

As an advanced lifter, we need to become more proactive on dealing with strength plateau's. Now the way the program is designed, you should make very solid strength gains for weeks before any plateau's set in.

My favorite method for handling a plateau is to do an exercise rotation for the next workout. But because we want to focus on improving our key lifts, you will only do the new exercise for two workouts in a row.

So for example, you may experience 6 weeks of solid gains, then on some exercises, you may need to swap them. So for the last two weeks of phase two, you will do a different exercise on the stalled movements.

Also, another important strategy to ensure consistent improvements in strength gains, is to simply not kill yourself on every damn set. Especially when you first start the program.

You should not be pushing so hard that you are failing to complete a rep. It's better to err on the safe side and finish your set strong than push for a rep that you may or may not get.

Exercise Rotations

Workout One

DB Press -> Standing Barbell Press
Leaning Hammer Curls -> Leaning Supinated Grip Curls
Overhead DB Triceps -> Barbell Skull Crushers
DB Upright Rows -> Strategic Lateral Raises

Workout Two

Bulgarian Split Squats —> Pistol Squats or One Leg Leg Press
Leg Extensions —> Forward Barbell Lunges
Rack Pulls —> Romanian Deadlifts
Standing Calf Raises —> Seated Calf Raises

Workout Three

Incline DB Bench Press —> Barbell Incline Press
Sternum Pull ups —> Sternum Pull ups with Chin up Grip (hands facing you)
Incline DB Curls —> Incline Hammer Curls
Machine Rear Delt Flyes —> DB Cuban Press