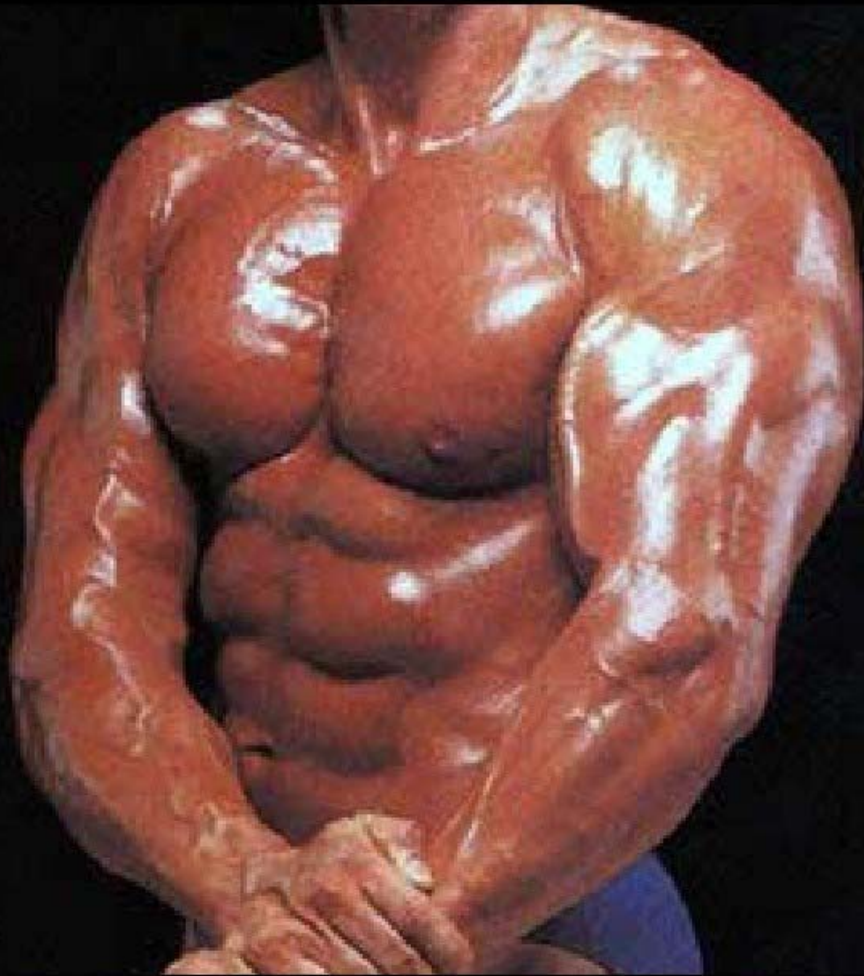


# Muscle Express!



**Build Maximum Muscle In Minimum Time!**

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## **Precautions and Disclaimer**

Read the entire manual thoroughly before using this exercise system. This is very important.

The Muscle Express! System provides guidelines designed for effective muscle building when used properly in accordance with the instructions.

Please read the following list of precautions carefully. Your success and your safety depend on you following the instructions completely and adhering to these precautions.

1. Consult your physician before starting this program. You should do this any time you begin a weight training program, especially if you are taking medication, out of shape, suffering from an ailment, etc.
2. If you are unfamiliar with any of the exercises in this system, talk to an experienced trainer to instruct you on proper form and execution of the unfamiliar exercise.
3. Thoroughly stretch and warm up before each exercise session and stretch and cool down afterward. This will significantly reduce your chances of injury.
4. Although your muscle gains depend on your metabolism and genetics, it is necessary that you follow the instructions exactly to achieve maximum results.

The instructions and advice presented herein are not intended as a substitute for medical or other personal professional counseling. As each individual may respond differently, the guidelines may not be suitable for everyone. TrulyHuge.com, the editors and authors disclaim any liability or loss in connection with the use of this system, its programs and advice herein.

The supplements recommended are not intended to diagnose, treat, cure or prevent any condition or disease.

The workout and diet programs presented in this manual are intended as a guideline. Consult your physician before starting this or any diet, exercise or supplement program.

# Introduction

There have been many, many bodybuilding systems that have all promised substantial gains in lean muscle mass, yet very few have delivered on this promise.

I have been training with weights for over 25 years now. I have tried every program and method out there. I killed myself in the gym, year after year. I trained like a man possessed and I tried every supplement on the market. Unfortunately, I wasn't really getting anywhere regardless of my intensity and commitment. But I never gave up; I kept looking for the answer.

I was fortunate enough to have the opportunity to learn from some of the most knowledgeable people in the field of bodybuilding. I have tested and refined their theories and philosophies. This along with countless hours of research I was then able to develop this complete bodybuilding system that can be successfully used by any natural bodybuilder to develop their physiques to their full potential.

# What Really Makes Muscles Grow?

What is the stimulus that makes our muscles grow bigger? Is it intensity? It is as simple as some people would have you believe, when they say, "Work as hard as humanly possible, train to absolute muscle failure and you will get huge." They have also said "Weak effort produces little growth. Maximum effort produces maximum growth, so you should always lift the heaviest weights!"

I (and many people I know) followed this advice for years, and while we grew a little bit it was never as much as we knew we could grow. And the general complaint was - "I am getting stronger but not really getting bigger".

We were training for bodybuilding, not weight lifting or powerlifting. So the point was to get bigger muscles not just to lift more weight. Yet, that was what was happening - we got stronger but not much bigger.

Science has known for years that the way to get the maximum increase in strength without a large increase in muscle mass was to lift progressively heavier weight for low reps and not too many sets. Yet, despite scientific evidence and studies bodybuilding gurus were still saying heavy and low volume training was the best way to build muscle mass.

The other problems with training as hard as possible each and every workout was that it led to burnout, exhaustion, illness and injuries.

These are the very signs of overtraining that the gurus warned us about. So they told us "Add more rest days", we tried that also, sometimes training only once every 7 to 10 days and each body part worked only every 2 to 3 weeks. The results? Some of us get even stronger, but still no bigger. And some of us actually get smaller and then even started to lose strength.

As a matter of fact my last try at this type of training was done under the personal supervision of the top high intensity guru, after 3 months I was a lot stronger but I had actually lost  $\frac{1}{2}$  inch off my arms.

At that point I started looking for a better way to build muscle mass, as that was my goal to be big and muscular not to just be strong.

I then tried an early version of The Muscle Express! System, and within 3 weeks gaining 1 full inch on my arms, and in the next month gained another  $\frac{3}{4}$  of an inch on them and they were much bigger than I had ever been able to get them despite years of hard training.

A woman actually came up to me and squeezed my arm and said, "Oh, my god your arm is as big as my leg". I don't know if that was true, but she seemed to think so and that made me feel like I was finally making some real bodybuilding progress.

# The Secrets

What was the secret I finally learned? The truth is that muscle mass is best built by increasing how much work you are performing within a workout period. Science has known for years that for maximum hypertrophy (muscle growth) it takes lighter weight but a higher volume of work.

An example of this is if you bench press 150 pounds 10 times. You do this for 3 sets; you will have benched 150 pounds 30 times, lifting a total volume of 4,500 pounds. If you do 4 sets the next workout your workload is now up to 6,000 pounds.

The biggest problem is most people do volume training wrong, they try to train both hard and long, this only works for people with super genetics and/or those that are using steroids. For most of us it will not work and will also lead to all the problems of overtraining.

## **Training To Failure?**

One of the biggest secrets is never take any of your sets to failure. You will only be able to do a few quality sets if you are training to failure before you have to use poor exercise technique to keep the sets and reps going.

There has never been any scientific studies showing that "failure is the trigger for muscle growth" as some would have you believe. Going to failure only means you failed - you failed to get one more rep. With The Muscle Express! System you will be training to success, meaning you will always make your reps and each workout you will accomplish more than the last.

## **The Right Way To Do Volume Training**

The right way to do volume training is to strive for a progressive workload. It isn't just "Well, how many sets should I do?" - it's a matter of each workout you increase your sets and thus your overall workload.

The way you do this is to start with a moderate weight, for example let's say you are currently curling 90 pounds for 10 reps. You take 60% of that (90 x 60% = 54 pounds) and you do sets with only 30 to 90 seconds rest in between. Do not do as many reps as you can while sticking to your fixed rep range, let's say 10 each set. Do a high amount of sets, the first few shouldn't be hard but as you keep going they will get harder. None of your sets should ever be to failure and you should always leave a little effort in reserve as you will need to do even more the next workout.

For example you take 54 pounds and do sets of curls for 10 reps each, with only 60 seconds rest between each set. On your first workout you can do 7 sets of 10 reps, without going to failure or using sloppy exercise form. On your next workout you squeeze out 9 sets, while still keeping short of failure or bad form. And the workout after that you do 10 or 11 sets. And so on each workout increasing the number of high quality sets you can do, while keeping the weight the same and resting only 30 to 90 seconds between sets.

# Why Volume Training Works to Build Muscle

Many of the most massive bodybuilders of the past achieved their huge size through high volume training. Super stars such as Arnold Schwarzenegger, Lou Ferrigno, Sergio Oliva, Dave Draper, Bill Pearl, Steve Michalik, Serge Nubret, Lee Haney, etc. all did anywhere from 20 up even as many as 70 sets per body part and all swear by it.

One of the reasons volume training works is because you target a muscle, exposing it to an increasing number of repeated efforts (sets), the muscle adapts to this extraordinary stress by hypertrophy (enlarging) the targeted fibers.

As one trains for many sets with short rest periods, the fibers most often used will start to fail and the deeper, harder to reach fibers must then take over. Volume training reaches deeper into the muscle and works more muscle fibers causing them to enlarge its size.

This type of training enhances growth hormone production. More muscle size is also caused an increase in energy substances within the muscle (such as creatine and glycogen).

Also the high volume of sets gives you a huge pump, this increasing the number of capillaries within a muscle and the volume of muscle cell fluid (sarcoplasm) the muscle holds.

I'm sure there are many more reasons why it works, but the real test is in the gym, and in the real world of the gym this type of training adds muscle very fast - some people starting on a correct volume training program easily gain ten pounds of muscle or more in only six weeks!

# The Muscle Express Training System

If you want to pack on slabs of thick, sculptured muscle to even your most stubborn body parts, then one of the most efficient ways of doing it is by using increasing volume or the system of total tonnage lifted per workout.

This type of training was developed decades ago by Russian strength coaches as a means of bulking up their weight lifters to go into a higher weight class. It works so well that their lifters easily moved up a full weight class in only a few months.

