MAX-HYPE ELITE

TRAINING PROGRAM

CHRISTOPHER BARAKAT / CHRIS ELKINS

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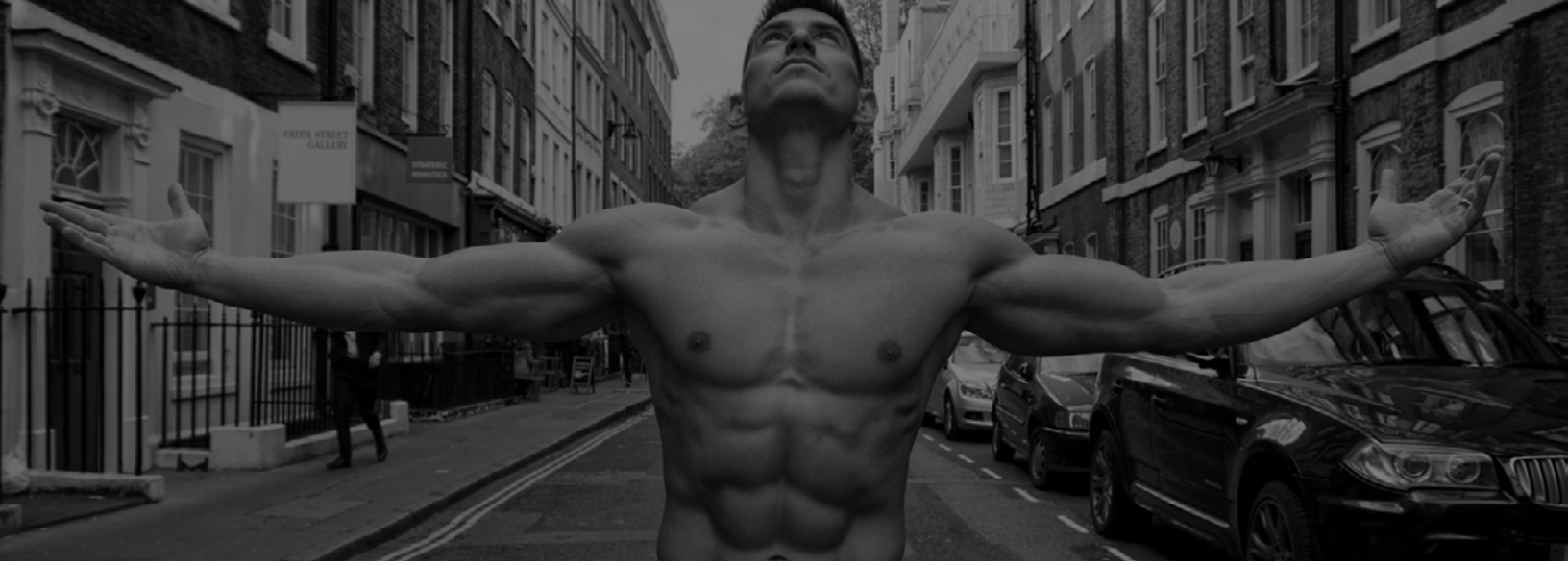

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FOREWORD

Welcome to MaX-Hype Elite! We're excited to have you on board and part of the MaX-Hype Family. Over the past two years, what initially started as a limited alpha-test program to 100 athletes has quickly grown into a community of thousands of amazing people taking their training to the next level, improving their physique, gaining strength, and supporting others along the way. If you've been a part of the MaX-Hype family by running 101 or eXtreme in the past, we're happy to see you again, continuing to pursue progress. If you're joining the MaX-Hype family for the first time with this purchase, we welcome you and look forward to seeing you maximize your potential and become ELITE!

This MaX-Hype (maximum hypertrophy) training style has been an evolution of my training principles over the years as a means to optimize training progress for myself and my clients. To give you a little background on myself, I began weight-training when I was in high school (~2006), but I didn't start truly 'bodybuilding' until 2010. I absolutely fell in love with this sport and learning how to maximize training progress through exercise and nutritional

sciences was what I dedicated my life to.
I initially earned my Athletic Training bachelor of science and then went to graduate school for exercise and nutritional sciences to complete my master's degree. During this time I was fortunate enough to not only read through the scientific literature, but I was also conducting my own research in the Human Performance Lab at the University of Tampa and investigating topics directly related to bodybuilding. I now have multiple peer-reviewed publications and I'm currently working on more research projects. Post-graduation, I began teaching at the University of Tampa as an adjunct professor for various exercise and nutritional courses.

My goal with this program is to maximize your progress by providing you with an evidence based program that is adjustable based on your needs and experience level. Everyone reading this, if you truly are an intermediate or advanced trainee, has experienced the fact that strength/size progress does slow down over time. However, by improving your programming and pushing your body harder than you have in the past, you will be able to make some of the best gains you've made since you first started training.

Chris and I look forward to seeing your progress and doing this together!

Thanks again for joining us,

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BSc- Athletic Training
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INTRODUCTION TO THE PROGRAM – AN EXPLANATION OF THE TIERS

When it comes to finding the 'best' training program for your goals, one of the most important factors is how you approached your training in the past! How long have you been training? What style of training are you most adapted and accustomed to? How many times per week have you previously trained each muscle group? And perhaps one of the most important variables, how much volume (sets per muscle group) are you accustomed to?

All of these factors are very important because your past experiences are what built your current physique and your baseline condition needs to dictate next appropriate step.
Your current recovery capabilities and work capacity are directly related to the training volume you are accustomed to.

There are two guaranteed ways to make progress. The first and most common method is simply doing more. More volume (total work) typically

will force your body to adapt in a positive manner (get stronger and/or bigger) to deal with this additional stress. However, I want you all to consider the latter first. Rather than just doing more, let's focus on doing better! Taking a step outside the box to analyze and critique what you've previously been doing, and how you've been doing it can exponentially move the needle! So although I do want you to increase the quantity of the total work you're doing overtime, let's start off by improving the quality!

Although the scientific literature does prove that total volume is a key driver in muscle hypertrophy, I guarantee you that doing less work, at a higher quality will produce greater results and allow you to make greater progress over the long term.

What are some ways to improve the quality of your training?

- Improve Exercise Execution (see tips to maximize muscle activation for each exercise below)
- Ensure control throughout the entire range of motion. Take advantage of the eccentric portion of the lift. Minimize momentum (see further information in the training tempo chapter below)
- Increase focus and intention of each exercise
- Increase intensity/exertion (not load), but how hard you're truly working in the gym. Effort is a variable only you can truly evaluate. Ask yourself if you're giving a few top sets each session your absolute best. If you have more in the tank, you're leaving progress on the table.

So what's is the biggest difference from Tier to Tier? .... It's **VOLUME**!

The training split is exactly the same (Upper, Lower, Push, Pull, Legs) but, the total volume per tier is significantly different.

So not only are you performing more sets per exercise from tier to tier, you will also perform more exercises as a whole. This additional variation through an increased exercise selection is going to be another positive growth stimulus. As you progress from tier to tier, you will start training your muscles through different planes, hitting each muscle at different angles, and overloading different portions of each muscles range of motion in a very strategic fashion (fully lengthened or fully shortened).

MaX-Hype training specifically emphasizes training each muscle through it's full range of motion. This does not mean that each exercise needs to be performed to it's extreme ends of the range. This simply means that we select multiple exercises throughout the program to ensure each muscle is overloaded throughout it's entirety. This is going to maximize your training stimulus and lead to further muscle hypertrophy.

So what Tier is best for you? Here are a few things you need to take into consideration.

- Your current training frequency? How many days per week are you training each muscle group?
- If you're currently training each muscle group just once per week, you likely should start at tier 1. Even if your current training volume per each muscle group is very high, because you will now increase your training frequency to twice per week (per muscle group), this additional stimulus is going to likely induce positive growth adaptations, even if your total volume is slightly lower. We suggest you start at tier 1 for at least 4 weeks before upgrading to tier 2 (only progress this quickly if you're previous total volume was higher, with a lower frequency approach). Otherwise, if Tier 1's volume seems most appropriate for you, we suggest you run this for at least ~16 weeks before progressing to tier 2.

- How many sets per muscle group do you currently train each body part?
- You want to select a Tier that is MOST similar to your previous training approach! You don't want to go from doing 6 sets per week to doing 24 sets per week. It's going to be too large of a jump and your body won't be able to recover adequately. Training volume is something that needs to increase slowly but surely overtime. Another perspective to demonstrate this concept would be like running 10 miles per week, and then jumping straight to 40 miles per week over night. Your body will break down!

The chart below provides the # of total sets each tier calls for per muscle group per week.

	TIER 1	TIER 2	TIER 3
CHEST	16	22	22
BACK	20	26	26
LEGS (GLUTES, HAMS, QUADS, ABD/ ADDUCTORS, CALFS)	43	51	53
SHOULDERS	9 (DIRECT) 19 (INCLUDING CHEST PRESSING MOVEMENTS)	9 (DIRECT) 21 (INCLUDING CHEST PRESSING MOVEMENTS)	11 (DIRECT) 23 (INCLUDING CHEST PRESSING MOVEMENT)
BICEPS	9 (DIRECT)	11 (DIRECT)	11 (DIRECT)
TRICEPS	9 (DIRECT)	12 (DIRECT)	12 (DIRECT)

*Note: Although the number of total sets isn't drastically different between tier 2 & 3, the total volume for tier 3 is much higher due to the use of various advanced intensity techniques, different rep ranges, and the additional exercise variety and periodization between week A and week B.

- How many different exercises do you perform for each muscle group per week?

The chart below provides the number of exercises performed for each muscle group in each tier.

	TIER 1	TIER 2	TIER 3
Chest	5	7	8
Back	7	9	11
Legs	13	14	18
Shoulders	3 (direct)	3 (direct)	4 (direct)
Biceps	3 (direct)	4 (direct)	4 (direct)
Triceps	3(direct)	4 (direct)	4 (direct)

- Another important variable to take into consideration is TIME? How much time can you dedicate to training?
  - Because each tier has more volume than its former, as you progress from tier to tier, the workouts are longer. Remember what we previously discussed about quality over quantity. We'd rather you do less, total work at a high intensity, than more sets, reps and exercises at a lower intensity, less focused and rushed.

For those of you joining us after completing and graduating from MaX-Hype 101, we recommend you start at Tier 1 and you'll soon be able to progress to tier 2.

For those of you joining us after completing MaX-Hype eXtreme, we actually suggest you start at tier 2 for at least 4 weeks before moving onto tier 3. Although eXtreme is slightly higher in volume and frequency, starting at tier 2 will be best to get you accustomed to the differences between eXtreme and elite (1337). Use this as an opportunity to relearn, improve and master exercise execution.

Before getting into some ways you can further improve your training approach and customize this program for yourself, I want to briefly discuss muscle hypertrophy since the goal of this training program is to maximize this stimulus. We believe if you understand why you're doing what you're doing, you will improve how you do it and this will accelerate your progress.

