

HYPERTROPHY TRAINING PROGRAM

GAMMA BOMB



BY JOHN MEADOWS

FOREWARD

Hello friend! I am super excited to release this program as it is created similar to my old moderate frequency, very high intensity programs. I have enjoyed the high frequency plans but missed my old strategy, and heard from many of you, that you missed these as well. No program strategy works forever, so it's a good time for a change as well.

This program can be used for growing or dieting down into contest shape. The difference is merely how you eat.

Get ready for the Gamma Bomb!

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PROGRAMS

PROGRAM DURATION AND SPLIT

In this program, you will be going hard for 12 weeks with a 2-week deload smack in the middle, for a total of 14 weeks.

Week 1-6

Base volume plus additional work on back, chest, and shoulders

Week 7-8

Deload

Week 9-14

Base Volume plus additional work on legs

If you prefer, you could flip flop weeks 1-6 and 9-14 depending on how you want to prioritize.

I separated back and legs so that we don't ruin your lower back.

I have structured this very carefully to ensure you don't get hurt, as I always do.

DELOADS

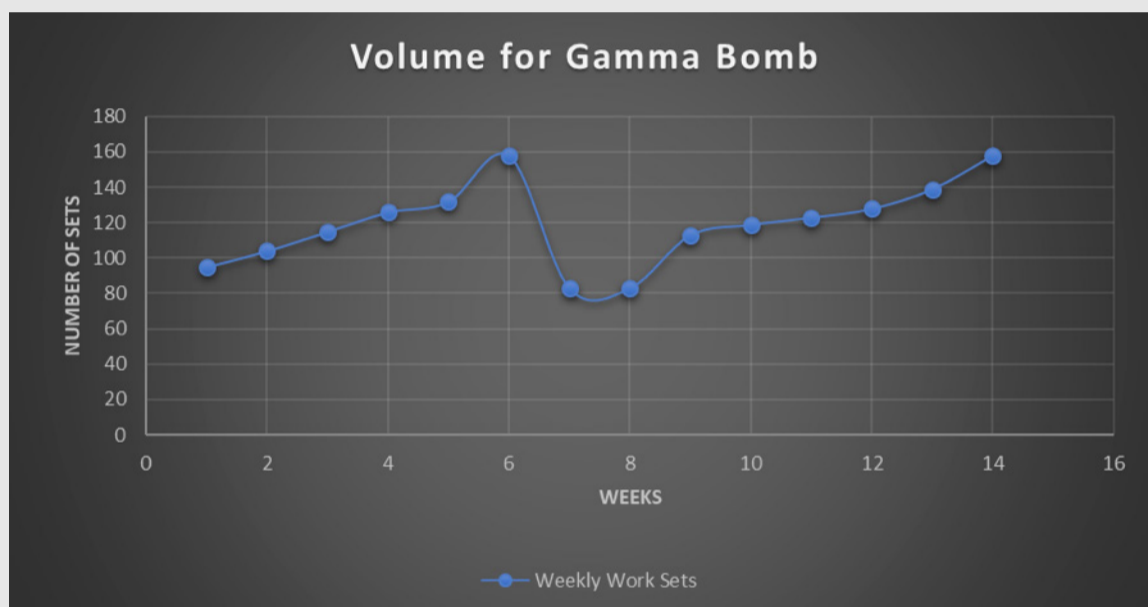
If you are dieting hard, you may want to install another week of lesser intensity as well (mini-deloads).

If you want to limit the deload to 1 week, that is ok. You can also use the deload week at any point during the program if you need it! Some simple ways to determine this:

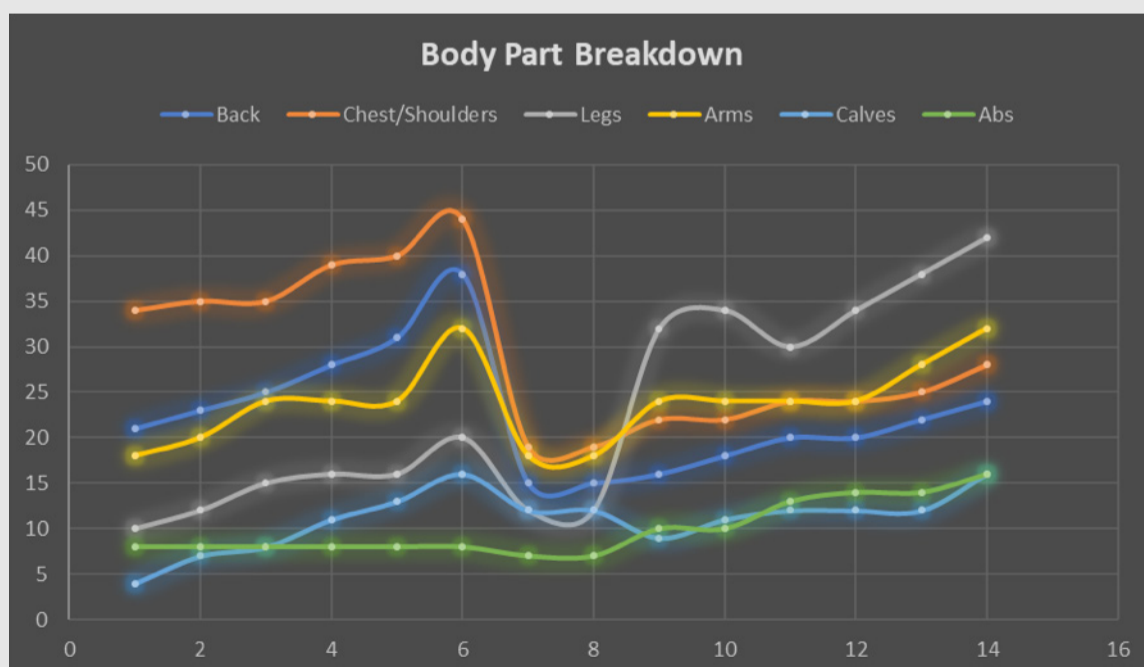
1. Performance decrements (less power, less explosiveness in lifts (rate of force production), less endurance, etc.)
2. No desire to go to gym persisting in your mind
3. Having a hard time recovering (excessive soreness after the first 4 weeks)

OVERLOAD METHOD

Any good program has to include a method to achieve overload, to force the body to create positive adaptation. As the weeks go, volume is increased. This is our primary weapon for overload in this program. High intensity work will be present all the time, except during the deload. At the end of the first 6 weeks you should be ready for that deload if you do this properly. Here is a pictorial on how overall volume progresses through program.



Here is it is by workout day. Note chest and shoulders is COMBINED.



RECOVERY NUTRITION

With this volume and intensity, comes the need for hyperfocus on recovery to get maximum results. I highly recommend using an amino, electrolyte, and carb drink intra for maximum recovery. This will stimulate insulin response and you will drive more aminos and carbs into muscle and the recovery process is heightened. It also increases blood flow and supports your immune system fyi.

Most males would do well with 10 grams of aminos, 40-50 grams of carbs. Titrate the carbs up or down depending on your size. The goal is to greatly reduce soreness. When you do this, all of the right things are happening internally.

Most females would do well with 10 grams of aminos and 20-30 of carbs. Again, titrate up or down depending on size and amount of muscle.

Also, make it your mission in life to reduce stress outside of the gym, and to get a full night's sleep every single night. This will greatly enhance recovery as well.

BAND WORK

Band work is sprinkled into the program lightly at various points as well. Using bands is optional.

Here are the bands you will need from EliteFTS.net if you also want to incorporate them:

- 1 orange micro mini (for face pulls and for women to use on chest press machines often but order 2 in this case)
- 2 red long pro minis (for chest presses and pullovers)
- 1 red short pro mini (for spidercrawls)
- 1 pro light for pullovers and banded good mornings

REST BREAKS

Rest breaks should be as follows

Base Work

Phase 1 – Activation and pump – 2 minutes

Phase 2 – Training explosively – 3 minutes

Phase 3 – Supramax pump – 2 minutes (the last set frequently employs a high intensity technique that calls for very little rest during the set).

Phase 4 – Train the muscle from stretch position – 90 seconds

Pump Work (additive volume later in week)

60 seconds unless specified differently, which I do on occasion.

PROPER INTENSITY

It is also critical to work at the right level of intensity in regard to going to failure. Going too hard or too easy can compromise results. I have taken the guesswork out of this and will give you an "RPE" on every exercise to tell you how close to failure you should go.

Follow the RPE suggestion for each exercise to ensure you are training at the correct intensity level.

Rate of Perceived Exertion Flow Chart	
Fairly easy like a warm-up weight	@ 6.0
▶ You can do 4-6 more reps	@ 7.0
▶ You can do 2-3 more reps	@ 8.0
▶ You have 2 more reps left in the tank	@ 8.5
▶ You have 1 more rep left in the tank	@ 9.0
▶ Went to failure at perfect form	@ 10
▶ Went to failure with loose form after perfect reps completed	@ 11
▶ Used a high intensity technique to push beyond failure	@ 12
▶ Used multiple high intensity techniques/go apeshit set!	@ 13

Click on any one of the tags for an example

Generally, (not always) I count sets that are 7.0 and above as working sets.

WEEK 1

Monday

Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	2 sets
	6 exercises	18 sets

Tuesday

Chest	4 exercises	10 sets
Shoulders	3 exercises	9 sets
	7 exercises	19 sets

Wednesday

Legs	4 exercises	10 sets
	4 exercises	10 sets

Thursday

Triceps	3 exercises	9 sets
Biceps	3 exercises	9 sets
Abs	1 exercise	4 sets
Calves	1 exercise	2 sets
	8 exercises	24 sets

Friday - Off day

Saturday

Chest	3 exercises	9 sets
Back	3 exercises	9 sets
Shoulders	2 exercises	6 sets
	8 exercises	24 sets

Sunday - Off - Family Day

WEEK 1 - MONDAY

Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	2 sets
	6 exercises	18 sets

1/ Back | Goal: Activation and start pump

Meadows row:

Do some warm up sets here working up to a tough 8 reps. Once there do 3 total sets. For the first 2 sets the 8th rep should be the last rep you can get with good form. On the 3rd set I want you to really push and do a drop set. See the example on the side bar on how to do this triple drop set! Be sure to maintain good form, this is critical! In the video below, I am using a landmine. Take your time after you do one side, don't rush to do the other, catch your breath. You can also use a t-bar as demonstrated in the video below that! **3 total work sets**

▶ [Meadows rows version 2](#)

or

▶ [Meadows rows - 3 different techniques](#)

These sets are all RPE of 10

Example:

- Warm up 1 – 25 x 12 for 2 sets
- Warm up 2 – 50 x 12
- Set 1 – 60 lbs x 8 reps
- Set 2 – 75 lbs x 8 reps
- Set 3 – 90 x 8, then 75 x 6, then 60 x 6

Pro Tip

I want you to really focus on the target muscle, think hard about it during your sets as you are going, to enable a strong mind to muscle connection. This can increase muscle activation significantly.

2/ Back | Goal: Train explosively

Smith machine row:

Set stops up on these so that you can pull from about mid-shin. I want you to rest/pause these meaning set the weight down for a split second to eliminate momentum, and then drive your elbows up toward the ceiling as hard you can. Try to flex hard at the top too. This is controlled explosiveness. All 3 of your sets are 8 reps, but it's a pyramid, so only the last set will be the one to failure. The sets preceding will not be to failure. **3 total work sets**

▶ [1 arm barbell rows with IFBB Pro Andrew Hudson](#)

These sets are all RPE of 8-10 – it increases each set.

Example:

- Warm up – 135 x 6
- Set 1 – 175 lbs x 8 reps
- Set 2 – 195 lbs x 8 reps
- Set 3 – 205 lbs x 8 (failure)

3/ Back | Goal: Supramax Pump

One arm barbell row:

Work your way up to a drop set here. This is going to be your high intensity technique. The way I want you to do it, is say row 50lbs for 8, then 75 for 8, then on your last set you do 100 for 8, drop it to 75 for 6, and then drop to 50 for 6. So, you drop the weights you added climbing up. The first 2 sets won't be to failure, but the last one should be brutal and is beyond normal failure. **3 total work sets**

[▶ 1 arm barbell rows with IFBB Pro Andrew Hudson](#)

These sets are all RPE of 8-12 as it climbs as you get to the dropset

Example:

- Set 1 – 50 lbs x 8 reps
- Set 2 – 75 lbs x 8 reps
- Set 3 – 100 x 8, then 75 x 6, then 50 x 6

Pro Tip

Use 25 lb plates to allow for more range of motion

4/ Back | Goal: Train muscle from a stretched position

Pullovers:

Now with a full pump these should feel great. We are doing these banded. Do 3 sets of 10 here. Most of your pullovers will be done this style throughout the entire program. I love these. Be patient with stretching here. Let your arms come down and stretch a little more each set. Don't push the hard stretch, let it happen on its own to avoid injury. **3 total work sets**

[▶ Banded pullovers](#)

These sets are all RPE of 8

You may be tempted to add more sets, **don't** as volume will climb as we go!

Pro Tip

One thing you might want to try is to get deep tissue work done in your back the day BEFORE training it. You will especially notice how well everything moves on this exercise and get a better pump. This has been one of my mainstays the last few years. Deep tissue work followed the next day by back work

5/ Abs

Decline bench leg raises:

Do 4 sets close to failure here. **4 total work sets**

[▶ Decline bench leg raises](#)

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

Once warmed up, do 2 sets where you do 10 full range reps, followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set. Take note of your weight, I want you to do more weight on Thursday. **2 total work sets**

[▶ Calf program #1 from Mountain Dog Training](#)

These sets are all RPE of 10-11

WEEK 1 - TUESDAY

Chest	4 exercises	10 sets
Shoulders	3 exercises	9 sets
	7 exercises	19 sets

1/ Chest | Goal: Activate and pump

Slight incline dumbbell press:

Work your way up doing sets of 8 here. Keep going until you barely get 8 reps. The last set should be a drop set to total failure. The sets working up to it, will obviously not be. We will call this 3 working sets. Let's lock these out and really focus on the contraction for maximum activation. **3 total work sets**

[Incline Dumbbell Press dropset](#)

These sets are RPE of 8-10 as it increases as you go

2/ Chest | Goal: Train explosively

Incline barbell press:

I want you to do sets of 6 here moving up in weight as you go. Once you can barely squeeze out 6, that is the last set. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go.

Pro Tip

Push against the bar as hard as you can. This combined with the heavy weight, will activate the maximum amount of fast twitch muscle fibers. Think about generating force here. Move that bar!

3/ Chest | Goal: Train explosively

Machine press:

Your high intensity technique here today is a cluster set. Find a weight that is a tough 15. Now what I want you to do, is go to failure with it, then pause for 45 seconds and go to failure again, and then repeat one more time. My reps looked like this --> 15, 11, 7. **1 total work set**

This set is RPE of 11

Pro Tip

It is important to reach failure, as light loads (more than 12 reps) require failure training or very close to it, to stimulate growth.

4/ Chest | Goal: Work a pumped muscle from a stretched position

Machine flye:

Arch your chest, lift your sternum and get a nice big stretch on these. I want you to come up $\frac{3}{4}$ of the way to ensure we keep tension on the chest. Do 3 sets of 8 here and after the last rep on each set, sit in the stretch position (about $\frac{1}{4}$ of the way up) for 10 seconds. **3 total work sets**

These sets are all RPE of 10

Pro Tip

With a crazy enough pump, this stretch can actually create some occlusion, meaning blood continues to come into muscle but can't leave. This is a good thing for muscle growth.

5/ Shoulders | Goal: Supramax pump

Machine rear delts/reverse pec deck:

Do 3 sets of 25 reps. I want 60 second breaks here.

3 total work sets

The RPE will climb on this, as you will really have to fight to the 25 on the last set. The first 1 or 2 won't be as bad. RPE 8-11

6/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

Same thing here for the rep scheme. Do 3 sets of 25 reps. I want 60 second breaks here. **3 total work sets**

The RPE will climb on this, as you will really have to fight to the 25 on the last set. The first 1 or 2 won't be as bad, just like the last one. RPE 8-11

Pro Tip

Tilt pinky down a little to engage side/medial delt better via slight internal rotation.

7/ Shoulders | Goal: Supramax pump

Front barbell raises:

Same thing here for the rep scheme. Do 3 sets of 25 reps. I want 60 second breaks here. **3 total work sets**

The RPE will climb on this, as you will really have to fight to the 25 on the last set. The first 1 or 2 won't be as bad, just like the last one. RPE 8-11

Pro Tip

Just come up to eye level. Going past that causes the traps to engage much more.

WEEK 1 - WEDNESDAY

Legs	4 exercises	10 sets
	4 exercises	10 sets

1/ Legs | Goal: Activate and pump

Lying leg curl:

Work your way up doing sets of 10 here. Once you are completely warmed up I want you to do 3 sets of 10 with additional eccentric resistance as shown in the video. Come a rep or two shy of failure. The eccentric loading should be done through the first $\frac{3}{4}$ range of motion, let off of it when your hams are stretched out at the bottom. **3 total work sets**

 [Leg curls with eccentric resistance](#)

These sets are an RPE of 9

Pro Tip

Your muscles are stronger in the eccentric range of motion, so loading that part of the exercise creates more tension, and also can create more muscle damage which can lead to more growth. It also increases activation so is great to use early as well.

2/ Legs | Goal: Train explosively

Barbell squats:

Do a few sets of 15 to get warmed up and then go to sets of 8. Keep doing 8 until you can just barely get 8. That will be your last set. We will call this 3 total sets. I don't want you to actually fail on the 8th rep, but I want it to be hard.

3 total work sets

These sets are an RPE of 7-9.

Note: If you are unable to perform regular squats, try front squats, or a machine squat with a back support.

Pro Tip

Work on your ankle mobility for increased range of motion in your squat!

3/ Legs | Goal: Supramax pump

Leg press:

Use the foot placement you feel most comfortable in. Work up to a weight you can do for 20 reps, and do a cluster set with it. Do 20 reps, rest 45 seconds and knock out more, and then repeat one more time. On this, don't hit failure and get crushed in the leg press, but challenge yourself to push harder than ever. **1 total work set**

These sets are all RPE of 9

4/ Legs | Goal: Work muscle from stretched position

Barbell stiff legged deadlift:

Your quads are going to be wobbly, so be careful here. I want 3 sets of 8 here. Get a slight knee bend on these. Come up $\frac{3}{4}$ of the way here to keep constant tension on hams. Get a good stretch also. **3 total work sets**

These sets are all RPE of 8-9

Pro Tip

Working through a good stretch on the muscle can create a nice growth stimulus in itself.

WEEK 1 - THURSDAY

Triceps	3 exercises	9 sets
Biceps	3 exercise	9 sets
Abs	1 exercise	4 sets
Calves	1 exercise	2 sets
	8 exercises	24 sets

1/ Triceps | Goal: Activation and pump

Single handle pushdowns:

I love using these handles for a lot of things, as you will soon see. Drive the weight straight down and come just short of lockout to create massive tension on your tris. Do several warm ups so your tris are firing, and elbows thoroughly warmed up. Now knock out 3 sets of 10 with 60 second breaks. **3 total work sets**

 [Tricep pushdowns with single handles](#)

These sets are all RPE of 8-9

2/ Triceps | Goal: Supramax pump

Dip machine:

If you don't have a machine you can always do old school dips between benches. Do 3 sets of 10 again with 60 second breaks. Don't lock these all the way out either.

