Want a CUSTOM program just like this one? Want to take control of your workouts and get on the fast track to muscle growth? Visit my website, chasingiron.fit!

This is a breakdown of the decisions I made and the reasoning behind those decisions for the program.

IF YOU HAVE ANY QUESTIONS, ASK THEM! You can DM me on instagram (chase.bodybuilder) or email me at chase.bodybuilder@gmail.com

I ENCOURAGE YOU to be curious and ask questions, because the better you understand your own program and the more you trust it, the more confident you're going to feel. There's few feelings worse than feeling like you've sunk time into something that was inefficient or plain wrong. I encourage you to ask me to cite sources, or simply ask "why". And I will always be 100% transparent if I do not know, and work hard to give you a good answer.

This is a de-personalized program, meaning it was originally made as a personalized program for a client, but I have de-personalized it to make it more helpful to anyone. All for free!

The first thing to understand about the program is the weekly volume. It's calculated with the Fractional method (link in the program if you're not sure what that means), but it's also calculated assuming you're training 6 days a week. You do not need to train 6 days a week. You could, though.

The following is how many days a week you should train using this program based on your experience level in the gym.

It's worth noting that you will probably not be able to train a specific muscle on each day (for example Chest on Monday, Back on Tuesday, etc.) as it's a 6 day program and therefore doesn't quite fit within 7 days. If you don't like this, I have several other programs that can/will follow a day trend. You're welcome to look at those!

EXPERIENCE LEVELS / HOW TO USE

For ELITE Trainees - 6 days per week: 6 days on, 1 day off

For ADVANCED Trainees - 5.5 Days per Week: 3 days on, 1 day off (multiply volume by 11/12)

For INTERMEDIATE Trainees - 4.2. Days per Week: 3 days on, 2 days off (multiply volume by 7/10)

For BEGINNER Trainees - 3.5 Days per Week: 3 days on, 3 days off (multiply volume by 7/12)

Additionally, if you really hate training legs (which a lot of people do), you can remove one of the leg days and train 4 or 5 days a week. For this, multiply leg volume by ½. **I want to make it very clear that I DO NOT RECOMMEND THIS**, but I know several people who simply would not train at all if they had to hit legs twice a week. Any training at all is better than no training. It's going to give you smaller legs though.

If you really want this, I'd increase the amount of volume in said leg day, although I'd avoid going over 12 sets for a particular muscle in one day.

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The second thing to understand about the program is the progression system. Every program NEEDS progressive overload, which is just increasing reps/weight over time. Progressive overload is the best way to know that your muscles ARE growing. This program uses something called Double Progression. Here's how Double Progression works:

- Every set needs to be pushed hard. They don't have to be to failure (although I'd recommend taking at least the last set of most exercises to failure, especially as a more advanced trainee), but they should all be pushed very hard. **This is VERY important for muscle growth.** Proximity to failure is the single most important factor in your training (curious/want a source? DM me on instagram at chase.bodybuilder). However, pushing hard on every set will cause rep numbers to decrease from set to set. **This is normal, and intended.**

- It starts with set numbers and rep ranges (I will break these down further later). The set number is self explanatory, it's the number of sets you will perform for that exercise before moving on, but the rep ranges are important. Let's use an 8-12 rep range as an example. If on Day 1 I did something like [50x11 50x9 50x8], that is more on the lower

end of the rep range, so I definitely wouldn't increase the weight. I would instead push hard on Day 2 to add more reps.

- Let's say on Day 2 I did something like [50x13 50x11 50x10]. That is on the higher end of the rep range, and is enough to go up in weight. Day 3 might then look like 55x11 55x10 55x8, which is on the lower end. This will essentially repeat forever.
- Some exercises after a long time might have their progression stall out, and that is when I would recommend switching out an exercise (want more advice like this/have questions? DM me at chase.bodybuilder on Instagram).

The third thing to understand is the exercise order. There are two components to my decisions about the exercise order:

1. Location. Since this was a personalized program, it takes into account the location of all of the equipment in the gym of the person who it is made for. It may not be the same for every gym. But in general, exercises done with free weights (dumbbells and benches) are grouped together, exercises done at the cables are done together, etc.

2. Muscles!!! I'm not going to break this one down like I did with location, but if you pay attention, you'll notice muscles are not only not trained successively (you won't be doing Dumbbell Bench Press immediately after Barbell Bench Press), but also there are large gaps to allow those muscles to rest after being worked.

   a. It's important to note that this does not have any research indicating it *increases* muscle growth, but it has some research indicating it is *equal* (want me to cite a source? DM me on instagram or email me). However, it DOES increase strength output (due to longer rest for your muscles) which makes workouts not only a lot more fun, but also makes progression significantly easier to track.

The fourth thing to consider is the rep ranges and set numbers. You'll notice around 80% of the exercises are 3 sets. That's for a very specific reason, and it's not because 3 is some magical number that optimizes gains.
2 sets is fine, but it doesn't take long. It takes a lot more time in your workout to do the same number of sets per week if you're only doing 2 sets for each exercise, because you're spending more time moving around. If you're gonna take the time to walk all the way over to a machine, you can afford to do 3 sets. But 4 sets is a lot. It's not completely terrible (I do 4 sets of Biceps

and 4 sets of Triceps at the end of my Pull and Push days, respectively) but the issue is, with the double progression system (which I explained earlier), you will see HUGE rep drops. It might look something like 50x15 50x14 50x11 50x8. This makes progression slightly harder. It requires huge rep ranges and tends to be very awkward. It also (on some exercises more than others) just feels bad. That's a little more subjective, though.

As for the rep ranges, they are entirely based on my own experience. For example, on almost all Rear Delt work, I personally feel my rear delts way better doing higher rep ranges (10-15 or 15-20), but on heavy compound lifts like Squats or Bench, I have more fun with lower rep ranges (usually 7-10).

The "optimal" rep range is actually anywhere from 6-35 reps, so long as every set is pushed close to or to failure. But higher rep ranges take longer, and (in my opinion) are less fun. The person who I made this program for also agreed.

If you want to, you are more than welcome to tweak rep ranges. Like I said, as long as it falls between 6 and 35 reps, you'll see great growth. Tweaking rep ranges is not something you have to be an expert to do, and I'd honestly **_recommend_** doing it if it makes you feel better/feel a muscle more. **But,** tweaking set numbers is something you should take caution in doing, because it will mess with your weekly volume.

The only other thing that's left to yap about would be exercise selection. Most of it was the choice of the person for whom the program was made for, and I didn't modify it much from there. There are no exercises in this program that I would consider suboptimal in any capacity. But if you're not a fan of back squat you can replace it with leg press, or if you're not a fan of bench press you can replace it with a machine chest press.

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