MUSCLE HYPERTROPHY

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 scientists 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 weights 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 that 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. (See the chapter on progression below for more information on how you can approach this)

As an intermediate to advanced trainee, you should recall that when you first started training, your strength increased at a much faster rate than it does 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 competent 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", drive a lot of blood into the muscle tissue and lead 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 seem to induce hypertrophy by creating a "life or death" environment within the muscle cell. This accumulation of lactate and the acute cell swelling response forces your muscle to adapt and grow. This is one reason why you will continue to feel sore regardless of how long you run this program (if you're pushing yourself and progressing properly).

As you progress through each Tier of Elite, we increase the metabolic stress and cell swelling stimuli 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 training in this style, 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 (tension while lifting). This program 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 given 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 very difficult. To optimize performance, recovery and growth it's important to prioritize your nutrition and even other variables such as sleep to optimize your recovery. (If you're seeking further guidance on how to set-up your nutrition for your goals, check out the MaX-Hype Nutrition Guidebook/Macro Calculator)

This program is designed for intermediate to advanced lifters. Not only are we going to train each body part 2x 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 ourselves, 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.

the training volume you are accustomed to.

There are two guaranteed ways to make progress. The first and most common method is simply doing more. More volume (total work) typically

TEMPO – A KEY VARIABLE TO IMPROVING THE QUALITY OF YOUR WORK

Tempo is a key variable to control, maintain and standardize for each exercise. However, you will not find us prescribing training tempo in the MaX-Hype Training program for a few key reasons. Before we dive into why we do not prescribe a specific tempo for each exercise, let's discuss what tempo is and how it's applied.

Training tempo is the cadence at which a repetition is performed. Repetitions are broken down into 4 phases when tempo is prescribed.

Eccentric Contractions (Negative - the portion of the rep where the primary muscle is **lengthening**)
Bottom - The end of the range at the bottom of the movement
Concentric Contractions (Positive - the portion of the rep where the primary

muscle is **shortening**)
Top - The end of the range at the top of the movement

Here is an example of how a tempo may be prescribed:
Squat @ 4/1/X/1

This would mean you're performing a 4 second eccentric, a 1 second "pause" at the bottom of the rep (in the whole), explosively performing the concentric, and pausing for 1 second at the top.

A 4-second eccentric would be drastically different for someone who is 6 foot 3 with very long femurs and a short trunk, compared to someone who is 5'5 with short femurs and a long torso. Just because a repetition tempo is prescribed, that doesn't mean it's optimal for the individual!
A 4-second eccentric will be drastically different on the bench press exercises with someone with long arms and a small ribcage compared to someone with short arms and a barrel chest ribcage.

Another example would be as follows:
Bicep Curl @ 2/0/2/0

This would mean a 2 second eccentric, no pause at the bottom, a 2 second concentric, no pause at the top.
Now that you have an understanding on how tempo is broken down, you may be wondering how this affects the muscle itself.

What are some of the scientific suggestions in regards to tempo?

It's pretty clear that manipulating your training tempo, or how you perform an exercise does effect the acute physiological response(1). The speed at

which your perform your repetitions as well as the total time under tension can impact factors like metabolic stress (i.e. lactic acid accumulation), muscle damage (microtears), and cell swelling (the pump!)(2). However, a lot of the studies examined concentric or eccentric tempo only on a fancy piece of equipment called an isokinetic dynamometer. Since none of us actually use that equipment in our gyms, applying those findings to traditional weight training isn't a great idea.

Some of the data contradicts previous findings and what people often do is cherry-pick data that supports their beliefs. Differences in opinion aren't seen just around the bros in the gym, there are still different opinions within the scientific community. For example, the American College of Sports Medicine recommend a 1-2 second concentric and 1-2 second eccentric(3). However, Brad Schoenfeld, one of the most respected researchers in regards to hypertrophic (muscle building) training suggests a 2-4 second eccentric, with a faster 1-2 second concentric(2).

Instead of debating about specific tempos and concrete numbers, let's think about other pieces to the puzzle to help us come up with a logical approach.

What is the most important variable? .... CONTROL

CONTROLLING the load with your target muscles is going to be the most important factor when performing your repetitions. You need to have a stable base and a strong foundation when performing all of your exercises in order to maximize TENSION on the target muscle. Stop thinking about moving weight and start thinking about contracting your muscle. Stop thinking about a specific time and start thinking about CONTROL.

The negative portion of the lift is where many trainees really halt their own

progress. The negative is an eccentric muscle contraction, and although it's vastly different (essentially opposite) of your concentric phase, it's still a contraction and you should feel this portion of the lift. Often times many people just allow gravity to force their joints through a range of motion during the negative with minimal control and suboptimal active tension! Not only are you missing a huge opportunity for muscle growth - you're increasing your risk of injury.

Regardless of the exercise, not controlling the negative and using momentum to initiate the positive is a recipe for disaster.

Another crucial component to your repetition execution is your concentric phase. Once you get to the bottom of the movement, or that particular end range, I want you to focus on initiating the concentric contraction with your target muscle. You literally should be able to flex and isometrically contract that target muscle before actually moving the weight and positively contracting through the rest of the range. This will be very beneficial at maximizing muscle activity and improve your mind muscle connection over time.

If you have some trouble connecting with your muscle, check out this previous article I wrote for Bodybuilding.com

The Optimal "Tempo" Approach for basically every exercise: **C/SP/CX/SP**
Controlled Negatives
Slight Pause
Controlled eXplosive Intent Driven Positives
Slight Pause

I like what Eric Helms and colleagues stated in their research article (1) - "a

tempo that maintains muscular tension during the concentric and eccentric phases without sacrificing the magnitude of load may be optimal". The key factor in my eyes being "maintaining muscular tension"! These researchers also stated, "regardless of tempo of lifting, muscle should control the weight during the concentric phase and muscle, not gravity, should lower the weight during the eccentric portion"

So to wrap things up - here are my key takeaways!

1) Always be in CONTROL of the movement (both during the concentric and eccentric portion)
2) Your negative should generally be longer than your concentric (this may change as fatigue kicks in throughout a duration of a set)
3) Do NOT use MOMENTUM - have a slight pause at the bottom (end range) of a movement and consciously initiate the concentric with the target muscle
4) Tension, Tension Tension - you should feel tension on your target muscles throughout the entire range.

OWN EVERY INCH OF THE RANGE!

Now that you know much more about tempo and what's actually important, we do suggest that you standardize the tempo for each of your exercises in a way that optimizes the execution of each lift. This will ensure that the quality of your work remains constant as you increase the quantity via progressive overload.

ENSURING LONG TERM PROGRESSION – UTILIZING RATE OF PERCEIVED EXERTION (RPE) AND/ OR REPETITIONS IN RESERVE (RIR) + AUTOREGULATION

Notating perceptual measures while training can be a great tool to give you further insight into your progress and these variables can be manipulated to logically periodize intensity.

Tracking your RPE and/or RIR from exercise to exercise and session to session will give you additional data on how you're performing throughout the mesocycle. Moreover, you can use these tools as a way to preplan/ program intensity progression, overreaching phases and deloads.

Although these are great variables to account for, we do not directly prescribe and program them in within MaX-Hype because these variables are going to drastically vary from individual to individual.

Your rate of perceived exertion (RPE) is a scale from 1-10 in which you, subjectively assess how hard you worked on a given set/exercise/training session. What one person may consider their 10/10 on the RPE scale may be an 8/10 to someone who trains much harder on a regular basis. Moreover, if we prescribed people to train at an 8/10 RPE, many people may be training at a 6 or 7, and this level of intensity simply isn't good enough to further induce adaptations in experienced lifters. It's unfortunate, but true, many people don't train hard.

The same issue could occur if we were to prescribe RIR. How many of you have performed more reps when somebody was spotting you just because having them there gave you confidence you could push your limits and be safe? Or perhaps, having the spotter there gave you extrinsic motivation and improved your performance. If we were to prescribe people train with 2 RIR on some of their compound lifts, they may be leaving much more in the tank, perhaps 3, 4 or 5 reps.

Moreover, even if everyone accurately assessed their RPE and/or RIR, their ability to perform and recover at different training intensities is going to drastically vary.

Automatically prescribing RPE/RIR without understanding the individuals nutritional approach is also irresponsible and illogical. An athlete who is in a large calorie surplus, getting a ton of rest and is minimally stressed is drastically different than an athlete in a calorie deficit, getting poor sleep, and under greater physiological stress (i.e. later stages of a contest prep phase).

Because of the immense covariates that come into play, rather than prescribing RPE/RIR, we suggest you implement a progressive intensity approach that you think will suit you best, while also utilizing an auto-regulatory approach based on your biofeedback. Autoregulation enables you to adjust your approach based on what you feel is best on that given day. Just because a program tells you to train at an RPE10 on a specific day, doesn't mean you have to. The preplanned intensity does not take into consideration your sleep, hydration/ nutrition status, life-stress, and more; but you should.

You're not going to progress in a perfectly linear fashion anyway. Not every training session is going to be filled with a PR. The important thing is that you're making progress in the grand scheme of things. From mesocyle to mesocycle, from year to year. Progress at this stage in the game doesn't happen overnight, so don't forget to practice patience and enjoy the process.

Although RPE and RIR aren't perfect tools, we will provide you with an example of how you could use them to logically increase training intensity, progress, and even plan a deload after an overreaching phase.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Exercise X Exercise X	100 x 3 x 8 x 2RIR	110 x 3 x 8 x 1RIR	120 x 3 x 8 x 1RIR(1st set), 0 RIR (2nd / 3rd set)	100 x 3 x 8 x 3-4 RIR (Deload)	120 x 3 x 8 x 2 RIR	125 x 3 x 8 x 1RIR	130 x 3 x 8 x 1RIR(1st set), 0 RIR (2nd / 3rd set)	110 x 3 x 8 x 4 RIR (Deload)

Example Using RPE:
Weight X Sets X Reps X RPE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Exercise X Exercise X	100 x 3 x 8 x RPE 8	110 x 3 x 8 x RPE 9	120 x 3 x 8 x RPE 9 -10	100 x 3 x 8 x RPE 6-7 (Deload)	120 x 3 x 8 x RPE 8	125 x 3 x 8 x RPE 9	130 x 3 x 8 x RPE 9-10	110 x 3 x 8 x RPE 6-7 (Deload)

As you can see, both approaches increased intensity in a linear fashion while preplanning deload phases after the most intense weeks. Having a preplanned approach to increase your training intensity and taper intensity is absolutely a great idea. However, just remember that this preplan can not predict the future and does not take into consideration life scenarios that can impact your training performance.

To keep things simple, when you're feeling great, are resting a lot, recovering well and aren't highly stressed, take advantage of that in the gym and push the intensity. When life is kicking you in the butt, you're not getting the best sleep and your strength isn't there in the gym, don't be afraid to slightly reduce your intensity. Just make sure you're doing your best to keep your mental focus and quality of work high.

