

3-5x Per Week Upper Lower ADAPTIVE Strength and Hypertrophy Program (60 -80 minutes per session)

Harness A Legendary Power not seen in 1000 Years! Golden Warrior is Bald Omni Man's take on a program that adapts based on your needs, while also helping you to achieve serious size and strength goals with a flexible, realistic, and customizable approach.

Golden Warrior is modeled after Bald Omni Man's own training, and adapted for general use for all experience levels. In his training, he places a great deal of consideration into making training fit in with real life, preferring to take a flexible approach.

Enjoy a customizable template program that is designed to give a hands-on experience that feels similar to coaching from Bald Omni Man himself - with detailed coaching notes that will keep you accountable and on track, exact guidance with form and execution that won't leave you guessing on how you need to perform each movement, and enough variety for you to run the program over and over, having fun with every iteration.

A,B,C Plans

The following ABC approach is modeled after what Bald Omni Man does when faced with real-life circumstances. In a best-case scenario, you train 5 times per week. When you are strapped for time or have a big project to work on, you train 4 times per week, and when you need a deload, you will only train 3 times per week. You will make awesome gains no matter what, but 5 days will give the most results possible.

If you are someone that generally just wants to train 3-4 times per week, it is perfectly valid to just run this program in 3-4- day stints indefinitely. If you train 5 times a week, just run all the days as written, but if you are only training 3-4 days, stop your training week after the third and fourth training days respectively.

If you need to run plan C exclusively due to scheduling, considerations have been made to allow for 2x frequency on everything in 3 days of training.

This is what makes Golden Warrior a great program for melding fitness with your everyday life. It only demands as much of your time as you are willing and able to give to it, and will give you great results no matter what.

Please refer to this cheat sheet for any questions. Do a ctrl+f search for any key pieces of info that you want. This cheat sheet is written in such a way that you will be able to easily find the item that you're looking for.

Tip 1:

Have a stopwatch on your phone. Set it for 60-90 minutes depending on what I outline for the day, after you're done warming up, BOOM. Start the clock. I likely do more volume than the average trainee or individual reading this, as well as having to lift heavier weights, and these times that I prescribe are based on how long it took ME to do it. So if you're newer, this will certainly be enough time for you to complete these sessions.

Having that stopwatch helped me shave off anywhere between 30-40 minutes off my time spent in the gym!

These things help me to keep session length to a minimum as well:

1. Begin preparing for your next set when you have about 30 seconds of rest left - we tend to spend about 30 seconds setting up for our set on average, which doesn't seem like much, but think about how many sets you do in a workout - it adds up!
2. If you are recording your training footage, begin your timer BEFORE you begin reviewing your form. As a content creator, I can tell you that it is very easy to spend 2-3 minutes reviewing your form or watching back your set to count the reps. Start your timer before you do this!
3. Try to stay on your feet while you train, an object in motion tends to stay in motion. An object at rest tends to stay at rest.

Tip 2:

Gym bag essentials are:

1. Liquid Chalk
2. Versa Gripps or Lifting Straps
3. Lifting Belt
4. Intra Workout nutrition (think simple carbs that digest fast, and are easy on the stomach)
5. A log book (BOOSTCAMP!!!)
6. Some water or a sports drink

Tip 3:

Pick variations that make sense for your space, and think about the economy of your workouts. Don't pick exercises that you have to wait 30 minutes to use because it's a popular piece at your gym, for example. We want to train movements that we will be able to use consistently.

Tip 4:

Note For Lifters coming off a lay off or who are new to consistent training: consider leaving more reps in the tank on week 1 OR reducing the amount of volume, and slowly increasing these variables in order to bring your work capacity up to snuff.

Golden Warrior isn't a high volume program, but it can be tough given the parameters of the program and exercise execution.

Frequently Asked Questions/Comments:

Q1: What is a Double Progression/Dynamic Double Progression? How do I do it properly?

Double Progression and Dynamic Double Progression

Double Progression and Dynamic Double Progression are easy ways to map out progression and auto-regulate your training. (Auto-regulate meaning: make training appropriately challenging)

I like using this in a hypertrophy program, because unlike traditional strength training, we don't have percentages to work with. Particularly for things like Calf Raises, Hamstring Curls, Hack Squats, and all traditional bodybuilding staples.

Double Progression

Golden Warrior gives you a range of sets and reps. Because Golden Warrior uses rep tempos and form cues that magnify the effectiveness of your reps, I want MOST of you (even the advanced lifters) to pick a conservative number of sets to start with. Add more sets as NEEDED (not as wanted) to create forward progression in your training. We want to make the most out of our time, and extra credit work that is done too early won't give you any room to push later in the program when it truly counts.

This program uses a system called Double Progression. In a basic Double Progression, you're given a set and rep range. For example: 3 sets of 8-12. Each week, you add reps until you're at 3x12, then you add weight and do it all over again.

This type of progression undulates between volume and intensity, allowing you to typically train harder without a deload. It is also very easy to follow.

There are two ways to start off a double progression. You can do 3 sets of 8 (leaving a couple reps in the tank on your first set) and then each week, add reps until you get to 3x12. You can add reps to each set, or reps to one set at a time. OR If you're newer, you can do 12 reps on your first set (leaving a couple reps in the tank) and then fill out your reps on subsequent sets each week. (This second approach is typically the approach I take for new exercises that I'm not sure of my performance on) I also recommend this for people who tend to UNDERSHOOT (go too easy). RINSE AND REPEAT.