As time went on, bodybuilders began to see the results of this system, and began to use it. Vince Gironda suggested doing 3 sets of 8 for a month then, starting on the second month increasing to 5 sets of 5 reps, the third month 6 sets of 6 reps and the fourth month on 8 sets of 8 reps, then finally on to the advanced 10 sets of 10 reps. A lot of drug free muscle was built with his methods.

Other bodybuilders like Serge Nubret and Steve Michalik took volume training to the extreme of as many as even 70 sets per body part. This is likely too much for any drug free trainee.

I first learned about this type of training from a Russian strength coach, and as I said before, made the best gains of my whole life despite being an advanced lifter with over 20 years training under his belt.

For the last 5 years I have tested and refined it to where it is what I now feel is the very best system for increasing drug free muscle mass. And that is why I named it The “Muscle Express!” System.

Follow this system exactly and you will make startling gain in muscle size!

# Workout Factors

## How Many Exercises?

Since you are doing many sets of the same exercise it is best to pick exercises that involve the most muscle mass.

Take advantage of the compound exercises such as squats, bench presses, rows, dips, press overhead and barbell curls.

Focus on only one or two exercises that activate the most muscle fibers per muscle group.

## Exercise Form

We've all heard it at least a hundred times that to really work a muscle you have to eliminate momentum from your exercises. But how many of us actually do it?

A lot of bodybuilding trainers even have a suggested "tempo" for your exercises. They'll suggest something like "4-1-2". That means 4 seconds to complete the negative (lowering) portion of the exercise, a 1 second pause before starting the positive portion, and 2 seconds to complete the positive (lifting) portion. That's a total of 7 seconds per rep.

When I started Muscle Express! training I realized that in the past I had been sacrificing form in order to use bigger weights. I was building my ego more than I was building my muscles! So I decided to slow down, eliminate all momentum, and actually use the 4-1-2 guidelines. Wow! What a difference! I discovered that I could get a better workout and a huge pump.

So do all your sets in perfect form with the tempo of 4-1-2, to really work you muscle fibers.

## Rest Between Sets

There should be a minimum of rest between sets (only 30 to 90 seconds), this causes cumulative fatigue of the muscle fibers reaching deeper into the muscle working it more fully then ever before. It is very important to keep the rest time the same so use a watch to keep track, this way you don't take more time between sets and your muscles get tired later in the workout.

## How Many Reps?

Some people do better with lower reps and some do better with higher reps. This is because not everyone has the same dominant muscle fibers. Some people have more fast twitch fibers and gain fast on low reps. While other people have more slow twitch muscles and gain faster with higher reps.

How can you tell which you are and what rep range you should use? You can get an idea by performing what Arthur Jones called the "80% inroad test."



Here's how you do it - Take 80% of your one rep max on an exercise and perform as many reps as possible in perfect form. If you can do only 5 reps, then you have a majority of fast twitch fibers and need to do low reps (3 to 6). If you can perform 10 reps, then you should stay in that rep range (8 to 12). If you can perform 20 reps, you have mostly slow twitch fibers and will do better with higher rep (15 to 25).

You don't have to test every single exercise you will ever do, you can get a good idea of your overall rep range by testing one upper body pushing exercise such as the bench press, one upper body pulling exercise such as the lat pull down and one lower body exercise such as the leg press. You may find your lower body requires more reps than your upper body.

These tests are only done once prior to starting the Muscle Express! Program.

### **How Much Weight To Use?**

Once you have found your correct rep range, you can now choose your starting weights. This is a simple matter of using 60% of the weight you used for that rep range. For example, if you did 8 reps with 300 lbs in the leg press –  $300 \times 60\% = 180$ . Note, even if you start at 60% and you find you are not able to get in many sets in good form, you should lower the weight, then work back up over time.

### **How Many Sets?**

On your first workout do as many sets as you can without too much strain, then each workout add more sets. For example, take the 180 pounds you chose for the leg press, and on your first workout you do 8 sets, your next workout try for 10 sets, your next workout 12 sets, etc.

You will want to work up to doing an average of 10 to 20 sets per exercise. And at times to the extreme of as much as 30 to 40 sets per body part.

### **When To Add Weight?**

You will keep the weight the same all your sets and each and every workout until you have worked up to a very high number of sets per exercise. Then you will add some weight while cutting back to a lower number of sets and then over the next many workouts work the sets back up to a high number (more on exactly how to do this later).

### **How Much Weight To Add?**

Many people will add too much weight, and then have to do the exercise in poor form. The right way to do it is to only add 5% and never more than 10% each time you up the weight. That means if you are doing lateral raises with 10 pound dumbbells, you don't go up to 15 pounds as that would be a 50% increase, you do up to only 10 ½ to 11 pounds. In our example above with the 180 pounds leg press, after you have reached a high number of sets (10 to 20) you would add 5% ( $180 \times 5\% = 9$  pounds – round this off to 10 pounds). So your next workout you do 190 pounds for a lower amount of sets then work the sets back up again, etc.

## **How Long And How Often To Workout?**

As a natural bodybuilder, you don't want to work out too long or too often. Studies have shown that after an hour of weight training, your growth hormone and testosterone levels start to drop and your cortisol levels (cortisol is catabolic hormone, which is what you don't want, a hormone that breaks down things, rather than build things up) will start to rise. So, you want to keep your workouts under one hour, this should not be a problem as you are limiting the time you rest between sets.

So the important rule is to do all workouts in only one hour or less.

Also because of the intense workload you will be handling, you will need time to recover. It is best for the natural bodybuilder to get at least one rest day for every training day and to train each body part about every four to five days (sometimes once every seven days when doing very high workloads). The Muscle Express! Program workout routines (listed out in detail later) will show you exactly how to do this.

## **The Importance of a Training Journal**

Keeping a record of what you do and how you do it is vital to bodybuilding success. I think keeping a journal is one of the best things I've done to help myself consistently improve. If you keep track of what you've done in the past, it will be easier for you to see what works for you. You can then repeat these actions to insure your future success.

There is an old saying - "The palest of ink is better than the best memory."

I've never understood why people want to come to the gym time after time, repeating exactly what they've done before. That is not progress, my friend.

In order to improve and make gains, your training must be progressive in some manner. You can make progress 3 different ways:

1. Do more sets with the same weight
2. Do more weight than the previous session
3. Reduce the rest times between your sets

If you don't remember exactly what you did in your previous training sessions, how do you expect to exceed it? I'll be willing to bet if you just finally discipline yourself to start keeping a training journal, you'll increase your gains within 30 days or less.

## **Tips on How To Keep a Good Training Journal**

1. Write down the time of day you worked out.
2. Write down how much weight you used in your exercises and the number of reps and sets.
3. Write down how the movements felt, i.e. "30s are too light."

4. Write down how you looked and what was going on in your mind.
5. Write down what you wore or what music you listened to.
6. Write down what you ate and when you ate it.
7. Write down how you looked when you woke up, went to sleep, etc.
8. Write down how much cardio you did.
9. Write down how much you weigh.
10. Write down the other aspects of your life i.e., if you had a good day, a bad day, it was raining, you had a fight with your girlfriend. This will help you attribute outside factors into your performance in the gym.

Let's suppose you had a bad workout on February 1st and you can't figure out why since your diet and supplementation were the same as your last training session. If you see an entry in your journal that you got a bad grade on a test that morning, you might find the reason your training sucked that day was that your head wasn't into it. This would stop you from radically changing your training, diet or supplementation based on bad information.

A training and dietary journal will be your best friend when assessing progress.

## **Tracking Your Muscle Building (And/Or Fat Loss) Progress**

How do you know if your gains/loses are muscle or fat? The simplest way is to use the scale and a mirror. But, these methods can be deceiving at times.

The mirror sometimes shows us a distorted picture; of course you look huge right after your workout when you are all pumped up. And also sometimes depending on the lighting, etc. you can look bad and great all on the same day.

And those ups or downs you see on the scale may mean gains in fat, or even worse - loss of muscle!

So what really is the best way to measure your progress?

If you really want to know if your gains and losses are muscle or fat, here's the way to do it:

Step 1: Weigh yourself.

You need a baseline measurement of your weight for figuring out the rest of the formula.

Step 2: Measure your body fat.

While there are several ways to accomplish this, one of the easiest and least expensive ways is to use a body fat caliper. Nowadays, you can pick one up for about \$20. Follow the instructions with the device to determine the ratio of lean weight to fat in your body.

Step 3: Multiply your weight by your measured body fat percentage to find out how much fat you're lugging around. Record your answer for future measurements.

Example: 175 lbs. X 14% = 24.5 lbs of fat

Step 4: Subtract the amount of fat (in pounds) from your original bodyweight in Step 1.

Example: 175 lbs. (original weight) - 24.5 lbs (of fat) = 150.5 lbs lean body weight.

Step 5: Perform Steps 1-4 again approximately 3-6 weeks later. Then compare your results with your previous reading.

Example: Let's say your first measurements were:

Weight - 175 lbs

Body fat % Reading - 14%

$175 \times 14\% = \text{about } 24.5 \text{ lbs of fat}$

$175 - 24.5 = 150.5 \text{ lbs lean bodyweight}$

Now, for your second measurements you get:

Weight - 180 lbs

Body fat % Reading - 13%

$180 \times 13\% = \text{about } 23.4 \text{ lbs of fat}$

$180 - 23.4 = 156.6 \text{ lbs of lean body weight}$

If you now compare your second readings with your first, you can see that:

You gained 5.1 lbs of muscle (from 150.5 lbs lean in first reading to 156.6 in the second); and you lost 1.1 lbs of fat (from 24.5 lbs of fat in first reading to 23.4 lbs in the second).

Note: Body fat calipers are the cheapest and best way to go.

Many people try to use electronic body fat measuring tools. But they are a waste of money, if you read the manual it says "not intended for people using a muscle building workout".

These electronic tools are calibrated with data of people who have average body fat and muscle levels. But if you workout with weights you don't have an average body composition. The results will be off because of this and will not accurately measure your progress.

# Overtraining

Overtraining is the enemy of progress. It is a syndrome in which your body catabolizes its lean muscle as fuel due to putting too much a demand on your body.

Training too hard, too often and for too long causes your body to go into a state of shock and causes it to store your food as energy and use your muscles as food. Quite the opposite of what we as bodybuilders want, huh?

Chronic overtraining will cause you to grow weaker and get smaller. Roughly translated, if you are not progressing, you may need cut back. Most people think that if they are getting weaker they aren't working hard enough so they push harder, longer and more often, putting them deeper and deeper into the overtraining trap.

Signs and Symptoms of Overtraining:

1. A loss of appetite.
2. A lack of motivation to train.
3. Irritability.
4. Insomnia.
5. Unexplained loss of muscle size and strength.