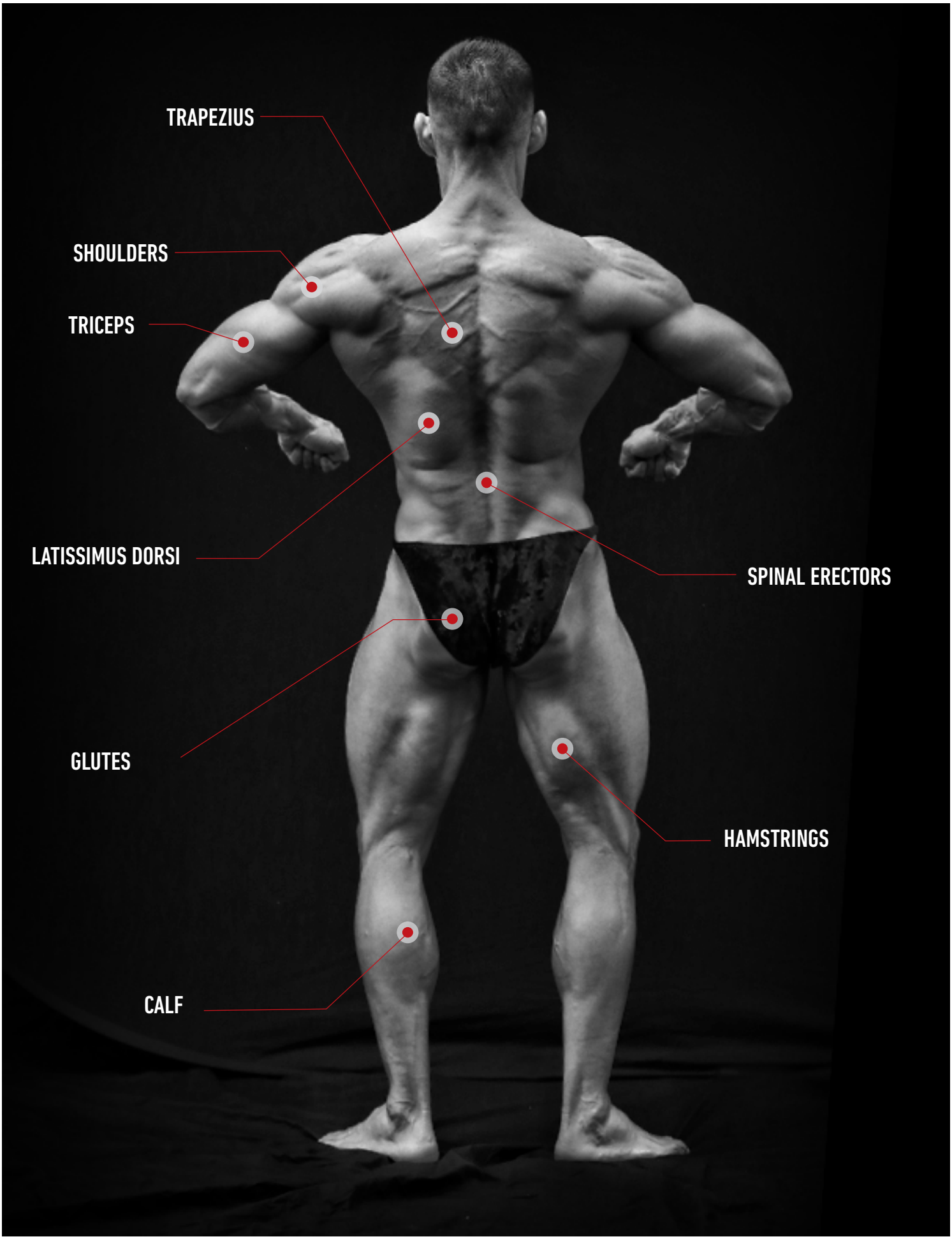
The most important thing is that you ARE progressing in the grand scheme of things. As previously mentioned, progressive tension overload is the primary mechanism to muscle hypertrophy so make sure you're logging your numbers either in our excel sheets, log sheets/book or on our MaX-Hype App (partnered w/ Kerosine). As an intermediate/advanced lifter, we expect you to understand how you can approach this, but for more information on periodization for progression, check out our article on MaXHypeTraining.com

EXERCISE INTENT, EXECUTION CUES AND ALTERNATIVES

The exercise variations selected in MaX-Hype Elite are programmed in a specific sequence for many reasons, however, exercises absolutely can be substituted for multiple reasons. If a specific exercise is difficult for you to perform, perhaps due to previous injury, body structure, or any other reason, you should substitute it. Most importantly, you want to have a deep internal connection with the target muscle of each exercise. So if a particular variation isn't doing it for you, first, try to alter your mechanics, and if that doesn't work, then swap out the exercise. Lastly, gym equipment will vary and that alone can be a limiting factor.

Below I will discuss the goal behind each exercise, tips on how to perform it in order to maximize muscle activation and also provide you with alternative exercises that train the muscle in the most similar fashion possible.

In the previous MaX-Hype books we did this by going through each day, however, this time around, we will separate the exercises by muscle groups and cover every exercise programmed in the standard template.



LEGS

MUSCLES – FUNCTIONAL RESPONSIBILITIES

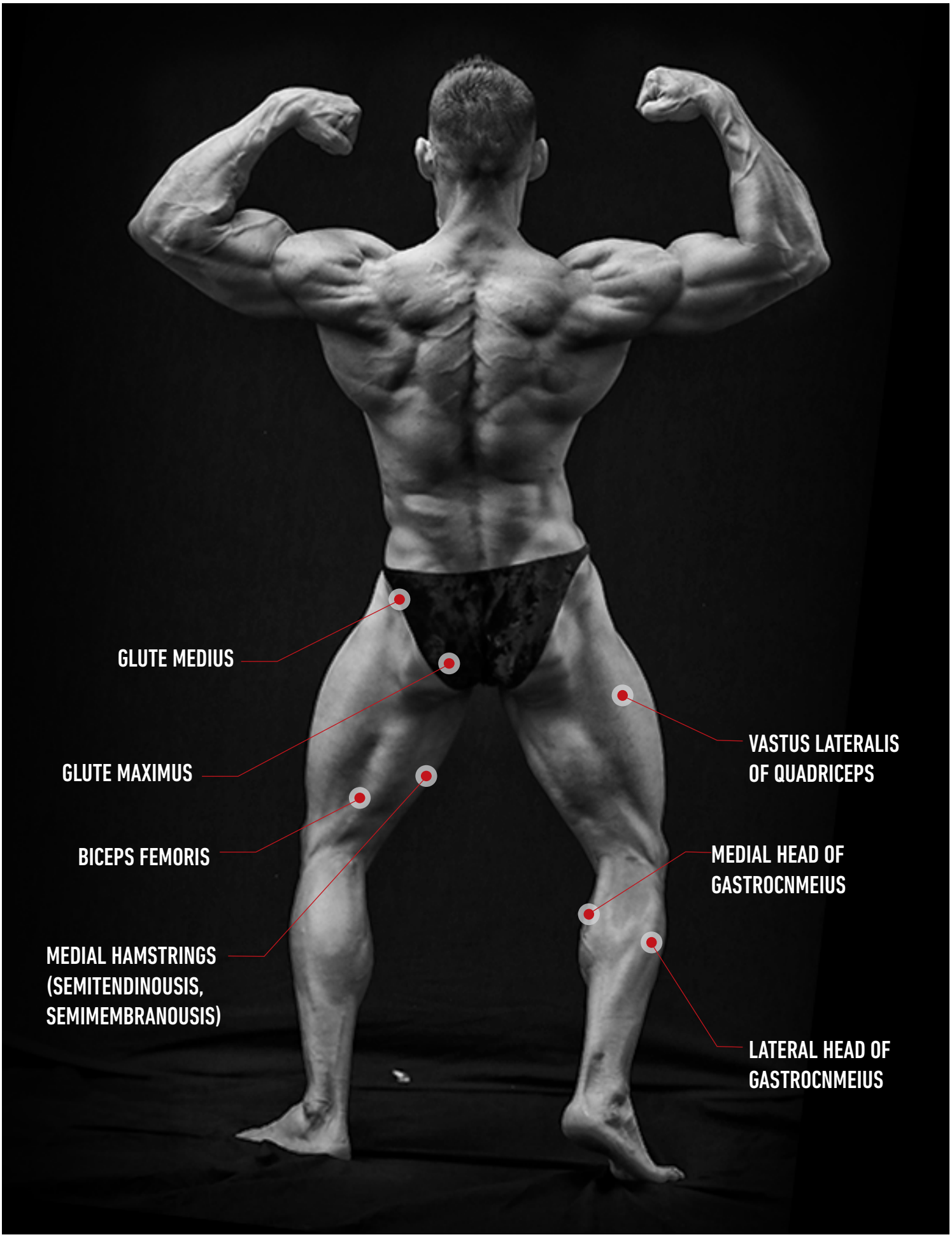
QUADRICEPS – The 4 muscles of the anterior thigh. The 4 muscles are the vastus lateralis, vastus medalis, vastus intermedius and the rectus femoris. The primary function of the quadriceps is to extend the knee (all 4 muscles do this) and its secondary function is to flex the hip (only the rectus femoris does this).