3 total work sets

These sets are all RPE of 8-9

3/ Triceps | Goal: Supramax pump

Seated overhead rope extensions:

Do 3 sets of 10 here. Do not lock these out either. In fact, after the last rep on each set, hold the stretch position for 15 seconds. **3 total work sets**

 [Seated overhead rope extensions](#)

These sets are all RPE of 9

Pro Tip

The long head of the tricep (inner head) is most active when your humerus is pointing up. In other words, overhead. This allows for maximal stretch too.

4/ Biceps | Goal: Activation and pump

Hammer curls:

You have to crush the brachialis for massive arms. Do 3 sets of 10 here squeezing as hard as you can. Keep rest breaks to 60 seconds on these. **3 total work sets**

These sets are all RPE of 8-9

Pro Tip

Using a neutral grip lessens biceps involvement, but increases brachialis and brachioradialis work.

5/ Biceps | Goal: Supramax pump

Ez bar curl:

On these I want you to do 3 sets of 8 with 60 second breaks.

3 total work sets

These sets are all RPE of 8-9

6/ Biceps |

EZ bar preacher curl:

Do 3 sets of 10 here but take 90 seconds in between sets. Also after each set stretch your biceps out. Place your hand against a pole or machine with palms facing down and apply pressure to stretch the muscle. Hold each stretch for 15 seconds. **3 total work sets**

These sets are all RPE of 9

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves

Seated toe raises:

Simply do 2 sets of 15 here after you are very warmed up. Get a nice deep stretch on all reps. **2 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 1 - SATURDAY

Chest	3 exercises	9 sets
Back	3 exercise	9 sets
Shoulders	2 exercise	6 sets
	8 exercises	24 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Goal: Activation and start pump

Machine press:

After warming up, do 12 full range of motion reps with a pause and flex at the end of each rep. Stop just short of failure. **3 total work sets**

These sets are all RPE of 8-9

2/ Chest | Goal: Supramax pump

Flat dumbbell press:

3 sets of 8 here with a full range of motion. **3 total work sets**

These sets are all RPE of 8-9

3/ Chest | Goal: Supramax pump

Incline fly:

Only come up $\frac{3}{4}$ of the way so we keep tension on the pecs.

Do 3 sets of 12 here. **3 total work sets**

These sets are all RPE of 8-9

4/ Back | Goal: Activation and start pump

Single arm supinated pulldown:

Use those single handles I like on these. Do 3 sets of 10. **3**

total work sets

These sets are all RPE of 8-9

5/ Back | Goal: Supramax pump

Cable row:

Use a close grip attachment. Do 3 sets of 8 here with a full range of motion but on the negative/eccentric, go slow using a 5 second count. Feel the crazy tension in your lats as you lower it. The more blood you get in there, the better this will feel. **3 total work sets**

These sets are all RPE of 8-9

6/ Back | Goal: Supramax pump

Chins:

If you need to use the assist machine feel free. Use a medium pronated grip. Do 3 sets to failure which should be around 12 reps. On these rest 90 seconds, not 60. Only come up $\frac{3}{4}$ of the way so we keep tension on the pecs. **3 total work sets**

These sets are all RPE of 10

7/ Shoulders | Superset | Goal: Supramax pump

Exercise #1 – Rear Dumbbell laterals.

Exercise #2 – Machine/cable side laterals

Do 3 rounds. Do 15 reps on both exercises! This will COOK your delts. **6 total work sets**

These sets are all RPE of 10

***SUNDAY
OFF - FAMILY DAY***

WEEK 2

Monday

Back	4 exercises	14 sets
Abs	1 exercise	4 sets
Calves	1 exercise	3 sets
	6 exercises	21 sets

Tuesday

Chest	4 exercises	11 sets
Shoulders	3 exercises	9 sets
	7 exercises	20 sets

Wednesday

Legs	4 exercises	12 sets
	4 exercises	12 sets

Thursday

Triceps	3 exercises	10 sets
Biceps	3 exercises	9 sets
Abs	1 exercise	4 sets
Calves	1 exercise	2 sets
	8 exercises	24 sets

Friday - Off day

Saturday

Chest	3 exercises	9 sets
Back	3 exercises	9 sets
Shoulders	2 exercises	6 sets
	8 exercises	24 sets

Sunday - Off - Family Day

WEEK 2 - MONDAY

Back	4 exercises	14 sets
Abs	1 exercise	4 sets
Calves	1 exercise	3 sets
	6 exercises	21 sets

1/ Back | Goal: Activation and start pump

Meadows row:

This is a repeat from last week, but we are adding a set to increase volume this week. Do some warm up sets here working up to a tough 8 reps. Once there do 4 total sets of 8. On at least one set, try to beat what you did last week for weight, even if it's only a 5 lb plate. The 8th rep (on all sets) should be the last rep you can get with good form. This is critical! In the video below, I am using a landmine. You can also use a t-bar as demonstrated in the video below that! **3 total work sets**

▶ [Meadows rows version 2](#)

or

▶ [Meadows rows - 3 different techniques](#)

These sets are all RPE of 10

Pro Tip

I want you to really focus on the target muscle, think hard about it during your sets as you are going, to enable a strong mind to muscle connection. This can increase muscle activation significantly.

2/ Back | Goal: Train explosively

Smith machine row:

We are going one more week here too, and adding a hard set as well to increase overall volume. Set stops up on these so that you can pull from about mid-shin. I want you to rest/pause these meaning set the weight down for a split second to eliminate momentum, and then drive your elbows up toward the ceiling as hard you can. Try to flex hard at the top too. This is controlled explosiveness. All 4 of your sets are 8 reps, but it's a pyramid, so only the last set will be the one to failure. The sets preceding will not be to failure. **4 total work sets**

▶ [Smith Machine Bent Over Rows](#)

These sets are all RPE of 8-10 – it increases each set.

3/ Back | Goal: Supramax Pump

Dumbbell row:

Work your way up to a drop set here like last week on the one arm barbell rows, but now we are using **dumbbells**. This is going to be your high intensity technique. The way I want you to do it, is say row 80lbs for 8, then 100 for 8, then on your last set you do 120 for a tough 8, drop it to 100 for 6 to 8, and then drop to 80 for 6 to 8 more. So, you drop the weights you added climbing up. The first 2 sets won't be to failure, but the last one should be brutal and is beyond normal failure.

3 total work sets

These sets are all RPE of 8-12 as it climbs as you get to the dropset

4/ Back | Goal: Strength

Rack pulls:

Do these from mid-shin. Work up to a pretty heavy 5 reps, and do 3 sets of 5. Leave 2 reps in the tank on each one.

3 total work sets

These sets are all RPE of 8

**Note – we occasionally sprinkle in some strength work. Generally, this is 5 reps or less.*

STRETCH/ Back | Goal: Loaded stretch

Hang from chin up bar:

Put a weight belt on with some weight and let's hang and stretch those lats. **Stretch for as long as you can, shoot for 60 seconds.**

5/ Abs

Decline bench leg raises:

Do 4 sets close to failure here. **4 total work sets**

 [Decline bench leg raises](#)

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

Once warmed up, do 3 sets where you do 10 full range reps, followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set. Take note of your weight, keep building the weight up on these. **3 total work sets**

 [Calf program #1 from Mountain Dog Training](#)

These sets are all RPE of 10-11

WEEK 2 - TUESDAY

Chest	4 exercises	11 sets
Shoulders	3 exercises	9 sets
	7 exercises	20 sets

1/ Chest | Goal: Activate and pump

Flat dumbbell press:

Work your way up doing sets of 8 here. Keep going until you barely get 8 reps. The last set should be total failure. The sets working up to it, will obviously not be. We will call this 3 working sets. Let's lock these out and really focus on the contraction for maximum activation. **3 total work sets**

Example (this is what I actually did):

- Warm up 1 – 25 lb dumbbells x 20
- Warm up 2 – 45 lb dumbbells x 20
- Warm up 3 – 65 lb dumbbells x 10
- Set 1 – 90 lb dumbbells x 8 reps
- Set 2 – 110 lb dumbbells x 8 reps
- Set 3 – 120 lb dumbbells x 8 (barely got 8)

These sets are RPE of 8-10 as it increases as you go

2/ Chest | Goal: Train explosively

Incline barbell press:

I want you to do sets of 7 here moving up in weight as you go. Once you can barely squeeze out 7, that is the last set. Push as hard as you can do the same weight you did last week and still get the extra 7th rep on the last set. **3 total work sets**

Pro Tip

Stopping an inch or two short of touching chest will take away significant stress from rotator cuff and keep shoulders healthier. Women don't generally need to do this.

These sets are RPE of 8-10. They get harder as you go.

3/ Chest | Goal: Supramax pump

Machine press:

Your high intensity technique here today is once again a cluster set, but we are adding a 4th try with the weight. Last week we did 3. Dig deeper this week. Find a weight that is a tough 15. Now what I want you to do, is go to failure with it, then pause for 45 seconds and go to failure again, and then repeat one more time. My reps looked like this --> 15, 11, 7, 6 **1 total work set**

This set is RPE of 11

4/ Chest | Goal: Work a pumped muscle from a stretched position

Incline pronated dumbbell flye:

Arch your chest, lift your sternum and get a nice big stretch on these using a pronated grip. See the video below for proper form. I want you to come up $\frac{3}{4}$ of the way to ensure we keep tension on the chest. Do 4 sets of 8 here. **4 total work sets**

 [Incline dumbbell flyes](#)

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Machine rear delts/reverse pec deck:

Do 3 sets of 15 reps with the same weight. I want 90 second breaks today, slow it down a little. **3 total work sets**

The RPE will climb on this, as you will really have to fight the 15 on the last set. The first 1 or 2 won't be as bad. RPE 8-11

6/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

Same thing here for the rep scheme. Do 3 sets of 15 reps with the same weight. Take 90 second rest breaks. **3 total work sets**

The RPE will climb on this, as you will really have to fight to the 15 on the last set. The first 1 or 2 won't be as bad, just like the last one. RPE 8-11

7/ Shoulders | Goal: Supramax pump

Dumbbell overhead press:

Find a weight that is a tough 8 and do 3 sets with it. Bring the dumbbells all the way together at the top. **3 total work sets**

These sets are an RPE of 9

Pro Tip

Touching the dumbbells enables you to get the last little bit of range of motion in the anterior head of head deltoid.

WEEK 2 - WEDNESDAY

Legs	4 exercises	12 sets
	4 exercises	12 sets

1/ Legs | Goal: Activate and pump

Seated leg curl:

Work your way up doing sets of 10 here. Once you are completely warmed up I want you to do 3 sets of 10. On your 4th set, do 10 again, but then drop the weight a few plates, and shoot for 10 more, and then drop it again and shoot for another 10. **4 total work sets**

These sets are an RPE of 9-12. The last set is the 12.

Pro Tip

If you want lower leg hamstring development, specifically the biceps femoris, work leg curls hard as this muscle only crosses the knee and is purely a knee flexor.

2/ Legs | Goal: Train explosively

Barbell squats:

Do the same thing as last week, but let's see if you can beat how much weight you used last week for 8. Do a few sets of 15 to get warmed up and then go to sets of 8. Keep doing 8 until you can just barely get 8. That will be your last set. We will call this 3 total sets. I don't want you to actually fail on the 8th rep, but I want it to be hard. **3 total work sets**

These sets are an RPE of 7-9.

Note: If you are unable to perform regular squats, try front squats, or a machine squat with a back support

Pro Tip

Doing heavy quarter squats can increase sheering forces on the knee. Don't cut you squats that high.

3/ Legs | Goal: Supramax pump

Bulgarians drop set of death:

Do 3 sets of 8 moving up in weight. On the 4th set, we are going to do a drop set. You do 8 reps, and then you do an iso hold (see the video below) for 8 seconds before dropping down to the next dumbbell. **4 total work set**

Do one leg at a time, and let your partner go before you come back to do the other leg.

Example:

- Set 1 – 20 lb dumbbells x 8 reps
- Set 2 – 40 lb dumbbells x 8 reps
- Set 3 – 60 lb dumbbells x 8
- Set 4 – 60 lb dumbbells x 8 with a 8 second iso hold, then repeat with 40's and then repeat with 20's.

 [IFBB Pro Andrew Hudson doing Bulgarian squat drop set of death](#)

These sets are all RPE of 12

4/ Legs | Goal: Work muscle from stretched position

Barbell stiff legged deadlift:

I want you to go down with a slow 5 second count, sit in the stretch, and then come back up 4/5 of the way. Try to get around 10 reps like this. Ensure your back is flat and not rounded as you hold your stretch at the bottom. You won't be able to use a lot of weight with this technique, and there is a massive emphasis on the stretch. **1 total work sets**

These sets are all RPE of 8-9

WEEK 2 - THURSDAY

Triceps	3 exercises	10 sets
Biceps	3 exercise	10 sets
Abs	1 exercise	4 sets
Calves	1 exercise	3 sets
	8 exercises	27 sets

1/ Triceps | Goal: Activation and pump

Single handle pushdowns:

This is the same as last week, but I want you to do an extra set to add volume. Drive the weight straight down and come just short of lockout to create massive tension on your tris. Do several warm ups so your tris are firing, and elbows thoroughly warmed up. Now knock out 4 sets of 10 with 60 second breaks. **4 total work sets**

 [Tricep pushdowns with single handles](#)

These sets are all RPE of 8-9

Pro Tip

The medial and lateral heads of the triceps are more active when your elbows are pinned against your sides during a pushdown.

2/ Triceps | Goal: Supramax pump

Dip machine:

If you don't have a machine you can always do old school dips between benches. Do 3 sets of 10 again with 60 second breaks. Don't lock these all the way out either. **3 total work sets**

These sets are all RPE of 8-9

3/ Triceps | Goal: Supramax pump

Incline skullcrushers/extensions:

This is simply lying extensions, but you are doing them on an incline bench. This allows you to stretch your triceps much better than lying flat. Do 3 sets of 10 here. Do not lock these out either. In fact, after the last rep on your final set, hold the stretch position for 30 seconds. **3 total work sets**

These sets are all RPE of 9

4/ Biceps | Goal: Activation and pump

Cross body hammer curls (pinwheel curls):

Do 4 sets of 10 here squeezing as hard as you can. Keep rest breaks to 60 seconds on these. **4 total work sets**

 [Pinwheel curls](#)

These sets are all RPE of 8-9

5/ Biceps | Goal: Supramax pump

Barbell curl:

On these I want you to do 3 sets of 8 with 90 second breaks. Use a slow 3 second eccentric when lowering the bar. **3 total work sets**

These sets are all RPE of 8-9

6/ Biceps

Seated incline dumbbell curl:

Do 3 sets of 10 here but take 90 seconds in between sets.

3 total work sets

These sets are all RPE of 9

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Simply do 3 sets of 15 here after you are very warmed up. Tack on 5 partials on each set after your 15. Get a nice deep stretch on all reps. **3 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 2 - SATURDAY

Chest	3 exercises	9 sets
Back	3 exercise	9 sets
Shoulders	2 exercise	6 sets
	8 exercises	24 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Goal: Activation and start pump

Machine press:

Do these a little differently this week. Only take the weight to $\frac{3}{4}$ lockout. Let's keep tension on pecs and bump the reps up to 15. **3 total work sets**

These sets are all RPE of 8-9.

2/ Chest | Goal: Supramax pump

Flat dumbbell press:

3 sets of 12 here only going to $\frac{3}{4}$ lockout. **3 total work sets**

These sets are all RPE of 8-9

3/ Chest | Goal: Supramax pump

Cable crossover:

Lean into these for a good stretch and do 3 sets of 12 here.

3 total work sets

These sets are all RPE of 8-9

4/ Back | Goal: Activation and start pump

Single arm supinated pulldown:

We are bumping the reps a little this week. Use those single handles I like on these. Do 3 sets of 12. **3 total work sets**

These sets are all RPE of 8-9

5/ Back | Goal: Supramax pump

Medium/close grip pulldowns:

If you have an attachment that allows you to do these with your palms facing each other, that is what I want. Do 3 sets of 15. **3 total work sets**

These sets are all RPE of 8-9

6/ Back | Goal: Supramax pump

Wide grip pulldown (partial):

This is simply a wide grip pulldown. I want you to take the weight down to the top of your head and hold it there and flex for 2 seconds on each rep. This is nasty. Do 3 sets of 8. You can go a little heavier on these. **3 total work sets**

These sets are all RPE of 10

7/ Shoulders | More reps! | Superset | Goal: Supramax pump

Exercise #1 – Band pull apart (face pulls)

Exercise #2 – Dumbbell side laterals

Do 3 rounds. Do 20 reps on both exercises! **6 total work sets**

These sets are all RPE of 9

***SUNDAY
OFF - FAMILY DAY***

WEEK 3

Monday

Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Calves	1 exercise	4 sets
	6 exercises	24 sets

Tuesday

Chest	4 exercises	14 sets
Shoulders	2 exercises	6 sets
	6 exercises	20 sets

Wednesday

Legs	4 exercises	15 sets
	4 exercises	15 sets

Thursday

Triceps	3 exercises	12 sets
Biceps	3 exercises	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	4 sets
	8 exercises	32 sets

Friday - Off day

Saturday

Chest	3 exercises	9 sets
Back	3 exercises	9 sets
Shoulders	2 exercises	6 sets
	8 exercises	24 sets

Sunday - Off - Family Day

WEEK 3 - MONDAY

Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Calves	1 exercise	4 sets
	6 exercises	24 sets

1/ Back | Goal: Activation and start pump

One arm supinated pull-down:

This is a combination I really love. We start with these, to get your lats, especially lower lats pumped. Do 4 sets of 10 here.

4 total work sets

 [Supinated pull-downs with one arm](#)

These sets are all RPE of 9

Pro Tip

I want you to really focus on the target muscle, think hard about it during your sets as you are going, to enable a strong mind to muscle connection. This can increase muscle activation significantly. This is especially important on this exercise, reason for me repeating it.

2/ Back | Goal: Train muscle explosively

Rack pulls:

Do these from mid-shin. This time we are bumping the reps just a tad for hypertrophy. Lock in your lats before each rep, and then drive up hard. It will feel awesome transitioning to these after the pull-downs. Flex your lats the whole time during each rep. Find a weight that is a pretty tough 6 and do 4 sets of 6 with it. Leave a rep or two in the tank so we can get more volume here. Each rep should be a dead stop rep. No bouncing allowed! **4 total work sets**

These sets are all RPE of 9

3/ Back | Goal: Supramax Pump

Supported chest row:

Ok let's give your lower back a break and work on those rhomboids. Use a neutral grip and really stretch and open up your rhomboids on each rep. Do 4 hard sets of 8 here too. Check out the 7 year old video I dug up, I couldn't find a recent one with grip close to neutral like here. **4 total work sets**

 [Supported Rows](#)

These sets are all RPE of 9

4/ Back | Goal: Train muscle from stretch position

Lat pulldown with a stretch:

Ok here is a pulldown variation, where your partner will push down on the weight ONLY at the top for the stretch! These are an all-time favorite of mine too for the extreme stretch which can promote growth just by itself. Do 4 sets of 8 here.

