING CURLS

As previously mentioned, the lying hamstring curl is a great variation to overload the hamstrings in their fully shortened position. This is when the hips are extended and the knee is flexed. In order to get the most out of this movement, it's important to drive your hips into the pad and isometrically contract your glutes and maintain this position the whole time. You may have to use a much lighter load initially, but you'll get a much better contraction. Over time, your strength will increase dramatically.

On the final working set, once you reach failure, reduce the load by approximately 50% and perform a drop set of "21's". This is where you will perform 7 reps in the shortened 1/3rd of the range, then perform 7 reps with

full ROM, and a final 7 reps in the lengthened/ stretched 1/3rd portion of the range. By the end of this, your hamstrings will feel pumped and fatigued from top to bottom!

GLUTE HAM RAISE (GHR)

This is one of the most challenging exercises for hamstrings and because of that, there isn't a specific repetition goal. Just perform as many as you can for 4 working sets; for some of you this may only be 3 reps, for others you may be able to do sets of 10+, and for those of you that can't do a rep on the GHR machine, use the 45 degree hip extension machine as an alternative.

The reason this exercise is programmed is because it offers a unique training stimulus to your hamstrings that practically no other exercise can replicate. That is, training your hamstrings to concentrically contract while performing hip extension and knee flexion simultaneously. This gets your hamstrings fully contracted and nearly every muscle fiber in your hamstrings firing! For development, that's a huge plus!

Another alternative for those of you who can't comfortably perform a repetition with good form, or even a way to enable you to do more repetitions is to use a pole, stick, or barbell to balance your weight and reduce how much of your body weight is being loaded during this movement.

UNILATERAL HAMSTRING CURLS

This hamstring curl variation can be performed seated or standing depending on the equipment you have available to you. The seated hamstring curl places your hips in a flexed position; therefore the seated option can better overload the stretched/lengthened position of your hamstrings.

Perform this exercise with your toes dorsiflexed the whole time. This will enable you to move greater loads because your gastrocnemius muscle of the calf will be able to assist with knee flexion. Make sure you use a full range of motion with this exercise and pause the load in the fully shortened position for one second while contracting as hard as you can each rep!

DB ROMANIAN DEADLIFTS

This exercise is a great way to train your hip extensors and overload your hamstrings in the stretched position! This exercise in particular is more of an eccentric loading exercise of the hamstrings, so it can really induce a large amount of muscle damage and cause severe delayed onset muscle soreness (DOMS) the next day or two.

If you want to exclusively focus on your hamstrings when performing the RDL, you don't have to fully extend your hips and squeeze your glutes at the top. Feel free to try performing this exercise in a smaller range of motion, from the fully stretched position to about the midway point of your concentric. This will keep tension on your hamstrings the whole time.

VERTICAL LEG PRESS OR NORMAL LEG PRESS WITH HIGH FOOT POSITION

The vertical leg press is a great variation that really increases the range of motion at the hip joint while reducing the range of motion at the knee. This allows the glutes and hamstrings to get overloaded to a greater extent and take on more of the work. If you don't have a vertical leg press machine, you can perform this exercise on a smith machine while lying on the floor. For safety purposes, make sure you set up the end range of the smith machine (safety stoppers) before starting this exercise.

If you don't want to utilize the smith machine, feel free to experiment with a

45 degree leg press sled and adjust your foot placement so that your heels are higher up on the platform. When performing this exercise concentrate on initiating the concentric portion of the lift by extending your hip joint first. This will initiate your glutes and hamstring to activate first and limit the amount of work produced by your quads.

SEATED CALF RAISES

This exercise is often neglected by many but serves a few purposes. The seated calf is a great way to put a lot of stress on your soleus muscle of your calf. The soleus is primarily an endurance muscle, primarily slow twitch muscle fibers, making higher repetitions a more appropriate range to work with when training this muscle. The gastrocnemius on the other hand is primarily fast twitch muscle fibers so it's important that that gets overload more intensely.

Besides developing the musculature of your calf and overloading the soleus muscle with the seated calf exercise, this movement can also increase the mobility of your ankle joint. A lot of people are limited with how much ankle dorsiflexion they have. This can inhibit their ability to squat with good form and restrict their range of motion. This is often due to tight calf musculature, and by performing this exercise through a full range of motion with load is a great way to improve your ankle mobility.