The Muscle Express! Program is designed to avoid chronic overtraining. But if you have now or develop these symptoms and they don't go away, I advise you to take 2 to 3 weeks off for recovery and evaluate your training. Find out where the problem lies, fix it, and get motivated for your new workout!

## **Nutrition And Rest**

It is a big mistake to think you can make progress without proper nutrition and enough sleep and rest. Your workouts are only one part of the three important aspects of muscle building, the three parts are: Training, Nutrition and Rest - all must be of the highest quality if you want to make the best gains.

Trying to build muscle on a diet that is too low in protein and calories is like trying to do build a house with no bricks. You need a lot of protein and calories to build an impressive muscle mass.

During this program be sure that you're getting eight to ten hours of good restful sleep each and every night. Getting only five or six hours a night or having too much stress in your life will hold back your or even stop all your muscle building results. It is also recommended that you take a 15-30 minute power nap some time during the day. For information on stress relief see the section on Mental/Motivational Training.

# Overreaching

The concept of overreaching is that you at times push the limits of what you have done in the past and reach a new personal record. This is called training on the edge and for a short time you walk that fine line between peak training and overtraining.

The main difference between overtraining and overreaching is time. Overtraining is a more chronic situation, and to reach that stage takes time. It is not something that can happen in a couple of days: it may take weeks of training too heavy, too hard, and too long to become overtrained. By then you will see the classic signs: fatigue, loss of appetite, lack of strength, muscle loss, insomnia, etc.

The main difference between the two is that overreaching is for a short period and stops before your body start to break down. Therefore the key to overreaching is to avoid overtraining, and the trick is to know when to back off.

Ok, let's look at how the applies to The Muscle Express! Program. You are taking a weight 60% of what you can to for your chosen rep range, and you do a high volume of sets with it avoiding failure and poor form. Each and every workout you will add more high quality sets.

The above program works wonders in building muscle size. But after about 3 to 6 weeks the gains stop coming. Why? You have reached your limit and if keep doing the same number of sets using the same weights you won't get any bigger.

This is because you have reached the peak of your abilities and are now into overreaching, if you keep pushing it you will enter into overtraining and your body will break down on you if you keep giving it too much work. Your body won't be able to catch up to the demand placed up it. So what should you do?

The correct and most effective thing to do at this point is to add 5% more weight to your exercises and to suddenly and drastically cut back on the amount of sets you are doing.

You should hit a new growth spurt. Why? Your body finally had a chance to catch up and grow. This is very similar to Leo Costa's program (Bulgarian Burst) where you ramp up to overtraining then back off to let your body catch up. It's called Hyperacceleration (pushing to the verge of overtraining) and Hyperadaptation (a period of fast growth) and was first used in Bulgaria by their Olympic weight lifters.

Something else also happens - you go through a "softening up" period, giving your body a period of de-conditioning, making it that much more liable to grow the next time you ramp your sets back up.

The practical way to do this is if you started with 6 sets of bench press at 150 pounds, after 4 weeks or so you work up to doing 12 sets, but you now feel you are on the verge of overtraining. The next workout you add 5% and you cut back drastically on the sets, but still try to do more then you started with last time. For example you do the bench press with 157.5 pounds and do 7 sets. Now over the next few weeks you ramp back up and try to beat your last number of sets, so you would need to work up to 13 to 14 sets to get a new personal record, then you would again add weight and cut back the sets, etc.

Push it hard, then cut back. It works big time!

# The Muscle Express! Program Workouts

Now that you know the rules it's time to workout, the following are the best workout routines to use.

For most of these programs you will use an Every Other Day Split Routine. As I have said before a natural bodybuilders does best when every workout day is followed by at least one rest day. With the Every Other Day Split Routine, you do half your body (Workout A) rest one day, then do the other half of you body (Workout B), rest a day, etc.

If you feel you need more recovery or would like to have the weekends off switch to the Rotation for Recuperation Routine. For the first week do Workout A on Monday, Workout B on Wednesday and Workout A again on Friday. The Second week do Workout B on Monday, Workout A on Wednesday and Workout B again on Friday, etc.

Whichever of the above you choose, realize they are not written in stone, sometime you may feel like you really need one more rest day as you feel tired or sore from your last workout, if this happens take the extra rest day, your body will thank you for it with more muscle growth.

## The Basic Program

### Workout A

**Barbell Squat or Leg Press - weight 60 % for given rep range x maximum sets**

**Bench Press - weight 60 % for given rep range x maximum sets**

**Barbell Curls - weight 60 % for given rep range x maximum sets**

### Workout B

**Lat Pulldowns - weight 60 % for given rep range x maximum sets**

**Press Over Head - weight 60 % for given rep range x maximum sets**

**Tricep Extensions - weight 60 % for given rep range x maximum sets**

**Standing Calf Raises - weight 60 % for given rep range x maximum sets**

**Rest only 60 seconds between each set. And 2 to 5 minutes between each exercise.**

# The Super Set Program

**This involves doing two different exercises with no rest in between. You will get very big pumps when using this method.**

## **Workout A**

**Barbell Squat or Leg Press super set with  
Leg Curl - weight 60 % for given rep range x maximum super sets**

**Leg Extension super set with  
Stiff Leg Deadlift - weight 60 % for given rep range x maximum super sets**

**Barbell Curl super set with  
Over Head Tricep Extension - weight 60 % for given rep range x maximum super sets**

**Dumbbell Curl super set with  
Tricep Pushdown - weight 60 % for given rep range x maximum super sets**

## **Workout B**

**Bench Press super set with  
Barbell or Cable Row - weight 60 % for given rep range x maximum super sets**

**Press Over Head super set with  
Lat Pulldown - weight 60 % for given rep range x maximum super sets**

**Fly or Pec Deck super set with  
Read Delt Machine or Rear Dumbbell Laterals - weight 60 % for given rep range x  
maximum super sets**

**Standing Calf Raises - weight 60 % for given rep range x maximum sets**

**Rest only 90 seconds between each super set.**



# The Basic Plus Isolation Program

For each body part you will use 2 exercises one a basic compound exercise and the other will be an isolation exercise.

## Workout A

**Barbell Squat or Leg Press - weight 60 % for given rep range x maximum sets**

**Leg Extension - weight 60 % for given rep range x maximum sets**

**Bench Press - weight 60 % for given rep range x maximum sets**

**Fly or Pec Deck - weight 60 % for given rep range x maximum sets**

**Barbell Curls - weight 60 % for given rep range x maximum sets**

**Dumbbell Curls - weight 60 % for given rep range x maximum sets**

## Workout B

**Lat Pulldowns - weight 60 % for given rep range x maximum sets**

**Pullover Pulldowns - weight 60 % for given rep range x maximum sets**

**Press Over Head - weight 60 % for given rep range x maximum sets**

**Dumbbell Lateral Raise - weight 60 % for given rep range x maximum sets**

**Tricep Extensions - weight 60 % for given rep range x maximum sets**

**Tricep Kickbacks - weight 60 % for given rep range x maximum sets**

**Standing Calf Raises - weight 60 % for given rep range x maximum sets**

**Seated Calf Raises - weight 60 % for given rep range x maximum sets**

**Rest only 60 seconds between each set. And 2 to 5 minutes between each bodypart.**

# The Pre Fatigue Program

For this program you will do the isolation exercise first then with no rest do the basic exercise. This will get you to dig into deeper muscle fiber and also create a awesome pump in the target muscle. You will have to lower the weight you would normally use in the basic exercise.

## Workout A

Leg Extension - weight 60 % for given rep range super set with  
Barbell Squat or Leg Press - weight 40 to 50 % for given rep range x maximum super sets

Fly or Pec Deck - weight 60 % for given rep range super set with  
Bench Press - weight 40 to 50 % for given rep range x maximum super sets

Barbell Curls - weight 60 % for given rep range super set with  
Close Grip Palm Up Pulldowns - weight 40 to 50 % for given rep range x maximum super sets

## Workout B

Pullovers - weight 60 % for given rep range super set with  
Barbell or Cable Row - weight 40 to 50 % for given rep range x maximum super sets

Dumbbell Lateral Raise - weight 60 % for given rep range super set with  
Press Over Head - weight 40 to 50 % for given rep range x maximum super sets

Tricep Kickbacks - weight 60 % for given rep range super set with  
Close Grip Bench Press - weight 40 to 50 % for given rep range x maximum super sets

Rest only 90 seconds between each super set. And 2 to 5 minutes between each body part.

# The Mass And Power Program

**The Muscle Express! Program will build muscle mass as fast as possible but you will not be building strength or power quite as fast. For those of you that want to lift a lot of weight along with being big, this program is for you.**

**Here you will alternate strength-training workouts with volume training workouts.**

## **Workout A (volume)**

**Barbell Squat or Leg Press - weight 60 % for given rep range x maximum sets**

**Leg Extension - weight 60 % for given rep range x maximum sets**

**Bench Press - weight 60 % for given rep range x maximum sets**

**Fly or Pec Deck - weight 60 % for given rep range x maximum sets**

**Barbell Curls - weight 60 % for given rep range x maximum sets**

**Dumbbell Curls - weight 60 % for given rep range x maximum sets**

**Add more sets each workout Rest only 60 seconds between each set. And 2 to 5 minutes between each body part.**

## **Workout B (volume)**

**Lat Pulldowns - weight 60 % for given rep range x maximum sets**

**Pullover Pulldowns - weight 60 % for given rep range x maximum sets**

**Press Over Head - weight 60 % for given rep range x maximum sets**

**Dumbbell Lateral Raise - weight 60 % for given rep range x maximum sets**

**Tricep Extensions - weight 60 % for given rep range x maximum sets**

**Tricep Kickbacks - weight 60 % for given rep range x maximum sets**

**Standing Calf Raises - weight 60 % for given rep range x maximum sets**

**Seated Calf Raises - weight 60 % for given rep range x maximum sets**

**Add more sets each workout. Rest only 60 seconds between each set. And 2 to 5 minutes between each body part.**

**Workout C (strength)**

**Barbell Squat or Leg Press – max weight for 6 to 8 reps for only 1 or 2 sets**

**Leg Extension - max weight for 6 to 8 reps for only 1 or 2 sets**

**Bench Press - max weight for 6 to 8 reps for only 1 or 2 sets**

**Fly or Pec Deck - max weight for 6 to 8 reps for only 1 or 2 sets**

**Barbell Curls - max weight for 6 to 8 reps for only 1 or 2 sets**

**Dumbbell Curls - max weight for 6 to 8 reps for only 1 or 2 sets**

**Add weight or reps each workout. Rest 3 to 5 minutes between exercises.**

**Workout D (strength)**

**Lat Pulldowns - max weight for 6 to 8 reps for only 1 or 2 sets**

**Pullover Pulldowns - max weight for 6 to 8 reps for only 1 or 2 sets**

**Press Over Head - max weight for 6 to 8 reps for only 1 or 2 sets**

**Dumbbell Lateral Raise - max weight for 6 to 8 reps for only 1 or 2 sets**

**Tricep Extensions - max weight for 6 to 8 reps for only 1 or 2 sets**

**Tricep Kickbacks - max weight for 6 to 8 reps for only 1 or 2 sets**

**Standing Calf Raises - max weight for 6 to 8 reps for only 1 or 2 sets**

**Seated Calf Raises - max weight for 6 to 8 reps for only 1 or 2 sets**

**Add weight or reps each workout. Rest 3 to 5 minutes between exercises.**

# The One Muscle Group Per Day Program

**This is a good pre content or peaking routine. With this routine you will train each muscle group with many exercises to hit it from all angles. You will do as many as 30 to 40 sets per muscle group and then give it 7 days rest before you work it again. You will Train Monday through Friday and take the weekends off.**