4 total work sets

 [Pulldowns with a forced stretch with IFBB Pro Fouad Abiad](#)

These sets are all RPE of 9

Another set of these this week, you should be loose after that last exercise!

STRETCH/ Back | Goal: Loaded stretch

Hang from chin up bar:

Put a weight belt on with some weight and let's hang and stretch those lats. ***Stretch for as long as it takes to beat last weeks' time.***

5/ Abs

Decline bench leg raises:

Do 4 sets close to failure here. **4 total work sets**

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

Once warmed up, do 4 sets where you do 10 full range reps, followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set. Take note of your weight, keep building the weight up on these as usual. I want you using the whole stack! **4 total work sets**

These sets are all RPE of 10-11

WEEK 3 - TUESDAY

Chest	4 exercises	14 sets
Shoulders	2 exercises	6 sets
	6 exercises	20 sets

1/ Chest | Goal: Activate and pump

Slight incline dumbbell press:

We are bumping reps a tad this week on these. Work your way up doing sets of 10 here. Keep going until you barely get 10 reps. The last set should be total failure. The sets working up to it, will obviously not be. We will call this 3 working sets. Let's lock these out and really focus on the contraction for maximum activation. **3 total work sets**

These sets are RPE of 8-10 as it increases as you go

2/ Chest | Goal: Train explosively

Incline barbell press:

I want you to do sets of 8 here moving up in weight as you go. Once you can barely squeeze out 8, that is the last set. Push as hard as you can do the same weight you did last week and still get the extra 8th rep on the last set. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Pro Tip

Actually pressing against the bar as hard as you can during the set, trying to lift the weight fast, can engage for high threshold motor units.

3/ Chest | Goal: Supramax pump

Slight incline Smith press:

Ok do 3 sets here working up to a weight you can hit 6 with. Once you get there, your 4th set will be a drop set. See below for an example. **4 total work set**

Example (this is what I actually did):

- Warm up 1 – 140 lb x 6
- Warm up 2 – 230 lb x 6
- Set 1 – 280 lb x 6 reps
- Set 2 – 320 lb x 6 reps
- Set 3 – 360 lb x 6 reps (barely got 6)
- Set 4 – 360 x 5, 280 x 7, 230 x 5

These sets are RPE of 8-11

4/ Chest | Goal: Work a pumped muscle from a stretched position

Dip:

Use a machine and here and go down nice and slow and get a good stretch on every rep. Do 4 sets of 6 here. **4 total work sets**

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

5 sets of 10 reps with the same weight. Take 90 second rest breaks. **5 total work sets**

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Rear delt destroyer set:

On these you are going to do 60 swings with a medium weight, and then drop the weight and do 30, and then one more drop for 10. See the video below. This will sting a bit. **1 total work sets**

 [Hang and Swing Destroyer Set](#)

This set is an RPE of 12

WEEK 3 - WEDNESDAY

Legs	4 exercises	15 sets
	4 exercises	15 sets

1/ Legs | Goal: Activate and pump

Lying leg curl:

This is the same as last week, but we added in an iso hold on the last drop set. Work your way up doing sets of 10 here. Once you are completely warmed up I want you to do 3 sets of 10. On your 4th set, do 10 again, but then drop the weight a few plates, and shoot for 10 more, and then drop it again and shoot for another 10 and then finally do an iso hold for 20 seconds from the bottom position (a few inches into the rep).

4 total work sets

These sets are an RPE of 9-12. The last set is the 12

2/ Legs | Goal: Train explosively

Machine squats:

Find a good solid machine that supports your back. We are going to work these hard. I want you to do sets of 8 going up. On all sets do a 3 second eccentric and then drive up hard. I want massive tension on your legs. Keep on going and going until you can just barely get 8. We will count this as 3 sets.

3 total work sets

These sets are an RPE of 7-10

3/ Legs | Goal: Supramax pump

Leg extension drop set of death:

Do 3 sets of 10 moving up in weight. On the 4th set, we are going to do a drop set. You do 10 reps, and then you drop the weight and do 10 more, and then you drop the weight and do a final set of 10. If you want to really push, add in 10 more little partials out of the bottom. **4 total work set**

These sets are RPE of 8-12.

4/ Legs | Goal: Work muscle from stretched position

Dumbbell stiff legged deadlift:

I want you to do 4 sets of 10 here with a medium to heavy weight. Only come up $\frac{3}{4}$ of the way to keep more tension on the hams. **4 total work sets**

These sets are all RPE of 9

WEEK 3 - THURSDAY

Triceps	3 exercises	12 sets
Biceps	3 exercise	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	4 sets
	8 exercises	32 sets

1/ Triceps | Goal: Activation and pump

Single handle pushdowns:

I want more of these again. These are awesome. Hopefully you are digging the handles since we started doing these and the unique tension that comes with it. Do 4 sets of 12 here.

4 total work sets

 [Tricep pushdowns with single handles](#)

These sets are all RPE of 8-9

2/ Triceps | Goal: Supramax pump

Bent over extensions with single handles:

Now we are doing bent over extensions with these handles, as seen in the video below. Do 4 sets of 10 here. **4 total work sets**

 [Bent over extensions with single handles](#)

These sets are all RPE of 9

3/ Triceps | Goal: Supramax pump

Tate press with kettlebells:

You can do these with dumbbells, I just get a better feel with kettlebells. Do these slow and controlled so you don't knock your teeth out. Do 4 sets of 10. **4 total work sets**

 [Kettlebell Tate Press](#)

These sets are all RPE of 9

4/ Biceps | Goal: Activation and pump

Ez bar curls:

Do 4 sets of 10 here but only take 30 second breaks. Let's come out of the gate and fire these things up fast. If you must lighten the weight as you become exhausted that's ok. **4 total work sets**

These sets are all RPE of 9-10

5/ Biceps | Goal: Supramax pump

Incline concentration curl:

On this smash the dumbbells together as you curl. This will generate a ton of tension. Do 4 sets of 10. **4 total work sets**

 [Incline Concentration Curls](#)

These sets are all RPE of 9-10

6/ Biceps

Ez bar preachercurl:

Do 4 sets of 8 here but take 90 seconds in between sets.

4 total work sets

These sets are all RPE of 9-10

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Simply do 4 sets of 15 here after you are very warmed up. Tack on 5 partials on each set after your 15. Get a nice deep stretch on all reps. **4 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 3 - SATURDAY

Chest	3 exercises	9 sets
Back	3 exercise	9 sets
Shoulders	2 exercise	6 sets
	8 exercises	24 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Giant Sets

Machine press:

Do 8 reps here to $\frac{3}{4}$ lockout

These sets are all RPE of 8-9.

2/ Chest | Supersetted with

Dips:

To failure

These sets are all RPE of 10

3/ Chest | Supersetted with

Cable crossover:

Lean into these for a good stretch and do 10 reps here.

These sets are all RPE of 9-10

Do 2 rounds to get nice and warmed up, and then do 3 complete hard rounds. 9 total work sets

4/ Back | Goal: Activation and start pump

Chins:

Once warmed up do 3 sets to failure. **3 total work sets**

These sets are all RPE of 10

5/ Back | Goal: Supramax pump

Dumbbell shrugs:

Do 3 sets of 15 reps with a 2 second pause at the top on every rep. **3 total work sets**

These sets are all RPE of 10

6/ Back | Goal: Supramax pump

Seated cable row:

Finish off with 3 sets of 8 here. I want you to try and lower it slowly on each rep. I don't want you to do this with your arms, think about opening your lats up slowly and making them lower the weight slowly ok. Tinker around with it, when you hit it, you'll know it, as there is a massive amount of tension that is unique on the lat. **3 total work sets**

These sets are all RPE of 9

7/ Shoulders | Superset | Goal: Supramax pump

Exercise #1 – Dumbbell bent over laterals

Exercise #2 – Dumbbell side laterals

Do 3 rounds. Do 10 reps on both exercises! **6 total work sets**

These sets are all RPE of 9

***SUNDAY
OFF - FAMILY DAY***

WEEK 4.

Monday

Back	5 exercises	19 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	7 exercises	29 sets

Tuesday

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

Wednesday

Legs	4 exercises	16 sets
	4 exercises	16 sets

Thursday

Triceps	3 exercises	12 sets
Biceps	3 exercises	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	5 sets
	8 exercises	33 sets

Friday - Off day

Saturday

Chest	3 exercises	9 sets
Back	3 exercises	9 sets
Shoulders	2 exercises	6 sets
	8 exercises	24 sets

Sunday - Off - Family Day

WEEK 4 - MONDAY

Back	5 exercises	19 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	7 exercises	29 sets

1/ Back | Goal: Activation and start pump

One arm supinated pulldown:

This is a combination I really love. We start with these, to get your lats, especially lower lats pumped. Do 4 sets of 10 here.

4 total work sets

[▶ Supinated pulldowns with one arm](#)

These sets are all RPE of 9

2/ Back | Goal: Train muscle explosively

Rack pulls:

This week we change the pin height. I want you to move it down a little more below mid-shin (where you normally pull from). This is going to make the pull harder but will also engage more back muscle with the increased range of motion. I want 5 sets of 5 on this. So, a little lower in reps, but a little more volume in terms of sets. **5 total work sets**

These sets are all RPE of 8-9

3/ Back | Goal: Supramax Pump

Chin up death:

On these I want you to do 2 sets with a medium grip to failure. Then do 2 sets with a wide grip. Lastly, 2 sets with a close grip (preferably with a neutral grip where palms face each other). **6 total work sets**

These sets are all RPE of 10

4/ Back | Goal: Train muscle from stretch position

Banded dumbbell pullover:

Let's finish up with 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Pro Tip

Using the band does something called flattening the strength curve. Basically, you have parts of the range of motion that are tougher than others and you lose tension. Normally in a pullover once you get out of the stretch, it gets easier. Pulling against the band as this happens ensure there are no "easy" parts to the range of motion and created very high tension!

This is the last week of these.

STRETCH/ Back | Goal: Loaded stretch

Hang from chin up bar:

Put a weight belt on with some weight and let's hang and stretch those lats. ***Stretch for as long as it takes to beat last weeks' time.***

5/ Abs

Decline bench leg raises:

Do 4 sets close to failure here. **4 total work sets**

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

Today we are going to bump the reps. No partials today, but do 6 sets of 20 reps. Try to get up on your toes for at least 15 of the reps. As always, stretch on every rep. **6 total work sets**

[Banded tibia raises](#)

These sets are all RPE of 10-11

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 4 - TUESDAY

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

1/ Chest | Goal: Activate and pump

Banded machine press:

I want you to use bands on the machine for these. I linked one way to hook them up below. Bands are also great for activation. You will feel your pecs contracting very hard when you lock out. Take your time warming up and then do 4 sets of 8 here. **4 total work sets**

[▶ How to attach bands to a Hammer chest press](#)

These sets are RPE of 8-10 as it increases as you go

2/ Chest | Goal: Train explosively

Incline barbell press:

Now we are back down to sets of 6 after working your way up to 8's. You should be a little stronger on your 6 now, since we first started. As always, keep going up until you just barely get 6. We count this as 3 sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Pro Tip

Squeezing the bar hard can increase activation in other close by muscles. This concept is called muscle irradiation. Squeeze the bar hard as you are driving it up fast for even more recruitment!

3/ Chest | Goal: Supramax pump

Neutral grip dumbbell press:

I want you to do 4 sets of 8 here with palms facing toward each other. This will allow for less shoulder and more pec in the stretch position. Take every rep deep into a stretch and drive up to $\frac{3}{4}$ lockout. On the 4th set I want you to do 1 drop. So do a tough 8, and then drop the weight and try to get another 8.

4 total work set

[▶ Neutral Grip Incline Dumbbell Press](#)

These sets are RPE of 9

4/ Chest | Goal: Work a pumped muscle from a stretched position

Stretch pushups:

Talk about stretch, these will do it. Do 4 sets to failure. **4 total work sets**

 [Stretch Pushups](#)

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Over and back press:

These don't look bad, but they will light you up. I want 3 sets of 10 here. Take the bar down just slightly behind head and then just over your head as you bring it back. See the video for form. **3 total work sets**

 [Over and Back Presses](#)

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Reverse pec deck:

Ok let's hit some machine work now for rear delts. I want you to do 3 sets of 20, and on the last rep of each set, I want you to do an iso hold. I would prefer a partner to apply slight pressure to make this even harder if possible. Shoot for 15 seconds every time. **3 total work sets**

These sets are an RPE of 11

7/ Shoulders | Goal: Supramax pump

6 ways:

Finish with the 3 sets of 10 here on this sneaky little exercise.

3 total work sets

 [6 ways](#)

These sets are all RPE of 10

WEEK 4 - WEDNESDAY

Legs	4 exercises	16 sets
	4 exercises	16 sets

1/ Legs | Goal: Activate and pump

Seated leg curl:

This week I want you to do 3 sets of 10 with a good solid weight, and then on the 4th, I want a nasty dropset. I want 3 drops. After each drop go to failure. If your hams aren't absolutely loaded with blood after these, you didn't work hard enough. **4 total work sets**

These sets are an RPE of 9-12. The last set is the 12

2/ Legs | Goal: Train explosively

Barbell squats:

Ok we gave your low back a little break last week, but let's get back on the squats now. Today you are working up to a brutal set of 10. So just keep going up until you can just barely get 10 with good form. We will count this as 3 sets. **3 total work sets**

These sets are an RPE of 7-10

Note: If you are unable to perform regular squats, try front squats, or a machine squat with a back support

3/ Legs | Goal: Supramax pump

Hack squat drop set of death:

Here we go again. Do 3 sets of 10 moving up in weight. On the 4th set, we are going to do a drop set. You do 10 reps, and then you drop the weight and do 10 more, and then you drop the weight and do a final set of 10. If you want to really push, add in 10 more little partials out of the bottom. **4 total work set**

These sets are RPE of 8-12.

Note: If you don't have a good hack squat try feet out in front Smith squats.

4/ Legs | Goal: Supramax pump

Leg extension drop set of death:

I just want 1 set here! You do 10 reps, and then you drop the weight and do 10 more, and then you drop the weight and do a final set of 10. If you want to really push, add in 10 more little partials out of the bottom. **1 total work sets**

This set is an RPE of 12

5/ Legs | Goal: Supramax pump

Glute bridge or glute kickback:

We'll pass on the stiff legs this week, but let's get some extra glute work in. Do 4 sets of 8 with each leg. Hopefully you didn't pass out after the last exercise. **4 total work sets**

These sets are all RPE of 9

WEEK 4 - THURSDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	5 sets
	8 exercises	33 sets

Let's switch up order today and do bis first.

1/ Biceps | Goal: Activation and pump

Seated alternate dumbbell curls:

Do 4 sets of 8 after you get plenty warmed up. On the last rep of each set I want you to do an iso hold like I am doing with Scott in the video for 7 seconds. This is very tough.

4 total work sets

 [Dumbbell curls with isotension](#)

These sets are all RPE of 9-10

2/ Biceps | Goal: Supramax pump

Preacher hammer curl:

This is a hammer curl done with your arm hanging over a preacher bench. I really like these and should do them more often. Do 4 sets of 10 here. See the video below. **4 total work sets**

 [Hammer Curl Variation](#)

These sets are all RPE of 9-10

3/ Biceps

Ez bar preacher curl:

I want 4 sets of 6 on here today. Lower the bar very slow, 3 seconds, before curling back up. **4 total work sets**

These sets are all RPE of 9-10

4/ Triceps | Goal: Activation and pump

Dual rope triceps extensions:

This is a great variation that you will enjoy.

Do 4 sets of 12 here. **4 total work sets**

 [Dual rope tricep extensions](#)

These sets are all RPE of 9

Pro Tip

This is a great exercise to do a mechanical dropset on. In this case, you don't actually drop the weight, you just take a step or two closer to the rack. The weight is then easier, and you can pump out more reps. If you like you can then step up even more to allow for more reps. The closer you get, the lighter the weight will feel due to the mechanics of the movement and where you are standing.

5/ Triceps | Goal: Supramax pump

Dip machine:

Do 4 sets of 10 with a machine that simulate dips. **4 total work sets**

 [Dip Machine Negatives](#)

These sets are all RPE of 9

6/ Triceps | Goal: Supramax pump

Seated overhead rope extensions:

Do 4 sets of 10 here, with a nice 10 second stretch at the end of each set. **4 total work sets**

These sets are all RPE of 9

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Simply do 5 sets of 10 here after you are very warmed up. Also work in 20 of those tibialis raises in between each set. **5 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 4 - SATURDAY

Chest	3 exercises	9 sets
Back	3 exercise	9 sets
Shoulders	2 exercise	6 sets
	8 exercises	24 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Giant Sets - One more week of these

Machine press:

Do 8 reps here to $\frac{3}{4}$ lockout

These sets are all RPE of 8-9.

2/ Chest | Supersetted with

Hex press:

Do 8 reps here. Flex hard at the top on every rep.

 [Hex press](#)

These sets are all RPE of 9

3/ Chest | Supersetted with

Flat dumbbell flyes:

Do these very slow on the way down. Keep your sternum lifted, get a good stretch, and come back up about $\frac{2}{3}$ of the way. This will ensure tension remains on the chest. Do 8 reps here too.

These sets are all RPE of 9

Do 2 rounds to get nice and warmed up, and then do 3 complete hard rounds. 9 total work sets

4/ Back | Goal: Activation and start pump

One arm pulldown with banded iso hold:

These are brutal. Watch the video closely. Do sets of 8 here. **3 total work sets**

 [One arm pulldowns with isometric contraction](#)

These sets are all RPE of 9

5/ Back | Goal: Supramax pump

Dumbbell rows:

Do sets of 15 here. This is higher reps than normal and will present a nice challenge for you. **3 total work sets**

These sets are all RPE of 9

6/ Back | Goal: Supramax pump

Seated face pull:

I call these face pulls, but I am really pulling into my chest and contracting my rhomboids and traps hard. This is one of my favorite exercises in terms of feel. Do sets of 10. **3 total work sets**

 [Face pulls](#)

These sets are all RPE of 9

7/ Shoulders | Superset | Goal: Supramax pump

Exercise #1 – Dumbbell bent over laterals

Exercise #2 – Machine overhead press (set the seat so that you are doing the top 2/3 of the range of motion and not coming out of a deep stretch. I want to keep tension on delt and not so much on joint.

