

Phase one/ After 2 weeks increase sets / after second 2 weeks move onto phase 2 / Total of 4 weeks

Phase One: Chest & Back Specialization Duration – 8 weeks

Thursday – Shoulder and Back Emphasis

- Weighted Pull-ups: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Standing Barbell Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
 - Zercher Squats: 3 sets – 4-6, 6-8, 8-10
- Bent Over DB Rows: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Incline DB Flyes: 12-15 reps + 4 sets of 3-5 reps (rest pause) – or decline body weight flys
- Lateral Raises : 3 sets x 10-15 reps (straight sets) – Or Cuban Presses

Sunday – HeavyChest Training

- Incline Barbell Bench Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Flat Bench Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Single leg pistol squats 3 sets - 5-6
- Cable Rows: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Incline Dumbbell Curls: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Cable Rope Pushdowns: 3 sets – 6-8, 8-10, 10-12 (RPT) – Or Bodyweight extensions

Phase 2 / After 2 weeks increase sets/ after second 2 weeks move onto phase 3 / Total of 4 weeks

The Shoulder Focused Routine **Thursday** – Heavy Chest Training

- Incline Barbell Press: 2 sets – 4-6, 6-8 (RPT)
- Flat Barbell Bench Press: 2 sets – 4-6, 6-8 (RPT)
 - Zercher Squats: 3 sets – 4-6, 6-8, 8-10
- Incline Dumbbell Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Cable Rope Pushdowns: 3 sets – 6-8, 8-10, 10-12 (RPT) – Or Bodyweight extensions
- Wide grip upright row: 4 sets – 12, 10, 8, 6 (standard pyramid)
- Face Pulls: 12-15 reps + 4 sets of 3-5 reps (rest pause)

Sunday – Shoulder and Back Emphasis

- Standing Barbell Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull-ups: 3 sets - 4-6, 6-8, 8-10 (RPT)
 - Pistol squats 3 sets 4-6, 6-8, 8-10
- Weighted Dips: 2 sets – 6-8, 8-10 (RPT)
- Cable Rows: 2 sets - 6-8, 8-10 (RPT)
- Lateral Raises: 12-15 reps + 4 sets of 3-5 rep (rest pause) – or cuban presses

Phase 3 / After 2 weeks increase sets/ after second 2 weeks move onto phase 4 / Total of 4 weeks

The Arm Focused Routine **Thursday** – Heavy Chest Training

- Incline Barbell Press: 2 sets – 4-6, 6-8 (RPT)
- Flat Barbell Bench Press: 2 sets – 4-6, 6-8 (RPT)

- Zercher Squats: 3 sets – 4-6, 6-8, 8-10
- Cable Curls: 12-15 reps + 4 sets of 3-5 reps (rest pause)
- Cable Rope Pushdowns: 12-15 reps + 4 sets of 3-5 reps (rest pause) – Or Bodyweight extensions
- Bent Over Flyes: 3 sets x 10-15 reps (straight sets)

Sunday – Shoulder and Back Emphasis

- Standing Barbell Press: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull-ups: 3 sets - 4-6, 6-8, 8-10 (RPT)
- Skull Crushers: 3 sets – 6-8, 8-10, 10-12 (RPT) – Or Bodyweight extensions
- Barbell Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Hammer Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Lateral Raises: 3 sets x 10-15 reps (straight sets) or cuban presses

Phase 4 / After 2 weeks increase sets/ after 2nd 2 weeks you can either start over or do other program

The Superhero Bonus Phase **Thursday** -Chest & Biceps

- Flat Barbell Bench Press – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Incline Barbell Bench – 3 sets - 4-6, 6-8, 8-10 (RPT)
 - Pistol squats 3x 4-6, 6-8, 8-10
- Barbell Curls – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Bodyweight lower chest Flyes – Rest Pause (12-15 reps + 4 sets of 3-5 reps)
- Cable Rope Curls – Rest Pause (12-15 reps + 4 sets of 3-5 reps)
- Bent Over Flyes – Rest Pause (12-15 reps + 4 sets of 3-5 reps)

Sunday -Shoulders, Back & Triceps

- Standing Barbell Press – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Weighted Pull ups – 3 sets - 4-6, 6-8, 8-10 (RPT)
 - Zercher Squats: 3 sets – 4-6, 6-8, 8-10
- Skull Crushers – 3 sets - 4-6, 6-8, 8-10 (RPT)
- Lateral Raises – (12-15 reps + 4 sets of 3-5 reps) or cuban presses
- Cable Rows – (12-15 reps + 4 sets of 3-5 reps)
- Rope Extensions – (12-15 reps + 4 sets of 3-5 reps)

Shoulder add on program

Monday

1.) Standing Barbell Press

Bar x 5 reps

warm up x 5 reps (50% of heavy set)

warm up x 3 reps (65% of heavy set)

warm up x 1 rep (80% of heavy set)

Set 1: 4-5 reps

Set 2: 6-8 reps (10-15% lighter)

2.) Incline Dumbbell Bench

Set 1: 8-10 reps

Set 2: 8-10 reps (10-15% lighter)

3.) Incline Dumbbell Curls

Set 1: 6-8 reps

Set 2: 6-8 reps (10-15% lighter)

Set 3: 6-8 Reps (10-15% lighter)