## **Monday Is Chest Day**

**Bench Press - weight 60 % for given rep range x maximum sets**

**Incline Bench Press - weight 60 % for given rep range x maximum sets**

**Dumbbell Fly or Pec Deck - weight 60 % for given rep range x maximum sets**

**Dips - weight 60 % for given rep range x maximum sets**

## **Tuesday Is Back Day**

**Barbell or Cable Row - weight 60 % for given rep range x maximum sets**

**Lat Pulldowns - weight 60 % for given rep range x maximum sets**

**Pullover - weight 60 % for given rep range x maximum sets**

## **Wednesday Is Shoulder Day**

**Press Over Head - weight 60 % for given rep range x maximum sets**

**Side Lateral Raise - weight 60 % for given rep range x maximum sets**

**Rear Lateral Raise or Read Delt Machine - weight 60 % for given rep range x maximum sets**

**Barbell Shrugs - weight 60 % for given rep range x maximum sets**

## **Thursday Is Leg Day**

**Barbell Squat or Leg Press - weight 60 % for given rep range x maximum sets**

**Leg Extension - weight 60 % for given rep range x maximum sets**

**Leg Curl - weight 60 % for given rep range x maximum sets**

**Stiff Leg Deadlift - weight 60 % for given rep range x maximum sets**

**Standing Calf Raises - weight 60 % for given rep range x maximum sets**

**Seated Calf Raises - weight 60 % for given rep range x maximum sets**

**Friday Is Arm Day**

**Barbell Curls - weight 60 % for given rep range x maximum sets**

**Supernating Dumbbell Curls - weight 60 % for given rep range x maximum sets**

**Dumbbell Hammer Curls - weight 60 % for given rep range x maximum sets**

**Overhead Tricep Extentions - weight 60 % for given rep range x maximum sets**

**Tricep Pushdowns - weight 60 % for given rep range x maximum sets**

**Tricep Kickbacks - weight 60 % for given rep range x maximum sets**

**Wrist Curl - weight 60 % for given rep range x maximum sets**

**Reverse Wrist Curl - weight 60 % for given rep range x maximum sets**

**Rest only 60 seconds between sets and exercises.**

**Relax and recover over the weekend.**

# The Race the Clock Program

**As said before there are 3 ways to increase workout intensity, you can use more weight, do more sets or rest less between sets. With this program you pick any of the above workouts And use the following rest intervals.**

**Week 1 = 90 seconds rest between sets.**

**Week 2 = 75 seconds rest between sets.**

**Week 3 = 60 seconds rest between sets.**

**Week 4 = 45 seconds rest between sets.**

**Week 5 = 30 seconds rest between sets.**

**Each week you still try to increase sets if you can, by the time you reach week 5 it's time to back off add weight add rest time and cut back on the sets, then build back up again for the next 5 weeks.**

# WEIGHT GAINING DIET

If your goal is to gain weight, I am including the type of diet you should follow to gain some good muscular bodyweight. Diet is very important, a lot of my trainees don't gain until they start eating a very large amount of protein, it makes a big difference. I don't expect you to dive in and eat all this the first day, I want you to eat progressively (just like you will train progressively) try to eat a bit more each week.

## BREAKFAST

meat 1/4 lb  
3 eggs  
2 slices wheat toast  
milk or protein drink

## SNACK

cottage cheese 1/4 lb  
fruit  
milk or protein drink

## LUNCH

Tuna Sandwich (6 oz tuna)  
cottage cheese 1/4 lb  
salad  
milk or protein drink

## SNACK

cheese sandwich 2 oz cheese  
milk or protein drink

## DINNER

Chicken 8 oz  
baked potato  
cooked vegetable  
salad  
milk or protein drink

## SNACK

2 eggs hardboiled  
fruit  
milk or protein drink



# FAT LOSS DIET

If your goal is to build muscle and lose fat but not to gain weight, I am including the type of diet you should follow to lose fat while building strength and muscle. Don't expect to gain weight on this diet but you should look much more hard and cut while staying about the same weight.

Please do not under estimate the simplicity of this diet or make any changes or additions. The true secret to this is to get your fat burning rate up and the metabolism working at peak performance.

Here are your food choices:

Protein:

Skinless Chicken  
Egg whites  
Extra Lean Steak  
Turkey  
Fish

Starchy Carbohydrates:

Beans (lima)  
Beans (red)  
Corn  
Oatmeal  
Potato (white)  
Rice (brown)  
Squash  
Sweet potato  
Shredded wheat  
Yams

Fiberious Carbohydrates:

Asparagus spears  
Beans (green)  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumbers  
Eggplant

Lettuce (iceburg)  
Mushrooms  
Peppers (green, red)  
Spinach  
Onions  
Tomatoes  
Zucchini

Here is how to use the food choices:

Meal one:  
Protein Source and a starchy carbohydrate  
(for example, 8 egg whites and 1/2 cup oatmeal)

Meal two:  
6 oz Protein, a starchy carbohydrate and a fiberious carbohydrate  
(for example, 1 chicken breast, 1/2 cup brown rice and 1/2 cup broccoli)

Meal three to five:  
Same as meal two.

Meal six:  
6 oz Protein and a fiberious carbohydrate  
(for example, 6 oz Turkey and 1 1/2 cups lettuce and tomato salad)

Make all your food ahead of time and when at work or traveling, put the food in small plastic bags and pack a spoon, then you are never stuck for what to eat.

Also, here is a little trick, if you drink lots of cold water (about 40 degrees fahrenheit) your body is forced to burn extra calories to keep it's core temperature of 98.6. Keep the water in the frig or put ice cubes in it and keep it in an insulated bottle.

# Bodybuilding Supplement Stacks for Muscle Building and Fat Burning

You can improve your workout results with these "Super Stacks". We've picked the best products that will help you build muscle mass while sculpting your body for that ripped look. Here are some of the best combinations for optimal muscle growth and fat loss.

## **Muscle Mass Stack**

### **Hardcore Steroid-Like Combo!**

**Andro-Shock** - May be the most potent legal testosterone stack sold as a safe alternative to steroids with 7 dietary supplement ingredients that are believed to help boost your body's natural testosterone levels. Increased testosterone levels lead to greater gains in strength, energy, and faster muscle-healing. The total benefits of this Andro Supplement are synergistic, meaning when certain supplements are combined, their overall net effects are enhanced.

**Nitrobol** - We feel that Nitrobol is the best protein "supplement" ever. Nitrobol is pre-digested and fully absorbed in less than 23 minutes. This means the muscle-building aminos get to your muscle cells FAST to induce and support muscle hypertrophy (growth). Dietary protein takes 3 to 4 hours to be digested. Delivers all the essential amino acids that athletes and bodybuilders need to pack on muscle mass

**Pumped Extreme** - Introducing the world's only 100% absorption creatine for maximum results! Mixed with potent cell volumizers, patented buffered creatine monohydrate Kre-Alkalyn complex. Replenish your ATP stores and get much better absorption of Creatine, greatly enhanced energy and muscle strength will result!

**Get this stack for a special discounted price at**

[http://www.trulyhuge.com/supplement\\_stacks.html](http://www.trulyhuge.com/supplement_stacks.html)

## **Fat Burning Stack**

### **Lose Fat While Maintaining or Even Gaining Lean Muscle!**

**Herbal Fat Melter** - Turn your body into a fat burning furnace with this new Ephedra Free Herbal Fat Burner. Natural herbal extract burns fat faster and more effectively than many other products. You can be burn a tremendous amount of fat, while preserving your muscle tissue.

**Ecdy-Bolin** - Increase Lean Muscle Mass While Reducing Body Fat The most often quoted ecdysterone scientific study was published in Scientific Sports Bulletin by S. Simakin in 1988. Those who used protein plus ecdysterone showed a 6-7% increase in lean muscle tissue with nearly a 10% reduction in fat! Let me say that again: A 10% reduction in fat and a 7% increase in lean muscle tissue in just 10 days!

**Get this stack for a special discounted price at**

[http://www.trulyhuge.com/supplement\\_stacks.html](http://www.trulyhuge.com/supplement_stacks.html)

# Mental/Motivational Training

We all know how important the mind is to training, it has even been said that "Your mind is your strongest muscle."

I have studied and tested all types of mental training and the only one that I endorse is Dianetics, it has stood the test of time, and it gets awesome results on a consistent basis. Dianetics will give you a true understanding and control of your mind, it shows you how to locate the blocks and barriers to your full potential and totally handle them.

Get the book "Self Analysis" by L.Ron Hubbard, you should be able to get it at your local library or book store but if not you can order it directly from Bridge Publications, Inc. by calling 1-800-722-1733, it costs only \$6.99 for the paperback version. Use the techniques exactly as the book says, for about 15 to 30 minutes every day and you will be surprised at how much of a difference it will make in your training and in your life.

# Exercise Descriptions & Video Demonstrations

## Barbell Squat

Primary Muscle

Quads

Secondary Muscles

Hamstrings, Lower Back, Glutes

Equipment Needed

Squat Rack, Barbell

Mechanics Type

Compound

Proper Exercise Technique

Step into the squat rack and adjust the pins so that you can easily un-rack the bar. You should also make sure that the safety catches are in place in case you can't lift the weight out of the bottom position. Space your feet slightly wider than shoulder-width apart with your toes pointing slightly outward and rest the bar on your lower traps and rear shoulders. Grip the bar with your hands spaced evenly apart and clear the bar off of the pins. Keeping your head up and abs tight, take a step back. Make sure that you are in a secure position with the bar balanced and with a solid base. Start the movement by bending at the knees and squatting down toward the floor. As you squat down make sure that your head is up, your abs are tight and your lower back is arched. Continue to descend until your thighs are at least parallel to the ground. Once you reach the bottom, drive the weight back up until you are in a standing position. Continue until you have completed your desired number of reps and then re-rack the bar.