Do 3 rounds. Do 10 reps on both exercises! **6 total work sets**

These sets are all RPE of 9

***SUNDAY
OFF - FAMILY DAY***

WEEK 5

Monday

Back	5 exercises	22 sets
Abs	1 exercise	4 sets
Calves	1 exercise	7 sets
	7 exercises	33 sets

Tuesday

Chest	4 exercises	16 sets
Shoulders	3 exercises	9 sets
	7 exercises	25 sets

Wednesday

Legs	4 exercises	16 sets
	4 exercises	16 sets

Thursday

Triceps	3 exercises	12 sets
Biceps	3 exercises	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	8 exercises	34 sets

Friday - Off day

Saturday

Chest	3 exercises	9 sets
Back	3 exercises	9 sets
Shoulders	2 exercises	6 sets
	8 exercises	24 sets

Sunday - Off - Family Day

WEEK 5 - MONDAY

Back	5 exercises	22 sets
Abs	1 exercise	4 sets
Calves	1 exercise	7 sets
	7 exercises	33 sets

1/ Back | Goal: Activation and start pump

One arm barbell rows:

Back to these grinders to start the workout off right!

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9

Pro Tip

When doing a dumbbell row, Meadows row, or 1 arm barbell row, always keep your waist stationary. If you rotate it and you pull and release, you can thicken your waist by training your obliques.

2/ Back | Goal: Supramax Pump

Supinated pulldown variation:

Check the video on this. These allow you to drive your elbow down in a straight line and really crush your lats. Since you aren't anchored in, it won't stretch you, but that's ok, we are focusing on the contraction and driving blood in the lat at this point. Do 4 sets of 10. **4 total work sets**

[▶ Supinated pull down variation](#)

These sets are all RPE of 9

3/ Back | Goal: Train explosively

Deadstop dumbbell rows:

From the old video archive, check these out. These are very tough if you truly try to explode up which is what I want! Do 4 heavy sets of 8 here! **4 total work sets**

[▶ Dumbbell Deadstop Rows](#)

These sets are all RPE of 9

4/ Back | Goal: Train muscle from stretch position

Banded dumbbell pullover:

Ok, lets rest those arms up after all the rowing and get everything stretched out! Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9

5/ Back | Goal: Supramax Pump

Weighted hypers:

I do these with a barbell because they are brutal. You need to be very careful though and make sure you are not too high up on the pad straining your hams. Don't do these carelessly, this can hurt you. Do it smart just using your lower back, and you will reap the benefits. I don't want you so much as smelling failure here. Just give me 6 sets of 6 with perfect form.

6 total work set

 [Weighted hypers](#)

These sets are all RPE of 7-8

6/ Abs

Decline bench leg raises:

Do 4 sets close to failure here. **4 total work sets**

These sets are all RPE of 9

7/ Calves | Goal: Supramax pump

Standing raises:

Ok let's get back to some heavy calve work. I want 7 sets of 8 with 45 second breaks! Get a massive stretch on each rep.

7 total work sets

 [Banded tibia raises](#)

These sets are all RPE of 10

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 5 - TUESDAY

Chest	4 exercises	16 sets
Shoulders	3 exercises	9 sets
	7 exercises	25 sets

1/ Chest | Goal: Activate and pump

Banded machine press:

I want to use the bands again to see how you do the 2nd week with them. You should feel the contractions even harder this week. Stick to doing tough sets of 8. Remember to explode against the band! **4 total work sets**

 [How to attach bands to a Hammer chest press](#)

These sets are RPE of 10

2/ Chest | Goal: Train explosively

Incline barbell press:

This week I want you to change this up and use a lower incline, like a 10% incline. I do this by moving a utility bench into the squat rack (making friends) and setting up there. I want sets of 6 until you get to a weight you can barely do. I am pretty sure you are going to surprise yourself this week on these. We count this as 3 sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

3/ Chest | Goal: Supramax pump

Flat dumbbell press:

Grab a weight you can do for probably 20. I want you knock out the 20, rest for a minute and knock out as many reps as you can, rest for another minute and knock out as many reps as you can. Continue like this for a total of 5 sets. The pump should be nasty now! **5 total work set**

These sets are RPE of 10

Example: This is what I did.

- I grabbed 80's and did 20, then got 16, then 12, then 8, then 7.

4/ Chest | Goal: Work a pumped muscle from a stretched position

Machine flyes:

On these I want a nice stretch and then bring your hands together and flex hard for sets of 8. Don't sleep on the contraction, squeeze hard, and don't forget to get a nice stretch to open everything up. Do 4 sets to failure. **4 total work sets**

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Reverse pec deck:

I want you to do 3 sets of 20, and on the last rep of each set, I want you to do an iso hold. I would prefer a partner to apply slight pressure to make this even harder if possible. Shoot for 15 seconds every time. **3 total work sets**

These sets are an RPE of 11

6/ Shoulders | Goal: Supramax pump

High incline Smith press:

This is another really solid press that I enjoy. Set the bench up so that its almost but not quite straight up. Find a weight that is a tough 8, and do 3 sets with it. **3 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Cable side laterals:

Finish with 3 sets of 10 on these. Go back to back. Do one arm, then the other, and then back until you are done! **3 total work sets**

These sets are all RPE of 9-10

WEEK 5 - WEDNESDAY

Legs	4 exercises	16 sets
	4 exercises	16 sets

1/ Legs | Goal: Activate and pump

Lying leg curl:

I want you to do 4 sets of 10 here once you are warmed up thoroughly, and at the end of every set tack on 5 slow partials out of the stretch position to extend the tension and lactate build up. **4 total work sets**

These sets are an RPE of 11

2/ Legs | Goal: Train explosively

Leg press:

Today we are just going to go doing sets of 8 until you can barely get 8, like we have been doing on your squats. We will count this as 3 work sets total. **3 total work sets**

These sets are an RPE of 7-10

3/ Legs | Goal: Supramax pump

Barbell squat drop set of death:

I rarely program a high intensity technique into squats, but today is your lucky day. Do 3 sets going up. On your 4th set we do the drop set. I want you to have spotters and be in a safety rack ok. Be safe. See below for an example of how this goes. **4 total work set**

Example:

- 135 x 8
- 225 x 8
- 275 x 8
- 315 x 8 (barely get 8, drop to 225 for 8, and then drop to 135 to squeeze out how many are left.)

These sets are RPE of 8-12.

4/ Legs | Goal: Supramax pump

Smith lunges:

Do 4 slow sets of 8 with each leg. **4 total work sets**

 [Smith machine lunges](#)

These sets are RPE of 12

Pro Tip

When doing stationary lunges, elevate your working leg on a platform. This will provide you with a better stretch.

5/ Legs | Goal: Train muscle from stretched position

Stiff legged dead:

You should be hurting right now. I want you to just suck it up and do one good set here. Do 10 good reps, pause for 30 seconds and do a few more, and then do it one more time to finish things off. **1 total work set**

This set is an RPE of 11

WEEK 5 - THURSDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	8 exercises	34 sets

1/ Biceps | Goal: Activation and pump

Cable curls:

After you grease those elbows up, and they are nice and warm, I want 4 sets of 12 here. On cable curls, I have always found you can really squeeze hard, so make sure to do this on every single rep. Picture blood pumping into your bis as you go! **4 total work sets**

These sets are all RPE of 9-10

2/ Biceps | Goal: Supramax pump

Preacher hammer curl:

This is a hammer curl done with your arm hanging over a preacher bench. I really like these and should do them more often. Do 4 sets of 10 here. See the video below. **4 total work sets**

 [Hammer Curl Variation](#)

These sets are all RPE of 9-10

3/ Biceps

Spider curl:

I want 4 sets of 10 on here today. Lower the bar very slow, 3 seconds, before curling back up to the top or behind your head. See the video and notice it's a flat pad. **4 total work sets**

 [Spider curls](#)

These sets are all RPE of 9-10

4/ Triceps | Goal: Activation and pump

Dual rope triceps extensions:

I want to do these again now that have some practice doing them. Do 4 sets of 12 here again this week. **4 total work sets**

 [Dual rope tricep extensions](#)

These sets are all RPE of 9

5/ Triceps | Goal: Supramax pump

Close grip pushups:

– I put my hands at about shoulder width and I tuck my elbows in so I'm driving with my triceps. Do 4 sets to failure. If you can do more than 20 slow reps, see if you can get someone to put a weight on your upper back. Or, you could do triangle pushups! **4 total work sets**

These sets are all RPE of 10

6/ Triceps | Goal: Supramax pump

Seated overhead dumbbell extensions:

Do 4 sets of 10 here, with a nice 10 second stretch at the end of each set. **4 total work sets**

These sets are all RPE of 9

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Supramax pump

Seated toe raises:

Start with 5 sets of 10 here after you are very warmed up. On your 6th set I want you to do a dropset. Do 10, and drop the weight and do 10 more, and then repeat one more time. Also work in 20 of those tibialis raises in between each set. **5 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 5 - SATURDAY

Chest	3 exercises	9 sets
Back	3 exercise	9 sets
Shoulders	2 exercise	6 sets
	8 exercises	24 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Goal: Activate and pump

Dumbbell twist press:

After you get warmed up, do these. These are really cool. I don't do them a ton, but the screwing action in your hand really creates a hard contraction. Mechanically you would think you would want to twist the opposite way, but when you feel these, you'll see why I like them. Don't go too heavy because then you will lose the contraction. Do 3 sets of 10. **3 total work sets**

 [Twist Presses](#)

These sets are all RPE of 9

2/ Chest | Goal: Supramax pump

Slight incline dumbbell press:

Knock out 3 sets of 12 here. Only take 60 second breaks!

3 total work sets

These sets are RPE of 8-10. They get harder as you go

3/ Chest | Goal: Supramax pump

Front dumbbell flyes:

These will work your chest and lats at the same time. The key is to control the weight and squeeze your pecs as you come up. Do 3 sets of 12 here. See the video below for proper form.

3 total work sets.

 [Front dumbbell chest flies](#)

These sets are all RPE of 9

4/ Back | Goal: Supramax pump

Chins:

Your lats should be warmed up pretty good after that last exercise. Now let's do 3 sets of chins to failure. **3 total work sets**

These sets are all RPE of 10

5/ Back | Goal: Supramax pump

Low cable rows:

Use a close grip and knock out 3 sets of 15 here. Squeeze hard in the contracted position for 1 second on each rep.

3 total work sets

These sets are all RPE of 9

6/ Back | Goal: Supramax pump

Bodyweight hyperextensions:

Do 3 sets to failure here. Don't add any weight, just bodyweight today. **3 total work sets**

These sets are all RPE of 9

7/ Shoulders | Superset | Goal: Supramax pump

Exercise #1 – Dumbbell bent over laterals

Exercise #2 – Dumbbell side laterals

Do 3 rounds. Do 10 reps on both exercises! **6 total work sets**

These sets are all RPE of 9

***SUNDAY
OFF - FAMILY DAY***

WEEK 6

Monday

Back	5 exercises	26 sets
Abs	1 exercise	4 sets
Calves	1 exercise	8 sets
	7 exercises	38 sets

Tuesday

Chest	4 exercises	17 sets
Shoulders	3 exercises	9 sets
	7 exercises	26 sets

Wednesday

Legs	5 exercises	20 sets
	5 exercises	20 sets

Thursday

Triceps	4 exercises	16 sets
Biceps	4 exercises	16 sets
Abs	1 exercise	4 sets
Calves	1 exercise	8 sets
	10 exercises	44 sets

Friday - Off day

Saturday

Chest	3 exercises	12 sets
Back	3 exercises	12 sets
Shoulders	2 exercises	6 sets
	8 exercises	20 sets

Sunday - Off - Family Day

WEEK 6 - MONDAY

Back	5 exercises	26 sets
Abs	1 exercise	4 sets
Calves	1 exercise	8 sets
	7 exercises	38 sets

1/ Back | Goal: Activation and start pump

Low cable row:

Use the single handles on these. This will allow you to slightly supinate as you pull the weight back. I want you to pyramid up to a good weight and stick to it for 4 sets of 8 here. One thing you might want to consider is sitting up higher. See the video below. Just something to add some spice and work the back slightly different. **4 total work sets**

 [Elevated supinated cable rows](#)

These sets are all RPE of 9

2/ Back | Goal: Supramax Pump

Kettlebell row:

There is something different about these that I really like. It's a different sort of tension. I want you to do these if you have properly weight kettlebells. If not, you can use dumbbells, but I am hoping you have some kettlebells so you can feel the difference. Do a good solid 4 sets of 8 here too. **4 total work sets**

 [Kettlebell row](#)

These sets are all RPE of 9

3/ Back | Goal: Train muscle from stretch position

Dumbbell pullover:

Do these without the band today. I bet you are stronger on these now! Do 4 sets of 10.

These sets are all RPE of 9

4/ Back | Goal: Supramax Pump

Front lat pulldowns:

These are just your basic front lat pulldown. Drive those elbows down and squeeze as hard as you can. Also get a good stretch at the top! Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9

5/ Back | Goal: Train explosively

Deadlifts:

I really enjoy these. You can do them on a slight elevation as seen in the video. I want you to do 10 sets of 3. You get 30 seconds rest the first 5 sets, and 60 seconds rest the last 5 sets. I don't want the first set to kill you to get 3 reps. I want these explosive, but also to be moderately heavy. It should be a weight you can normally do for maybe 10 reps. As you go you will fatigue, but you will be able to get all of your reps. This is a lot of pulling, enjoy! **10 total work set**

 [Challenge set partial deads](#)

These sets are all RPE of 7-8

6/ Abs

Incline bench sit ups:

Do 4 sets close to failure here. **4 total work sets**

These sets are all RPE of 9-10

7/ Calves | Goal: Supramax pump

Standing raises:

Lets do these with a good pace. Your lower back is also tired, so I don't want to load these as heavy as normal. Do 8 sets of 15, with a lighter weight ok. Shoot for a crazy pump. **8 total work sets**

 [Banded tibia raises](#)

These sets are all RPE of 8

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 6 - TUESDAY

Chest	4 exercises	17 sets
Shoulders	3 exercises	9 sets
	7 exercises	26 sets

1/ Chest | Goal: Activate and pump

Machine press:

No bands this week! I am betting you will be stronger than usual on these as a result of the band work the last 2 weeks. Work up to a good set of 8, and stay there for 2 sets. We will count this as 4 sets total as you will be working up to this.

4 total work sets

These sets are an RPE of 8-10

2/ Chest | Goal: Train explosively

Flat barbell press:

Find a weight that you can do 5 sets of 5 with here. Don't miss any reps. Leave 1 rep in the tank on all sets. There is no need to hit failure on these. **5 total work sets**

These sets are an RPE of 9

3/ Chest | Goal: Supramax pump

Incline Smith press:

On these, we are going to do 4 sets of 10. I want the 10th rep to be hard, but manageable. **4 total work set**

These sets are an RPE of 9

4/ Chest | Goal: Work a pumped muscle from a stretched position

Dips:

I want 4 controlled sets to failure here. You can use the assist machine here (I do). **4 total work sets**

These sets are an RPE of 10

5/ Shoulders | Goal: Supramax pump

Reverse pec deck:

I want you to do 3 sets of 20, and on the last rep of each set, I want you to do an iso hold. I would prefer a partner to apply slight pressure to make this even harder if possible. Shoot for 15 seconds every time. **3 total work sets**

These sets are an RPE of 11

6/ Shoulders | Goal: Supramax pump

Heavy side lateral partials:

Grab a heavy weight but only do swings / quarter reps out of the bottom. Keep your arms straight as you do these. Do 3 sets of 25. This will light you up. **3 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Wide grip upright rows:

Do these nice and controlled. I want 3 sets of 12 here. This is not the exercise to get ugly on. **3 total work sets**

These sets are all RPE of 9-10

WEEK 6 - WEDNESDAY

Legs	5 exercises	20 sets
	5 exercises	20 sets

1/ Legs | Goal: Activate and pump

Seated leg curl:

I want you to do 4 sets of 10 here and your 4th set I want a massive drop set. Do 10, and then drop the weight and should for another 8 to 10, and repeat 2 more times! **4 total work sets**

These sets are an RPE of 8-12

2/ Legs | Goal: Supramax pump

Leg press:

We are doing sets of 8 working up to a tough 8 as usual. The difference is the last set is a drop set here too. Do 8 and then drop about 20% of the weight and do what you can, and then drop another 20% and do what you can! We will count this as 4 work sets as you will be doing sets leading up to this. **4 total work sets**

These sets are an RPE of 7-10

3/ Legs | Goal: Supramax pump

Leg extensions:

I want you to do 4 hard sets of 10 here. Pull your toes back toward you as you do these to emphasize the rectus femoris in your upper thigh. Also sit up perfectly straight. There is no drop set here. **4 total work set**

These sets are an RPE of 9

4/ Legs | Goal: Supramax pump

Walking lunges:

Take 8 steps with each leg on each set. It won't take much weight at this point, so my guess is you will be using lighter dumbbells, but I could be wrong. You will obviously have a lot of blood in your thighs, so go slow and feel everything stretching as you go. **4 total work sets**

These set are an RPE of 9

5/ Legs | Goal: Train muscle from stretched position

Stiff legged dead:

Here we go, last exercise! Do 4 sets of 8 here only coming up $\frac{3}{4}$ of the way. **4 total work sets**

These sets are an RPE of 9

WEEK 6 - THURSDAY

Biceps	4 exercises	16 sets
Triceps	4 exercise	16 sets
Abs	1 exercise	4 sets
Calves	1 exercise	8 sets
	10 exercises	44 sets

1/ Biceps | Giant Set

Cable curls:

Do 8 reps here.

Immediately to

2/ Biceps

Hammer curls:

Do 8 reps here.

Immediately to

3/ Biceps

Ez bar curl:

Do 8 reps here.

Immediately to

4/ Biceps

Cross body curls (pinwheel curls):

Do 8 reps here.

Do 4 rounds after you get good and warmed up for a total of **16 work sets**.

These sets are all RPE of 8-9 initially, but as you go it might turn into 10.

5/ Triceps | Giant set

Rope pushdowns:

Do 10 reps here.

Immediately to

6/ Triceps

Bent over triceps extensions:

Do 10 reps here.

Immediately to

7/ Triceps

Dumbbell kickbacks (pronated grip):

Do 8 reps here.

Immediately to

8/ Triceps

Dumbbell overhead extensions:

Do 8 reps here.

Do 4 rounds after you get good and warmed up for a total of **16 work sets**.

These sets are all RPE of 8-9 initially, but as you go it might turn into 10.

9/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 8 sets of 8 with 45 second breaks. **8 total work sets**

These sets are all RPE of 9-10

***FRIDAY
OFF DAY***

WEEK 6 - SATURDAY

Chest	3 exercises	12 sets
Back	3 exercise	12 sets
Shoulders	2 exercise	6 sets
	8 exercises	30 sets

Pump workout

Rest breaks - **60 seconds** unless specified differently, which I do on occasion.

1/ Chest | Tri-set

Hex dumbbell press:

Do 8 reps here.

Immediately to

2/ Chest

Dumbbell flye:

Do 8 reps here.

Immediately to

3/ Chest

Dumbbell press:

Do 8 reps here.

Do 4 rounds after you get good and warmed up for a total of **12 work sets**.

These sets are all RPE of 8-9 initially, but as you go it might turn into 10.