Make sure you're not using momentum and stored, "elastic" energy when performing these reps. Pause at the bottom for 1 second, and pause at the top for 1 second. Squeeze as hard as you can at the top of the range and try to get as much plantar flexion at your ankle joint as possible.

STANDING OR DONKEY CALF RAISES

This calf exercise varies from the seated version because your knee is no longer in a flexed position. By having your knee extended you will maximize the activation of your gastrocnemius muscle and limit the soleus' involvement.

As mentioned above, since the gastroc is primarily fast twitch muscle fibers, it's important to train this muscle with slightly heavier loads. Really focus on explosive concentric contractions here, but without using momentum at the bottom. Each rep should pause at the top and bottom for one second counts.

Tempo - (X/1/3/1) - Explosive contraction, 1 second pause at the top, 3 second controlled eccentric, 1 second pause at the bottom.

BFR LEG EXTENSIONS

At this point of your workout, your calves and hamstrings should be fried, but there is still an opportunity to stimulate growth in your quads without causing any further muscle damage. By utilizing Blood Flow Restriction, we can create a lot of metabolic stress and cell swelling to upregulate muscle protein synthesis. Also, since quadriceps were just trained two days before, we still may be experiencing muscle soreness. Unfortunately, for experienced resistance trained subjects, muscle protein synthesis may only stay elevated for 16-24 hours post exercise. So not only will BFR provide a growth stimulus, it can help us recover from our previous training session!

As always, use a 7/10 tightness when occluding your thighs for BFR. Perform 30 repetitions your first set of leg extension with approximately 50% load you typically use when doing normal working sets of leg extensions (10-15 reps). After your first set, rest only 30 seconds and then perform 3 more

sets of 15 repetitions. Only rest 30 seconds in between each set of BFR and make sure you leave the straps on throughout this period. Only remove the straps after all 4 sets are complete.



WEEK 1

DAY 1 & DAY 2: UPPER & LOWER

The same concepts from week 1 will also apply to week 2 on all exercises; however, your repetition goal for the compound lifts will change. Execute the movements with the same intent and keep form consistent week to week. By keeping your form a consistent and controlled variable, progress made on each lift will be true progress! Increasing weight with poor execution is never the goal. Progressive overload while keeping execution as perfect as possible is the main objective!



DAY 3: CHEST & BACK

Get ready because your whole upper body is about to get pumped up with this workout.

We train the chest and back together in an agonist/antagonist push-pull fashion.

Speed Bench Press Supersetted with Speed Barbell Rows

Using approximately 60% of your 1RM you should be able to perform 5x5's relatively easy. The goal here is POWER. Performing explosive concentrics and improving your rate of power development is going to help with your absolute strength in the long run. The speed of your 5th rep on both the bench and the barbell row should be relatively close to your 1st rep. If not, decrease the load slightly.

Between each set, rest for 30 seconds but perform both the bench and the row back to back before taking the rest period. This horizontal push and horizontal pull will work nearly every muscle in your upper body to some extent, but most importantly, prepare your nervous system for the work ahead.

DB FLAT BENCH

A staple horizontal press exercise like the dumbbell bench press is crucial to build strong, well-developed pectorals. Utilizing dumbbells is a great way to address any asymmetries from side to side in both strength and aesthetics. This exercise is to be performed in a lower rep range and really overload the pecs with greater tension.

When performing dumbbell presses you don't need to lock out at the top of the range and stack the weight directly over your shoulder joint. In this position, there is no longer tension on the pec so you can stop shy of lockout with this exercise. As with any of the exercises in this program, you can either perform your working sets in a pyramid fashion where the weights get heavier each set and your rep goal decreases, or you can choose one specific rep goal, and perform all your working sets with the appropriate load.

CHEST SUPPORTED HORIZONTAL ROWS

A lot of machines will vary in regards to grip options and which fixed plane the machine pulls in. However, try to utilize a horizontal row that mirrors the same plane as your dumbbell chest press. So if you press with your elbows flaring a bit and use a wider pressing angle, your horizontal row should mimic that. That would mean you're using a wider, pronated row that should hit your upper back. If you tuck your elbows a bit more when you DB press, select a horizontal row that mimics this movement. For example a chest

supported T-bar row with a 45 degree row angle that targets your mid back more.

As always, get a good stretch at the bottom of the row, and initiate the movement by retracting your shoulder blades back first before breaking at the elbow. Utilize a load you can control throughout the entire range of motion. Get your back musculature as short as possible and contract as hard as you can.