Tips: Squats are a big power movement and it is important that you use good form at all times. If you get sloppy by using momentum or twisting and jerking around you will be at high risk for an injury. Make sure that your abs are tight at all times and that your head is up. Your lower back should also be arched throughout the exercise rather than rounded out. When you reach the standing position, don't lock your knees out, as this will stress the joints. You should start out by using very light weights until you get a good feel for the lift and can execute it with perfect form.

Barbell Squat Video <http://www.criticalbench.com/exercises/barbell-squat.htm>

## Leg Extensions

Primary Muscle

Quadriceps

Secondary Muscles

None

Equipment Needed

Leg extension machine

Mechanics Type

Isolation

Proper Exercise Technique

Position your body in the leg extension machine and adjust the leg pad so that it is resting on your ankles. Grip the handles and fully extend your legs until you feel a full contraction in your quads. Pause briefly at the top to squeeze your quad muscles and then lower the weight back to the starting position.

Tip: Remember to use a full range of motion on this exercise by fully extending your legs and getting a good stretch at the bottom. Do not allow your legs to rest at any point during the movement because this will take the tension off of your quads and will decrease the amount of muscle stimulation you can achieve.

Leg Extensions Video <http://www.criticalbench.com/exercises/leg-extensions.htm>

## Leg Press

Primary Muscle

Quads

Secondary Muscles

Hamstrings, Lower Back, Glutes

Equipment Needed

leg press machine

Mechanics Type

Compound

Proper Exercise Technique

Sit down in the leg press machine and place your feet on the upper half of the platform spaced slightly wider than shoulder-width apart. With your toes pointing slightly outward, press the weight up, remove the stoppers and grip the handles firmly. Lower the weight down as far as you can without putting any stress on your lower back. Drive the weight back up to the starting position but don't lock your knees out at the top. When you have completed your set, put the stoppers back in place and set the weight down.

Tips: It is important to use a full range of motion on this exercise instead of piling on the weight and only performing half reps. Lower the weight down as far as you comfortably can to maximize muscle stimulation. Also remember not to lock your knees out at the top of the movement as this will keep the stress on your thigh muscles at all times and will prevent injuries to the knee joints.

Leg Press Video <http://www.criticalbench.com/exercises/leg-press-exercise.htm>

## Lying Leg Curls

Primary Muscle

Hamstrings

Secondary Muscles

None

Equipment Needed

Lying leg curl machine

Mechanics Type

Isolation

Proper Exercise Technique

Position your body in the leg curl machine by lying face down and gripping the handles in front of you. Adjust the leg pad so that it rests on your ankles. Keep your body flat against the machine and curl the weight towards your body. Squeeze your hamstrings at the top of the movement and then lower the weight back to the starting position.

Tip: Use a full range of motion on this exercise by curling the weight as high as possible and allowing for a full stretch at the bottom. In order to keep the tension on your hamstrings at all times, do not rest the weights at the bottom of the movement.

Lying Leg Curls Video <http://www.criticalbench.com/exercises/leg-curls.htm>



## Stiff Legged Deadlift

Primary Muscle

Hamstrings

Secondary Muscles

Lower back, glutes, shoulders, lower back, upper back

Equipment Needed

Barbell

Mechanics Type

Compound

Proper Exercise Technique

Pick up a barbell off the ground using power from your legs (not your back). Space your feet slightly narrower than shoulder-width apart and hold the bar with an overhand grip just outside of your legs. Keeping a slight bend in your knees, bend forward at the waist and lower the weight toward the ground. As you lower the weight your lower back should remain arched, as this will keep the tension on your hamstrings throughout the entire exercise. Lower the weight down until you feel a full stretch in your hamstrings. The distance that you are able to lower the bar will vary from person to person and will depend on body structure and flexibility. Once you feel a full stretch in your hamstrings, pull the weight back up into the standing position but stop just short of being fully erect. By not allowing your body to stand up completely straight you will keep the stress on your hamstrings at all times.

Tip: It is extremely important that you do not round out your lower back at any point during this exercise but instead maintain a slight arch at all times. In order to keep your back flat, really focus on sticking your butt out and keeping the bar close to your body. You must also remember to keep a slight bend in your knees as you perform your reps as this will keep the tension on the hamstrings and will minimize your risk of injury.

Stiff Legged Deadlift Video <http://www.criticalbench.com/exercises/stiff-legged-deadlift.htm>

## Standing Calf Raise

Primary Muscle

Calves (Gastrocnemius and the Soleus)

Secondary Muscles

None

Equipment Needed

Calf Raise Machine

Mechanics Type

Isolation

Proper Exercise Technique

Getting started: Get your shoulders situated under the pads of the calf machine or under the bar if you are doing these on a Smith machine. Then, situate your feet on the platform or block. The platform you use should be high enough to get a really deep stretch on the calves at the bottom of the motion. Make sure your feet are pulled all the way back off the edge with the balls of your feet still securely on the platform. You can do these in a variety of foot position angles to target different parts of the calves. If you do not already have some significant calf development, don't do these different foot positions immediately. Stick with the basics for a while.

For the first toe position, put your feet about six to eight inches apart with your toes pointing straight ahead. That is the basic form for most calf exercises. If you are trying to target the inner calf, put your heels together and point your toes out. If you are trying to target your outer calf the put your toes together with your heels pointing out.

Start at the top by standing up on your tip toes as high as you can, flexing the calves and holding the contraction for a second, then releasing slowly (inhale here) into a deep stretch. Pause at the bottom for a second, absorbing the stretch into the calf, then flex it back up to the starting position (exhale here). The key to great form is getting the full range of motion and flexing at the top.

Standing Calf Raises Video <http://www.criticalbench.com/exercises/standing-calf-raises.htm>

## Seated Calf Raise

Primary Muscle

Calves

Secondary Muscle

None

Equipment Needed

Seated calf raise machine

Mechanics Type

Isolation

Proper Exercise Technique

Place the balls of your feet on the platform and secure your knees under the pads. Remove the stopper and fully extend your calves by letting your heels come down as far as you can. Using only your calves, drive the weight by coming up on your toes until your calves are fully flexed. Pause briefly at the top and then lower your heels back down. Continue until you do all your reps and then put the stopper back in place.

Tip: Make sure to use only your calves during this exercise. Avoid rocking your body and using momentum to lift the weight.

Seated Calf Raise Video <http://www.criticalbench.com/exercises/seated-calf-raises.htm>

## Barbell Bench Press

Primary Muscle

Chest

Secondary Muscle

Shoulders, Triceps, Back

Equipment Needed

Flat Bench, Barbell

Mechanics Type

Compound

Proper Exercise Technique

Lie down on the bench with your feet, butt and shoulders firmly planted on the ground. Space your hands evenly across the bar slightly wider than shoulder width. Un-rack the weight and lower the bar until it makes contact with the lower portion of your chest. Drive the weight back up into the starting position and complete this motion until you have done all your reps.

Tips: The bar should always come to a complete stop after it touches your chest. It is very important that you do not bounce or jerk the weight up using momentum. You should also make sure to keep your butt planted on the bench at all times throughout the lift, and also try not to arch your back too much. In order to avoid injury and stress, do not lock your elbows out at the top of the movement.

Barbell Bench Press Video <http://www.criticalbench.com/exercises/barbell-bench-press.htm>

## Chest Dip

Primary Muscle

Chest

Secondary Muscle

Shoulders, Triceps, Back

Equipment Needed

Dip Bars

Mechanics Type

Compound

Proper Exercise Technique

Instructions

Preparation

Mount a wide dip bar with an oblique grip. Step down onto assistance lever.

Execution

Push body up with elbows away from body and hips slightly bent. Lower body until chest is slightly stretched. Repeat.

Chest Dip Video <http://www.exrx.net/WeightExercises/PectoralSternal/AsChestDip.html>

## Dumbbell Fly

Primary Muscle

Chest

Secondary Muscle

None

Equipment Needed

Flat Bench, Dumbbells

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Grasp two dumbbells. Lie supine on bench. Support dumbbells above the chest with the arms fixed in a slightly bent position. Internally rotate shoulders so elbows to the sides.

Execution

Lower dumbbells to sides until chest muscles are stretched with elbows fixed. Bring dumbbells together in a hugging motion until dumbbells are nearly together. Repeat.

Dumbbell Fly Video <http://www.exrx.net/WeightExercises/PectoralSternal/DBFly.html>

## Pec Deck

Primary Muscle

Chest

Secondary Muscle

None

Equipment Needed

Pec Deck Machine

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Sit in machine with back on pad. If available, push foot lever until padded lever moves forward. Place forearms on padded lever. Position upper arms approximately parallel. Release foot lever.  
Execution

Push levers together. Return until chest muscles are stretched. Repeat.

Pec Deck Video <http://www.exrx.net/WeightExercises/PectoralSternal/LVPecDeckFly.html>

## Bent-Over Barbell Rows

Primary Muscle

Mid-Back, Lats (Latissimus Dorsi)

Secondary Muscles

Lower Back (Erector Spinae), Biceps

Equipment Needed

Barbell

Mechanics Type

Compound

Proper Exercise Technique

Using an overhand grip, hold the bar just inside of shoulder width. Pick the bar up off the ground and place your feet about shoulder width apart. Position your back so that it is slightly above parallel to the ground and full extend your arms toward the ground. Keeping your back flat and arched, pull the weight up to the area just below your rib cage. Keep your elbows close to your body throughout the entire movement and squeeze your back together as the bar touches your body. Hold the bar in the contracted position for a brief second and then lower the weight back to the starting position.

Tip: It is very important that you do not round out your lower back as you perform this exercise as this could easily lead to an injury. Instead, focus on sticking your butt out and keeping a nice arch in your lower back. It is also okay to move naturally throughout the exercise and allow your back to rise up slightly as you lift the weight.

Variation: This exercise can be performed with either an overhand grip or an underhand grip.

Barbell Row Video <http://www.criticalbench.com/exercises/bent-over-barbell-rows.htm>



## Lat Pulldowns

Primary Muscle

Lats

Secondary Muscles

Biceps, Rhomboids

Equipment Needed

Lat pulldown machine and wide bar attachment

Mechanics Type

Compound

Proper Exercise Technique

Grip the bar about 6-8 inches wider than shoulder width with your palms facing out. Adjust the lap bar so that your body is held firmly in place throughout the entire exercise. Start the exercise with your arms fully extended so that you feel a full stretch in your lats. Pull the weight down to the top of your chest, squeeze your lats briefly, and then return the bar back to the starting position.