4/ Back | Tri-set

Cable row:

Do 8 reps here.

Immediately to

5/ Back

Lat pulldown:

Do 8 reps here.

Immediately to

6/ Back

Straight arm pulldown:

Do 8 reps here.

Do 4 rounds after you get good and warmed up for a total of **12 work sets**.

These sets are all RPE of 8-9 initially, but as you go it might turn into 10.

7/ Shoulders | Superset | Goal: Supramax pump

Exercise #1 – Dumbbell bent over laterals

Exercise #2 – Dumbbell side laterals

Do 3 rounds. Do 10 reps on both exercises! **6 total work sets**

These sets are all RPE of 9

***SUNDAY
OFF - FAMILY DAY***

WEEK 7-8

DELOAD

Weeks 7 and 8 are deload weeks. You don't have to do 2 weeks though.

You can do the following routine once, or if you want another week twice.

You can also work in this deload at any time you are run down really.

In terms of the volume – I like to do 2 things:

- Decrease volume by 25%
- Cease doing sets to failure.

We finished with volume that is likely overreaching, so if we adjust based on that volume, it's still high volume. Therefore, I make the adjustments to what you were doing in week 4, which I consider to be normalized volume.

Monday		
Back	5 exercises	15 sets
Abs	1 exercise	3 sets
Calves	1 exercise	6 sets
	7 exercises	24 sets

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
	6 exercises	20 sets

Wednesday - Off - Family Day

Thursday		
Legs	4 exercise	12 sets
	4 exercises	12 sets

Friday		
Biceps	3 exercises	9 sets
Triceps	3 exercises	9 sets
Abs	1 exercises	4 sets
Calves	1 exercises	6 sets
	8 exercises	28 sets

Saturday - Off - Family Day

Sunday - Off - Family Day

WEEK 7-8 - MONDAY

Back	5 exercises	15 sets
Abs	1 exercise	3 sets
Calves	1 exercise	6 sets
	7 exercises	24 sets

1/ Back | Goal: Activation and start pump

Dumbbell row:

Work up to a weight that is moderate. Do 3 sets of 10 and leave a few reps in the tank on all sets. **3 total work sets**

These sets are all RPE of 8

2/ Back | Goal: Supramax Pump

Lat pulldown:

Do 3 sets of 8 here. These are normal (pronate grip) style.

3 total work sets

These sets are all RPE of 8

3/ Back | Goal: Train muscle from stretch position

Dumbbell pullover:

Do 3 sets of 10. **3 total work sets**

These sets are all RPE of 8

4/ Back | Goal: Supramax Pump

Supported chest row:

Do 3 sets of 8 here. **3 total work sets**

These sets are all RPE of 8

5/ Back | Goal: Train explosively

Deadlifts:

Do these for speed. Do 3 sets of 5. **5 total work sets**

These sets are all RPE of 7

6/ Abs

Incline bench sit ups:

Do 3 sets close to failure here. **3 total work sets**

These sets are all RPE of 9-10 (ab work isn't going to slow down your recovery)

7/ Calves | Goal: Supramax pump

Standing raises:

Do 6 heavy sets of 8 after warming up. **6 total work sets**

 [Banded tibia raises](#)

These sets are all RPE of 8

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 7-8 - TUESDAY

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
	6 exercises	20 sets

1/ Chest | Goal: Activate and pump

Machine press:

Do 3 sets of 8 here. Remember the RPE! **3 total work sets**

These sets are an RPE of 8

2/ Chest | Goal: Train explosively

Incline barbell press:

Give me speed on these. Do 3 sets of 6 with good velocity. **3 total work sets**

These sets are an RPE of 7

3/ Chest | Goal: Supramax pump

Incline dumbbell press:

Do 3 sets of 8 here. **3 total work set**

These sets are an RPE of 8

4/ Chest | Goal: Work a pumped muscle from a stretched position

Dips:

I want 3 controlled sets to failure here but leave reps in the tank.

3 total work sets

These sets are all RPE of 8

5/ Shoulders | Goal: Supramax pump

Reverse pec deck:

I want you to do 4 sets of 20 here today. **4 total work sets**

These sets are an RPE of 8

6/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

Do 4 sets of 8. **4 total work sets**

These sets are an RPE of 8

***WEDNESDAY
OFF - FAMILY DAY***

WEEK 7 - THURSDAY

Legs	4 exercises	12 sets
	4 exercises	12 sets

1/ Legs | Goal: Activate and pump

Seated leg curl:

I want you to do 3 sets of 15 here. **3 total work sets**

These sets are an RPE of 8

2/ Legs | Goal: Train explosively

Barbell squats:

I want these to be fast. Think velocity here too. Do 3 sets of 10.

3 total work sets

These sets are an RPE of 7

3/ Legs | Goal: Supramax pump

Leg press:

Do 3 sets of 10 here. **3 total work set**

These sets are an RPE of 8

4/ Legs | Goal: Train muscle from a stretched position

Dumbbell stiff legged deadlifts:

Do 3 sets of 10 here. **3 total work sets**

These sets are an RPE of 8

WEEK 7-8 - FRIDAY

Biceps	3 exercises	9 sets
Triceps	3 exercise	9 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	8 exercises	28 sets

1/ Biceps | Goal: Activate and pump

Seated dumbbell curl:

I want you to do 3 sets of 15 here. **3 total work sets**

These sets are an RPE of 8

2/ Biceps | Goal: Supramax pump

Barbell curls:

Do 3 sets of 10. **3 total work sets**

These sets are an RPE of 8

3/ Biceps | Goal: Supramax pump

Preacher curl:

Do 3 sets of 10 here. **3 total work set**

These sets are an RPE of 8

4/ Triceps | Goal: Activate and pump

Pushdown:

I want you to do 3 sets of 15 here with the individual handles.

3 total work sets

These sets are RPE of 8

5/ Triceps | Goal: Supramax pump

Bent over extensions:

Use the single handles again. Do 3 sets of 10. **3 total work sets**

These sets are an RPE of 8

6/ Triceps | Goal: Supramax pump

Dumbbell overhead extension:

Do 3 sets of 10. **3 total work sets**

These sets are an RPE of 8

7/ Abs

Rope crunches:

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 6 sets of 8. **6 total work sets**

These sets are RPE of 9-10

***SATURDAY
OFF DAY***

***SUNDAY
OFF - FAMILY DAY***

WEEK 9

Monday

Legs	4 exercises	16 sets
Calves	1 exercise	4 sets
	5 exercises	20 sets

Tuesday

Chest	4 exercises	13 sets
Shoulders	3 exercises	9 sets
	7 exercises	22 sets

Wednesday

Back	4 exercises	16 sets
Abs	2 exercises	6 sets
	6 exercises	22 sets

Thursday - Off day

Friday

Legs	4 exercise	16 sets
	4 exercises	16 sets

Saturday

Biceps	3 exercises	12 sets
Triceps	3 exercises	12 sets
Abs	1 exercises	4 sets
Calves	1 exercises	5 sets
	8 exercises	33 sets

Sunday - Off - Family Day

WEEK 9 - MONDAY

Legs	4 exercises	16 sets
Calves	1 exercise	4 sets
	5 exercises	20 sets

1/ Legs | Goal: Activation and start pump

Seated leg curls:

After warming up thoroughly, I want you to do 4 sets that are fairly heavy. On each set you are going to do 8 reps followed by 5 slow partial reps out of the stretch position. **4 total work sets**

These sets are all RPE of 11

2/ Legs | Goal: Train muscle explosively

Squats:

On these I want you to generate massive tension. Do 3 seconds down, and then drive up hard. Keep using this tempo all the way up until you can barely get 8 reps. We will count this as 4 sets total. **4 total work sets**

These sets are all RPE of 8-9

3/ Legs | Goal: Supramax Pump

Leg press:

Do some low rep feeder sets to get you to a working weight that allows for 12 good reps with a few reps in the tank. I want you to do 5 sets of 15 here. **5 total work sets**

These sets are all RPE of 8

Pro Tip

The reason why I like 2 minutes as a rest break in this phase is because 2 minutes allows for you to use more volume, and not fatigue too quickly. It's also not so long that you lose your "pump".

4/ Legs | Goal: Train muscle from stretch position

Barbell stiff legged deadlift:

Let's finish up with 4 sets of 10 here going nice and slow on the way down. **4 total work sets**

These sets are all RPE of 9

Pro Tip

To keep maximal tension on your hamstrings, keep your back flat and initiate the movement by pushing your hips backward. You will feel an intense stretch where your hams meet your glutes. Do not start by simply bending down on each rep.

5/ Calves | Goal: Supramax pump

Standing raises:

I want 3 heavy sets of 10 reps and then on the last set I want you to lighten the weight by about 50%. Do 10 reps and then hold at the top for 10 seconds. Repeat this 2 more times. So, the set is 30 reps with 3 10 second holds at the top. **4 total work set**

[Banded tibia raises](#)

These sets are all RPE of 10-11

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 9 - TUESDAY

Chest	4 exercises	13 sets
Shoulders	3 exercises	9 sets
	7 exercises	22 sets

1/ Chest | Goal: Activate and pump

Machine press:

Work up doing sets of 8 until you hit failure. We will count the last 3 sets. **3 total work sets**

These sets are RPE of 8-10 as it increases as you go

2/ Chest | Goal: Train explosively

Incline barbell press:

Use a low incline if you can on these. As always, keep going up until you just barely get 6. We count this as 3 sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Pro Tip

Your pecs consist of a sternal and clavicular head. Pressing from a flat or decline angle targets the sternal head. Incline angles target the clavicular head more.

3/ Chest | Goal: Supramax pump

Flat bench press:

These are absolutely insane for tension. Watch the video carefully. Descend and then stop for pause a few inches above chest, and then lower it all the way and drive it up. Fatigue sets in quick on these. I want 4 sets of 6 like this. **4 total work set**

 [Bench with a pause above chest](#)

These sets are all RPE of 9

4/ Chest | Goal: Work a pumped muscle from a stretched position

Stretch pushups:

Do 3 sets to failure. Add a little weight on your upper back. It can be a dumbbell or plate, just have someone hold it steady. **3 total work sets**

 [Stretch Pushups](#)

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Seated smith press:

These you are taking down to the top of your head and driving back up. It's a shorter range of motion but there is tremendous tension. Do 3 sets of 10. **3 total work sets**

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Reverse pec deck:

I want you to do 3 sets of 20, and on the last rep of each set, I want you to do an iso hold. I would prefer a partner to apply slight pressure to make this even harder if possible. Shoot for 15 seconds every time. **3 total work sets**

These sets are an RPE of 11

7/ Shoulders | Goal: Supramax pump

6 ways:

Finish with the 3 sets of 10. **3 total work sets**

 [6 ways](#)

These sets are all RPE of 10

WEEK 9 - WEDNESDAY

Back	4 exercises	16 sets
Abs	2 exercises	6 sets
	6 exercises	22 sets

1/ Back | Goal: Activate and pump

One arm barbell row:

I want you to work up to a tough 8 reps and actually stay there and do 3 total sets with it. **3 total work sets**

These sets are an RPE of 9

2/ Back | Goal: Train explosively

Smith machine row:

I want all reps here to be paused on the rack at mid-shin and then drive up hard with a slightly narrow grip to maximize range of motion for the lats. If you don't have a Smith, just do barbell rows and pause them for a second between each rep. Do 3 sets of 8.

3 total work sets

These sets are an RPE of 9

3/ Back | Goal: Supramax pump

Deadlift and shrug:

On these do a pull and then do 3 shrugs. Do 5 sets of 5 here (so 15 shrugs each set). These are quite nasty and will blow your traps up. **5 total work set**

 [Deadlift Shrugs](#)

These sets are all RPE of 8-9

4/ Back | Goal: Supramax pump

Chins:

You can use the assist machine if you need to. I want you to vary your grip slightly each set. Maybe do a set medium, then wide, or do one with a neutral grip, and the pronated. Do 5 sets to failure (shoot for 8 to 10 reps. If you get more hang weight off of you.) **5 total work sets**

These sets are RPE of 12

5/ Abs

Leg raise and incline sit up combo:

Do 3 rounds to failure here. **6 total work sets**

 [Ab Combination #1 from Mountain Dog Training](#)

These sets are all RPE of 9

***THURSDAY
OFF DAY***

WEEK 9 - FRIDAY

Legs	4 exercises	16 sets
	4 exercises	16 sets

1/ Legs | Giant Set | Goal: Supramax pump

Seated leg curls:

10 reps

Followed immediately by

2/ Legs

Dumbbell stiff legged deads:

10 reps. Don't lock these out. Take them to $\frac{3}{4}$ lockout.

Followed immediately by

3/ Legs

Leg extensions:

10 reps. On these hold the top and flex for 1 second on each rep.

Followed immediately by

4/ Legs

Kettlebell or dumbbell squat:

10 reps. On these I like to elevate my heels a tiny bit. Go down slow and embrace the insane burn. Hold weight in each hand, not just one.

Do 4 rounds. **16 work sets.**

These sets are all RPE of 8-9

WEEK 9 - SATURDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	5 sets
	8 exercises	33 sets

1/ Biceps | Goal: Activate and pump

Seated palms up dumbbell curls:

Do 4 sets of 8 with your palms up the whole time. Lower the weight nice and slow over the course of 3 seconds. **4 total work sets**

These sets are an RPE of 9

2/ Biceps | Goal: Supramax pump

Preacher hammer curl:

This is a hammer curl done with your arm hanging over a preacher bench. Do 4 sets of 10 here. See the video below. **4 total work sets**

 [Hammer Curl Variation](#)

These sets are an RPE of 9

3/ Biceps | Goal: Supramax pump

Barbell curl:

I want 4 sets of 8 on here today. Lower the bar very slow, 3 seconds, before curling back up. **4 total work set**

These sets are all RPE of 9

4/ Triceps | Goal: Supramax pump

Dual rope triceps extensions:

This is a great variation that I am sure you enjoyed earlier in the program. Do 4 sets of 12 here. **4 total work sets**

 [Dual rope tricep extensions](#)

These sets are RPE of 9

5/ Triceps | Goal: Supramax pump

Dip Machine:

Do 4 sets of 10 with a machine that simulate dips. **4 total work sets**

 [Dip Machine Negatives](#)

These sets are all RPE of 9

6/ Triceps | Goal: Supramax pump

Seated overhead rope extensions:

Do 4 sets of 10 here, with a nice 10 second stretch at the end of each set. **4 total work sets**

These sets are all RPE of 9

7/ Abs

Leg raises:

Do 4 sets to failure here. **4 total work sets**

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 5 sets of 10 here after you are very warmed up. Continue to work in 20 of those tibialis raises in between each set.

5 total work sets

These sets are all RPE of 9-10

***SUNDAY
OFF - FAMILY DAY***

WEEK 10

Monday

Legs	4 exercises	18 sets
Calves	1 exercise	5 sets
	5 exercises	23 sets

Tuesday

Chest	4 exercises	13 sets
Shoulders	3 exercises	9 sets
	7 exercises	22 sets

Wednesday

Back	5 exercises	18 sets
Abs	2 exercises	6 sets
	7 exercises	24 sets

Thursday - Off day

Friday

Legs	4 exercise	16 sets
	4 exercises	16 sets

Saturday

Biceps	3 exercises	12 sets
Triceps	3 exercises	12 sets
Abs	1 exercises	4 sets
Calves	1 exercises	6 sets
	8 exercises	34 sets

Sunday - Off - Family Day

WEEK 10 - MONDAY

Legs	4 exercises	18 sets
Calves	1 exercise	5 sets
	5 exercises	23 sets

1/ Legs | Goal: Activation and start pump

Lying leg curls:

Lets do sets of 10 today working up to a brutal 10. On that last set of 10, when it becomes really hard, you know the drill, drop set. Do 2 drops and shoot for another 8 reps each drop! **4 total work sets**

These sets are all RPE of 8-12

2/ Legs | Goal: Supramax Pump

Leg press:

Do sets of 8 here all the way until you can barely get 8. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 8-9

3/ Legs | Goal: Supramax Pump

Front squat extended set:

If you have never done these, they are a treat. You do 10 front squats and rack it and do 10 regular back squats. Do 4 rounds. **4 total work sets**

 [Front squat extended set](#)

These sets are all RPE of 8-9

4/ Legs | Goal: Supramax Pump

Lunge:

Do these with dumbbells or kettle bells. Take 10 steps one way, and then 10 back so each leg gets 10 reps. Do 4 rounds. **4 total work sets**

These sets are all RPE of 8-9

5/ Legs | Goal: Train muscle from stretch position

Barbell stiff legged deadlift:

Let's finish up with 3 sets of 10 here coming up all the way and flexing your glutes on each rep. **3 total work sets**

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

Ok last week you did 3 straight sets and then the really hard set of 30 with pauses at the top. This time do 4 straight sets heavy, and then the set of 10 with 10 second holds at the top every 10 reps. **5 total work sets**

[Banded tibia raises](#)

These sets are all RPE of 10-11

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 10 - TUESDAY

Chest	4 exercises	13 sets
Shoulders	3 exercises	9 sets
	7 exercises	22 sets

1/ Chest | Goal: Activate and pump

Flat dumbbell press:

Work up doing sets of 8 until you hit failure. Then on the last set, hit a drop set as described in the example on the sidebar. We will count the last 3 sets. **3 total work sets**

Example:

- After warming up
- 60s x 8
- 70s x 8
- 80 x 8 (failure and then drop down to 60's and hit failure and then 40s and hit failure. You'll have to drop down probably 20% or more to keep getting reps as fatigue will set in fast.)

These sets are RPE of 8-12 as it increases as you go

2/ Chest | Goal: Supramax pump

Incline barbell press:

The reps are high today! I want 3 sets of 10 once you find a good weight. **3 total work sets**

These sets are RPE of 9-10

3/ Chest | Goal: Supramax pump

Incline dumbbell press:

I want you to do these with your palms facing each other, a neutral grip. This will take stress off the shoulder and put more on the pecs. Get a good stretch on each rep! Do 4 sets of 8. **4 total work set**

These sets are an RPE of 9

4/ Chest | Goal: Work a pumped muscle from a stretched position

Machine flyes:

Do 3 hard sets of 12 here. Flex hard on every rep! **3 total work sets**

These sets are all RPE of 10

5/ Shoulders | Goal: Supramax pump

Seated dumbbell press:

Do 3 sets of 10 here. **3 total work sets**

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Bent over dumbbell flyes:

Ok let's bomb your rear delts now. Do 3 sets of 25. As you get tired, instead of using your back and traps to help, simply cut your range of motion down and do partials until you hit 25.