HIGH ROW - DIAGONAL PULLS SUPERSETTED WITH INCLINE MACHINE CHEST PRESS

These exercises mimic one another and train your push/pull movement in the same plane.

This superset should really induce a great pump in both your back and chest. On your previous back hypertrophy day, the high row was performed as an exclusive exercise and wasn't paired as a superset, because of that I suggested performing this exercise in a uni-lateral fashion. When perform this superset, perform both exercises in a bilateral fashion for efficiency.

LOW ROWS SUPERSETTED WITH DECLINE CHEST PRESS

Like the previous exercises, this superset also mimics the same angle/plane of motion. The low row will target your lats and the decline press will stress your sternal fibers of the pectoralis. By training both our back and chest from all angles, this ensures all fibers of the musculature are overloaded, stressed, and stimulated throughout the session.

By this point your entire back and pecs have been trained through a variety of rep ranges at all angles. You should have a great pump and the supersets should have stimulated your heart rate more so than most resistance

training sessions. This is a great way to increase the metabolic demands of the workout without negatively impacting your strength since you're pairing antagonistic muscle groups!

DB CHEST FLY SUPERSETTED WITH DB REAR DELT FLY

Finally some isolation exercises. All of the previous exercises were compound lifts so now we can isolate our pectoralis major and rear delts with these movements. The chest fly is horizontal adduction of the shoulder and the rear delt fly is horizontal abduction of the shoulder, same plane with resistance in opposite directions. You should be pretty fatigued by this point of the workout but we will train our muscles until they don't have anything left in the tank. The db chest fly is a great way to overload the pecs in their stretch position. You can shorten your range of motion with this exercise and don't need to go all the way up because gravity won't be working against you nor loading the muscle at the top anyway.

When performing rear delt flies, try to keep your shoulder blades rolled forward the whole time (protracted) - you don't want to retract your shoulder blades together in this movement. Retracting the shoulder blades will engage the mid traps and rhomboids but the goal here is to isolate the rear delts.

PULL-UP VARIATIONS SUPERSETTED WITH DIPS/ PUSH-UPS

This series of exercises at the end of the workout is intended to completely finish off your chest and back. Utilizing different grips for pull-ups will alter which muscles are needed to do most of the work and from which angles they are overloaded. The dips will also activate the pectoralis minor muscle

to a greater extent than any of the other chest exercises performed earlier in the workout. If you're able to complete the whole workout - your chest & back should be pumped like never before by the end!



DAY 4: QUADS AND ADDUCTORS

GIANT SET - HIP ADDUCTION, HIP ABDUCTION, AND JEFFERSON SQUATS

This giant set is a great way to get your hips opened up and all of your leg musculature activated. Performing the isolation movements of hip adduction and abduction before Jefferson squats will warm up those muscle groups and enable you to perform the Jefferson's through a larger range of motion.

The hip adductors are a difficult muscle group to overload except when isolating them. However, the Jefferson squat is a great way to eccentrically load your adductors, especially if you focus on driving your knees out while performing this movement. Although this is a quad and adductor focused leg day, this giant set will stimulate all of your musculature, from glutes and hams to adductors and quads.

The Jefferson squat can be an awkward movement at first but overtime, you will become more comfortable with this movement. This exercise will translate to greater strength and stability in the other compound movements you perform. Make sure your feet are creating a 90 degree angle and you're making an "L" shape with your legs. I recommend you grasp the barbell with an "over-under" grip. This should feel most natural. Use very light loads if this is your first time performing this exercise in order to get accustomed to this movement pattern. Make sure you alternate sides - 10 reps each direction is one set!

BULGARIAN SPLIT SQUATS

This is an outstanding exercise to focus on addressing muscular imbalances from side to side from both a strength and aesthetic standpoint. As previously mentioned, Split Squats can decrease your risk of injury over time. They are also effective for targeting the "tear drop" of your quad (vastus medialis). You can perform this movement with dumbbells, barbells, or even body weight if you need to improve your strength and balance before loading the exercise. If your goal is to emphasize the quadriceps, break at the knee and focus on maximizing tension on the quads (using a more narrow foot stance). If you want to stimulate your glutes a bit more, sit back first, and break at the hips (using a wider foot stance also places more emphasis on the glutes). Stay in control throughout the entire movement.

