

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

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.



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

Carbohydrate sources

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

<i>Cereals/Grains</i>	<i>Carbs</i>
<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>
<i>Pasta/Potatoes/Rice</i>	
<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>

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

<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

	Serving size	Fat
Nuts		
Almonds	½ oz.	8
Almond butter	½ oz.	8
Cashews	½ oz.	7
Cashew butter	½ oz.	7
Macadamia nuts	1 tbsp.	6
Peanuts	½ oz.	7
Peanut butter		8
Walnuts	1 tsp	8
Oils		
Almond	1 tsp	5
Canola	1 tsp	5
Corn	1 tsp	5
Olive	1 tsp	5
Peanut		5
Sesame	1 oz. trimmed	6
Other		
Avocado	1 tbsp.	4
Guacamole	1 oz. green, pitted	
Olives		

