

# *Tetsu Training*

## *Key:*

*A1/A2 Means superset.*

*Each workout should take more than 1hr 30min*

*Rest time should be around 1min*

*Make sure you are using correct weights ex. If you have 10 reps to do, you should be struggling to finish those 10 not breezing through it.*

*For compounds on week 2, that week its 5x5, the next week which will be week 4 is 3x3 at (85-90%)*

## *Week 1*

*\*Leg Day (Wednesday & Sunday)*

*Workout*

*A1.leg curls (hamstring) 4sets 15, 12,10,8 (increase weight by 15lbs each time) we are trying to get blood flow into hamstrings so get a good squeeze at the top of each contraction.*

*A2. As soon as done with set do standing butt kicks for 10sec (this will trigger those fast twitch muscles that will help increase your hamstring explosiveness)*

*A1. Box squat: (something to sit on when squatting going a tad below parallel) (Heavy) 5sets 6, 6, 4, 3, 3*

*- be as explosive as possible. Think about making that weight move as fast as you can*

*(Regular squats every other week)*

*A2. Squat jumps (3 big explosive jumps as soon as you are done with box squat)*

*leg press: 5x20/20/15/12*

*(Dig deep and get a good hamstring stretch. place feet to point where your toes are at the top of platform.)*

*Leg extensions: 4sets 30/25/15/15 really trying to finish off strong getting as much blood into the legs as we can for optimal nutrition absorption)*

*10 pause jump squat (1sec pause at bottom and explode up) 4 sets with 20sec rest*

*10 jumping lunges (20 reps all together) 4 sets with 20sec rest (we want to be quick, once you are in the are quickly alternate)*

*Leg lifts: 4x16*

*Medicine ball slams: 3 x 20*

*100-yard dashes (5) 45sec rest in between*

*\*Chest day (Monday & Thursday)*

*Warm up*

*4x15 dips: (40sec rest in between)*

*3x20 push-ups*

*Workout*

*Flat bench press: 5 sets 8(75%), 8(75%), 6(85%), (last set) 3 negative (90%) find a spotter, Lower weight down as slow as you can handle) (1:30min rest in between)*

*A1.Push-ups: 3 sets 15 (to keep chest pumped before we hit flys)*

*A2. Cable fly's: 4 sets 20 (30sec rest)*

*Wide grip dips: 5 sets 12(really try to stretch the pectorals when descending to fully get benefit of the dips)*

*Incline(dumbbell)bench press (volume): 4 sets 15/15/12/12 (increase weight each set)*

*Incline (dumbbell flys): 3x20/20/20*

*\*Back day (Tuesday & Friday)*

*4x8 wide grip pull-ups*

*Deadlifts 5 sets 12(warm-up), 8reps (70%), 6reps (80%), 6reps(80%), 3reps(90%) (Make sure you are increasing weight g, drive those heels into the ground, stay tight and use your butt to assist in the lift)*

*Dumbbell Rows: 3x15/12/10/each arm (as heavy as possible)*

*Chest supported dumbbell rows: 3x12(heavy, focusing on contracting mid-back)*

*Chest supported Dumbbell shrugs (use same weight as rows) 5x20*

*High snatches: 4x10 (med-heavy) "pulling barbell up to chest"keep elbows above bar"*

*Bent over*

*Barbell rows: 4x10, holding weight at top of concentric motion (top of movement) for 3 seconds every rep*

*Assisted wide grip pull-ups: 4x12 (focusing on full extension of lats, and getting chest to bar "make a slight arch in lower back to hit the lower lats a bit better)*

*Wide grip barbell(weighted) "hyper-extensions"*

*3x15/12/12*

*\*Shoulders (Wednesday or Friday)*

*Warm up*

*Arm circles: front 30sec and reversed 30sec 2 sets*

*Shoulder touches: get in pushup position and touch each shoulder with opposite hand for 1 min*

*Workout*

*Standing Military press 4*

*5x10/10/8/6/6(increasing weight each time)*

*Cable Lateral raises 2 sets 20(keep posture straight and do not force reps, if it burns to fast lower weight and keep form)*