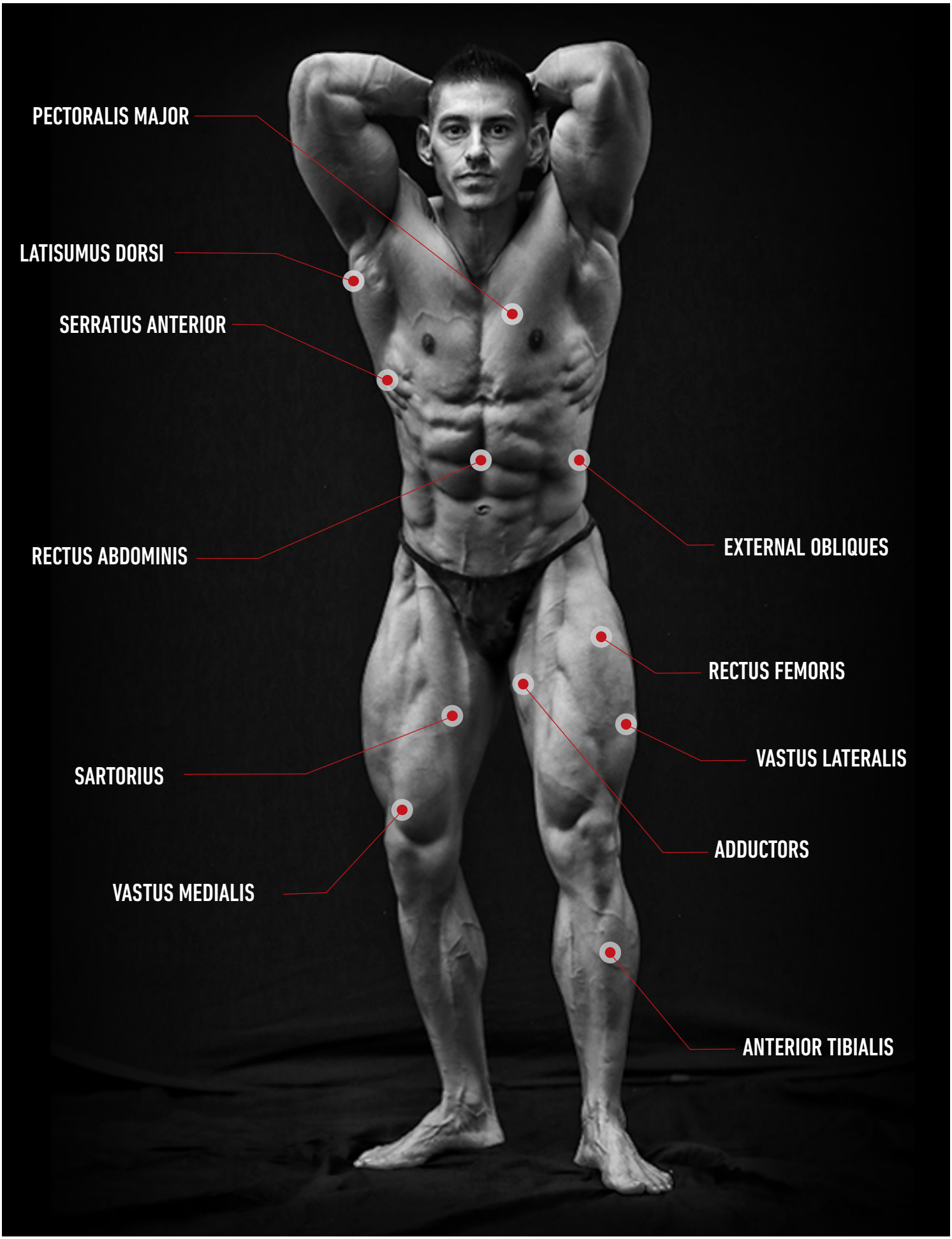
HAMSTRINGS – The hamstrings are three muscles of the posterior thigh. The three muscles are the biceps femoris, semitendinosis and semimembranosis. The primary function of the hamstring is to flex the knee (all 3 muscles do this) and it's secondary function is to extend the hips (all the muscles do this, however the bicep femoris has a short head/long head; the short head does not cross the hip joint so it's only function is knee flexion).

GLUTEALS – The gluteus maximus is the largest glute muscle and its primary function is to extend the hips. The gluteus medius is primarily involved with hip abduction and the minimus is involved with internal rotation of the hip as well as abduction.

ADDUCTORS - The adductors are made up of the adductor magnus, adductor brevis, adductor longus, the obturator externus and gracilis. Their primary function is to adduct the femur. This group of muscles is heavily involved with stabilizing the femur during compound movements of the lower body.

CALF – The calf is composed of two primary muscles, the gastrocnemius





(superior and palpable) and the soleus (inferior, hidden underneath). The primary function of both of these muscles is ankle plantarflexion. The gastrocnemius originates at the distal femur and it's secondary action is to assist the hamstrings with knee flexion.

LEG EXERCISES

LYING HAMSTRING CURL – 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. Performing the lying hamstring curl first is 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 plantarflexed). This is going to inhibit your calf muscle from assisting with the knee flexion and place all tension on the hamstrings!

ALTERNATIVES – Single Leg Standing Ham Curl Machine, Single Leg Kneeling Ham Curl Machine, TRX Bridge + Curl, Physioball Bridge + Curl

SQUATS – The squat mechanics will vary from person to person based on a multitude of variables. We can write a whole book on the squat alone, but as an intermediate/advanced trainee, we expect you to be comfortable with this staple exercise. The length of your limbs (leg/torso ratio) is a big factor

in determining whether or not you'll be best suited to high bar squat, low bar squat, or front squat. One thing I want to emphasize is to make sure your core is engaged 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 heal with 2.5 or 5lbs plates and/or invest in a weightlifting shoe with an elevated heel.

I personally recommend that your break at your hip 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.

The standard suggestion in MaX-Hype Elite utilizes the Front Squat as the primary squat variation in order to emphasize the quadriceps. Potential limiting factors in the front squat can be, wrist flexibility, scapula-thoracic mobility, upper body/core strength and much more. If the front squat isn't the best fit for you, utilize whichever squat variation you can progressively overload best with.

ALTERNATIVES – Front Squat, Back Squat (high/low/hybrid), Bulgarian Split Squat, Hack Squat, Smith Machine Squat, Squat Machine of Choice, Leg Press

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 effectively overloads the glutes throughout the entire range. Scientific studies have shown that the glute bridge is superior in regards to muscle activity when compared to the squat.

This exercise is going to not only build 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 along with your quads.

In regards to foot position, this can vary a bit as well. I recommend placing them 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 from the direct load and contact of the barbell.

ALTERNATIVES – Single Leg Glute Bridge, Machine Weighted Kickbacks, Plate Loaded Hip Extension

ROMANIAN DEADLIFT - 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) for 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 entire time.

ALTERNATIVES – Barbell RDL, Dumbbell RDL, Cable Pull Throughs, 45 Degree Hip Extension

LEG EXTENSION (KNEE EXTENSION) – The leg extension enables you to overload your quadriceps in their fully shortened position. Although compound exercises are very important to maximize your quadriceps growth since they can be heavily overloaded, the strength curve of this isolation movement provides a unique stimulus other exercises do not.

To get your quadriceps fully shortened, make sure you're getting full knee extension at the top of the movement. If you want to get an even deeper contraction, once you reach full knee extension at the top, flex your hip as if you're doing a leg raise. This will engage your rectus femoris muscle even further as it's the only quadriceps muscle that extends the knee and flexes the hip.

In MaXHype Elite, we alter how we program the leg extension exercise from Day 2 to Day 5. On Day 2, we perform leg extensions at the end of the workout after performing heavy compound lifts as a finisher. On Day 5, we program it to start off the workout in order to overload the quads in their fully shortened position while they are most fresh. The loads you will be able to handle should vary since day 2 you will be fatigued from 5e previous

exercises and day 5 you will be fresh.

CALF RAISE - The calf raise exercise can be performed in a variety of ways to train the gastrocnemius and soleus muscle. From a standing calf raise machine, donkey calf raise, to a seated calf raise, the primary movement you're focused on is ankle plantarflexion (pedal to the metal movement). The important thing to understand is that your gastrocnemius crosses the knee joint and assists with Knee Flexion, where the soleus only acts on the ankle joint.

Performing a seated calf raise variation will minimize your gastrocnemius involvement due to passive inhibition. Having the knees flexed to 90 degrees is going to shorten the gastroc and put it in a weaker position. This forces the soleus to do most of the work.

Moreover, performing the other calf variations in which your knees are extended, the gastroc will do the majority of the work. Because the Achilles tendon can work off of so much elastic energy, it's important that you do not utilize the stretch reflex and any momentum with this movement. Make sure you pause at the bottom and get a full stretch on the calf before initiating the concentric.

HIP ABDUCTION – The hip abduction machine is great way to strengthen your gluteus medius, gluteus minimus and the tensor fascia lata (TFL). This movement in particular plays a big role in your ability to maintain proper hip position while performing compound exercises; specifically, this prevents knee valgus while squatting.

Strengthening the musculature at the hip joint is very important to prevent muscular imbalances. Many people perform major compound lifts and focus

on their glutes, hamstrings and quads but neglect their smaller muscles around the hips. If you continue to get stronger in all off your other muscle groups, your weakest link will likely lead to some injury down the road.

We recommend utilizing the hip abduction machine for efficiency and overload purposes, but if you don't have access to this there are many alternatives to strengthen this muscle group.

ALTERNATIVES – Single Leg Cable Abduction, Single Leg Resistance Band Abduction, Lateral Band Walks

HIP ADDUCTION – The hip adduction machine can be an excellent tool to develop your anterior thigh aesthetics by developing the inner thigh muscles. Your hip adductors play a large role in stabilizing the femur during compound movements, but this alone won't be enough to maximize the development of your adductors. This isolation movement will directly target your adductors as it trains it through a full range of motion concentrically and eccentrically compared to compound that typically involve your adductors firing in more of an isometric fashion.

This exercise will be important not just for aesthetics and development of your anterior thigh, but will carry over to more stability and strength of your compound lifts.

Be sure to do 1-2 warm up sets as the hips are often tight and heavy loads/ intense contractions without a warm-up of the adductors can injure the pubic symphysis.

ALTERNATIVES – Single Leg Cable Adduction, Singe Leg Resistance Band Adduction

JEFFERSON SQUATS – The Jefferson squat can be an awkward movement at first but overtime, you will become more comfortable and this exercise will translate to greater strength and stability in other exercises you perform. It's a great tool to open up your hips and gain further control of your musculature in the entire lower body. It's going to target your glutes, quads, adductors, hamstrings, abductors and even the external rotators of the hip.

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 and "over-under" grip. Focus on driving the knees out and keeping your pelvis underneath you at all times. Use very light loads if this is the first time you're performing this exercise and just get familiar with the movement pattern. Don't forget to switch sides and alter your stance. Performing both sides counts as 1 set.

BULGARIAN SPLIT SQUATS – A great exercise to focus on while addressing muscular imbalances from side to side from both a strength and aesthetic standpoint. As previously mentioned, this can decrease your risk of injury over time. Also, the Bulgarian split squat is a great exercise to target the "tear drop" of your quad. You can perform this with either dumbbells, barbells, or even body weight if you need to improve your strength and balance before adding an external load. If your goal is to emphasize the quadriceps, break at the knee and focus on most of the movement coming from here. If you want to stimulate your glutes more, sit back first, and break at the hips. Stay in control throughout the whole movement. A larger stance/stride will typically make this more of a glute dominant exercise and minimize the angle at the knee. A shorter stance will typically force the knee to flex more and place more stress on the quadriceps.

STANDING HAMSTRING CURL – This exercise is a great isolation movement that has the ability to overload the hamstring in the fully shortened position. The key here is similar to how we execute the lying hamstring curl, make sure you keep your glutes isometrically contracted in hip extension. Another advantage to this exercise is that it also forces you to train you hamstrings unilaterally. This is a great way to address any muscular imbalances.

If you want to move maximal weight, keep your ankle in a dorsiflexed position (toes pointed up toward your nose), this will enable your gastrocnemius to assist with knee flexion. If you want to isolate the hamstring, plantar flex at your ankle (toes down as if you're doing a calf raise), this will inhibit your gastroc from assisting with knee flexion.