LEG PRESS OR HACK SQUATS

Either exercise will stimulate your musculature in a similar fashion. On both exercises, the lower you place your feet on the platform will force the quads to do more work by increasing the angle at the knee. Your ability to place your feet low on the platform will vary from person to person based on ankle mobility. By placing your feet lower on the platform, this requires more ankle dorsiflexion, but also leads to more anterior tibial translation. That

means the quadriceps are going to be placed under greater tension. You can also alter your foot width to alter how your musculature is challenged. I recommend keeping your foot placement the same for a 6-week time period. Focus on progressing with one foot position before switching it up. However, switching it up over time will provide your legs with a new stimulus and can be beneficial to continue inducing a growth stimulus and avoid a plateau.

BANDED LATERAL STEPS

This exercise is performed in many different variations all depending on the goal of the exercise. Our goal is to get a strong contraction of our hip abductors, but more importantly, eccentrically overload our adductors. What does that mean? In order to do this, we're going to have to take wide lateral steps, and as our legs travel back toward the midline of our body (hip adduction); we want to control this movement and feel our adductors resisting this movement.

Some people perform banded lateral steps as a means to activate their glutes medius muscle and take very small steps. We want to take large steps and focus on the "negative" when our far leg is coming back towards our midline. Make sure you perform this in both directions as 1 working set.

This exercise is a great way to improve your squat as well. Many people have weak abductors and external rotators so when they squat, their knees collapse and approach their midline (knee valgus). This prevents the glutes and quads from firing efficiently, decreases their strength and increases their chance of injury.

LEG EXTENSIONS SUPERSETTED WITH SISSY SQUATS

To finish off our quads, the leg extension is utilized since it overloads the

quads in their fully shortened/contracted position while working them through a full range of motion. As previously mentioned, if you try to flex your hip at the top of the range, this will further engage your rectus femoris muscle! After performing leg extensions, get right into body weight sissy squats.

The Sissy Squat has a deceiving name, because even with just body weight, they're a brutal exercise. Not only is this a great quad exercise, it really emphasize your hip flexor muscle. Because of that, you will notice the proximal portion of your thigh really stimulated with these (upper half of the thigh). Perform these with control and don't use momentum. Performing leg extensions first will really overload the distal portion of your quads and the sissy squat will really stress that proximal portion. Because of this, at the end of the superset, you will feel a pump all the way from your knee to your hip! Embrace the pain and enjoy the pump!

BFR HAMSTRING CURLS SUPERSETTED WITH BFR STANDING CALF RAISES

To ensure we are providing our entire legs with some sort of growth stimulus, BFR protocol is utilized on the hamstrings and calves!

Select any bilateral hamstring curl of your choice and superset them with bodyweight calf raises. Just like all of the previous BFR protocols, your first set has a 30 repetition goal, and sets 2 through 4 only require 15 reps. Make sure you only rest 30 seconds in between sets and do not unwrap the BFR straps in between sets. It's important to leave them on so we maximize blood accumulation by limiting venous return in order to maximize the cell swelling response induced by BFR.

This will provide our calves and hamstrings with a growth stimulus without

impairing their ability to perform and function on the next leg day, just 48 hours away!



DAY 5: DELTS & ARMS

OVERHEAD PRESS OF CHOICE

Starting this workout off with a compound movement for your delts while you're fresh is a fantastic way to work on strength development. This exercise follows a weekly undulating rep scheme in order to minimize the risk of hitting a plateau and so you can induce training adaptations at various intensities.

Because the OHP is only performed in this heavier, undulated rep range every other week, I would stick to one variation of OHP for 12 weeks before switching. This will give you two full cycles to make strength improvements and progressively overload this movement.

ELKINS DB PRESS

Still working with moderately heavy loads, the Elkins DB press (commonly known as the Arnold Press) is a great way to stress your deltoids from all angles and train them through a large range of motion. With this exercise, make sure you perform your final set to failure and then perform a drop set. Reduce the load by 25-50% and perform more reps until exhaustion without resting. This will induce more metabolic stress and leave you with a nice pump in the shoulders!

REAR DELT SWINGS SUPERSETTED WITH REAR DELT ROW

Often, the rear delts are trained at the very end of a shoulder workout when fatigue has already accumulated and your ability to produce force is reduced. By programming the rear delts early in the workout, they can get the attention they need and be trained with a heavier stimulus.

The rear delt swing is performed prone on an incline bench. This position isolates the rear delts by having gravity force your scapula into a protracted position. As long as you let your arms hang and allow the weight to pull you forward, you should be able to isolate the rear delts very well. The range of motion of this exercise is very small; all that should be moving is your glenohumeral joint (upper arm). No movement should occur at the shoulder blades.