*Dumbbell lateral raises(heavy)*

*3x20*

*Front plate raises: 3x16*

*Rear dealt cable flys: 4 sets 10*

*Arnold press: 4x12/8/8/6*

*Treadmill hand walks 3x1min*

*(get in pushup position with hands only on treadmill and walk with hands)*

*\*Triceps & Biceps (Saturday) (volume work)*

*(When it comes to arms growth happens much better when you can feel the muscle being worked. Have control over the exercise and “contract” and when I say “Contract” I mean squeeze the life out of that muscle each repetition. It will hurt like hell, but it will be worth it.)*

*Close grip bench: 4x 10, 8,6,6 (heavy)*

*V-Bar push-downs:4x20 (rep it out) meaning on this exercise you don't have to worry so much about the squeeze just go through full range of motion and get to 20 reps fast.*

*EZ-Bar curls: 4x 12, 10, 10, and 8(Heavy)*

*Cable curls: 4x20(rep it out)*

*Rope triceps extensions: 3 X 12(focus on squeeze)*

*Hammer curls: 4X12 (Heavy)*

*Skullcrusher: 5x15/15/12/10/8*

*Cable preacher curls*

*4x20/15/10/20*

*cable rope drag curls(dropset): 20/20/20/20*

*One arm overhead tricep extension: 3x15/15/15*

*Hanging leg raises: 4x15*

*Cable crunches:5x16*

*Revers crunches: 4x20*

*Cardio is done 45min 3 times a week after workouts*

*Week 2*

*Monday (push/pull)*



*Deadlift: (warm up) 1x10/1x8/1x6 (workout) 5x5*

*Hyper extensions: 3 x 20 (weighted 25lb +*

*Pull Ups: 3 x 10 (weighted)*

*Single arm dumbbell bench press: 4 x 8 reps*

*Cable mid chest crossovers: 3 x 16*

*Med ball chest press: 2 x (AMRAP)*

*Tuesday*

*1-mile run (rest and stretch)*

*Wednesday*

*(leg Training)*

*Front squats: 3 x 8 / 1 x 5(80%) (heavy set)*

*Dumbbell or barbell lunges: 3 x 10 reps (each leg)*

*A1 Leg extensions ½ reps: 3 x 30 reps*

*A2 jumping lunges 10 (in lunge position jump up, alternate legs and land)*

*Hamstring curls: 3x10 (hard squeeze at top, keep toe dorsi flexed)*

*Stiff leg deadlifts: 4x8 (50% Deadlift max)*

*Thursday (Conditioning)*

*1min jump squats*

*1min burpee*

*1min lateral lunges*

*7 100m Sprints*

*Friday (push/pull)*

*Incline Bench Press: 5x5(80%)*

*Dumbbell press: 3x10*

*Dumbbell flys: 2x20*

*A1 Dips: 3x 15*

*A2 Chin Ups: 3x15*

*Neutral grip cable rows: 3x15*

*Lat Pull Downs: 4x10*

*Saturday*

*Rest*

*Sunday (leg Training)*

*Full Squats: 5x5 (80%)*

*Sumo deadlift: 4x10 (70% Deadlift)*

*Single leg (leg press): 3x20*

*Abb/adductors: 3 x 15 reps (both ways)*

*Step Ups: 3 sets 12 (each leg)*

*These 2 weeks of training are back to back repeats for 6 weeks.*

### *Supplements*

*Agmatine sulfate: for harder muscle contractions and helps with conditioning.*

*Creatine monohydrate: helps with muscle growth, saturating the muscles with water for strength and repair.*

*Proteins & Bcaa are of no harm if taking it from supplements, but I prefer you choose whole foods.*

*Food Guide: On this program I would like for you to use BB.com macro calculator.*

[https://www.bodybuilding.com/fun/macronutrients\\_calculator.htm](https://www.bodybuilding.com/fun/macronutrients_calculator.htm)