ALTERNATIVES – Kneeling Ham Curl Machine, Single Leg Lying Ham Curl, Single Leg Bridge + Curl

SEATED HAMSTRING CURL – This exercise enables you to train your hamstrings through knee flexion with your hips in a flexed position. This is going to put a little more stress on the distal hamstring rather than proximal fibers. If you want to have complete hamstrings from top to bottom, you need to perform knee flexion exercises with your hips in flexion and extension (seated vs lying) respectively.

A great intensity technique you can add with all variations that I particularly utilize with seated hamstring curls is starting off in plantar flexion, and once you reach failure, dorsiflex to extend the set and increase total volume/time under tension.

LEG PRESS – The leg press is a great way to train your quads and glutes. Your foot position on the platform and how your perform this exercise will

drastically change where most of the tension is placed and what muscles are doing the majority of the work. The leg press typically does a great job of overloading the quad in the mid range and has been shown to add a lot of muscle to the proximal thigh (upper thigh region). Moreover, this exercise does a good job overloading the glutes in their lengthened position (depending on foot placement and ROM).

In Tier 3 of Elite, we start off with a wide foot position as it 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 pointed out slightly, externally rotates your hip joint and will challenge many parts 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 more narrow 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.

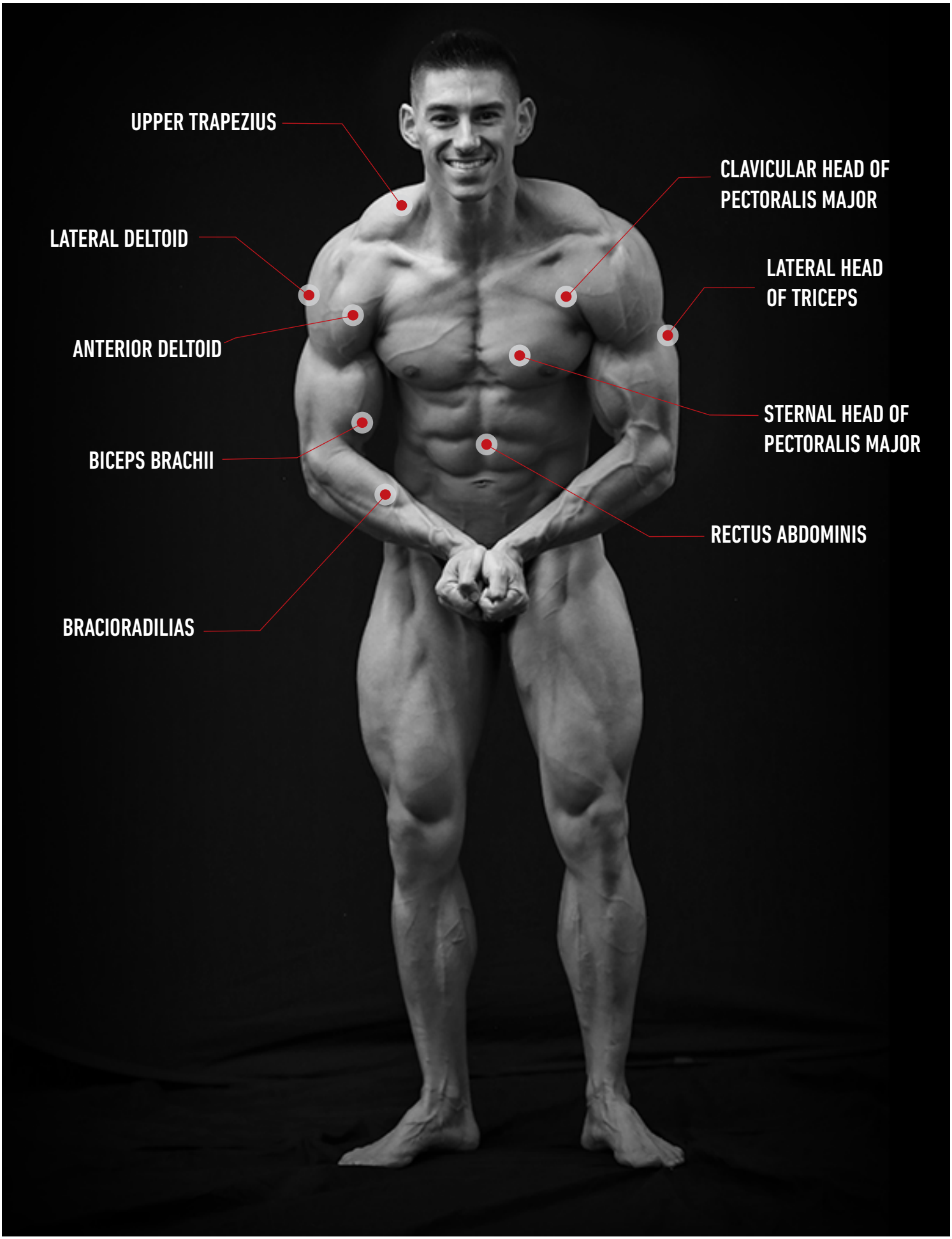
WALKING LUNGE – This unilateral exercise is not only great for the primary movers like your quads, glutes and hamstrings, but it also involves your

stabilizers. Because we all have some muscular imbalances, including some unilateral work is very important. In Tier 3 of Elite, the walking lunge is performed as a giant set combined with blood flow restriction as a way to maximize metabolic stress and cell swelling. These two stimuli are additional mechanisms to trigger muscle hypertrophy.

GLUTE HAM RAISE – 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 programed 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.



CHEST

MUSCLES – FUNCTIONAL RESPONSIBILITIES

Your chest is composed of two muscles. The pectoralis major, and the pectoralis minor. We're going to primarily focus on the pectoralis major as this is the muscle that we actually see and contributes to the look of our physique. Also, it is much larger and is the prime mover when performing chest exercises.

The pectoralis major is composed of two heads. You have your sternal head, which originates at your sternum and runs across your rib cage to attach at your humerus (upper arm/shoulder). You then have the clavicular head, which is commonly referred to as the 'upper chest'. These fibers originate at the collar bone (clavicle) and insert at the humerus (upper arm/shoulder).

Everyone's genetics vary greatly. Our genetic structure, from our skeleton (i.e. size of rib cage, shoulder width - clavicle length) to our muscle fibers; impacts how our chest is going to look. Although we can't control that directly, we can train our pecs in the smartest way possible and from every angle to maximize our own development. This is a reason why someone like Chris Elkins, AJ Ellison, and Justin Gonzalez all have very different chests, but are still extremely well developed and aesthetically pleasing in their own respective manner.

So the primary function of the chest is to horizontally adduct and flex the shoulder. What does that mean?

- Horizontal Adduction - bringing your upper arm, across your body. Picture a basic 'pec dec fly' for this movement. You're bringing your

upper arm (where the chest inserts) across your body and closer to your midline, your sternum, where the chest muscle originates.

- Flexion - Raising your arm straight up as if you're doing a typical front raise. Although your anterior deltoid is doing a lot of this work, your upper chest does help a lot with 'shoulder flexion'. You'll see later on that we incorporate exercises in the program to target the upper chest besides the typical incline press variations.

Now that you better understand how the chest actually functions, you can have a better internal visualization when exercising rather than just going through the motions and moving weight around from point A to point B. When you're performing an exercise like a dumbbell bench press, rather than just moving the weight, mindfully picture your upper arm traveling across your body (horizontally adducting) and the chest muscle getting shorter and shorter as it contracts to perform this movement. Visualizing the insertion point getting closer and closer to the origin is a great way to 'feel' your chest better when performing exercises. A great cue is to 'connect the dots'. Think of how the chest muscle fibers run from origin to insertion and get those two points closer together while performing your chest movements!

PECTORALIS MAJOR – Your pec major is the only chest muscle you can visibly see and palpate directly. It's composed of two heads. The sternal head and the clavicular head. The sternal head is much larger and it's fibers primarily run horizontally with changes in angle/orientation throughout different regions of the belly. For example the distal/inferior fibers are more responsible for pure adduction whereas the middle fibers are responsible for horizontal adduction.

The clavicular head, typically referred to as the 'upper pecs' is smaller in size but also is responsible for different functions. Although it does play a role in horizontal adduction, it's primary function is flexion of the glenohumeral joint. Because of this, it's important to hit the pecs from different angles. Although incline pressing is a great option to target the upper chest, we intentionally program low-to-high flys as this is a great way to train flexion/adduction simultaneously and really force the upper pecs to work!

PECTORALIS MINOR - This muscle is much smaller and not visible so it's not nearly as important for aesthetics, however it's still involved to a certain degree on nearly every pec movement.

CHEST EXERCISES

DB CHEST PRESS – A staple horizontal press exercise like the dumbbell bench press is crucial to creating a strong, well developed pectoralis. Utilizing dumbbells is a great way to address any asymmetries from side to side in both strength and aesthetics.

With all chest pressing exercises, it's very important to keep your shoulder blades retracted. This is going to ensure a stable base from a strong isometric contraction from the rhomboids and mid traps. The goal when performing any chest press is for the movement to only occur at the glenohumeral joint and elbow while the scapula is stable. This stability is going to maximize your body's ability to increase force output and also keep you safer while pressing.

Focus on horizontal adduction and elbow extension while performing the concentric. 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 just shy of lockout with this exercise.

ALTERNATIVES – Cable Chest Press, BB Chest Press, Machine Chest Press, Push-ups

INCLINE CHEST PRESS MACHINE - The incline chest press machine, or any high diagonal push is a great way to target the clavicular fibers of your chest while still involving the sternal pec to a large degree. The pec major always contracts at once, so you cannot fully isolate a head, but these variations do put more tension overload on the upper pecs.

Just like all of your chest pressing movements, keep your shoulder blades locked back and focus on getting a solid contraction of the pecs. Initiate the movement with the intent being on maximizing your pec recruitment.

ALTERNATIVES – Incline BB, Incline DB

BARBELL DECLINE CHEST PRESS – This exercise is a great way to heavily overload the sternal head of the pecs, especially the inferior fibers. It nearly eliminate the upper pecs from coming into play and also enables you to get a better stretch on the pec compared to a flat press. Decline pressing was a staple in the golden era of bodybuilding but has recently become a nearly extinct exercise in the bodybuilding world today. If your only goal was hypertrophy, and you were to pick two compound movements to train your chest, I would actually recommend people only perform the decline press and incline press, instead of incline and flat press.

ALTERNATIVES – DB Decline, Machine Decline, Cable Decline Press

INCLINE DB FLY – The dumbbell fly is a great way to overload the pecs in their lengthened position and get a deep stretch wile creating a decent amount of muscle damage. To perform this exercise correctly, make sure your shoulder blades are retracted throughout the fly. I personally like performing them in a low-to-high fashion to really engage the upper pecs. Instead of doing typical DB flys on an incline bench, start with your arms at about 45 degree as if you're making a capital Y with your body, and picture yourself performing a combination of horizontal adduction and flexion at the same time.