3 total work sets

These sets are an RPE of 9-10

7/ Shoulders | Goal: Supramax pump

6 ways:

One more week of these! Finish with the 3 sets of 8. **3 total work sets**

These sets are all RPE of 9-10

WEEK 10 - WEDNESDAY

Back	5 exercises	18 sets
Abs	2 exercises	6 sets
	7 exercises	24 sets

1/ Back | Goal: Activate and pump

Meadows row:

I want you to work up to a tough 8 reps and actually stay there and do 3 total sets with it. You can use a landmine or a t-bar for these. **3 total work sets**

 [Meadows rows version 2](#)

These sets are all RPE of 9

2/ Back | Goal: Supramax pump

Pronated cable low row:

I really like these for rhomboids and traps. Notice the angle of my elbows, up nice and high to squeeze upper back. Do 4 sets of 10 here. **4 total work sets**

 [Pronated Cable Row](#)

These sets are all RPE of 9

3/ Back | Goal: Train explosively

Rack pulls:

I want 5 set of 5 here. Push these hard, but leave a rep or two in the tank on each set. Every rep should be rest paused. Stop, get tight, and fire back up! **5 total work set**

These sets are an RPE of 8-9

4/ Back | Goal: Supramax pump

Chins:

Use a neutral grip on these, palms facing in. Do 3 sets of 8. Use an assist machine if needed. If you can do more than 8, strap some weight onto you. **3 total work sets**

These sets are RPE of 9

5/ Back | Goal: Supramax pump

Hyperextensions:

Just do 3 sets of 20 here, with bodyweight only. Get a lot of blood in your lower back. **3 total work sets**

These sets are RPE of 7-8

6/ Abs | Goal: Supramax pump

Leg raise and incline sit up combo:

Lets do this again this week! Do 3 rounds to failure here.

6 total work sets

 [Ab Combination #1 from Mountain Dog Training](#)

These sets are all RPE of 9-10

***THURSDAY
OFF DAY***

WEEK 10 - FRIDAY

Legs	4 exercises	16 sets
	4 exercises	16 sets

1/ Legs | Tri-Set | Goal: Supramax pump

Seated leg curls:

10 reps

Followed immediately by

2/ Legs

Dumbbell stiff legged deads:

10 reps. Don't lock these out. Take them to $\frac{3}{4}$ lockout.

Followed immediately by

3/ Legs

Leg extensions:

10 reps. On these hold the top and flex for 1 second on each rep.

After you have completed 4 rounds of this, you will finish with hack squats.

Do 4 rounds. **12 total work sets**

After you complete 4 rounds now we move onto straight sets of hack squats.

4/ Legs

Hack squat 1.5's:

This is where you go down all the way, come up half way, go back down to rock bottom, and the blast back to the top. That is 1 rep. Do sets of 8. Tight controlled form is key here. **4 total work sets**

These sets are all RPE of 9

WEEK 10 - SATURDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	4 sets
Calves	1 exercise	6 sets
	8 exercises	34 sets

1/ Biceps | Goal: Activation and pump

Dumbbell hammer curls:

Do 4 sets of 8 here to get you started. **4 total work sets**

These sets are an RPE of 8-9

2/ Biceps | Goal: Supramax pump

Barbell curl 1.5s:

Take the weight down all the way nice and slow, come up half way and go back down, and then curl the bar all the way up. That is 1 rep. Do 4 sets of 8 here. Be very tight and controlled at the bottom of the movement especially. **4 total work sets**

These sets are an RPE of 9

3/ Biceps

Preacher curl:

I want 4 sets of 8 on here today. Lower the bar very slow, 3 seconds, before curling back up. **4 total work set**

These sets are all RPE of 9

4/ Triceps | Goal: Activation and pump

Tricep pushdowns:

Let's get back to the single handles here. Do 4 sets of 12 to start. **4 total work sets**

These sets are RPE of 9

5/ Triceps | Goal: Supramax pump

Bent over tricep extensions:

Do 4 sets of 10 with the single handles here too! **4 total work sets**

 [Bent over extensions with single handles](#)

These sets are all RPE of 9

6/ Triceps | Goal: Supramax pump

Seated overhead rope extensions:

Do 4 sets of 10 here, with a nice 10 second stretch at the end of each set. **4 total work sets**

These sets are all RPE of 9

7/ Abs

Leg raises:

Do 4 sets to failure here. **4 total work sets**

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 6 sets of 10 here after you are very warmed up. Continue to work in 20 of those tibialis raises in between each set.

6 total work sets

These sets are all RPE of 9-10

***SUNDAY
OFF - FAMILY DAY***

WEEK 11

Monday

Legs	5 exercises	19 sets
Calves	1 exercise	6 sets
	6 exercises	25 sets

Tuesday

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

Wednesday

Back	5 exercises	20 sets
Abs	2 exercises	8 sets
	7 exercises	28 sets

Thursday - Off day

Friday

Legs	4 exercise	11 sets
	4 exercises	11 sets

Saturday

Biceps	3 exercises	12 sets
Triceps	3 exercises	12 sets
Abs	1 exercises	5 sets
Calves	1 exercises	6 sets
	8 exercises	35 sets

Sunday - Off - Family Day

WEEK 11 - MONDAY

Legs	4 exercises	18 sets
Calves	1 exercise	5 sets
	5 exercises	23 sets

1/ Legs | Goal: Activation and start pump

Seated leg curls:

Once you are warmed up here, I want 5 sets of 8. On all 5 sets I want someone to apply some eccentric pressure for you to resist as you lower the weight. If you are on your own, just do a 4 second count on the way down. **5 total work sets**

These sets are all RPE of 11

2/ Legs | Goal: Train explosively

Squat:

I would love for you to use a safety squat bar this week if you have one. If not, that is ok, just use a regular bar. Do sets of 8 up until you can barely get 8, and as always, lower slowly and then blast the weight up. We will count this as 3 work sets.

3 total work sets

These sets are all RPE of 8-10

3/ Legs | Goal: Supramax Pump

Hack squat:

Do 4 sets of 8 here. These sets should all be tough. I want these done rest pause style, so stop at the bottom for a second and drive the weight up. If you don't have a good hack squat, replace with front squats. **4 total work sets**

These sets are all RPE of 9

4/ Legs | Goal: Supramax Pump

Leg extension:

On these, just like we did with your leg curls, I want someone to apply some extra pressure while you are lowering the weight only. Do 4 sets of 8 like this. **4 total work sets**

These sets are all RPE of 9

5/ Legs | Goal: Train muscle from stretch position

Dumbbell stiff legged deadlift:

Let's finish up with 4 sets of 10 here coming up all the way and flexing your glutes on each rep. **3 total work set**

These sets are all RPE of 9

6/ Calves | Goal: Supramax pump

Standing raises:

We are doing medium reps this week. I want 6 sets of 15.

6 total work set

[Banded tibia raises](#)

These sets are all RPE of 9-10

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 11 - TUESDAY

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

1/ Chest | Goal: Activate and pump

Flat dumbbell press:

Normally we work up to our heaviest set and stop. Today I want you to do something a little different. I want you to work up to the set, and stay there for 4 sets. The target is 8 reps per set, but if you find that you lose a rep or two as you go, that's ok, it's just fatigue from working hard with heavy weight. This is pretty significant volume shift on this exercise. **3 total work sets**

Pro Tip

There is clearly a dose-response relationship with volume and hypertrophy based on the literature out there, and what many have found anecdotally. Slowly working up volume, means pushing the body to adapt and grow.

These sets are an RPE of 9-10

2/ Chest | Goal: Supramax pump

Incline barbell press:

Let's take the reps even higher today on these! Do 3 sets of 12.

3 total work sets

These sets are an RPE of 9-10

3/ Chest | Goal: Supramax pump

Machine press:

On these I want you to do 4 sets of 8. I want you to take these to $\frac{3}{4}$ lockout. Your triceps will probably be a little fried from the previous two exercises, so let's keep the tension on the chest.

4 total work set

These sets are an RPE of 9

4/ Chest | Goal: Work a pumped muscle from a stretched position

Machine flyes:

Do 4 hard sets of 8 here. Flex hard on every rep!

4 total work sets

These sets are all RPE of 10

Pro Tip

Training a muscle in the stretched position (long muscle length) increases IGF-1 levels which could mean more growth!

5/ Shoulders | Goal: Supramax pump

Seated dumbbell side laterals:

Do 3 sets of 10 here. Bring the dumbbells up to eye level.

3 total work sets

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Bent over dumbbell flyes:

You can stay seated if you like as we transition to your rear delts.

Do 3 sets of 15 here. **3 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Wide grip upright rows:

Do these nice and slow and only come up to the bottom of your chest. Do not go higher than that. Do 3 sets of 12 here. **3 total**

work sets

These sets are all RPE of 8

WEEK 11 - WEDNESDAY

Back	5 exercises	20 sets
Abs	2 exercises	8 sets
	7 exercises	28 sets

1/ Back | Goal: Activate and pump

Meadows row:

We are going to stick with these this week, but bump the reps up to 10. Once you find the weight for a tough 10, stick with it and do 4 sets. **4 total work sets**

 [Meadows rows version 2](#)

These sets are all RPE of 9

2/ Back | Goal: Supramax pump

Low cable row:

Use a close grip attachment on these. Pull the attachment into your low abs, and flex your lats as hard as you can. Do 4 sets of 8 here. **4 total work sets**

These sets are all RPE of 9

3/ Back | Goal: Train muscle from stretched position

Banded pullovers:

Time to get back to these! Do 4 sets of 10 here using a band.

4 total work set

These sets are all RPE of 8-9

4/ Back | Goal: Supramax pump

Supported chest row:

Use a machine that allows you to place your chest on the pad. Use a pronated grip as we are going to target upper back now. Do 4 sets of 10. **4 total work sets**

These sets are RPE of 9

5/ Back | Goal: Supramax pump

Banded hyperextensions:

If your lower back is strong enough, I would like for you to use bands here. You could also just hold weight in your arms as you do these, but I prefer the band as it applies the most pressure as you approach the peak contraction. Do 4 sets of 10.

4 total work sets

These sets are RPE of 9

6/ Abs | Goal: Supramax pump

Leg raise and incline sit up combo:

Adding a round this week. Do 4 rounds to failure here.

8 total work sets

 [Ab Combination #1 from Mountain Dog Training](#)

These sets are all RPE of 9-10

***THURSDAY
OFF DAY***

WEEK 11 - FRIDAY

Legs	4 exercises	11 sets
	4 exercises	11 sets

1/ Legs | Goal: Supramax pump

Leg extensions:

Do 6 sets of 15 here. I want your quads smoking and ready for the next exercise. **6 total work sets**

These sets are all RPE of 9

2/ Legs | Goal: Supramax pump

Leg press ascending set:

If you have never done an ascending set, you are in for a treat. You are going to start with 1 plate per side, and do 8 reps. After every 8 reps you add a plate and do it again. You keep going until you can barely get your 8. Ideally you have a workout partner who can slap the weight on for you. I typically start at 2 plates per side and can get up to about 9, but it's TORTURE. That's it. **1 total work sets**

This set is an RPE of 12

3/ Legs | Goal: Supramax pump

Leg press drop set:

Since we have weight on here, why not now do a drop set. Start at 8, and work in reverse. You will have to take 2 plates off on the first drop though, or you won't be able to get many reps. Just do what you can as you keep dropping the weight. Once you get a little more than halfway down in weight you can stop. You don't need to do more sets with ultra-light weight. **1 total work set**

This set is an RPE of 12

4/ Legs | Goal: Supramax pump

Lying leg curls:

Do 3 sets of 15 to wrap up for the day. This is a short but painful day! **3 total work sets**

These sets are RPE of 9

WEEK 11 - SATURDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	5 sets
Calves	1 exercise	6 sets
	8 exercises	35 sets

1/ Biceps | Goal: Activation and pump

EZ bar reverse curls:

Do 4 sets of 12 here to get you started. **4 total work sets**

These sets are an RPE of 8-9

2/ Biceps | Goal: Supramax pump

Hammer curls:

To continue the emphasis on brachialis, we do these. Do 4 sets of 12. **4 total work sets**

These sets are an RPE of 9

3/ Biceps

Dumbbell preacher curl:

I want 3 sets of 8 on here today. Lower the dumbbell very slow, 3 seconds, before curling back up. On your 4th set, I want you to do a drop set. Drop 2 times. Shoot for 8 reps roughly per drop, so it'll be around 24 reps. **4 total work set**

These sets are all RPE of 9-11

4/ Triceps | Goal: Activation and pump

Tricep pushdowns:

We are doing the single handle version again. Do 4 sets of 20 to start. We are going to jack the reps up, and blow your triceps up. **4 total work sets**

These sets are RPE of 9

5/ Triceps | Goal: Supramax pump

Bent over tricep extensions:

Do 4 sets of 20 with the single handles here too! **4 total work sets**

These sets are all RPE of 9

6/ Triceps | Goal: Supramax pump

Dip machine:

Do 3 sets of 8 here, and then do a big drop set. I want 8, and then 2 more drops where you shoot for another 8 or so reps each time. **4 total work sets**

These sets are all RPE of 9-11

7/ Abs

Leg raises:

Do 5 sets to failure here. **5 total work sets**

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 6 sets of 10 here after you are very warmed up. Continue to work in 20 of those tibialis raises in between each set.

6 total work sets

These sets are all RPE of 9-10

***SUNDAY
OFF - FAMILY DAY***

WEEK 12

Monday

Legs	6 exercises	20 sets
Calves	1 exercise	6 sets
	7 exercises	26 sets

Tuesday

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

Wednesday

Back	5 exercises	20 sets
Abs	2 exercises	8 sets
	7 exercises	28 sets

Thursday - Off day

Friday

Legs	4 exercise	14 sets
	4 exercises	14 sets

Saturday

Biceps	3 exercises	12 sets
Triceps	3 exercises	12 sets
Abs	1 exercises	6 sets
Calves	1 exercises	6 sets
	8 exercises	36 sets

Sunday - Off - Family Day

WEEK 12 - MONDAY

Legs	6 exercises	20 sets
Calves	1 exercise	6 sets
	7 exercises	26 sets

1/ Legs | Goal: Activation and start pump

Lying leg curls:

Once you are warmed up here, do 4 top end sets where you do 8 full reps, immediately followed by 10 bottom half partials. This should be such a strong pump to start your day off right. **4 total work sets**

 [Lying leg curl with partials](#)

These sets are all RPE of 11

Pro Tip

With these do not let your hips come off the pad. What I like to think about is shortening my rib cage and pushing my hips into the pad as hard as possible. This way all the tension is on your hamstrings and not low back.

2/ Legs | Goal: Activation and start pump

Adductor machine:

Take your time warming up here because I don't want you tearing anything. Once you find a good working weight give me 3 sets to failure, ideally in the 8-12 rep range. **3 total work sets**

These sets are all RPE of 8-9

Pro Tip

One of the many secrets of impressive legs are thick, well developed adductors. Just look at Tom Platz legs as your example. Get on this stereotypical "girlie" machine and work your tail off.

3/ Legs | Goal: Train explosively

Squat:

After using the yoke bar last week, let's switch back to traditional barbell back squats but add a pause in the hole for a 2 count. Lower the weight ultra-controlled, pause, then fire up as explosively as possible. These will feel great after the first 2 exercises. I want 4 working sets here of 8. Once you stop generating force and grinding out slow reps, it's time to move on to the leg press. **4 total work sets**

These sets are all RPE of 8-9

4/ Legs | Goal: Supramax Pump

Leg press:

On the leg press today we are going after some reps and quad sweep. Take a look at the video and notice how my feet are set up on the platform and how my knees will travel in direct line with my foot placement. After knocking out 1-2 feeder sets, get to a weight that you can pump 30 without stopping. Rest 2 minutes, add a plate per side and hit 30 again. You may have to stop once to get all 30 and that's okay. Rest another 2 minutes, add a plate per side and gut out 30 any way you can get it. These will be a dog fight. **3 total work sets**

 [Leg press technique for quad sweep](#)

These sets are all RPE of 11

5/ Legs | Goal: Supramax Pump

Leg extension:

Let's push this pump to the next level. You shouldn't need any warm ups at this point. So put on your working weight, fire the weight up, hold the contraction for a 2 count, then lower these at a snails pace (at least 5 seconds). Feel this burn deep in your quads. 3 sets of 6 here and your legs should be toast. **3 total work set**

These sets are all RPE of 9

Note: Do a hard quad stretch for 30 seconds on each leg in between ALL your sets here.

6/ Legs | Goal: Train muscle from stretch position

Dumbbell stiff legged deadlift:

Time to stretch everything out. 3 sets of 8 reps where you come all the way up and flex your glutes at the top. **3 total work sets**

These sets are all RPE of 9

7/ Calves | Goal: Supramax pump

Standing raises:

Back to heavy weight here this week. Remember, no bouncing out of the stretched position, we don't want to have your Achilles tendon dragging the floor. I want 6 sets of 10.

6 total work set

[Banded tibia raises](#)

These sets are all RPE of 9-10

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 12 - TUESDAY

Chest	4 exercises	15 sets
Shoulders	3 exercises	9 sets
	7 exercises	24 sets

1/ Chest | Goal: Activate and pump

Incline dumbbell press:

Today our goal is all about creating tons of tension in your pecs. After a thorough warm-up and some feeder sets, I need 4 working sets of a weight that is going to challenge you for 12 reps. You will lower it controlled, pause the dumbbells by your chest, drive up hard to contraction and FLEX your chest. If you chose the right weight your reps will diminish each set and look something like 12, 10, 9, 7.

4 total work sets

These sets are an RPE of 9-10

Pro Tip

Think about how your chest reaches maximum contraction/shortened position. You want to push your biceps as close together as possible at lockout. Just do that right now sitting behind your computer or phone. Try to shove your biceps as close together as you can and feel your chest cramp. That's the motion we need for this movement.

2/ Chest | Goal: Supramax pump

Incline press:

We have been cranking the reps on this exercise, time to lower the reps and add some weight to the bar. Do 3 sets of 6. The last set should be a very tough 6. **3 total work sets**

These sets are an RPE of 9-10

3/ Chest | Goal: Work a pumped muscle from a stretched position

Pec-dec flyes:

Do 4 hard sets of 10 here. Lower the weight, feel all those chest fibers stretch out, then FLEX at the contraction. This machine really lets you lock into that fly movement. **4 total work set**

These sets are all RPE of 10

Pro Tip

Make sure you have a big arch here, puff your chest out, tuck your chin and then flex as hard as you can at the contracted position. This is how tension is created and muscle is earned.

4/ Chest | Goal: Supramax pump

Machine press:

If you have access to the Decline Hammer Strength press and can put bands on this great. We don't need a ton of weight, but maximum tension. I want 4 hard sets of 8 here so that your chest is fully cramping going into training shoulders. **4 total work sets**

 [Banded Hammer Declines](#)

These sets are an RPE of 9

5/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

Do 3 sets of 12 here. Bring the dumbbells up to eye level.
3 total work sets

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Heavy dumbbell partial side laterals:

So whatever weight you used for your side laterals, double it for this exercise. Stand really tall, tilt your chin up and only do the bottom third of the side raise. 3 sets of 20 here and feel free to use some straps so your grip isn't a factor. **3 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Reverse pec deck:

Last exercise of the day, let's make sure we drive all the blood that is left into your rear delts. Do 3 sets of 30 here. **3 total work sets**

These sets are all RPE of 8

WEEK 12 - WEDNESDAY

Back	5 exercises	20 sets
Abs	2 exercises	8 sets
	7 exercises	28 sets

1/ Back | Goal: Activate and pump

Dumbbell rows:

After 2 weeks of meadows rows, it's time for a mix up. We are going to work up to a ball busting heavy set of 8 reps here. After a couple warm ups and 3-4 feeder sets its time to pull some heavy iron. Only make 10 pound jumps so you get some good working sets in, but your last one should be so heavy you are a little scared. Even with saying that, make sure you do NOT break form on these. **4 total work sets**

 [190 lb dumbbell rows at UM](#)

These sets are all RPE of 9

2/ Back | Goal: Supramax pump

D.Y. hammer row:

This is a great exercise for lower lats. Push your hips back and drive your upper chest into the pad. Think about really getting your elbows back on these. Do 4 sets of 8 here. **4 total work sets**

These sets are all RPE of 9

Pro Tip

Once you are in the contracted position (elbows back as far as possible) try and drive your elbows towards your spine. This will take the contraction to a 10 out of 10.