Tip: It is important to move naturally throughout the entire exercise, allowing your body to sway slightly back as you pull the weight down. Don't get too carried away, but leaning back 45-55 degrees toward the floor during the positive portion of the rep will help to prevent injury and will allow you to place more stress on your lats. It is also very important that you always pull the bar to the front of your body rather than behind the neck, as this places a lot of stress on your shoulders. Also remember not to grip the bar too wide and stay no more than 8 inches outside of shoulder width.

Lat Pulldown Video <http://www.criticalbench.com/exercises/lat-pulldowns.htm>

## Barbell Pullovers

Primary Muscle

Lats (Latissimus Dorsi)

Secondary Muscles

None

Equipment Needed

Bench and Barbell

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Lie upper back perpendicular on bench. Flex hips slightly. Grasp barbell from behind and position over chest with elbows bent slightly.

Execution

With elbows bent slightly, lower bar over and beyond head until upper arm is approximately parallel to torso. Return and repeat.

Comments

Fix elbows 15° to 30° throughout exercise. Keep hips from rising up significantly

Barbell Pullover Video <http://www.exrx.net/WeightExercises/LatissimusDorsi/BBPullover.html>

## Press Over Head

Primary Muscle

Shoulders (Deltoids)

Secondary Muscles

Triceps, Traps

Equipment Needed

Seated bench with rack, barbell

Mechanics Type

Compound

Proper Exercise Technique

Place your hands on the bar slightly wider than shoulder width and un-rack the weight. Keeping your abs tight, lower the bar down below your chin until it touches your upper chest. Drive the weight back up straight over your head but do not lock your elbows out at the top. Continue the movement until you have reached your rep range and then have a spotter help you re-rack the bar.

Tip: It is very important to have a spotter when performing this exercise so that someone is there to help you re-rack the bar. Also remember not to lock your elbows out at the top of the movement, as this will keep the stress on your shoulders throughout the entire exercise. Keeping your abs tight is also very important as this will help to support your spine and lower back.

Press Video <http://www.criticalbench.com/exercises/military-press.htm>

## Dumbbell Lateral Raise

Primary Muscle

Shoulders (Side Deltoids)

Secondary Muscles

Traps

Equipment Needed

Dumbbells

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Grasp dumbbells in front of thighs. Bend over at hips slightly with knees bent.

Execution

With elbows slightly bent, raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat.

Comments

Maintain fixed elbow position (10° to 30° angle) throughout exercise. Dumbbells are raised by shoulder abduction, not external rotation. As the elbows drop lower than the wrists, the front deltoids become the primary mover instead of the lateral deltoids.

Dumbbell Lateral Raise Video

<http://www.exrx.net/WeightExercises/DeltoidLateral/DBLateralRaise.html>

## Dumbbell Seated Rear Lateral Raise

Primary Muscle

Shoulders (Rear Deltoids)

Secondary Muscles

Traps

Equipment Needed

Dumbbells

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Sit at edge of bench with feet placed beyond knees. Rest torso on thighs. Grasp dumbbells with each hand under legs.

Execution

Raise upper arms to sides until elbows are shoulder height. Maintain upper arms perpendicular to torso and a fixed elbow position (10° to 30° angle) throughout exercise. Maintain elbows height above wrists by raising "pinkie" side up. Lower and repeat.

Comments

Dumbbells are raised by shoulder transverse abduction, not external rotation, nor extension. Upper arm should travel in a perpendicular path to the torso to minimize latissimus dorsi involvement. To exercise posterior deltoid and not the lateral deltoid, keep torso close to horizontal.

Dumbbell Seated Rear Lateral Raise Video

<http://www.exrx.net/WeightExercises/DeltoidPosterior/DBSeatedRearLateralRaise.html>

## Barbell Shrug

Primary Muscle

Traps

Secondary Muscles

Shoulders, Upper Back

Equipment Needed

Barbell, Power Rack

Mechanics Type

Isolation

Proper Exercise Technique

Position the bar on the power rack so that you can easily un-rack it into the starting position. Grip the bar with your palms facing in, slightly narrower than shoulder-width. Place your feet about shoulder-width apart and fully extend your arms. Keeping your abs and lower back tight, shrug the weight up towards your ears as high as you possibly can. Squeeze your traps at the top of the movement, pause briefly, and then lower the bar back into the starting position.

Tip: Don't make the mistake of rolling your shoulders back as you shrug the weight up, as this could lead to an injury. Instead, you should simply shrug the weight straight up and down. Also avoid cheating by keeping your arms completely straight rather than bending your elbows.

Barbell Shrug Video <http://www.criticalbench.com/exercises/barbell-shrug.htm>

## Overhead Dumbbell Tricep Extensions

Primary Muscle

Triceps

Secondary Muscles

Shoulders

Equipment Needed

Flat bench, dumbbell

Mechanics Type

Isolation

Proper Exercise Technique

While sitting on a flat bench, pick up a dumbbell off the floor and place it on your thigh. Grip the weight by placing both hands, one overtop of the other, inside the dumbbell and holding the top set of plates. Use your thigh to help kick the weight up and up onto your shoulder. Extend the dumbbell directly overhead and fully extend your arms. Start the movement by lowering the dumbbell behind your head until you feel a complete stretch in your triceps. Pause very briefly at the bottom and then drive the weight back up by extending your elbows until they are fully locked out. Having a spotter is important for this lift; your spotter can simply grab the weight from you and place it on the ground.

Tip: Try to keep your elbows as close to your head as you can during this lift in order to maximize the stress on your triceps. Also remember to use a full range of motion by fully stretching your triceps at the bottom and locking the weight out completely at the top. Having a spotter is very important for this exercise to make sure you don't injure yourself.

Overhead Dumbbell Extensions Video

<http://www.criticalbench.com/exercises/overhead-dumbbell-extensions.htm>

## Tricep Pushdown

Primary Muscle

Triceps

Secondary Muscle

Shoulders, Chest, Back

Equipment Needed

Standing cable machine, straight-bar or angled bar attachment.

Mechanics Type

Isolation

Proper Exercise Technique

Take a few steps back from the machine and using an overhand grip, space your hands on the bar slightly less than shoulder-width apart. You can also perform this movement with one foot in front of the other if it feels more comfortable. Lean forward and start with the bar touching your forehead. With force, drive the weight down to your waist by extending your elbows. Make sure to keep your elbows close to your sides at all times. Once you have locked your elbows out at the bottom, squeeze your triceps and then return the bar back to the starting position by touching your forehead.

Tips: Make sure to move naturally throughout this movement by leaning forward as you drive the weight down to your waist. By moving naturally you will be able to use more weight and maximize muscle stimulation. Also remember to use a full range of motion by bringing the bar all the way up to your forehead and fully locking out at the bottom of the movement.

Tricep Cable Pushdowns Video

<http://www.criticalbench.com/exercises/tricep-cable-pushdown.htm>



## Tricep Dumbbell Kickbacks

Primary Muscle

Triceps

Secondary Muscle

Shoulders

Equipment Needed

Flat Bench, Dumbbell.

Mechanics Type

Isolation

Proper Exercise Technique

Lean forward and place one arm on the bench in order to support your body. Pick up a dumbbell off the ground and hold it at your side. You should keep your elbow close to your side and form an "L" shape with your arm. Start the movement by extending your elbow and pushing the weight behind you. Squeeze your tricep as you lock out your elbow and then return the weight to the starting position.

Tips: It is important to let your arm move naturally through this motion rather than trying to keep it completely straight and rigid. You should not use jerky motions or momentum to lift the weight, but remember to loosen your form up slightly in order to maximize muscle stimulation and prevent injury.

Tricep Dumbbell Kickbacks Exercise Video

<http://www.exrx.net/WeightExercises/Triceps/DBKickback.html>

## Barbell Curl

Primary Muscle

Biceps

Secondary Muscles

Shoulders, Traps

Equipment Needed

Barbell

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Grasp bar with a shoulder width under hand grip.

Execution

With elbows to side, raise bar until forearms are vertical. Lower until arms are fully extended. Repeat.

Comments

When elbows are fully flexed, elbows should only travel forward slightly allowing forearms to be no more than vertical to allow for a relative release of tension in muscles between repetitions.

Barbell Curl Video <http://www.exrx.net/WeightExercises/Biceps/BBCurl.html>

## Dumbbell Curl

Primary Muscle

Biceps

Secondary Muscles

Shoulders, Traps

Equipment Needed

Dumbbells

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Position two dumbbells to sides, palms facing in, arms straight.

Execution

With elbows to the sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.

Comments

Biceps may be exercised alternating (as described), simultaneous, or in a simultaneous-alternating fashion. When elbow is fully flexed, elbow should only travel forward slightly allowing forearm to be no more than vertical to allow for a relative release of tension in muscles between repetitions.

Dumbbell Curl Video <http://www.exrx.net/WeightExercises/Biceps/DBCurl.html>

## Hammer Curl

Primary Muscle

Biceps

Secondary Muscles

Shoulders, Traps

Equipment Needed

Dumbbells

Mechanics Type

Isolation

Proper Exercise Technique

Stand with your feet about shoulder width apart and pick up a pair of dumbbells off the ground using your legs (not your back). With your palms facing inward, curl the dumbbells up one at a time. When you get to the top of the movement, squeeze your bicep, pause briefly, and then return the weight to the starting position. Alternate between arms.

Make sure to move naturally throughout the movement by swaying your body slightly as you lift the weights. This will help to protect against injuries and will also maximize muscle stimulation. It is also important not to curl the weights past the point where tension will leave the biceps.

Hammer Curl Video <http://www.exrx.net/WeightExercises/Brachioradialis/DBHammerCurl.html>

## Barbell Wrist Curl

Primary Muscle

Forearms

Secondary Muscles

None

Equipment Needed

Barbell, Weight Bench

Mechanics Type

Isolation

Proper Exercise Technique

Pick up a barbell off the floor and sit on a flat bench with your legs straddling either side. Space your hands about 3 inches apart on the bar and let your wrists hang off the end of the bench with your palms facing up. Curl the weight towards your body until your forearms are fully flexed. Pause briefly at the top, and then lower the weight down as far as you can. Continue for reps.

Tip: Make sure to use a full range of motion by fully flexing your forearms and getting a complete stretch at the bottom of the movement.

Palms-Up Barbell Wrist Curl Over A Bench Video

<http://www.criticalbench.com/exercises/forearm-curls.htm>

## Reverse Wrist Curl

Primary Muscle

Forearms

Secondary Muscles

None

Equipment Needed

Barbell, Weight Bench

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Sit and grasp bar with narrow to shoulder width overhand grip. Rest forearms on thighs with wrists just beyond knees.

Execution

Hyperextend wrist and return until wrist are fully flexed. Repeat.

Comments

Keep elbows approximately wrist height to maintain resistance through the full range of motion.