CABLE FLY – There are so many ways to perform the cable fly depending on your goal and what portion of the pecs you're trying to target. The good thing about cable fly's is that you'll have some amount of tension throughout the entire ROM and you can alter the angle at which you perform them in order to overload different portions of the pecs.

If you perform them straight across (horizontal adduction) you'll train a a lot of the middle fibers. If you perform them straight down (adduction) you'll overload and engage more of the inferior fibers. This can be a great way to improve the aesthetic of your pecs and create the illusion of more 'width'.

FLAT BARBELL BENCH PRESS – Your barbell bench is going to be a staple exercise to improve your overall strength and chest size. Standardizing your grip width is going to be very important. This can vary for each individual based on structure and preference. Slightly outside of your shoulders is a good starting place for most people. Another variable to take into consideration when benching is 'elbow flare'. The more you're flaring your elbows out, the more work your chest will be forced to do. If you tuck in your elbows too much, your front delt and triceps will take over the movement and reduce the chest recruitment.

Make sure you set up a stable base on the bench by retracting (pinching) and depressing your shoulder blades, think 'down and back'.

DB INCLINE BENCH PRESS - Incline pressing movements are going to be key to developing your upper chest. The dumbbell incline press is going to be a staple throughout the program that you will make a ton of progress with. It requires a lot of stability and control, so not only is your chest going to be working, your shoulders and rotator cuff will be essential to stabilize the press.

Make sure you're maintaining shoulder blade retraction to give you that stable base while pressing. A 30-45 degree incline is ideal for most people, however you can experiment with a 15 degree incline and even a 60 degree incline and see which variation you feel the most in the upper chest.

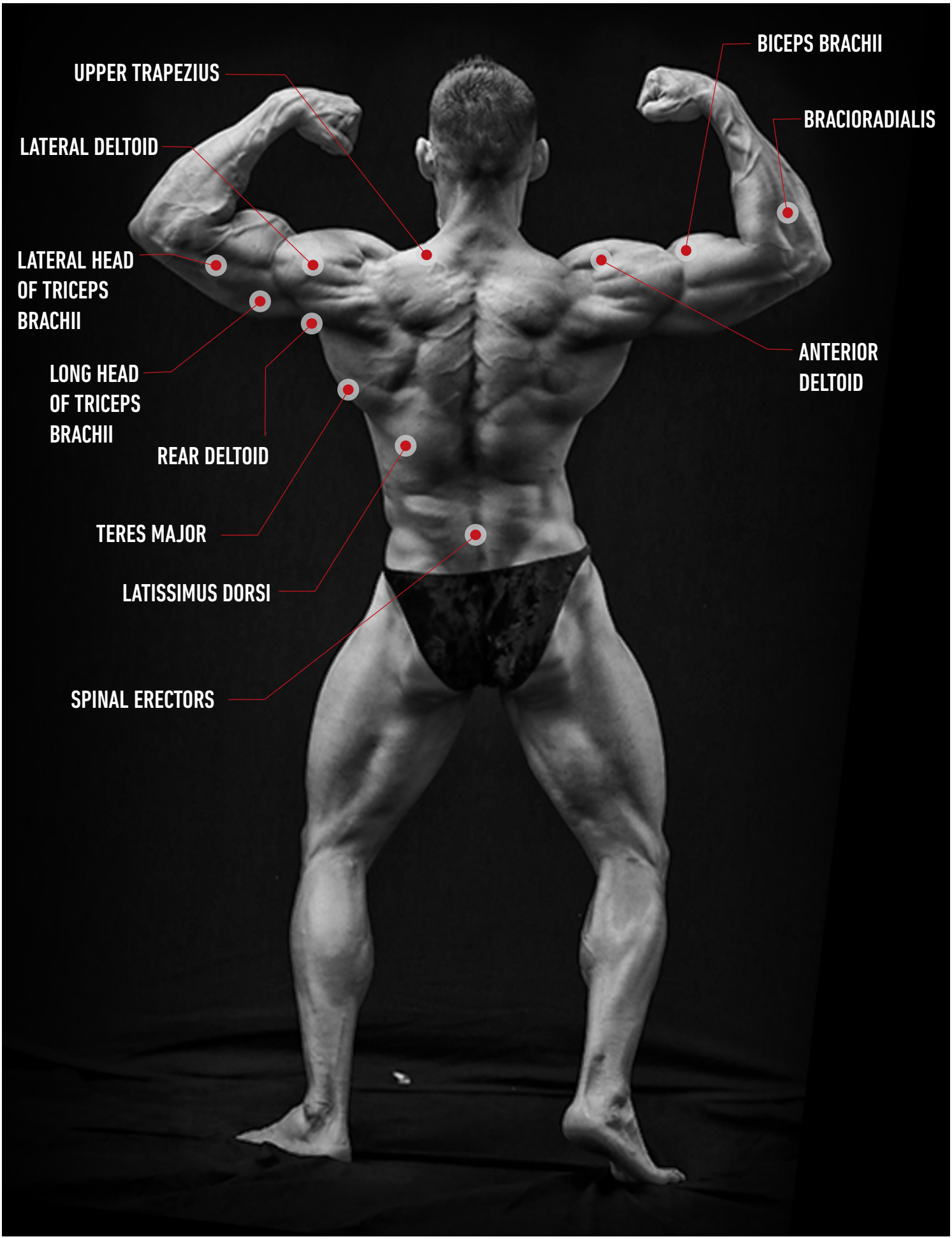
Make sure you're not overarching and extending at your thoracic spine too much. This will essentially defeat the purpose of the incline bench and challenge your chest the same way a flat bench press would.

As with all exercises, focus on being in control for the entire rep. Standardize your form on this exercise. Pausing at the bottom in the stretched position for a split second is a great way to eliminate momentum and force your chest to do more work. Initiate the press with your chest and squeeze hard at the top.

BARBELL INCLINE PRESS - Just like your other chest pressing movements, your barbell incline bench press should be performed with a stable base and scapula retracted. Most set-ups have the bench angle pre-set to greater than 45 degrees. This exercise is going to put a lot of emphasis on your clavicular head of the pecs as well as your anterior delt. Machine sure you standardize

grip width and your range of motion. You do not need to touch your chest with this exercise if you don't have the shoulder mobility and chest flexibility to do so. If the barbell incline bench bothers your shoulder in anyway and cant be resolved by altering/improving your form, opt for an exercise alternative that gives you more freedom (i.e. dumbells).

PEC DEC FLY – The best thing about a solid pec dec machine fly is the fact that it provides consistent tension throughout the entire ROM. DB Fly's are a great way to overload the pecs in their lengthened position but essentially provide no overload when your pecs are shortened. While performing pec dec flys, that issue is resolved as this is a great way to overload your pecs when they're fully shortened.



BACK

MUSCLES – FUNCTIONAL RESPONSIBILITIES

LATISSIMUS DORSI – The lats are the largest muscle in your back and have multiple functions. With multiple origin points and a wide variety in the angles at which the fibers run, the lats are involved with several pulling exercises. The lats primary function is to extend the glenohumeral joint as well as adduct the shoulder. Secondarily, it's involved with depressing the scapula and internally rotating the shoulder as well. Lastly, it's also involved in lateral flexion of the spine (i.e side crunch) to a small, but relative degree.

Depending on the back exercise you're performing, if you're trying to train the lats, it's very important to visualize which portion of the lat you're going to be pulling with the most by aligning the plane of the pull with the line of pull from the muscle fibers.

You can do plenty of pulling movements without engaging the lats at all depending on how you perform the exercise. If you want to maximize lat recruitment, a general rule of thumb is to initiate the movement with scapular depression. Picture yourself shoving your shoulder blade into your back pocket before moving the glenohumeral joint (upper arm) and/or breaking at the elbow.

When performing unilateral exercises for the lats, starting in a laterally flexed position of the spine can also help maximize lat engagement and improve your mind muscle connection.

RHOMBOIDS – The rhomboids run deep to the trapezius muscle and aren't

visible or directly palpable but still a crucial muscle to develop good upper back thickness. The primary function of the rhomboids are to retract the scapula (pinch your shoulder blades together). The rhomboids are involved with a lot of horizontal pulling exercises as well as various pull-down exercises. They're also isometrically involved with compound lifts such as the deadlift.

TRAPEZIUS – The traps are a massive muscle with three different portions. The upper traps, mid traps and lower traps.

The upper traps are primarily involved in upward rotation and elevation of the shoulder blades. The middle traps are only involved with retraction of the shoulder blades. And the lower traps are involved with downward rotation and retraction of the shoulder blades.

You won't be able to develop an impressive back without solid traps!

TERES MAJOR – The teres major is primarily involved with adduction of the glenohumeral joint and assist the lats in extension.

REAR DELTS – The rear delts, although technically part of your shoulder muscle, are involved in a lot of back exercises. Their primary function is to horizontally abduct your glenohumeral joint.

SPINAL ERECTORS – Your spinal erectors run throughout your entire spinal column (lumbar, thoracic, cervical) and are heavily involved in maintaining good posture, trunk position, and stability during all exercises. The primary function is to extend the trunk.

Although there are more muscles that are involved in training your back,

the muscles mentioned above are the largest, and most important from an observational standpoint in physique development.

BACK EXERCISES

CHEST SUPPORTED DB ROW – The chest supported row is a great way to train your back while keeping your spinal erectors and lower back safe. All horizontal pulls will train your back, but depending on how you execute the movement, different portions of your back will be responsible for the majority of the work.

While performing a horizontal pull, it's important to understand the goal of the exercise before you start to go through the movement. Pick whether you want to train your upper back (rear delts, rhomboids and traps) or your lats.

If you want to train you upper back, you'll want to initiate the movement with scapular retraction and focus on horizontal abduction. This means your upper arms are going to be flaring out as you pull back.

If you want to train your lats, you want to initiate the movement with scapular depression and focus on shoulder extension. This means your upper arms will be close to your body as you pull back.

Regardless of which variation you choose, make sure you work through a full range of motion. Get a good stretch at the bottom, allow your scapula to protract, and make sure you get a good contraction at the top. Really squeeze the target muscles. You should be able to pause the rep for a slight second in the fully contracted position and you should be in control throughout the entire ROM through your back musculature.

ALTERNATIVES – Seal Row, Seated Machine Row, Cable Row, TRX Row

PULL-UPS AND PULL DOWNS – Your vertical pulling exercises are going to be executed with the same intention regardless if you're doing a pull-up or pull down. The biggest difference between the two is that pull-ups are a closed chain exercise and pull-downs are an open chain exercise. The biggest difference is going to depend on the grip/width utilized while performing these exercises.

When performing wide grip pronated pull-ups or pulldowns the exercise should still be initiated with downward rotation/depression of the scapula and you will then be adducting at the shoulder joint while flexing the elbow. If you're performing more of a close grip movement, you will still start with scapular downward rotation, but primarily move through shoulder extension. These different angles of pulling are going to stretch and contract different fibers of your lats.

The important thing is that you execute the movement with perfect form.