3/ Back | Goal: Train muscle from stretched position

Straight arm cable pullovers:

Let's give your arms a break here and stretch those lats out. Using the rope or straight bar attachment and give me 4 sets of 12 reps **4 total work set**

These sets are all RPE of 8-9

4/ Back | Goal: Supramax pump

Seated cable row:

Grab your favorite attachment here (mag-grip, narrow/neutral, straight bar, d-handles, etc) and try to really focus on only pulling with your lats to get the handle all the way to your belly button. Do not lose tension anywhere in the range of motion.

Do 4 sets of 10. **4 total work sets**

These sets are RPE of 9

5/ Back | Goal: Supramax pump

Barbell hyperextensions:

This is such a great exercise to finish off your erectors. Come up and really squeeze your entire back. Do 4 sets of 8 and on your last set after you reach 8 reps, drop the bar and crank body weight reps to failure. **4 total work sets**

 [Weighted hypers](#)

These sets are RPE of 9

6/ Abs | Goal: Supramax pump

Leg raise and rope crunch combo:

A superset for abs, but changing out the second exercise. Do 4 rounds to failure here. **8 total work sets**

 [Ab Combination #1 from Mountain Dog Training](#)

These sets are all RPE of 9-10

***THURSDAY
OFF DAY***

WEEK 12 - FRIDAY

Legs	4 exercises	14 sets
	4 exercises	14 sets

1/ Legs | Goal: Supramax pump

Standing leg curl:

Since this is single leg, really focus on a massive contraction. I want 4 sets of 10 each leg and if you don't have one of these machines, simply do the lying leg curl, one leg at a time. **6 total work sets**

These sets are all RPE of 9

2/ Legs | Goal: Supramax pump

Machine leg press:

Earlier in the week we did a regular leg press, today lets hop on a cable/machine leg press and change our stance to mid-way up on the platform, but feet to the far outside of the plate. I want you to do 5 sets of 10 reps with 45 second rest periods. This may start off easy but should be brutal by set 5. **5 total work sets**

These sets are all RPE of 10

3/ Legs | Goal: Supramax pump

Hack squat:

On hack squat today I want you to lower the weight very low (if you can get your hams on your calves, do it). Once in that position fire back up to $\frac{3}{4}$ lockout and right back into the next. I want you to give me one heavy set in the 8-10 rep range. Rest 3 minutes, cut the weight in half (if you used 4 plates per side on the heavy set, use 2 plates per side) and give me an *all out* set of 20-30. Really gut this out, if you have to stop a few times during the set to take some deep breaths that is perfectly fine. It's time to grind here. **2 total work sets**

These sets are all RPE of 12

4/ Legs | Goal: Supramax pump

Seated leg curls:

All we are working here is the top half of the range of motion, so the stretch position. Put a pretty challenging weight on the machine, lock your body in stone and only using your hams move the leg of the machine to the half way point. 3 sets of 12 here please. **3 total work sets**

These sets are RPE of 9

Pro Tip

If you want to intensify your reps here, lean forward onto the arm that locks your quads into place. This will pre-stretch your hamstrings and make this burn even deeper from the very start.

WEEK 12 - SATURDAY

Biceps	3 exercises	12 sets
Triceps	3 exercise	12 sets
Abs	1 exercise	6 sets
Calves	1 exercise	6 sets
	8 exercises	36 sets

1/ Biceps | Goal: Activation and pump

Cable curls:

After a few warm ups let's do a pyramid for your work sets. The working rep ranges should be 20,15,12,10. **4 total work sets**

These sets are an RPE of 8-9

2/ Biceps | Goal: Supramax pump

E-Z bar preacher curls:

You should be fully pumped at this point, so now onto my favorite bicep exercise. Lower the weight controlled, duck your head and bring the bar all the way up. Do 4 sets of 10. **4 total work sets**

These sets are an RPE of 9

3/ Biceps

Rope hammer curl:

We have 4 sets here but I want your rest breaks SHORT, 25 seconds each. Select a medium weight and do as many reps as you can for all 4 sets. **4 total work set**

These sets are all RPE of 9-11

4/ Triceps | Goal: Activation and pump

Dual rope pushdowns:

What a great way to drive tons of blood into your triceps. I want you to find a great 15 rep weight and give me 4 sets with it. **4 total work sets**

 [Dual rope tricep extensions](#)

These sets are RPE of 9

5/ Triceps | Goal: Supramax pump

Overhead rope extensions:

Simply remove one of the ropes and flip around, with your back to the weight stack. I want to work your pumped triceps from the stretched position now. Same reps and set scheme, 4 by 15 reps. Your arms should be swollen beyond belief after this. **4 total work sets**

These sets are all RPE of 9

6/ Triceps | Goal: Supramax pump

Incline dumbbell skull crushers:

Using a slight incline bench, let the dumbbells sink low and really stretch your triceps out. Drive up to $\frac{3}{4}$ lockout and then right into the next rep. 4 sets of 12 here should finish your arms off nicely. **4 total work sets**

These sets are all RPE of 9-11

7/ Abs

Machine Crunches:

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Seated toe raises:

Do 6 sets of 10 here after you are very warmed up. Continue to work in 20 of those tibialis raises in between each set. If you are lucky enough to have a donkey calf raise machine use it. **6 total work sets**

These sets are all RPE of 9-10

SUNDAY
OFF - FAMILY DAY

WEEK 13

Monday

Legs	6 exercises	22 sets
Calves	1 exercise	6 sets
	7 exercises	28 sets

Tuesday

Chest	4 exercises	16 sets
Shoulders	3 exercises	9 sets
	7 exercises	25 sets

Wednesday

Back	5 exercises	22 sets
Abs	2 exercises	8 sets
	7 exercises	30 sets

Thursday - Off day

Friday

Legs	4 exercise	16 sets
	4 exercises	16 sets

Saturday

Biceps	4 exercises	14 sets
Triceps	4 exercises	14 sets
Abs	1 exercises	6 sets
Calves	1 exercises	6 sets
	10 exercises	40 sets

Sunday - Off - Family Day

WEEK 13 - MONDAY

Legs	6 exercises	20 sets
Calves	1 exercise	6 sets
	7 exercises	26 sets

1/ Legs | Goal: Activation and start pump

Lying leg curls:

Once you are warmed up here, work up to a very hard 8 reps. On this last set, give me 8 reps, drop the weight do another 8 reps, drop the weight one last time and hit 8 more reps followed by 35 bottom half partials. You should be hobbling to the adductor machine after this. **4 total work sets**

These sets are RPE of 8-13

Pro Tip

I kept this tip in here as a nice reminder because we are going to crank here today, and I want your form to be flawless. With these do NOT let your hips come off the pad. What I like to think about is shortening my rib cage and pushing my hips into the pad as hard as possible. This way all the tension is on your hamstrings and not low back.

2/ Legs | Goal: Activation and start pump

Adductor machine:

Take your time warming up here because I don't want you tearing anything. Once you find a good working weight do 3 sets of 8 here. **3 total work sets**

These sets are all RPE of 8-9

3/ Legs | Goal: Train explosively

Leg Press:

Place your feet high on the platform to get some additional ham work and lets do sets of 8 till you can't get 8 anymore. Make sure you aren't making huge jumps in weight because I want you to get some good sets in here. We will call this 4 work sets. **4 total work sets**

These sets are all RPE of 8-10

4/ Legs | Goal: Supramax Pump

Leg extensions:

Now we need a totally quad dominant exercise and we are pushing reps here. 3 sets of 20 reps of leg extensions where you really use a full range of motion. Now I want perfect reps. Glue your glutes into the machine by grabbing the handles and driving your body into the machine. Make sure you are getting really strong contractions on every single rep. On your 4th set, complete 20 reps, then give me 20 more bottom half partials to really hammer your VMO (teardrop). **4 total work sets**

These sets are all RPE of 9-11

5/ Legs | Goal: Supramax Pump

Smith machine squats:

With your legs completely full of blood let's get some deep squats in. Force your knees out and give me 4 sets of 6 reps here using a very slow decent, preferably 3 to 4 seconds.

4 total work sets

These sets are all RPE of 9

Note: To make this even more quad dominant, put a small ramp or 5 pounds plates under your heels.

6/ Legs | Goal: Train muscle from stretch position

Barbell stiff legged deadlift:

Focus on pushing your hips back as you go down and only come up $\frac{3}{4}$ of the way. **3 total work sets**

These sets are all RPE of 9

7/ Calves | Goal: Supramax pump

Standing raises:

Staying with heavy weight again this week. Remember, NO bouncing out of the stretched position, we don't want to have your Achilles tendon hanging off your lower leg. I want 6 sets of 10. **6 total work set**

 [Banded tibia raises](#)

These sets are all RPE of 9-10

Note: Remember to do tibialis raises in between sets. Do 20-25 reps.

WEEK 13 - TUESDAY

Chest	4 exercises	16 sets
Shoulders	3 exercises	9 sets
	7 exercises	25 sets

1/ Chest | Goal: Activate and pump

Machine press:

Work up in weight here until you miss 10 reps and then you are onto the next one. Machine press is a great first exercise and ideal for going into a hard free weight press.

4 total work sets

These sets are an RPE of 9-10

Pro Tip

There are tons of machines out there and they are not created equal. After this exercise if your chest isn't full of blood you either aren't using your chest as the primary mover or it's a bad machine for your body type.

2/ Chest | Goal: Train explosively

Incline press:

After the machine press, these incline barbell presses should be flying off your chest. I want sets of 8 here, but pause every single rep 2 inches above your chest before firing the bar up hard and fast. There should be no grinding of reps, speed, speed, and more speed this week. **3 total work sets**

These sets are an RPE of 8

3/ Chest | Goal: Work a pumped muscle from a stretched position

Flat dumbbell press:

Do 4 hard sets of 8 with a squeeze at the contraction.

4 total work set

These sets are all RPE of 10

Pro Tip

After the machine and barbell pressing it's easy to get sloppy on these and just ram the weight up with your shoulders and triceps. Lock in mentally and only use your chest. This is the time for hyper focus as your chest should be pretty gassed. Focus hard on the stretch at the bottom too.

4/ Chest | Goal: Work a pumped muscle from a stretched position

Stretch pushups:

If you have access to chains, throw a couple on your back for these, if not no big deal. Keep your chin up, get a deep stretch then press up and squeeze. 4 sets to failure should finish your chest off. **4 total work sets**

These sets are an RPE of 9

5/ Shoulders | Goal: Supramax pump

Dumbbell bent rear laterals:

Do 3 sets of 15 here. Don't let your traps and lats do any of the work here. It will be a short range of motion but keep all the tension on the rear delt. This exercise can do wonders for your quarter turns if you nail it. **3 total work sets**

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Dumbbell side laterals:

I want to keep the blood rushing into those shoulders. To me shoulder training is all about pain tolerance and who can take that burn the longest. Give me 3 sets of 15 but only take 20 second rest breaks. **3 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Reverse pec deck:

Finishing up like last week but adding 5 more reps to the sets. Do 3 sets of 35 here. **3 total work sets**

These sets are all RPE of 8

WEEK 13 - WEDNESDAY

Back	5 exercises	22 sets
Abs	2 exercises	8 sets
	7 exercises	30 sets

1/ Back | Goal: Activate and pump

Incline dumbbell row:

Lay face down on an incline bench. With a neutral grip on both dumbbells drive your elbows up hard and fast. Bring the dumbbells down till they are resting on the ground, then fire right back up. You should really be able to focus on rowing heavy since your lower back is fully supported. **4 total work sets**

These sets are all RPE of 9

2/ Back | Goal: Supramax pump

1-arm barbell row:

Time to get to work. Find a weight that is tough for 8 and give me 4 sets of 8. These should all be ball busting sets. **4 total work sets**

 [One Arm Barbell Rows](#)

These sets are all RPE of 9

3/ Back | Goal: Train muscle from stretched position

Dumbbell pullovers:

Get on a slight decline bench today, lift your chest and really get a good stretch on your lats. Do not turn this into a tricep extension, think about if you had a cast on your elbow and it couldn't extend. 4 sets of 10 reps with each set getting a little deeper.

4 total work set

These sets are an RPE of 8-9

4/ Back | Goal: Train explosively

Rack pulls:

After a couple feeder sets to find the perfect weight I want you to give me 3 sets of 8 reps. Really lock in your entire back and feel it from your traps to your glutes. If done right this will create a ton of tension and add some quality back thickness to your frame. Pull from mid shin. **3 total work sets**

These sets are RPE of 9

5/ Back | Goal: Supramax pump

Seated cable row:

This week I want you to change up the attachment, but the exact same coaching cues. Really focus on only pulling with your lats to get the handle all the way to your belly button. Do not lose tension anywhere in the range of motion. Do 3 sets of 10.

4 total work sets

These sets are RPE of 9

6/ Back | Goal: Supramax pump

Bodyweight hyperextensions:

Do whatever it takes to get to 125 total reps. This may take 3-7 sets depending on how hard you push. I actually had a guy train with me who knocked out all 125 in 1 set, see what you can do here. We will call this 4 sets **4 total work sets**

These sets are all RPE of 9

7/ Abs | Goal: Supramax pump

Hanging leg raises:

This is a ton of sets but focus on contraction and while you are in the stretch position try to do a vacuum with every rep.

8 sets to failure here. **8 total work sets**

These sets are all RPE of 9-10

***THURSDAY
OFF DAY***

WEEK 13 - FRIDAY

Legs	4 exercises	16 sets
	4 exercises	16 sets

1/ Legs | Goal: Supramax pump

Leg extensions:

Do plenty of warm ups here to make sure everything is ready to go. After the warm up is complete, wrap knee wraps around your upper thighs and lets do occluded leg extensions for 4 sets to failure. So use 30 second rest breaks between sets and do not remove the wraps till the 4th set is complete. **4 total work sets**

[▶ Blood Flow Restriction Training | What It Is & How To Use It](#)

These sets are all RPE of 9

2/ Legs | Goal: Train explosively

Reverse band squats:

Attach average (orange or gray EliteFTS bands) to the top of your power rack and squat. This is a great exercise to really generate speed. I want 4 sets of 6-8 reps and to cut it off when you lose speed on these. Remember we already trained legs once this week so be smart. If you cannot do reverse banding, that ok, just use speed reps with 55% of your 1 rep max. **4 total work sets**

This is a video on how to attach for reverse band benching, but the same setup applies to squats (attaching bands to top of rack).

[▶ Attaching Bands for Reverse Bench](#)

These sets are all RPE of 9

3/ Legs | Goal: Supramax pump

Dumbbell walking lunges:

After the squats these should feel great. I want you to pick a medium weight and give me 40 total steps (20 each leg) and that's one set. I need 3 more of those for a total of 4 working sets. **4 total work sets**

These sets are all RPE of 10

4/ Legs | Goal: Supramax pump

Sissy squats:

The lunges will have you breathing pretty hard, so what better way to finish off the second leg workout of the week, sissy squats. Give me 4 nice and slow sets of 8 here not hitting failure here with 1-minute rest breaks. I'm attaching a video of how to do these on a hack squat in case your gym doesn't have a sissy squat machine. If you have any knee issues, skip these. Also, taller people with long femurs should probably not do these. If that is the case, just use a low stance but still try to keep feet flat on platform. I use no weight or very little when doing these. You have to be careful. **4 total work sets**

 [Hack machine sissy squats](#)

These sets are all RPE of 8

WEEK 13 - SATURDAY

Biceps	4 exercises	14 sets
Triceps	4 exercise	14 sets
Abs	1 exercise	6 sets
Calves	1 exercise	6 sets
	10 exercises	40 sets

1/ Biceps and Triceps supersets | Goal: Activation and pump

Cable curls and rope pressdowns:

After plenty of warm ups give me 4 sets of 15 on both exercises.

4 rounds for 8 total work sets

These sets are an RPE of 8-9

2/ Biceps and Triceps supersets | Goal: Supramax pump

E-Z bar preacher curls and dumbbell kickbacks:

Get right into your work sets and do 8 reps on the preacher curls followed by 8 reps on dumbbell kickbacks. **4 rounds for 8 total work sets**

These sets are an RPE of 9

3/ Biceps and Triceps supersets

E-Z bar curls and decline e-z bar skull crushers:

Stand behind the decline bench and curl for sets of 12 then sit right down on the bench with the same bar and hit tricep extensions to failure. **3 rounds for 6 total work sets**

These sets are all RPE of 9-11

4/ Biceps and Triceps supersets | Goal: Activation and pump

Dumbbell hammer curls and v-bar pushdowns:

Let's finish these arms off. Take a set of dumbbells over to the cable station and do 10 hammer curls then right into sets of 20 on v-bar pushdowns. **3 rounds for 6 total work sets**

These sets are RPE of 9-11

5/ Abs

V-ups:

Do 6 sets to failure here. **6 total work sets**

 [V Ups](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Leg press toe raises:

Do 6 sets of 30 reps. These are going to be very painful, don't quit, get all 30 reps on all 6 sets. **6 total work sets**

These sets are all RPE of 9-10

***SUNDAY
OFF - FAMILY DAY***

WEEK 14.