*Follow your macros: Fats, Proteins, and Carbs based off these foods.*

*This is a good start but as I said we all are different, so this is a basic layout for everyone to lean on and then you can make changes from there. As an athlete, we need the carbs to help us through our workouts, no need to gouge on high amounts of protein, it hinders your as we say "GAINZ". As you should know protein takes time to break down, if we do not let the body do its job in a good timely manner well, the weight adds on. Here is a list of foods to go off with all the information needed to count properly.*



<b>Meat</b>	<b>Serving size</b>	<b>Protein</b>
Ground	1 oz.	7g(5 fat)
beef	1 oz.	8g
Chicken	1 large	3g
breast	1 oz.	8g
Egg white	1 oz.	10g
Turkey		
breast		
Veal	1 oz.	7g(1 fat)
<b>Seafood</b>	1 oz.	7g (1 fat)
Bass	1 oz.	6g
Clams	1 oz.	6g
Cod	1 oz.	7g
Crab	1 oz.	6g
Halibut	1 oz.	5g
Lobster	1 oz.	7g
Scallops	1 oz.	6g
Sea bass	1 oz.	7g
Shrimp	1 oz.	6g(3 fat)
Tuna		
(canned)		
salmon		

*Carbohydrate sources*

<b><i>Fruit</i></b>	<b><i>Serving size</i></b>	<b><i>Carbs</i></b>
<i>Apple</i>	<i>½ medium</i>	<i>11g</i>
<i>Apricots,</i>	<i>1 oz</i>	<i>10g</i>
<i>dried</i>	<i>½ medium</i>	<i>14g</i>
<i>Banana</i>	<i>1 cup</i>	<i>14g</i>
<i>Cantaloupe</i>	<i>1 cup</i>	<i>13g</i>
<i>Cherries with</i>	<i>½ medium</i>	<i>11g</i>
<i>pits</i>	<i>1 cup</i>	<i>15g</i>
<i>Grapefruit</i>	<i>1 medium</i>	<i>12g</i>
<i>Grapes</i>	<i>2 oz</i>	<i>10g</i>
<i>Kiwi</i>	<i>1 medium</i>	<i>16g</i>
<i>Mango,</i>	<i>1 medium</i>	<i>17g</i>
<i>peeled</i>	<i>1 medium</i>	<i>10g</i>
<i>Nectarine</i>	<i>½ medium</i>	<i>13g</i>
<i>Orange</i>	<i>½ cup</i>	<i>10g</i>
<i>Peach</i>	<i>1 medium</i>	<i>9g</i>
<i>Pear</i>	<i>2 tbsp.</i>	<i>16g</i>
<i>Pineapple</i>	<i>½ cup</i>	<i>6g</i>
<i>Plum</i>	<i>1cup</i>	<i>12g</i>
<i>Raisins</i>		
<i>Strawberries</i>		
<i>Watermelon</i>		

<i>Breads</i>	<i>Serving size</i>	<i>Carbs</i>
<i>Bagel</i>	<i>1 large</i>	<i>43g</i>
<i>Pita Bread,</i>	<i>1 slice</i>	<i>29g</i>
<i>white</i>	<i>1 slice</i>	<i>16g</i>
<i>Pumpernick</i>	<i>1 slice</i>	<i>16g</i>
<i>el</i>	<i>1 slice</i>	<i>12g</i>
<i>Rye bread</i>		
<i>Wheat</i>		
<i>bread</i>		



<b><i>Cereals/Grains</i></b>	<b><i>Carbs</i></b>
<i>Cream of wheat</i>	<i>30g</i>
<i>Grape-Nuts</i>	<i>24g</i>
<i>Nutri-Grain</i>	<i>24g</i>
<i>Oatmeal</i>	<i>27g</i>
<i>Puffed wheat</i>	<i>11g</i>
<i>Shredded Wheat</i>	<i>19g</i>
<b><i>Pasta/Potatoes/Rice</i></b>	
<i>Pasta</i>	<i>21g</i>
<i>Potato, baked</i>	<i>26g</i>
<i>Potato, boiled</i>	<i>27g</i>
<i>Potato, sweet</i>	<i>25g</i>
<i>Rice, brown</i>	<i>25g</i>
<i>Rice, white</i>	<i>25g</i>
<i>Rice cakes</i>	<i>20g</i>
<i>Yam</i>	<i>9g</i>
	<i>19g</i>

