



Your answer for balanced training

What is code 208820?

It is a code I have created to take a different look on training. We all know the 8-rep range is good more muscle growth and even strength, as we also know that a higher rep range to 20 hits endurance and the famous “pump” muscle growers seek.

What can you expect from this program?

You can expect a workout like never and walking out of the gym satisfied and ready to take on the next barrier of training. The main goal is to better your body composition by building lean muscle and burning fat. We are pushing your body to the limits and beyond with blood, sweat and intensity. 8 weeks of training you have 4 different weeks of workout routines so you will not get bored and you will do this for the 8 weeks. Once the first 4 weeks are done, go back to week 1.

Although it is called 208820, not every rep range will be in this format, but we will be using the numbers for everything. I have found that the simple and consistent things work best for lifters all around. I want you to really work hard for yourself for the next 8 weeks. You can create amazing results for yourself, just believe, put your head down, and grind.

Why I made this program?

As someone who has been in the fitness game for years, I got tired of all the cookie cutter programs out there that are just 12 rep this, 12 reps that, with no balance and not much of any hope for lifters, especially natural lifters.

How should I eat with this program?

Where you should start is at a maintained stage, 1g protein per lean body mass, 1.5g carbs per pound and .5g fat per pound.

But if you would like to try something else here are 2 other suggestions

Cut macros

1 g protein per lean body mass, 1.5 g carbs per lean body mass, .5g fat per lean body mass

Gain mass

1.5g protein per lean body mass, 1.5g carbs per pound, .5g fat per lean body mass

Note* if you are looking to get coaching, email me at terron2311@gmail.com for more insight on how to make better macro decisions.

Should I do cardio?

If you are looking to keep fat down, what you want to do is either sprints (ex. 10 100 yrd sprints) or a steady pace walk with a moderate heart rate that you can stay consistent at for 30min (ex I am 26 my heart rate doing cardio is a consistent 135bpm)

Fat burning zone: 60%-70% of your max heart rate

$220 - (\text{your age}) = \text{Max heart rate}$

Enough talk. Let's get into it.

Key

Db= dumbbells

Bb= barbells

A1/A2 = superset

Ex=explosive (which means fast)

If you see “ * ” near a number that means weighted on body movements such as pull ups, dips, sit ups, jump squats etc.

Sec=seconds (this is an amrap for as many reps as possible)

Amrap = as many reps as possible

When the number decreases you add weight remember you should be 2 reps shy of not being able to rep anymore so choose weight accordingly, if you do 20 reps and say I could have hit 25-30 then you need to add more weight, same with 8 rep range.

Week 1&2

Day 1 (push pull)

Chin ups: 20-8*-8*-20 (use assistance if needed) or switch to pull downs

Db rows ex: 8-8-8-20

Bb reverse pendlay rows: 8-8-8-8

Single arm cable rows:20-8-20-8

Incline bench press:20-8-8-20

Flat db bench press:8-8-8-20

Dips ex: 8*-8*-20-20

Cable decline fly's: 20-20-20

Day 2 (quads)

Jump squats: 8*-8*-20-20

Front squats: 8-8-8-20

Goblet db squats: 20-20-20

A1 Db lunges: 20-8-8-20

A2 Jumping lunges: 8-8-8-8

A1 Leg press: 20-20-20-20

A2 Lateral lunges: 20/20/20/20 (10 each leg)

Day 3 (arms, shoulders, abs)

Standing Bb shoulder press: 8-8-8-20

Seated Arnold shoulder press:8-8-8

Lateral raises: 20-8-8-20

Front plate (25/35/45lb): 20-8-8-20

Cable curls: 20-20-8-8

Hammer curls:8-8-8-8

Close grip bench:8-8-8-20

V-bar cable pushdowns: 20-20-20

Lying leg lifts: 20-20-8*-8*

Lying windshield wipers: 20-20-20

Decline sit ups: 20-20-8*- 8*

Day 4 (off)

Day 5 (push pull)

Deadlifts: 20-8-8-8-8

Flat bench press: 8-8-8-20

Db incline bench rows: 20-8-8-20

Db floor bench press: 8sec-8sec-8sec-8sec

Pushups: 20-20-20

Db high pulls/rows: 20-20-8-8

Lat pull down: 8-8-8-20

Day 6 (hamstrings)

A1 Leg curls: 20-8-8-20

A2 Butt kicks: 8sec-8sec-8sec-8sec

Day 7 (off)

Day 1 (push pull)

Barbell press (flat): 20-8-8-20

Db press (incline):20-20-8-8

Cable flys (mid/low):20-20-20-20

Pushups: 3 x amrap

Yates deadlifts:20-8-8-20

Db rows (single arm):20-20-8-8

Barbell rows:8-8-8-8

Pull ups (wide/weighted):8-8-8-8

Day 2 (quads)