Just swing the DB's by horizontally abducting your arms. Focus on initiating the movement with your rear delts and controlling the negative with your rear delts. You may not feel much with the first few reps, but as the set continues you should start getting great activation and feel the pump come along. Once you can no longer perform quality reps, get right into your rear

delt rows. You may not have to change the weight of the dumbbells.

To perform the rear delt row, focus on really flaring your elbows out wide and rowing your upper arm in an arc pattern. With this exercise, you can allow your accessory muscles to assist you. Retracting your scapula here will engage your mid traps and rhomboids and by pairing these exercises together you will be able to provide your rear delts with a lot of time under tension with this paired set!

The pump should be incredible after a few rounds of this superset!

Starting off with an isolation movement like the swing and then transitioning into a compound movement like the row is a great way to really tax a muscle and challenge its strength-endurance capabilities.

DB LATERAL RAISE

The dumbbell lateral raise can be performed several ways. Whether you like to have your elbows slightly bent, fully straight, performed on a slight angle, etc. is up to you, but make sure you're getting a good contraction of your lateral deltoid at the top of the movement and controlling the negative with your musculature, don't just swing the dumbbells around without intent. Just remember, your lateral deltoids are performing most of the work from 30-70 degrees of shoulder abduction, once you go higher than that, the upper traps will start taking over to upwardly rotate the scapula and increase shoulder abduction. If you want to truly isolate the lateral deltoid you can perform this in a pretty small active range of motion.

DB UPRIGHT ROWS - UNILATERAL

This exercise is a great movement to overload the lateral deltoid. With lateral raises, going very heavy usually leads to form breakdown, but the

upright row enables you to use a heavy load while still keeping form strict. Performing these unilaterally enables you to get in a more comfortable position and increases your ability to produce power one limb at a time. Depending on your shoulder mobility, execution can vary from person to person, but your main goal here is to get a strong contraction in your lateral deltoid.

DB TRICEP KICKBACKS SUPERSETTED WITH DB SPIDER CURLS

Both of these exercises overload the triceps and biceps in their shortened position with the muscles fully contracted!

The DB Tricep kickbacks don't provide overload nor tension throughout the entire range of motion of elbow flexion, but they do a great job of overloading the end range of the triceps with the shoulder extended and elbow extended. The same is true with the spider curls in regards to the biceps.

It's important to start your spider curls with your shoulder joint flexed to 90 degrees. Picture yourself performing a front raise. By starting in this position, you're isometrically flexing the long head of the biceps and when you flex the elbow joint, you'll put your biceps in a much shortened position!

After just 3 sets of this superset, both your biceps and triceps should begin to feel pumped and your ability to activate and "feel" them contract throughout the rest of the workout should be enhanced.

STANDING CURLS SUPERSETTED WITH SKULLCRUSHERS

These exercises train both your biceps and triceps while overloading their mid-range. Our muscles are strongest at the mid-range and weakest at the extremes. Because of this, we are using heavier loads with this exercise and maximizing mechanical tension with this super set. Whether you choose DB's or a cambered/ EZ bar, be sure to progress with this variation for 6 weeks before switching.

SINGLE ARM CABLE CURLS W/ SHOULDER EXTENDED SUPERSETTED WITH OVERHEAD TRICEPS EXTENSIONS

Both of these exercises overload the target muscles in their lengthened position and provide a high magnitude of stretch tension. For the biceps curls, make sure you're facing away from the cable apparatus and your shoulder joint should be extended (upper arm behind your torso) in order to stretch the biceps. Without moving the shoulder joint, just focus on flexing at the elbow joint in order to shorten the biceps. This stretch position may potentially stress the distal portion of the biceps more so than a traditional curl with your shoulder in a neutral position.

The overhead cable extension is a great exercise to target the long head of the triceps since its secondary action is to extend the shoulder joint. This flexed position places the long head under an extreme stretch overload.

By performing elbow flexion and extension at different shoulder angles throughout this workout, we've ensured both the biceps and triceps were stimulated and overloaded throughout the entire available range of motion. This is a great way to maximize muscular development of all of our

musculature and the primary reason this program uses so many different exercises throughout.

HAMMER CURLS

Run the Rack Hammer Curls are double drop sets performed to failure. Start with a heavy load and perform 6-8 reps to failure, then reduce the weight and perform another set to failure, and reduce the weight one more time and perform hammer curls until failure. You can continue to drop set these to failure if you like. The hammer curl emphasizes the brachioradialis and brachialis muscle. By starting heavy and performing double drop sets, this will start off the exercise with high levels of mechanical tension, but also extend the total time under tension, increase metabolic stress and induce cell swelling. This is a perfect way to finish off your arm workout!