In MaX-Hype Elite, one of the variations we recommend is a wide grip pull-up with d-handles. This variation, right outside of shoulder width with a neutral/semi-supinated position can really target the lats well.

DIAGONAL HIGH PULL – This row variation is an important tool to train your back in a specific plane that many people neglect. One of the best variations of it is the Hammer Strength High Row machine, but multiple companies make machines that mimic this similar angle of pull. Some machines will be designed in such a way in which this row variation hits the upper back a lot, and others will be well designed to target the lats. Besides the machine itself, adjusting the seat high will alter which you're targeting the most as it

changes where the elbow drive is aligning.

When performing the Hammer Strength High Row, if your goal is to target the upper back, I like performing it exactly how the machine is designed. It has you in a semipronated position and enables you to downwardly rotate/retract your scapula while horizontally abducting at the upper arm. This will engage the rhomboids, mid traps, lower traps, teres major and rear delt.

If your goal is to target the lats, I like to perform the Barakat Row variation in which you attach D-handles to the High Row Machine. The D-handle will allow you to pull with a neutral grip and extend the shoulder instead of horizontally abduct. I also like to perform this unilaterally so I can laterally flex the spine and get the lat in a shorter position. Initiate this movement with scapular depression and then lead with the elbow driving back and down towards the hips. You will feel a very deep contraction in the lower lat as if it's cramping.

If you don't have access to a high row machine, you can perform a cable row at the same angle and similar plane of motion.

DIAGONAL LOW PULL – An excellent variation to really target the 'lower lats' is this low row variation. Some companies make a low row machine such as hammer strength, but if you don't have access to the machine, you can just utilize a cable column. The most important thing is to perform this unilaterally. Make sure you laterally flex the spine as if you're doing a side crunch on the side that you're performing it and maintain that position throughout the set. Initiate the movement with scapular depression and then row back towards the hip. Picture yourself scrapping your elbow across the ground as you row back. Also visualize the direction in which the lat fibers run and how they wrap across the ribcage. As you pull, picture the lat

getting shorter and shorter as you get a deeper contraction throughout the concentric.

DB PULLOVER – The dumbbell pullover is a great way to overload the lat in its lengthened position and create a lot of muscle damage. Because of that, we like to program this as a finisher and never utilize this variation to start a training session. In that case, something like a straight arm lat pull down would be more appropriate as a primer movement.

Make sure you use an appropriate load and control the eccentric as this movement does put you in a vulnerable position. This exercise is going to stretch your lats like no other movement. Initiate the pull by depressing the shoulder blades and then extending at the shoulder.

This movement will also engage the pec major to a minor degree.

CABLE PULL IN – This primer is a great way to develop a better connection with your lats. Perform this movement unilaterally while kneeling on the floor in a staggered position. Laterally flex at your spine to the side you're training and depress your shoulder blades down and then adduct down. Picture the direction in which your lats run and imagine pulling with just your lats. Minimize bicep assistance and just pull with the lats as much as possible. Pause in the fully shortened position for one second and get the strongest contraction possible.

DEADLIFTS – A major compound movement that is going to be crucial for overall strength and hypertrophy! It's a movement that you can significantly overload and forces nearly every muscle in the back to isometrically contract. The back musculature isn't actually moving through a range of motion as the trunk should remain neutral and the movement is occurring at

the knee and hip. However, the lats will be heavily engaged in keeping the bar close to the body (isometrically holding glenohumeral extension).

This exercise 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 can make the glutes and hamstrings work more 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 deadlift and the conventional variation, feel free to switch this up every 6 to 12 weeks. You can focus on one for a few microcycles and then switch it up.

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 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 don't have any competitive aspirations from a powerlifting standpoint, I highly recommend using a double-overhand grip. When the load gets too heavy, utilize straps. 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 supinated bicep.

SHOULDERS

MUSCLES – FUNCTIONAL RESPONSIBILITIES

ANTERIOR DELTOID – The front deltoid is primarily responsible for flexion of the shoulder joint. The anterior deltoids are going to be involved in all pressing movements so they substantial indirect work while training chest.

LATERAL DELTOID – The medial deltoid is primarily responsible for abduction of the shoulder joint.

POSTERIOR DELTOID – The rear delts are primarily responsible for horizontal abduction of the shoulder joint.
The posterior deltoids are involved in several pulling movements while training back.

SHOULDER EXERCISES

OVERHEAD PRESS - The overhead press is a great exercise to train the delts. Depending on how it's executed, different parts of the deltoid will be primarily overloaded. For example, if you're using a neutral grip with dumbells and pressing through shoulder flexion, the anterior delt is going to do most of the work. If you have a pronated wide grip and you're pressing through adduction, the lateral delt is going to be overloaded to a greater degree.

You have many options when it comes to the Overhead Press, from barbell, to dumbbell, to machines, to cables, the choice is yours, just stick with one variation for 2 mesocycles before switching so you can ensure progressive overload.

The upper traps and triceps are synergistic muscles in the overhead press. The upper trap comes into play towards the last 3rd of the concentric phase to upwardly rotate the scapula at the top of the movement, and the triceps extend the elbows.

LATERAL RAISES – There are many options when it comes to performing the lateral raise exercise with some variations providing their own strengths and weaknesses.

The dumbbell lateral raise can be performed in so many different ways but does a great job of overloading the delts at the top of the movement when they're fully shortened. Whether you like to have your elbow slightly bent, fully straight, performed on a slight angle, etc. it's 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.

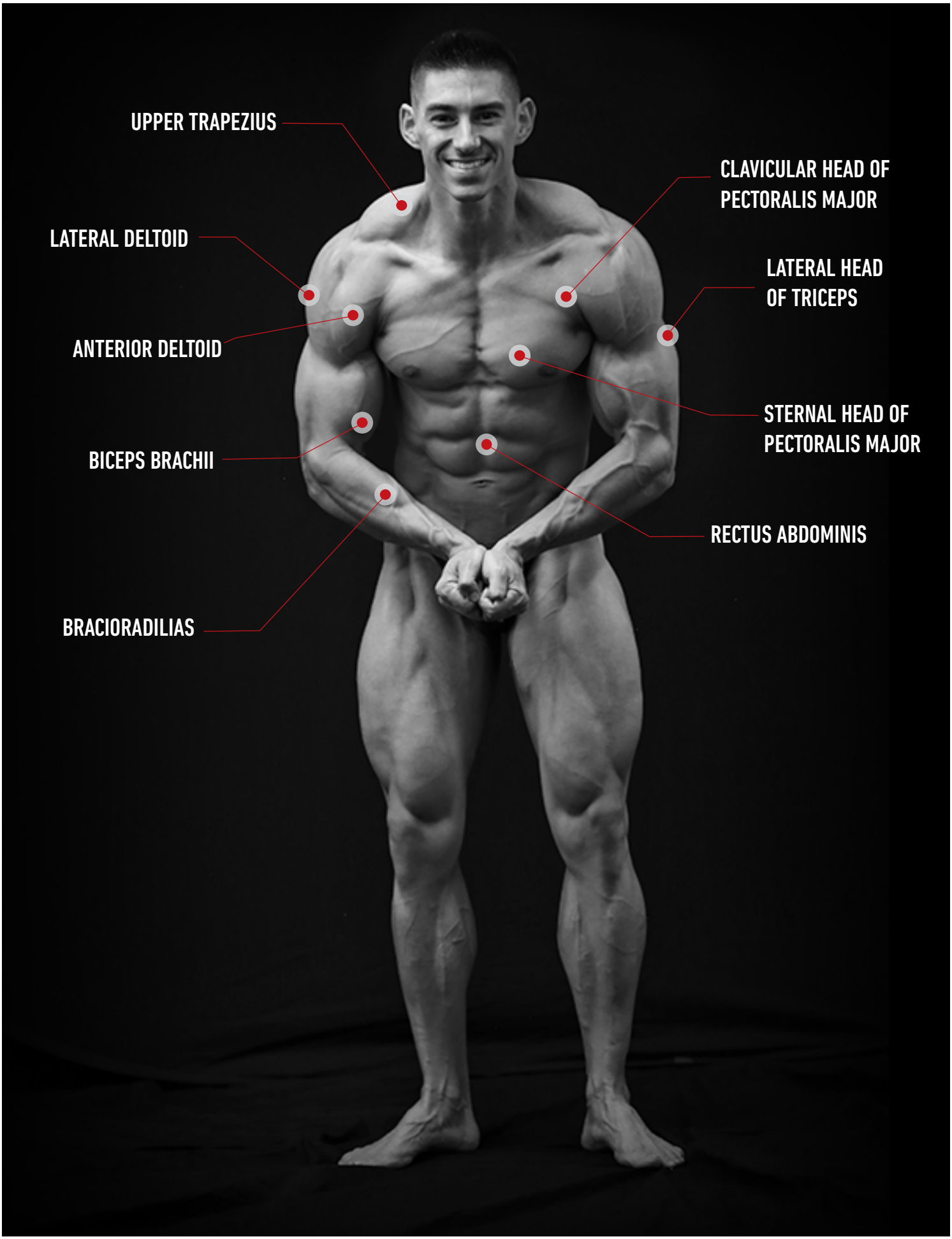
To minimize cheating, we suggest you perform DB lateral raises chest supported against an incline bench. This is also going to put your lateral delt in an optimal position due to the slight forward lean at the trunk.

The machine lateral raise offers an advantage over dumbbells in which tension is equal and constant throughout the entire range of motion. This is a great way to minimize strength imbalances as the strength profile of this exercise is consistent throughout.

You can also perform cable lateral raises however, tension won't be equal throughout the ROM, although it will be present. Cables can be a good option to overload the 1st half of the range and stretch the lateral delts with a cross-body starting position.

Lastly, you can even perform lateral raises with a resistance band. This is going to provide you with constant tension and the bands will lead to increased load as you're moving through the concentric.

Note: MaX-Hype Elite doesn't have a large variety of deltoid exercises because of how heavily involved they are while pressing and pulling. Our favorite delt exercises from eXtreme that aren't programmed in Elite are the Arnold Press, the DB Upright Row, and Rear Delt DB Swings. If you need more direct delt work, add in some of those exercises as you see fit.



ARMS

MUSCLES – FUNCTIONAL RESPONSIBILITIES

BICEPS – The biceps are made up of two muscles, the short head and the long head. The primary function of the biceps is to flex the elbow joint and the secondary function is to flex the shoulder joint (only the long head is involved with shoulder flexion as it crosses the shoulder joint). Thirdly, it also supinates the forearm.

In MaX-Hype we ensure we blast the biceps from every possible angle by altering the shoulder angle at which we curl. This alters the muscle length of the long head and impacts the muscle activation pattern between the biceps heads.

TRICEPS - The triceps are made up of three muscles; the lateral, medial and long head. The primary function of the triceps is to extend the elbow and the secondary function is to extend the shoulder (only the long head is involved with shoulder extension).