Reverse Wrist Curl Video

<http://www.exrx.net/WeightExercises/WristExtensors/BBReverseWristCurl.html>

## Ab Crunch

Primary Muscle

Abs

Secondary Muscles

None

Equipment Needed

Floor, Weight Plate

Mechanics Type

Isolation

Proper Exercise Technique

Instructions

Preparation

Lie supine on bench with head hanging off and knees and hips bent. Hold plate behind neck or on chest with both hands or use no weight.

Execution

Flex waist to raise upper torso from bench. Return until the back of the shoulders contacts the padded incline board. Repeat.

Comments

Exercise can be performed without added weight until more resistance is needed. Certain individuals may need to keep their neck in a neutral position with a space between their chin and sternum.

AB Crunch Video <http://www.exrx.net/WeightExercises/RectusAbdominis/WtCrunch.html>

## **Bonus #1**

# **Vince Gironda's Nutritional Secret To Gain Up To An Inch On your Upper Arms In Only 30 days!**

Just recently, a man who was very well acquainted with Vince Gironda contacted me. He told me some stories about the old "Iron Guru" I had not heard before. It got me thinking about Vince.

Back when I first started bodybuilding I bought all of Vince's courses. I read every article he wrote for the Muscle Mags, too. That cantankerous old guy was way ahead of his time! He really knew all the secrets to building a great physique fast.

Here's one of Vince's secrets that very few people have ever heard about...

I'm almost reluctant to share this secret with you. It is so simple and easy I'm afraid you might blow it off as a bunch of BS. But trust me... it really works!

Vince was a believer that in order to grow, you needed to keep your body in a "positive nitrogen balance." This means that protein (the only nutrient that contains nitrogen) should be constantly available in your bloodstream.

When you eat a meal with protein, your body breaks the protein down into amino acids. These amino acids are only available in the bloodstream for a few hours. If you don't get some more protein in there within two to three hours, you'll be in "negative nitrogen balance." This means your body is using and excreting more nitrogen than it is taking in.

In order to prevent that from happening, you need to keep a constant source of high quality protein coming into your body.

Vince was a proponent of using "concentrated food sources." These are foods which contain the protein and nutrients you need but don't contain a lot of excess carbohydrates and calories that take up a lot of space in your stomach, allowing for frequent feedings.



He was not a believer in stuffing a bunch of food down your throat to bulk up and gain a lot of weight. He used to say, "How much do you think an extra inch on your arms is going to add to the scale?"

So Vince had his students take protein powder mixed with cream, raw fertile eggs and... (drum roll. please)...

Amino acid capsules!

Vince had many students gain an inch on their arms within 30 days simply by taking 3 to 5 amino acid capsules every hour. This insures a positive nitrogen balance without excess carbohydrates and calories.

Stories from some of the old timers telling of phenomenal gains being made on taking amino acid capsules a day are very common.

I am taking old Vince Gironda's advice and adding Nitrobol capsules every few hours and the results are awesome not only am I growing fast and losing fat, but my energy levels are through the roof.

I use Nitrobol because it has the highest "Net Nitrogen Utilization" (NNU) of 99%. That means that 99% of what you take in is utilized by your body. Compare that to whey protein, alone which yields a NNU of only 12%!

For more information on Nitrobol see <http://www.trulyhuge.com/nitrobol.htm>

For more information on Vince Gironda see <http://www.trulyhuge.com/vincegironda.htm>

## **Bonus #2**

# **How To Gain At Least 4 Pounds In One Month, With This Rediscovered Natural Weight Gain Trick!**

By Bryan Kernan

In this report I'm going to talk about how to overcome one of the most catabolic times of the day for you, and turn it into your advantage. What is the most catabolic time of day for you? It's when you go to sleep. You literally starve your muscles for eight hours!

You would never go eight hours during the day without eating a meal, but that is exactly what you do when you go to bed. The old time bodybuilders knew this and would actually wake up half way during the night; to consume a meal in order to prevent muscle breakdown.

Think about it. If you are staying a certain weight right now then you are consuming your maintenance calorie intake. In order to gain muscle you need to consume above this calorie maintenance. The middle of the night meal provides these extra calories for muscle gain. Since you haven't eaten for four hours most of the calories will be headed for your muscles. If you consume a meal replacement or protein shake with 500 calories in it; that's 3500 calories for the week over and above your current maintenance calorie intake. This will help you gain about 1 lb. a week. That's 4 pounds a month ( 30 days ) , 48 pounds a year. In one year, you could go from 130 lbs to 178lbs. If you can stick with it you can gain some serious amount of muscle weight pretty quickly.

With the new supplement technology coming out everyday pretty soon you won't even have to bother waking up. In fact, the technology is available right now, but as far as I know, no supplement company has released a meal replacement that slowly releases over an eight-hour period. Really all you would have to do is stick it in a time-released liposome; which would provide your muscles with constant food while you sleep.

Until then though, you'll have to set your alarm clock. I usually pre-mix a special shake with other nutrients in it as well (might as well load other supplements while you have the chance) before I go to

bed. It takes me about 5-10 minutes to throw down a shake. I only do this when I have hit a plateau in my training and want to put on muscle quickly.

Note: Bryan Kernan is the author of "Bodybuilding Supplement Secrets Revealed!" This book contains advanced supplement secrets and shows you how you can gain up to 15 lbs. in the next 6 weeks by discovering how to turn the supplements you buy at your local health food store into super powerful anabolic compounds! For Full Info go to <http://www.trulyhuge.com/SupplementSecrets/>

**Bonus #3**

# Blender Magic



Reprinted from the book, "MASS!"  
by  
Dennis B. Weis

## **Banana Flip**

(426 calories)

*1 1/3 cups cold whole milk*  
*1 medium banana*  
*1 tablespoon raw honey*  
*1 tablespoon whey protein powder*  
*1 cup crushed ice*

## **Beatty Fruit Cocktail**

(240 calories)

*Equal amounts apple juice, orange juice, and papaya juice to make 1 1/3 cups*  
*5 frozen strawberries*  
*1 cup crushed ice*

## **Coconut Pro**

(440 calories)

*2/3 cup apple juice*  
*2/3 cup pineapple coconut juice*  
*1 medium banana*  
*5 frozen strawberries*  
*1 cup crushed ice*

## **Preworkout Drink**

(520 calories)

*Equal amount orange juice, apple juice, and papaya juice to make 1 1/3 cups*  
*1 tablespoon whey protein powder*  
*1 tablespoon Hoffman's Energol*  
*1 tablespoon lecithin powder*  
*1 tablespoon raw honey*  
*1 medium banana*  
*5 frozen strawberries*  
*1 cup crushed ice*

## **Smoothie**

(247 calories)

*2/3 cup orange juice*  
*2/3 cup papaya juice*  
*1/2 medium banana*  
*1 tablespoon honey*  
*1 cup crushed ice*

## **Hawaiian Delight**

(225 calories)

*2/3 cup papaya juice*  
*2/3 cup pineapple coconut juice*  
*1 medium banana*  
*1 cup crushed ice*

## **Orange Sunrise**

(430 calories)

*1 1/3 cups orange juice*

*2 large scoops natural vanilla ice cream*

## **Pina Colada**

(228 calories)

*1 1/3 cups pineapple coconut juice*

*1 medium banana*

*1 tablespoon pure vanilla extract*

*1 cup crushed ice*

## **Diet Delight**

(172 calories)

*8 ounces papaya juice*

*1 tablespoon whey protein powder*

*3 fresh or frozen strawberries*

## **Strawberry Fruit Flip**

(297 calories)

*1 1/3 cups papaya juice*

*5 frozen strawberries*

*1/2 medium banana*

*1 tablespoon raw honey*

*1 cup crushed ice*

## **Instant Energizer**

(328 calories)

*8 ounces natural fruit juice*  
*1 egg*  
*1 tablespoon whey protein powder*  
*½ banana*  
*1 teaspoon raw honey*

## **Kwik Gain Drink**

(658 calories)

*8 ounces half and half*  
*2 eggs*  
*2 tablespoons whey protein powder*  
*½ banana*  
*1 teaspoon honey*  
*1 scoop natural ice cream*

## **Postworkout Drink**

(780 calories)

*1 cup papaya juice*  
*1/3 cup cold whole milk*  
*1 tablespoon whey protein powder*  
*1 tablespoon lecithin powder*  
*1 tablespoon Hoffman's Energol*  
*1 tablespoon raw honey*  
*1 medium banana*  
*5 frozen strawberries*  
*1 cup crushed ice*  
*2 large scoops of natural ice cream*



# Citrus Energy Drink

(650 calories)

*1 whole orange*

*1 whole lemon*

*1 pint unsweetened pineapple juice*

*1,000 IU vitamin E (d alpha)*

*2 tablespoons Hoffman's Energol*

*3 tablespoons malted milk powder*

*Raw honey*

*Grate off the outer oily rind of the citrus fruits until there is no color left and discard colored rind. Chop pulp, removing seeds, and blend the fruits with pineapple juice. Then mix in vitamin E, Hoffman's Energol, malted milk powder, and enough raw honey to make this drink taste decent.*

*Drink one-third of this drink three times per day.*

## Bonus #5

# Protein Starving and Controlled Overtraining

By Trevor Smith

One of the many reasons that I am an advocate of short cycles as opposed to long ones is because I firmly believe that if training properly, one cannot sustain maximal effort for more than 8 weeks at a time and in reality usually no more than 6 weeks at a time. Let's quickly define maximal effort of a mass building program so we are all on the same page It should include:

Intense training spending no more than 45 minutes of actually weight training 4 days per week

Eating 5-6 meals a day every 2 hours

Consuming 2 grams of protein per pound of bodyweight and getting 1 gram of that from protein shakes.

Consuming 3 grams of carbohydrates per pound of bodyweight

Consuming  $\frac{1}{4}$  of a gram of fat per pound of bodyweight

Getting 10 hours of sleep a day

Keeping all other stress to a minimum

I firmly believe that for all of these factors to be done maximally, one must limit their duration to 6 weeks. If you give 1000% you should not be able to do any more and if you can you are either Superman or you are not giving it your all. So let's assume that you followed a 6-week course at maximal effort and did everything described above. You now come to the end of the 6th week and your body feels like it had been in a war. You are exhausted and thankful that the cycle is over because you have nothing left to give. You are extremely happy with your strength increase and muscle mass increase, but at the same time you need a rest. The problem is you do not want to lose all the gains you made from all your ass-bustin effort.