DAY 6: GLUTES, HAMS & CALVES

SEATED CALF RAISES

Starting off this week's Glutes, Hams & Calves workout with seated calf raises is a great way to prioritize a muscle that is often neglected and trained last in every leg workout. Because so many people program it last, they often even skip out on it or just perform them with minimal intensity. By doing this exercise first, you will be able to overload it to a greater extent while you're fresh and give them attention they usually do not get!

STANDING CALF RAISES OR DONKEY CALF RAISES WITH INTRASET STRETCHING

After your soleus muscle is exhausted from the seated calf raise, we will challenge your gastroc and get an intense calf pump utilizing the intraset

stretching protocol on your last set.

After performing 5 working sets with proper execution and intensity, we will perform a drop set with loaded intraset stretching. On your final set, instead of racking the weight, allow the weight to force your foot into dorsiflexion and stretch your calf for 30 seconds, after 30 seconds, reduce the load and aim to perform another 15 reps. After 15 reps, allow that load to stretch your calf for another 30 seconds - make sure the weight isn't racked but overloading your gastroc, after 30 seconds, reduce the load again and aim for another 15 reps. Lastly, allow that load to stretch your calf for another 30 seconds, reduce the load, and perform as many reps as you can.

After each load reduction and stretch period, the pain increases and the pump become more intense. The first stretch doesn't seem too intense but it gets harder and harder to bear each time. Push through the pain and just realize that you're just stretching your muscle. Although it's very painful, dig deep and stick it out!

SINGLE LEG HAMSTRING CURLS

If your gym has a single leg hamstring curl machine try performing this with your hip extended and your glute of the working side isometrically contracted. As previously mentioned, this will enable the hamstring to fully contract and get even shorter compared to the hip being flexed. If your gym doesn't have a single leg hamstring curl machine - utilize a seated hamstring or lying hamstring curl and perform this unilaterally. Always start with your weak leg first, so that you can ensure you'll be able to match the same amount of reps on the opposite side. If you start with your strong leg first, you may use a load too heavy for your non-dominant side. Over time any imbalance in muscular strength from side-to-side should improve.

VERTICAL LEG PRESS OR HIGH FOOT PLACEMENT LEG PRESS

Focusing on hip extension here, the glutes should get a deep stretch at the bottom of this movement. When initiating the concentric, focus on hip extension to force the hamstrings and glutes to do the majority of the work and to minimize the quadriceps involvement.

STIFF LEG DEADLIFTS OR ROMANIAN DEADLIFTS

Both of these exercises focus on hip extension and are able to eccentrically overload the hamstrings while placing a great amount of stress in their stretched position. If you want to keep tension on the hamstrings, you do not need to extend your hips all the way forward and squeeze your glutes. Perform this exercise in a range comfortable for you.

A lot of people perform these exercises with the legs elevated on a platform to increase their range of motion and they claim they get a greater stretch on the hamstrings. Do not do this. What often happens is that they start to round their lower back (flex their lumbar spine) and don't place any additional stress on the hamstring but increase their chance of injury. When done properly you do not need to alter this exercise in an attempt to increase ROM.

ALTERNATIVE HAMSTRING CURLS

Depending on which hamstring curl variation you performed earlier in the workout, you will select a different hamstring curl variation here. So for example, if you did lying hamstring curls unilaterally to start, now you would perform a seated version. Other less common hamstring curl variations are TRX Hamstring Curls w/ Reverse Plank/Bridge and Hamstring Curls with an Exercise Ball while performing a reverse plank/bridge. Although they

aren't popular in the bodybuilding world, they are actually great variations to experiment with.

BFR QUADS - LEG EXTENSIONS

To finish off this workout, we will utilize blood flow restriction protocol on the Leg Extension machine. Using a 7/10 tightness on the upper thigh, occlude both legs. Select a load approximately 50% less than what you would typically use for a 10 to 15 rep working set and go through the BFR protocol. Your first set is 30 repetitions, and each set thereafter (2-4) is 15 reps with only 30 seconds rest between them. Do not take off the BFR straps in between sets. This exercise will initiate a growth stimulus in our quadriceps and improve our recovery process from our last leg day just 2 days earlier.



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