In MaX-Hype we ensure we blast the triceps from every possible angle by altering the shoulder angle for our tricep extension variations.

ARM EXERCISES

DB PREACHER CURL – The dumbbell preacher curl is a great way to overload the biceps in its mid-range. However, the strength curl of the DB curl makes the first 1/3rd of the exercise most challenging. If your gym has a preacher curl machine, that's another great option. The preacher curl is great because

it enables you to keep your shoulders locked into place. This can fully isolate the bicep as long as you don't use momentum.

DB SPIDER CURL – The spider curl is a great way to get the long head of the biceps fully shortened and really maximize the peak of your biceps. The key here is to lay prone on an incline bench, and rather than just let your arms hang by your side as you curl, you must start with your shoulders flexed to 90 degrees. This is going to force the long head of your biceps to maintain shoulder flexion the entire time and maximize muscle activity. You will get a much deeper peak contraction if you start in shoulder flexion and maintain that position throughout the set. You will have to use 'less' weight, but you will create more tension. Lose the ego and do it correctly.

DB INCLINE CURL – The DB incline curl is a great way to overload the bicep in its stretched position. The long head is going to be under a deep stretch with your shoulder in extension so its ability to contract concentrically will be inhibited. This will force the short head to do most of the work but the long head will still accumulate a lot of muscle damage during the negatives. This variation can really induce more stress at the distal biceps and help maximize overall fullness of the biceps.

DB SKULL CRUSHER – The skull crusher is a great way to overload the mid-range of the triceps extension. This movement is going to involve all three heads to a similar degree. We recommend dumbbells over straight bar or EZbars because it gives you the most freedom at the wrist, elbow and shoulder.

When performing Skull crushers, make sure you're maintaining 90 degrees of shoulder flexion. Many people go way past 90 degress and get an excessive stretch on the long head of the triceps when performing skull

crushers. This actually inhibits your ability to contract the long head and puts you in a weaker positon.

Utilize either a neutral grip or a semi-supinated grip (think about anatomical positon) when performing DB skull crushers.

If you don't want to use dumbbells, some gyms have great machines for triceps extension that mimic the same shoulder angle as a preacher curl. That would be a great option to overload the mid-range.

SINGLE ARM ROPE TRICEPS EXTENSION – This single arm variation is programmed to target the lateral head a bit more than other variations, so it needs to be executed in a very specific fashion. Start off by internally rotating at the shoulder joint and having your hand in line with your sternum. Maintain this position and only extend at the elbow. It should look like a cross-body triceps extension and be the inverse movement of cross body hammer curls.

All three heads of the triceps will be involved with this movement, but if you position it correctly, you should feel a bit more tension on the lateral portion of your triceps brachii.

OVERHEAD TRICEPS EXTENSION – All overhead triceps extensions are going to put the long head under a severe stretch and has the ability to induce a lot of muscle damage to the long head. Because of that, it can promote growth. However, many people misunderstand overhead variations. Putting the long head in this lengthened position inhibits its ability to contract concentrically. Because of that, the medial and lateral head will be doing more work!

We program overhead triceps extensions last in the workout as a means to

finish our triceps, further induce muscle damage and maximize metabolic stress/cell swelling.

You can perform many variations for the overhead extension. Dumbbells will give you a good range of freedom, but a well-equipped gym can have some excellent machine options as well. Lastly, you can always do this on a cable column or even with resistance bands.

HAMMER CURLS - This curl variation is going to really target the brachioradialis and brachialis. Developing this muscle is going to give your arms much more fullness and when you're lean enough will distinctly separate your biceps from your triceps. We recommend you perform this with dumbbells although a rope attachment is a good option as well.

In tier 3 of elite, we perform this in a run-the-rack fashion. Start with a heavy load and perform 10 reps to failure, then reduce the weight and perform another set to failure then reduce the weight one more time and perform hammer curls until failure. 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 great way to finish off your arm workout!

ADVANCED TECHNIQUES USED IN TIER 3

The use of advanced techniques can provide additional stimulus to induce the adaptations we're seeking. Whether it's through increases in total time under tension, maximizing the pump and enhancing cell swelling, causing more muscle damage, leading to greater volume and increasing metabolic stress, it can serve as an effective method to enhance growth. For those of you that ran MaX-Hype eXtreme you are familiar with a lot of these techniques. For those of you that are going to experience these for the first time, you're in for a treat (aka brutal pain and massive gains).

Although a lot of the advanced techniques are programmed in Tier 3 of Elite, you can still utilize them in Tier 1 or 2 after running through a few mesocycles as a way to experience a novel stimulus and induce further adaptations.

We will start with the most basic techniques and then get into the less well

known ones and explain their specific purpose.

1) SUPERSETS – this technique can be applied in many fashions, but it's essentially when two exercises are paired together and performed back to back without a rest interval. Performing supersets in an agonistic-antagonist fashion is a great way to increase the efficiency of a workout and can even enhance your performance. One study has shown supersetting opposite muscle groups (I.e. chest/back) led to greater strength endurance performance and led to increases in total volume(8). So not only are you saving time, you're doing more total work!

When supersets are utilized for the same muscle group, this is generally going to increase cell-swelling and metabolic stress. Driving a lot of blood into the muscle and increasing lactic acid can be beneficial for muscle growth.

Lastly, supersetting is also a way to increase your heart rate, so besides having potential cardiovascular benefits and enhancing your conditioning, you will also be burning more calories training in this fashion.

2) GIANT SET – Similar to supersets, giant sets are when you combine exercises into a group of one set and not taking rest between exercises. Giant sets are three or more exercises grouped together. In MaX-Hype, we never do more than a tri-set. The benefits of a giant set are going to be similar to supersets. It'll increase total work in a given period of time, therefore improving your efficiency.

The giant sets performed in Elite are going to enhance your pump and get your heart rate up simultaneously.

3) DROPSETS - this technique is a great way to push past initial failure, extend a set, increase your volume, time under tension, metabolic stress and cell swelling. A lot of people never train to failure, and once they do reach failure with a given load, they've never pushed past it. Dropsets are an intense technique in which you take a typical working set close to, or to failure (I.e. RIR 0-2) and then reduce the load by 20-40% without resting and continue performing reps.

An example of this would be the following.
TIER 3, DAY 4 – PULL, EXERCISE E) LOW ROW (DROP SET ON FINAL SET)

Let's say we performed 2 sets of 10 reps at 135lbs (3 plates per side on a Hammer Strength Low Row). On the final set, I would perform 10 reps (RIR 0) with 135, and then drop the load to 90lbs (2 plates per side) and perform as many reps as I can with the lighter load, without taking a break. Perhaps I squeeze out another 4-8 reps with 90lbs. That's more total volume, greater stress on the muscle, and increasing both cell-swelling and metabolic stress.

Drop sets can be performed on ANY exercise, but they need to be used in a logical approach. If you overuse drop sets you will accumulate much more fatigue than you can properly recover from as this is very taxing on the central nervous system.

4) RUN THE RACK – this run the rack technique is essentially a double or even triple dropset that we utilize on hammer curls, but can be used on many other exercises as well. When performing the hammer curls, take your first set to failure, then drop the load without taking a break, perform more reps to failure with the lighter load until failure and then perform one more dropset. It's a really efficient technique to get a sick pump in the biceps, brachialis and brachioradialis. This is always a nice way to finish of arms at

the end of a training session. Because we're programming it with a simple isolation, single joint movement, it's not very systemically fatiguing but it does provide a nice stimulus to the muscle tissue we're targeting!

5) 21'S - this technique is most popular for bicep curls but can technically be applied to any exercise. In MaXHype Elite, we utilize this technique for hamstring curls and leg extensions.

Twenty-one's are performed by 7 reps at the top half of the range, 7 reps using full range of motion, and 7 reps at the bottom half of the range. You have to break up the range of motion into two halves.

6) BLOOD FLOW RESTRICTION (BFR) - this technique was first utilized in the rehabilitation setting but has made its way over to hypertrophy training due to its benefits. Blood flow restriction is a technique in which elastic straps (I.e. knee wraps) are applied either the legs, or arms, to limit venous blood return to the heart and maximize blood accumulation within muscle tissue. This massive amount of blood accumulation significantly increases metabolite build up as well as cell swelling(9). This stimulus positively triggers a hypertrophic response.

When performing BFR, you're only supposed to work with ~30% of your 1RM; because this recommendation doesn't practically apply well, we suggest using ~50% less weight than you typically would on working sets for that particular exercise. We suggest you apply your BFR wraps at a 7/10 intensity in regard to its tightness.

The scientific literature typically suggests a BFR protocol in which you perform 30 reps for set 1 and then perform 15 reps for sets 2-4 with only 30 seconds of rest(9). The specific numbers aren't crucial to the effectiveness of

BFR training, so in MaX-Hype we program in 3 sets of 20 repetitions with only 30 seconds of rest. It's very important that you keep your wraps ON during your 30 second rest interval. This is when the blood is going to continue accumulating as venous return is obstructed by the wraps, but arterial blood flow is not.

This technique provides a painful pump like you've never experienced before.

For more info on BFR, check out this article.

7) INTRASET STRETCHING - intraset stretching is another technique that increases metabolic stress and cell swelling, but unlike BFR, it also leads to greater muscle damage. Intraset stretching is when you perform a traditional working set, and then instead of taking a normal rest interval, you allow the weight to provide a loaded stretch to the muscle while you 'rest'. This loaded stretch inhibits blood to escape the muscle and return back to the heart creating an extreme pump response. Moreover, the loaded stretch and tension creates more muscle damage and potentially causes satellite cell proliferation. This stimulus is theorized to induce a cascade of anabolic responses and lead to more growth. One recent study has reported positive adaptations when applied to the gastrocnemius (9).

In MaX-Hype Elite, we utilize the intraset stretching technique on the calf raise exercise, as well as a machine triceps extension. Here is an example on how you'd utilize it while performing calf raises.

Select a load you can typically perform 15 to 20 reps with and execute your first set, on your final rep of the set, rather than rack the weight and rest; pause as the bottom of the rep in the fully stretched position (maximum dorsiflexion) and allow the load to stretch your calf. After a 30 second hold

attempt to perform another 15 reps. You may need to decrease the load to finish the reps. Complete your 15 reps and repeat the loaded stretch for another 30 seconds. After your second intraset stretch, perform one more working set and one more 30 second loaded stretch.

The first set isn't too painful, but it become hard to tolerate after the first set as more blood gets trapped into the muscle, lactic acid accumulates, and the pump is insane.

We hope you absolutely love MaX-Hype Elite and look forward to seeing and hearing about your progress. We want you to take the information in this e-book, the way the program is designed and make it your own.

Please share your progress on social media with #MaXHypeTraining #MaXHypeElite and #BelieveTheHype. Be sure to tag @chris_elkins, @christopher.barakat and @maxhypetraining so we can support your journey and follow your progress.

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TRAINING PROGRAM

CHRISTOPHER BARAKAT / CHRIS ELKINS