What then do you do? You want to make sure you are refreshed for the start of another 6-week battle. One might think the thing to do is back off training for a week or two and relax as this is what your body wants and needs. However, I am going to suggest that now is the perfect time to prepare yourself for even bigger gains during your next course and to do that we are going to

utilize Protein Starving and Controlled Overtraining! Protein starving is basically self-explanatory, but let's explain briefly about how it works. The human body (and most all mammals) are quite amazing creations. The body learns to anticipate your next move and make adjustments along the way so it can operate at maximum efficiency. It will slow down or speed up the metabolism, pull blood from or draw blood to a specific area, slow down or speed up the heart rate... the list goes on and on and nine times out of ten you have no idea that the body is doing all of these things. Now with nutrition, the body does some real interesting things. It has long been suggested that the body can only assimilate a certain amount of protein at any one time. Now this has been shown to be false, as High Level athletes have the need and the ability to utilize a lot more protein than your average Joe and common sense and a brief look at mammalian physiology will show you that the old way of thinking in terms of how protein is assimilated is not the case.

In nature, meat eaters do not eat every day. Why? Because they have to hunt down and catch their prey first and this is a hell of a lot harder than it might appear. You see when running for your life as opposed to running for your dinner, you will always run faster if your life depends on it! The number of predatory animals that starve because it is difficult to find and catch prey is quite large. Nature understands this fact, which is why there are so many more prey animals than predators in the food chain. Nature also understands that once a predator catches and kills its prey it has to seize the opportunity to make the most out of the meal since it probably will not eat for another 2 or 3 days sometimes longer.

Now to the extent of how much the body will make out of that meal is largely dependent on how long the animal has gone without food...the longer without food, the more the meal will get utilized and since we are talking about flesh, we are speaking about protein. Using our example of a predatory mammal, one has to take into consideration that it is amazingly stressful on the animal's system to go without food for days and all the while be using every last bit of strength and energy actively trying to end its hunger through hunting. Lots of "almosts" during this time make the predator very tired and worn out and this further adds to the extent the food is utilized by the system once it has been caught.

Now let's apply this to bodybuilding and adding muscle mass. The encephalization of Homo sapiens brain over the past 4 million years means that we no longer have to actively hunt...when we want food we go to the store and it is there and we do not even have to walk to the store we can hop in a car. So what we want to do is attempt to mimic the conditions of early man and predatory mammals, as it would be in the wild. The way we duplicate the tremendous stress and fatigue experienced by a hungry predatory that has been unsuccessful attempting to bring down a prey animal for 10 days is to put the body through a short period of OVERTRAINING and the way we emulate the lack of prey is to remove protein from the diet for a short time period. It is this combination of OVERTRAINING and PROTEIN STARVATION that will set our systems up for massive overcompensation of protein and nutrients during your next 6 weeks. The body, ever fearful that it will experience another protein drought and overstress on the system will take in extra amounts and allow extra amounts of muscle tissue to be built because it thinks that this might happen again and it wants to be ready. The most important thing to know about the human body is that it is concerned with self-preservation above everything else!

Let's put this knowledge into the constraints of the 3 week break taken after you six weeks of maximal effort: Your body is still shot from the six-week blitz you just put it through and it will want to relax but it is important that you do not let it. Since you are already burning out a bit (if you are not you have not trained properly during the previous six weeks) you really don't have to do all that much in terms of training except to continue at the same pace and effort that you were doing during the six weeks prior. If you find you cannot keep up that effort that is great!! It means you are truly overtrained, but try to keep the same pace and routine, stopping only when you cannot continue.

You will follow this training structure for the first 2 weeks of your "OFF TIME" During this first 2 weeks slowly pull out protein each day so by the end of the second week you are consuming around  $\frac{1}{4}$  gram of protein per pound of bodyweight per day....now we do not want you to drop a lot of weight, so you will increase your carbohydrates to compensate for the protein. Make sure you get the same caloric level in as you were getting when you were on your 6 week cycle....just pull out the protein and replace it with carbs....mostly complex ones: potatoes, rice, whole grain breads, juices, vegetables and fruits

At the start of the third week you should be a bag of shit and have no desire to train, no appetite and cannot physically train at all. This is where you want to be! Immediately stop all training! At this point you will COMPLETELY CUT OUT ALL PROTEIN AND I MEAN ALL OF IT YOU CANNOT HAVE MORE THAN 10 GRAMS OF PROTEIN PER DAY DURING THIS LAST PHASE. Do this for 5 days and be sure to keep the calorie level the same as where it was during the 6-week course. You should also be doing hardly anything at all. Rest as much as possible; do not exert yourself at all. If you can, get extra rest (at least 10 hours per day total) and try and get a massage and sit in a sauna and Jacuzzi. This brings us to the last 2 days before the start of your next mass cycle. Continue with the rest and relaxation except slowly introduce a more NORMALIZED diet back to your system taking in about  $\frac{3}{4}$  of a gram of protein per pound of bodyweight per day for these last 2 days.

Now it is time to start your next six-week course. You should be well rested from your 7 day break and ready to go, but the body is still protein starved so we have to take advantage of this. You will follow the same principles as before except with one difference: For the first 7 days of your new six week cycle you will take in 3 grams of protein per pound of bodyweight getting 2 grams from protein drinks everything else will remain the same. The body will overcompensate like there is no tomorrow and you will experience a growth spurt like you never did before. If you want to grow differently than everyone else you have to change things around and keep the body on it's toes...never allow it to get complacent and never allow yourself to either

## Bonus #5

# The Squat: Greatest Single Exercise

by Peary Rader

The squat is absolutely and without exception the greatest single exercise known to man, for conditioning the entire body, improving the health and energy, strengthening the function of the internal organs, giving the most rapid gains in bodyweight, adding to all-around athletic ability. That's quite a large order, but it's true.

There was a time in the history of American bodybuilding when the squat was given very little consideration. It was thought that the arms and shoulders were most important to either a bodybuilder or a lifter. However, in time, that way of thinking was changed, largely by certain teachers who had found the squat to be very valuable, and also by bodybuilders and lifters who used it. Lifters found that the only way they could become superior to other lifters was to develop great power in the legs and hips.

In the days of Alan Calvert's and George Jowett's teaching, the squat was thought to be just another exercise of average importance, like the curl or rowing. Because it was hard to do, and little importance was attached to it, many lifters and bodybuilders never included it in their programs. By this omission they greatly limited their progress and ultimate possibilities, although they weren't aware of it.

Old-time wrestler and strongman Henry Steinborn came over here from Germany and brought the squat with him. He had practiced it a great deal with crude, homemade barbells while in a prison camp in World War I and had reached a very high standard in poundage used and found his other lifts had greatly increased so that he was able to snatch and clean and jerk record poundages. He was a man with a very rugged physique and for many years was a top wrestler.

Another young fellow, who, although a lifter, had always been quite slender, caught a spark of enthusiasm from Steinborn and began practicing the squat. This man's name was Mark Berry. He succeeded in gaining about 50 pounds of bodyweight in a short time through use of the squat. He later became editor of the old Strength magazine and through it encouraged others to adopt the squat for greater progress in lifting and bodybuilding. Some unbelievable gains were made at that time by men who had totally failed to gain before. These men were written up in Berry's magazine, and the fad for the squat exercise started.

One man in particular made astounding progress—doing nothing but the squat and presses behind the neck. J.C. Hise gained 29 pounds in one month, probably a record up to that time. It was about here that the sets system began to be used effectively by a lot of men, for Hise used about three sets of the squat. Of course, they weren't called sets at that time, so in recent years others have claimed to have invented them. Actually, sets were probably never discovered by

anyone in particular, as is the case with most of what some call modern methods. Sets have been used more or less since barbells were invented, though their real value wasn't recognized until more intensive bodybuilding was practiced in recent years.

Up until the time of Hise's experiments with the squat, I spent about 12 years in fruitless effort trying to develop a physique or gain weight. I weighed 128 pounds at a height of 5'10" during those years, and training methods at that time didn't alter my physique even slightly. On publication of the gains of Hise, I decided that this might be what I needed, so I wrote him, and in his characteristically enthusiastic letter I felt I had at last found the secret of gains, so I immediately started working out with squats, chins and behind-the-neck presses. I worked out twice per week and used one set of 20 reps in the squat part of the time and two sets of 10 to 15 reps part of the time. I gained 10 pounds of good muscle the first month. Not much, perhaps, by today's standards, but a lot for a fellow who hadn't been able to gain a pound for years and in fact was even too weak and run down to hold down a job for any length of time. In two years I gained 70 pounds of bodyweight. In addition to this I had become heavyweight lifting champion of the Midwestern AAU district, including South Dakota, Nebraska and western Iowa.

I'm not alone in praise of this exercise, for virtually every weightlifter to ever reach his maximum lifting ability has used it as his key power-producing exercise. Most of your top bodybuilders have at one time or other specialized on some version of the squat and owe much of their physical development to it. What is more important to most of you who read this, thousands of fellows just like you who found it almost impossible to make desired gains discovered, as I did, that the squat was the secret to fast and certain progress. Many years ago Bob Hoffman was opposed to the squat as an exercise for lifters and classed it as just another exercise. Yet during the intervening years he has gradually been converted to its benefits and now admits that it is the king of exercises.

For many years Iron Man was almost alone in promotion and publicizing of the squat as the best exercise, and yet it finally forced its way to the recognition it deserves. There are those who feel that we overdid our pushing of this exercise, but such methods often have to be used in order to get the public to accept even the best of new ideas. We don't recommend that bodybuilders and lifters do nothing but squats, or that they train to excess on it, as some of our critics would have you believe, but we do feel that too many bodybuilders neglect to do even a minimum amount of work on this exercise. It is especially necessary and valuable in the early stages of a bodybuilder's training. An advanced man can often cut down on his squatting work after he has gotten the desired bulk and use other leg exercises for obtaining the definition and shape he desires, but in the early training programs every man should work very hard on the squat.

Editor's note: This article was published in the July 1955 IronMan Magazine  
<http://www.ironmanmagazine.com/>

## **Bonus #6**

# **Time Under Tension The Key To Muscle Hypertrophy**

I learned this technique by reading an article by Dr. Eric Serrano, he said that muscle hypertrophy at its highest occurs when sets last at least 30 to 40 seconds each. Realizing the importance of keeping my muscles stimulated, I thought I would give this training method a shot. Instead of counting reps, I went all out for the 30 - 40 seconds. Believe me, it was much more difficult than I expected. I quickly learned to slow down my reps which even added even more tension on my muscles. You can perform this for any body part - give it a try. You'll get a very deep burn and a tremendous pump. By the 30-second mark, the exercise should be very, very difficult to perform. Do 3 sets per exercise and 2 - 3 exercises per body part.

Note: If you reach failure before 28 seconds, don't do forced reps - instead reduce the weight for the time remaining.

Everyone I train - and myself included - has a love/hate relationship with this training style. We love the pump, but hate the intense burn!