Leg press: 20-20-20-20

Front squat:8-8-8-8-8

Leg extensions:20-8-20-8-amrap

Bb lunges (+1 leg): 8-8-8-8

A1 Goblet squat: 20-8-8-20

A2 Wall sit (weighted 25/35/45lb): 20sec-20sec-20sec

Day 3 (arms, shoulders)

Dips (last 3 sets weighted):20-20-8-8-8

Chin ups(weighted):8-8-8-8

Ez bar curls:20-20-8-8-8

V-bar (cable) push downs:20-20-8-8-8

A1 Rear dealt flys Db:20-20-20-20

A2 Rear delt Db Rows:8-8-8-8-8

Lateral Raises:20-20-8-8-8

Day 4 (off)

Day 5 (push pull)

Db flat press: 20-20-8-8-8

A1 barbell incline press: 8-8-8-8-8

A2 db incline flys: 20-20-8-8-8

Chin ups: 8-8-8-8-8

Lat pull downs: 20-20-8-8-8

Db rows (incline bench supported): 20-8-8-20

Day 6 (hamstrings)

Leg press (wide/high feet): 20-20-20-20

Box squat: 8-8-8-8-8

Bb Single leg Glute bridges: 20-8-8-8

Hamstring curls: 20-20-20-20

Straight leg deadlifts: 8-8-8-8-8

Day 7 (off)

Week 3&4

Day 1 (push pull)

Dumbbell incline press: 20-20-8-8

Pull ups: 8*-8*-8*-8*

Flat bb bench press: 8-8-8-8-8

Db chest supported incline rows:20-8-8-20

Dips:20-8*-8*-8*-20

High bb snatches:20-20-20

Day 2 (quads)

Box squat front squats: 8-8-8-8

Front squats:20-20-20

Leg extensions:20-20-8-8-20

A1 Db lunges (each leg):8-8-8-8

A2 jump squats: 20-20-20-20

Step ups: 8-8-8

Day 3 (arms, shoulders, abs)

Rear delt flys:20-8-8-20

Rear delt rows:8-8-8-8

Lateral shoulder raises:20-20-8-8

V-bar triceps pushdowns:20-20-8-8

A1 Close grip bench:8-8-8

A2 Diamond pushups:20-20-20

Cable ez bar curls:20-8-8-20

Hammer curls:8-8-8-8

Cable rope drag curls (drop set):20-20-20-20

Med ball sit ups: 20-20-20

Hanging knee up leg lifts: 20-20-20

Med ball slams: 20-20-20

Day 4 (off)

Day 5 (push pull)

Incline bb bench press: 8-8-8-20

Deadlifts:8-8-8-8-8

Flat dumbbell press:20-8-8-20

A1 Cable mid chest flys:20-20-20

A2 Pushups:20-20-20

Chin ups:8*- 8*- 8*-8*

Bb reverse grip rows:8-8-8-20

Bb high pulls: 20-8-8-20

Day 6 (hamstrings)

Hamstring curl machine: 20-20-20-8-8

Back squat:8-8-8-8-8

Straight leg deadlifts:20-8-8-20

Leg press:20-20-8-8-20

Glute bridges (single leg):20-8-8-8

Box jumps:8-8-8-8

Day 7 (off)

Day 1 (push pull)

Chin ups: 20-8*-8*-20 (use assistance if needed) or switch to pull downs

Db rows ex: 8-8-20-20

Bb reverse rows: 8-8-8-8

Single arm cable rows:20-8-20-8

Incline bench press:20-8-8-20

Flat db bench press:8-8-8-20

Dips: 20-20-20

Cable decline fly's: 20-20-20

Day 2 (quads)

Jump squats: 8*-8*-20-20

Front squats: 8-8-8-20

Goblet db squats: 20-20-20

A1 Db lunges: 20-8-8-20

A2 Jumping lunges: 8-8-8-8

A1 Leg press: 20-20-20-20

A2 Lateral lunges: 20/20/20/20 (10 each leg)

Day 3 (arms, shoulders)

Standing bb shoulder press: 8-8-8-20

Seated Arnold shoulder press:8-8-8

Lateral raises: 20-8-8-20

Front plate (25/35/45lb): 20-8-8-20

Db curls: 20-20-8-8

Hammer curls:8-8-8-8

Tricep rope exstensions:8-8-8-20

V-bar cable pushdowns: 20-20-20

Day 4 (off)

Day 5 (push pull)

Chin ups (wide/weighted):8*-8*-8*-8*

Yates deadlifts:20-8-8-20

Barbell press (flat): 20-8-8-20

Db press (incline):20-20-8-8

Db rows (single arm):20-20-8-8

Barbell rows:8-8-8-8

Cable flys (mid/low):20-20-20-20

Pushups: 8 sets 20 reps

Day 6 (hamstrings)

Box squat: 8-8-8-8

Leg press (high feet): 8-8-8-20-20

Bb single leg glute bridges: 8-8-8-8

Straight leg deadlifts: 20-20-8-8-8

Hamstring curls: 20-8-8-20

Day 7 (off)