Monday

Legs	6 exercises	24 sets
Calves	2 exercise	6 sets
	8 exercises	32 sets

Tuesday

Chest	5 exercises	18 sets
Shoulders	3 exercises	10 sets
	8 exercises	28 sets

Wednesday

Back	6 exercises	24 sets
Abs	2 exercises	8 sets
	8 exercises	32 sets

Thursday - Off day

Friday

Legs	5 exercise	18 sets
	5 exercises	18 sets

Saturday

Biceps	4 exercises	16 sets
Triceps	4 exercises	16 sets
Abs	1 exercises	8 sets
Calves	1 exercises	8 sets
	10 exercises	48 sets

Sunday - Off - Family Day

WEEK 14 - MONDAY

Legs	6 exercises	24 sets
Calves	2 exercise	8 sets
	8 exercises	32 sets

1/ Legs | Goal: Activation and start pump

Banded stiff leg deadlifts:

Do not rush the warm up process with these as we typically do them last on a leg day. But I want you to get after these when you are fresh and not on shaky legs. Hit a few sets without the band, then add the band and work your way up to a top end set. Do not make big jumps as I want you to get some good quality work sets in here. **4 total work sets**

 [Romanian banded deads for hams](#)

These sets are all RPE of 10

2/ Legs | Goal: Activation and start pump

Adductor machine:

I'm taking the governor off you here today. Work your way up to a hard 10 reps. From there I want you to do 3 drops in weight. Take a look below on how this set will be. Even if you have to use your hands to self-spot. Go ape shit here on the adductor machine. **4 total work sets**

Example:

- 100 lbs - 10 rep warm up
- 140 lbs - 10 rep warm up
- 160 lbs - 8 rep feel set
- 180 lbs - 6 rep feel set
- 190 lbs - 8 tough reps
- 200 lbs x 10 -> 160 x 10 -> 120 x 12 -> 100 x 16 - work set

These sets are RPE of 8-12

3/ Legs | Goal: Train explosively

Banded leg press:

Place your feet high on the platform to get some additional ham work and lets do sets of 8 till you can't get 8 anymore. Make sure you aren't making huge jumps in weight because I want you to get some good sets in here. We will call this 4 work ses. **4 total work sets**

 [Leg Press with Band Tension](#)

These sets are all RPE of 8-10

4/ Legs | Goal: Supramax Pump

Hack squat:

We are going to really push hard on the hack squat today. Take a look at the chart below to see the progression in terms of weight as well as the negative for each set. As we build weight, the reps lower but the negative time increases. We need 4 sets here. **4 total work sets**

Example:

- 1 plate per side – 10 reps (feel set)
- 2 plates per side – 15 reps (2 second negative) – 1st work set
- 3 plates per side – 12 reps (3 second negative) – 2nd work set
- 4 plates per side – 10 reps (4 second negative) – 3rd work set
- 5 plates per side – 8 reps (5 second negative) - 4th and final work set

These sets are all RPE of 8-11

5/ Legs | Goal: Supramax Pump

Bulgarian split squats:

No death set here today, but that doesn't mean I want this to be easy. Really push yourself and work up to a heavy set. Do sets of 8 working up to a weight that kinda scares you and go bananas! Film this set and post to our Facebook group. Nothing beats a friendly competition for bringing the best out of people. **4 total work set**

These sets are all RPE of 9-13

6/ Legs | Goal: Train muscle from stretch position

Lying leg curl:

To finish off your legs today I want 4 sets of 12 done rest-pause style. **4 total work set**

 [Leg curls with rest-pause technique](#)

These sets are all RPE of 9

7/ Calves | Goal: Supramax pump

Seated calve raises:

Really move some weight here. As always do not rush the stretch portion of the rep because that's where the growth happens. I want 4 sets of 10. **4 total work set**

These sets are all RPE of 9-10

8/ Calves | Goal: Supramax pump

Standing raises:

After your heavy seated raises, these high-rep standing will take your pump to the next level. I want 4 sets of 20. **4 total work set**

These sets are all RPE of 9-10

WEEK 14 - TUESDAY

Chest	5 exercises	18 sets
Shoulders	3 exercises	10 sets
	8 exercises	28 sets

1/ Chest | Goal: Activate and pump

Flat dumbbell press:

Work up in weight here until you miss 8 reps. Lock into these and only let your chest do the work. Drive up to $\frac{3}{4}$ lockout. **4 total work sets**

These sets are RPE of 9-10

2/ Chest | Goal: Train explosively

Incline press:

Last week we did these with a pause, this week we are going to work up to a drop set. Do sets of 6 till you reach a weight that would be tough 8. The chart below will show you exactly how to make weight adjustments. **3 total work sets**

Example:

- 185 lbs – warm up set of 8
- 225 lbs – feel set of 6
- 245 lbs – feel set of 6
- 275 lbs x 8 -> 225 x 6 -> 185 x 10

These sets are an RPE of 12

3/ Chest | Goal: Supramax pump

Neutral grip machine press:

Sink these as deep as your shoulders allow. Open your chest up, then press into a hard contraction. **4 total sets of 10 reps**

These sets are all RPE of 10

4/ Chest | Goal: Work a pumped muscle from a stretched position

Incline dumbbell flyes:

Do 4 hard sets of 8 with a squeeze at the contraction. Feel free to do these either pronated or palms facing, whichever you feel more in your upper chest. **4 total work set**

These sets are all RPE of 10

4/ Chest | Goal: Work a pumped muscle from a stretched position

Stretch pushups:

Same finisher as last week for chest. Keep your chin up, get a deep stretch then press up and squeeze. 3 sets to failure should finish your chest off. **3 total work sets**

These sets are an RPE of 9

5/ Shoulders | Goal: Supramax pump

Reverse pec deck:

Find a good working weight and give me 4 sets of 15 reps with a 1 second squeeze at the contraction. **4 total work sets**

These sets are an RPE of 9

6/ Shoulders | Goal: Supramax pump

Seated dumbbell side laterals:

Sit up tall and raise these up to 10 and 2 O'clock. Not only will this get your side delt, but also your front. 4 sets of 12 here should have you looking wide. **4 total work sets**

These sets are an RPE of 9

7/ Shoulders | Goal: Supramax pump

Machine shoulder press:

Nail 3 sets of 10 on your favorite shoulder press machine. Could be a Hammer strength, cable or Smith machine. **3 total work sets**

These sets are all RPE of 8

WEEK 14 - WEDNESDAY

Back	6 exercises	24 sets
Abs	2 exercises	8 sets
	8 exercises	32 sets

1/ Back | Goal: Activate and pump

D-handle seated cable row:

We have been finishing with these for our rowing but start here today. One singular goal, drive as much blood into your lats as possible. Give me 4 sets of 10. **4 total work sets**

These sets are all RPE of 9

2/ Back | Goal: Supramax pump

1-arm barbell row:

Keeping this in here from last week. Find a weight that is tough for 8 and give me 4 sets of 8. These should all be ball busting sets. **4 total work sets**

 [One Arm Barbell Rows](#)

These sets are all RPE of 9

3/ Back | Goal: Supramax pump

Meadows rows:

Let's move right into a different hand position on the same place. Use the same weight you used for the 1-arm barbell row and give me 4 sets of 8. These should also be ball busting. **4 total work set**

 [Meadows rows - 3 different techniques](#)

These sets are all RPE of 9

4/ Back | Goal: Train muscle from stretched position

Dumbbell pullovers:

I want to give your arms a break after 3 straight rowing movements. 4 sets of 12 reps here. **4 total work sets**

 [Dumbbell pullovers](#)

These sets are an RPE of 8-9

5/ Back | Goal: Supramax pump

Assisted Pull-ups:

Use a wider overhand grip and really focus on the stretch on these. Only come up $\frac{3}{4}$ of the way, lower in a slow 3 count, pause in the bottom to feel your lats stretch out, then only using your lats, drive up. 4 sets of 10 here. **4 total work sets**

These sets are RPE of 9

6/ Back | Goal: Supramax pump

Banded hyperextensions:

Use 2 red bands here today and give me 4 sets to failure. On the last set do failure with the bands and then bodyweight to failure. **4 total work sets**

These sets are all RPE of 9

7/ Abs | Goal: Supramax pump

Hanging leg raises and rope crunches:

Do 4 rounds here for a total of 8 sets. **8 total work sets**

These sets are all RPE of 9-10

***THURSDAY
OFF DAY***

WEEK 14 - FRIDAY

Legs	5 exercises	18 sets
	5 exercises	18 sets

1/ Legs | Goal: Supramax pump

Seated leg curls:

Do plenty of warm ups here to make sure everything is ready to go. After the warm up is complete, let's crank hard on those hamstrings. Make every single rep perfect. Big stretch, crazy contraction, and with each set go heavier than the previous. I want sets in the 8-12 range please. **4 total work sets**

These sets are all RPE of 9

2/ Legs | Goal: Supramax pump

Glute Machine:

Don't think lightly of this machine, go to work on it and your squats will feel great afterwards. 4 sets of 10 reps. **4 total work sets**

 [Glute training - butt blaster](#)

These sets are all RPE of 9

3/ Legs | Goal: Train explosively

Reverse band squats:

Same as last week since we attacked hypers hard and your low back may need a little break. Attach average orange or gray EliteFTS bands to the top of your power rack and squat. This is a great exercise to really generate speed with. I want 4 sets of 6-8 reps and to cut it off when you lose speed on these. Remember we already trained legs once this week so be smart. **4 total work sets**

These sets are all RPE of 9

Note: if you can change bars, do it. Spider, yoke, cambered, buffalo, etc.

4/ Legs | Goal: Supramax pump

Single-leg leg press:

Sink these deep and drive your knee outside of your rib cage. 4 sets of 10 on each leg should be really hard after the squats.

3 total work sets

These sets are all RPE of 10

5/ Legs | Goal: Supramax pump

Ham killers:

Do these or feel free to use a GHR, whichever makes your hams hurt the worst. Shoot your hips forward, do NOT use your lower back and really squeeze your hamstrings hard. 3 sets of 8-10 will be a perfect way to finish. These should make your hams cramp if done right.

3 total work sets

 [Ham Killers](#)

These sets are all RPE of 10

WEEK 14 - SATURDAY

Biceps	4 exercises	16 sets
Triceps	4 exercise	16 sets
Abs	1 exercise	8 sets
Calves	1 exercise	8 sets
	10 exercises	48 sets

1/ Triceps and Biceps supersets | Goal: Activation and pump

Straight bar pressdown and dumbbell curls:

After plenty of warm ups give me 4 sets of 12 on the pressdowns and then 8 reps on the dumbbell curls, but use 3 second negatives and your palms up the entire time on the curls. **4 rounds for 8 total work sets**

These sets are an RPE of 8-9

2/ Triceps and Biceps supersets | Goal: Supramax pump

Rope pressdowns and E-Z bar preacher curls:

Another cable movement and free weight bicep exercise. For the press-downs do 12 reps and for the preacher curls do 10 reps. **4 rounds for 8 total work sets**

These sets are an RPE of 9

3/ Triceps and Biceps supersets

E-z bar skull crushers and dumbbell hammer curls:

After two cable movements, your tris should be ready and warmed up for the skull crushers. I want you to do sets of 10 here, then stand right up, grab some dumbbells and do cross-body hammer curls for 10 reps as well. **4 rounds for 8 total work sets**

These sets are all RPE of 9-11

4/ Triceps and Biceps supersets | Goal: Activation and pump

Dip Machine and e-z bar reverse curls:

Feel free to use a machine or benches for your dips today. I want sets of 15 here and then sets of 15 on the reverse curls too. Your arms should be massively pumped at this point. **4 rounds for 8 total work sets**

These sets are RPE of 9-11

5/ Abs

V-ups and machine crunches:

Do 4 rounds of 15 on each exercise here today. **8 total work sets**

 [V Ups](#)

These sets are all RPE of 9

8/ Calves | Goal: Supramax pump

Standing calf raises:

I want 8 sets of 10 with 20 second rest breaks.....burn baby burn.

8 total work sets

These sets are all RPE of 9-10

***SUNDAY
OFF - FAMILY DAY***

PROGRAMS

If your new to Mountain Dog Training, you may not know that I have been producing these detailed programs for many many years. Below is a list of them, and a little bit about them in case you think one might be a good fit for you!

PROGRAMS

1. **12 weeks of Pain and Suffering:** Episode 1.....this is where it all begins. This 4 days a week program waves in volume and builds intensity as you go. You will learn all the core exercises that his newer programs were formed around. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](http://MOUNTAINDOGDIET.COM)
2. **12 weeks of Continued Battering:** Very similar to Program 1, waving in volume but intensity is high. Balanced towards growing your entire body with new exercises introduced at the same sequencing. You will train with 4 based days in this program
3. **Not in circulation any longer**
4. **Indomitable:** BANDS, BANDS, and more BANDS. There is a very detailed band progression here, and is why I took program 3 out of circulation. This one is better. Starting at Week 4, you will ramp band tension through Week 9 on both Leg Press and Bench Press. Still cranking at 4 days a week, you will need the rest days to recover.
5. **Not in circulation any longer** – This was donated to raise money for a charity many years ago.
6. **Not in circulation any longer** – This was donated to raise money for a charity many years ago.
7. **Creeping Death:** The Myth, The Legend. This famous program is properly named because each workout pushes you to the limit. There is a huge focus on improving your upper body, but the leg workouts do not disappoint. CD is a 5 day per week program that adds in a chest/shoulder pump day. This is my most sold program. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](http://MOUNTAINDOGDIET.COM)
8. **Embrace Insanity:** No waving of volume in these 12 weeks, it will remain high throughout. In weeks 1-4 and 9-12 you will be training 4 days per week, where 5-8 will be 5 sessions. Bands are 1 week on and one week off, very similar to Creeping Death as you will see strength increases and bigger pumps. All I can say is beware of workout 1, you better want greatness to finish this one. John also introduces you to Grip4orce, your arms will thank him!
9. **Muscular Demolition:** Plain and simple, if you want to get Huge, this program is for you. Tons of chain work (you are welcome to use reverse bands as great replacement) and lots of detail as to why they work for building both strength and size. A second chest/shoulder day each week, plus crazy supersets for arms for massive pumps and high rep chain deads that you will not forget.

10. **The Devourer:** Your first taste of 7 days a week training if you want. The 4 foundation days, then pump days for chest/shoulders, back and legs. You better be nailing Peri-workout nutrition to guarantee growth because this program isn't for the faint of heart.
11. **The Incinerator:** Again more options with 7 training days per week, if you are limited to 5 or 6 days, then you can base your pump days on your weak bodyparts. There is also an option for a 2nd arm day for those wanting to look like Lee Priest.
12. **The Particle Smasher:** My chest, hams and quads grew like crazy on this program. A great mix of squat bars, chains, bands and hard f*&%ing work. You can truly customize this program to fit your needs for improving your physique.
13. **Doomsday:** I'm just gonna leave you with the intro to this program, "this is designed to get you so big people puke when they see you wearing a tank top." There will be workouts that cripple you, your body will adapt and you will get better....that is a promise. If you are in to extreme hamstring pain, John lets you meet Leg Curl Isotension, it will be the longest 60 seconds of your life. This program was built to get John on Stage at Master's Nations in 2013.
14. **Honey Badger:** Coming off Master's Nationals, this was built to crush anything John thought was possible by the human body. If you think you know what pain tolerance is, occlusion training is added in and holy smokes does this light you up. New pump day routines are offered here too, to give you more ideas on your non-base days. (Comes with a Bad-ass video of a Honey Badger killing a Predator)
15. **The Executioner:** The Tom Platz inspired program.....you've seen the videos, read some of the workouts, now it's time to put those principles into play. John said he was ready to push when he wrote this program and it does not disappoint. iso holds on hacks and leg extensions, manual resistance chest flyes, ultra-high rep T-bar and banded tibialis work are some fun new additions.
16. **Thanos:** You will notice some serious thought put into High Intensity Technique Waving in Thanos (forced reps, partials, drop sets, iso holds, occlusion training and Challenge sets). Training hard but with intelligence and purpose, the Mountain Dog way.
17. **Carnage:** Written for John's 2014 contest season, carnage was designed to completely wreak havoc on your muscles. With the introduction to Bulgarian split squats, these leg workouts are some of the hardest to date. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIE.COM](http://MOUNTAINDOGDIE.COM)
18. **The Beyonder:** Tons of back and chest/shoulder work starting at week 3 because John pulls out the direct arm day to push volume on the pump days to 21 work sets for both back and chest. You will be surprised at how well your arms actually grow with a slight break from them. Great for really packing on mass to your torso.
19. **Ares:** Piggy Backing off The Beyonder, this program has the same intensity and set up because the previous worked so well for our clients. Challenge sets, iso holds, rack pulls and more are things you have to look forward too.

Team U: Without a doubt the most fun I have ever had doing a Mountain Dog program. You get to follow along as John wins his IFBB Pro card. All his meals, supps, cardio and workouts are listed for you to follow right along. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIE.COM](http://MOUNTAINDOGDIE.COM)

20. **Omega Beam:** A direct arm day gets added back in after having the last 2 programs off. You will find this is a great program for both pre-contest and off-season growth. There are some absolute killer chest/shoulder and leg days in this program. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
21. **The Annihilation Wave:** Now this is an off-season program, but John lists exactly what he would do to convert this to a pre-contest program. Very descriptive with tons of videos. There is just something about the way he lists the IFBB pros he trains with that makes your personal workout that day that much better. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
22. **Arnold Classic 2016:** This chronicles his prep for his first Arnold Classic and if you saw the stage shots or witnessed his physique in person, you know why you should do this program. Intensity was chosen much more instinctually and this is the first installment of the RPE chart which helps you determine what level each exercise should be pushed to. The focus here is on back, chest and abs. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
23. **The Gauntlet:** This is a Mountain Dog 2.0 program that is High Frequency and focuses on bringing up your chest and back. You will be training 5-6 days a week and there is an RPE chart detailing the exact intensity expected each set. The Gauntlet is geared towards advanced lifters and is BRUTAL! [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
24. **The Sentinel:** Volume 2 for Mountain Dog 2.0.....and here is your first 14 week program. This program is a 14 week, 6-day a week intense, high-frequency program – designed explicitly to induce massive hypertrophy. It is split up into 3 body-part phases: legs, back, and chest/shoulders. During each phase, we smash these body parts with high frequency and intensity to bring up lagging areas you may have. This is for the advanced trainer and is beyond what most consider hard. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
25. **Onslaught:** Another great 2.0 style program, but these workouts are shorter than Sentinel and Gauntlet, but more intense. You will start with a 4 week leg block, then back, and finish with chest and shoulders. You will be training 6 days per week here, so make sure your 7th day of the week you get to really rest up for the next week. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
26. **Task Master:** If you liked Onslaught you are going to love this one. The first 12 weeks are the same spec blocks, but then you get an additional 4 weeks of arm specialization. So in total its 16 weeks of programming. Let's take those arms to splitting out of your t-shirts. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
27. **The Gamma Bomb:** We are going back to MountainDog 1.0, but this time we crush your upper body for 6 weeks, deload for 1-2 weeks, then crank hard to legs to finish the program off. This is a 5 days per week program for Weeks 1-6 and Weeks 9-14. During your 2 week deload you will be training 4 days per week with lowered volume and intensity. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
28. **Days Later:** This literally is 28 straight days of raging on every bodypart. Everything except arms, gets hit twice a week with no days off. This is ultra challenging and you must nail recovery, rest and intra workout nutrition. Not for the faint of heart. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)
- Program X:** This is a combination of bodybuilding and powerlifting. You will be training for rate of force development as well as maximal strength on top of building muscle for the stage or platform. [CURRENTLY AVAILABLE ON MOUNTAINDOGDIET.COM](https://mountaindogdiet.com)

If you want to get more exercise demos, free tips, and free workouts, be sure to check out my social media!

Youtube – [Mountaindog1](#)

Instagram – [Mountaindog1](#)

Facebook – John Meadows

I also have had a top-level coach working with me for many years and he does an outstanding job. His information is below as well. Give him a follow.

Facebook – [Cris Edmonds](#)

Instagram – [cedmonds18](#)