4.) Rope Pushdowns

Set 1: 8-10 reps

Set 2: 8-10 reps (10-15% lighter)

Set 3: 8-10 reps (10-15% lighter)

5.) Rope Hammer Curls

Set 1: 10-12 reps

Set 2: 12-15 reps (10-15% lighter)

6.) Bent Over Flyes

Rest Pause: 15-20 reps + 4-6, 4-6, 4-6

Wednesday

1.) Pistol Squats

Bodyweight x 5 reps

Light weight x 3 reps

Set 1: 3 reps weighted

Set 2: 4 reps weighted (10 lbs lighter per dumbbell)

Set 3: 5 reps weighted (10 lbs lighter per dumbbell)

2.) Hang Cleans

5 sets of 5 reps (start light and increase weight by 10 lbs on each set)

3.) Dumbbell Step ups

Set 1: 6-8 reps

Set 2: 6-8 reps (10 lbs lighter per hand)

4.) Standing Calf Raise Machine

Set 1: 15-20 reps

Set 2: 15-20 reps

5.) Hanging Leg Raises

3 sets of 5-15 reps

6.) Side to Side Knee Ups

2 sets of 10-20 reps per side

Friday

1.) Standing Barbell Press

Bar x 5 reps

warm up x 5 reps

warm up x 3 reps

warm up x 1 rep

Set 1: 4-5 reps

Set 2: 6-8 reps (10-15% lighter)

2.) Flat Barbell Bench Press (or weighted dips)

Set 1: 8-10 reps

Set 2: 8-10 reps (10-15% lighter)

3.) Weighted Pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps (10-15% lighter)

4.) Cable/Machine Rows

Set 1: 8-10 reps

Set 2: 8-10 reps (10-15% lighter)

Set 3: 8-10 reps (10-15% lighter)

5.) Dumbbell Upright Rows

Rest Pause: 15-20 reps + 4-6, 4-6, 4-6

Notes

On this program, all you need to know is this. When you hit the top end of the rep range for a given set, increase the weight by 5 lbs the following workout.

For most exercises, the idea is to either add a rep or two, or increase the weight and drop down a rep or two. This method has you either adding reps

or adding weight.

Also, this program should be followed for up to 8 weeks. Then I recommend changing the training program and going back to one of the superhero bulking phases.

Superhero Training: RPT + Rest Pause

For consistent, powerful strength and muscle gains, we'll be stacking reverse pyramid training with rest pause training. We'll be using reverse pyramid training for every muscle group. This is the most effective way to make steady long-term strength and muscle gains.

(I cover Reverse Pyramid Training extensively in the Superhero Physique: Bonus Module.)

Now on the specialized muscle groups we'll be adding in some strategic rest pause training once per week to accelerate muscle growth.

Rest Pause Training

One of the primary reasons why lifting heavy and taking long rest periods is the most effective way to build muscle is because it results in a high level of muscle fiber recruitment.

So if you're lifting at your absolute 5-8-rep max, you're likely using a near maximum amount of your muscle fibers for each and every rep.

When you're training with lighter weights and performing higher reps, you only come close to full muscle fiber recruitment on those last really tough reps. Therefore you have to do several sets with a lightweight to trigger adequate muscle gains.

For example, if you did 5 sets of 10 reps with 60 seconds rest then you've done 50 reps total, but probably only 15 of those reps really counted.

Fortunately for us, there's a loophole to get full muscle fiber recruitment with lightweight pump training. The answer my friend is rest pause training.

Enter Rest Pause Training

The premise of rest pause training is simple. You want to pick a weight you can do for 12-15 reps before hitting complete muscle failure. This is your activation set. During the last few really tough reps of the movement, you'll start to use maximum muscle fiber recruitment.

It's only when you're using the maximum number of muscle fibers, that you're able to trigger the most amount of muscle growth.

After you finish your activation set, you'll maintain this state for up to 20-30 seconds or so. Meaning that if you take a short 15-20 second break and then pump out a few more reps, you'll still be using maximum muscle fiber recruitment.

If you do 4 of these mini sets, you'll be getting the same benefit as if you did 5 full sets, but with much less work and in much less time.

This allows you to get rid of all of the unessential and train with greater and more focused intensity.

This rest pause training works hand in hand with reverse pyramid training to build maximum muscle growth.

Putting It Into Action

- Activation Set: 12-15 reps
- Rest 15-20 seconds and perform 3-5 reps
- Rest 15-20 seconds and perform 3-5 reps
- Rest 15-20 seconds and perform 3-5 reps
- Rest 15-20 seconds and perform 3-5 reps

Rest Pause Progression

You want to build up to doing 15 reps on your first set and 4 additional sets for 5 reps with 20 seconds or less rest between sets.

Once you have accomplished that you should increase the weight and start back down at 12 reps + 4 sets of 3-4 reps.

Due to the nature of this technique, don't worry too much about increasing the weight all the time. Only increase the weight when you're able to dominate that rest pause set with 15 reps on your activation set and mini sets of 5 reps.

Don't forget, *you're using the same weight for the activation set as the mini sets.*

So don't increase the weight because we're dropping the number of reps performed on the mini sets. The short rest periods will only allow you to perform $\frac{1}{4}$ to $\frac{1}{3}$ of the reps on your activation set.