<b><i>Veggies</i></b>	<b><i>Serving size</i></b>	<b><i>Carbs</i></b>
<i>Asparagus</i>	<i>1 cup/12</i>	<i>9g</i>
<i>Beans,</i>	<i>spears</i>	<i>4g</i>
<i>green</i>	<i>½ cup</i>	<i>9g</i>
<i>Beets, sliced</i>	<i>½ cup</i>	<i>10g</i>
<i>Broccoli</i>	<i>1 cup</i>	<i>13g</i>
<i>Brussels</i>	<i>1 cup</i>	<i>7g</i>
<i>sprouts</i>	<i>1 cup</i>	<i>8g</i>
<i>Cabbage</i>	<i>½ cup or 1</i>	<i>6g</i>
<i>Carrots</i>	<i>whole raw</i>	<i>4g</i>
<i>Cauliflower</i>	<i>1 cup</i>	<i>7g</i>
<i>Celery</i>	<i>1 cup/4</i>	<i>6g</i>
<i>Corn</i>	<i>stalks</i>	<i>6g</i>
<i>Cucumber</i>	<i>¼ cup</i>	<i>10g</i>
<i>Eggplant</i>	<i>2 cups</i>	<i>6g</i>
<i>Lentils</i>	<i>1 cup</i>	<i>4g</i>
<i>Lettuce,</i>	<i>¼ cup</i>	<i>8g</i>
<i>iceberg</i>	<i>½ head</i>	<i>3g</i>
<i>Lettuce,</i>	<i>3 cups</i>	<i>6g</i>
<i>romaine</i>	<i>1 cup</i>	<i>6g</i>
<i>Mushrooms</i>	<i>1cup</i>	<i>4g</i>
<i>(cooked)</i>	<i>½ cup raw</i>	<i>1g</i>
<i>Mushrooms,</i>	<i>½ cup</i>	<i>10g</i>
<i>raw</i>	<i>1 pepper</i>	<i>7g</i>
<i>Onion</i>	<i>4 medium</i>	<i>5g</i>
<i>Peas</i>	<i>1 cup</i>	<i>8g</i>

<i>Peppers, green, red</i>	<i>1 cup</i>	<i>9g</i>
<i>Radishes</i>	<i>1 raw</i>	
<i>Sauerkraut</i>	<i>1 cup</i>	
<i>Spinach</i>	<i>½ cup</i>	
<i>Tomatoes</i>		
<i>Squash, summer</i>		
<i>Squash, winter</i>		

*Fats sources*

<b>Nuts</b>	<b>Serving size</b>	<b>Fat</b>
<i>Almonds</i>	$\frac{1}{2}$ oz.	8
<i>Almond butter</i>	$\frac{1}{2}$ oz.	8
<i>Cashews</i>	$\frac{1}{2}$ oz.	7
<i>Cashew butter</i>	$\frac{1}{2}$ oz.	7
<i>Macadamia nuts</i>	$\frac{1}{4}$ oz.	6
<i>Peanuts</i>	$\frac{1}{2}$ oz.	7
<i>Peanut butter</i>	1 tbsp.	8
<i>Walnuts</i>	$\frac{1}{2}$ oz.	8
<b>Oils</b>		
<i>Almond</i>	1 tsp	5
<i>Canola</i>	1 tsp	5
<i>Corn</i>	1 tsp	5
<i>Olive</i>	1 tsp	5
<i>Peanut</i>		
<i>Sesame</i>	1 tsp	5
<b>Other</b>	1 oz. trimmed	6
<i>Avocado</i>	1 tbsp.	4
<i>Guacamole</i>	1 oz. green,	
<i>Olives</i>	pitted	