Dynamic Double Progression

Dynamic Double Progression is basically the same thing, except that each individual set progresses in weight on its own once you reach the top end of your rep range. For example, using 8-12 again:

Week 1: 3x8 @ 200

Week 2: 1x12 @ 200 (increase this set's weight next week) 1x10 @200, 1x9 @ 200

Week 3: 1x8 @ 210, 1x12@ 200 (increase this set's weight next time), 1x10 @200

So on, and so forth. This type of progression is better for heavier compound lifts in my opinion.

General Reminders With Double Progressions:

The way that I like to coach double progression and dynamic double progression is like this:

That first week you try a new exercise, each set, other than maybe the last couple, should be a couple reps shy of failure. This lets you create momentum with your training, and allows you to get a grasp of the technique that I want you to use on this program. On the flip side, if you fail on everything week 1, you'll have a harder time (or an impossible time) progressing, and may not perform the movements as prescribed.

For subsequent weeks, more and more of your sets can be (and should be, in my opinion), close to, or at failure.

If you undershoot that first week, the way double progressions work, you'll be using a challenging weight anyway with time, so it is always better to leave MORE room to progress, than LESS.

Triple Progression:

Triple Progressions are the same as a double progression, the only difference is that you progress using an improvement of rep quality as a metric as well.

For example, if you max out a rep range at 3x12, but there are more than a few reps that are sloppy, you can progress next week by making more of the reps higher quality. Recording your reps helps a lot with this, and we will be using this as a metric for our heavier movements on this program.

On any exercise that combines top sets/back off sets with triple progression, your first week will set the baseline of performance across each set. The idea is to build up from there, adding a rep, improving rep quality, or eventually a bit of weight (5-10 lbs) if/when you can add an additional 3-4 clean reps with the prescribed technique over your baseline performance. Progress under these-

-parameters on each set individually. I recommend starting with adding reps, then improving technique if need be, and then finally by increasing weight if you have added 3-4 reps over your baseline.

How Do I Progress On Movements Where I have a top set + back offs?

To start with, you will work up to a prescribed top set at an appropriate level of difficulty (RPE or Rate of Perceived Exertion). For example on Bench Press, if I'm prescribed a top set of 12 at RPE 8, that's usually about 275-285 lbs/125-130 kg for me.

You will then be prescribed to do volume sets with less weight, subtracting 10-15% usually.

- 1) set 1: 275/125x12
- 2) Set 2-3: 245/110 2x12

On following weeks, you will progress by adding reps, a bit of rep quality, or a bit of weight to each set individually. You'll only add a bit of weight to stay within the prescribed rep range. Usually when you're adding 3-4 reps to a given weight, you're good to add 5-10 lbs or 2.5/5 kg.

For your heavier top set, you're more likely to be refining rep quality and then adding reps, just because it's relatively more intense than the back offs.

For the back offs, you're a lot more likely to be adding reps and weight a lot more quickly.

Hit the prescribed RPE on the top set for the first week of 12's, 8's and 5's only. From there you should begin your triple progression.

Q2: When to Swap Movements

I say that we should keep our motions in rotation for as long as possible. It is very easy to fall into the trap of constantly swapping exercises, and never make any real progress.

But if we keep our motions in for long enough to outlast noobie neurological adaptations, we can ensure that any progress that we make comes from actual hypertrophy, and not just neurological strength adaptations.

It's important to take note of which variations work the best for us as well, so that you can swap back to them when the time comes. I have pre-selected variations that are winners for most lifters, but keep note of the ones you enjoy the most, and the ones that feel the most effective to you. Those variations will be the ones that you sub in more often than others.

Q3. Can I Add More Volume? Is this enough volume to grow?

This is a question that many lifters will have. Maybe you're accustomed to doing more/less volume – this is why you're given a range on Beast Slayer. As a rule of thumb: if you're adding reps and weight, you're doing enough volume to grow. If you're not making progress, audit yourself FIRST:

1. Am I eating enough? (have I gained weight the past few months?)
2. Am I sleeping enough?
3. Am I drinking enough water? (and taking in enough electrolytes to retain it)
4. Am I ensuring that I eat before training?
5. Am I properly following the progressions outlined (it is SUPER common for this to be the issue. Thoroughly read the section on double progressions if you're not familiar)
6. Is my effort in the gym where it needs to be (this means trusting the program)?
7. Finally, is this variation just stale? (I have made progress with it for 6-8 weeks already, and it is only recently felt stagnant)

If you take an honest audit of yourself, and you have zero areas of opportunity with your process, ADD ONE SET. Not two, not four, ONE SET. DO NOT add volume just because you feel like it. This is a great way to do entirely too much volume. Too much volume is unsustainable long term.

Q4. How do I track weighted calisthenics?

Combine your body weight with the weight that you add to your belt. The reason to track it this way, as opposed to just the weight added, is simple: your body weight, and thus the total weight you lift, will fluctuate. There is a HUGE difference between a 160 lb guy doing weighted calisthenics, and a 220 lb guy doing them, and this has to be accounted for in order to properly track and progress your training.

Q5. How and When To Deload?

I want you to deload when you feel that you need to. The program is designed in such a way that the volume and intensity ebbs and flows automatically, but at some point, you will need an actual deload.

I recommend deloading ONLY the sessions that feel janky, and to reduce the loads by about 10% and do less sets. It won't be very often that you need to make every session a deload or have a full deload week, but if you need to deload multiple sessions, this is fine as well.

You can also just run a normal 3-day training week as written, and enjoy the extra rest days! Do some extra walking to promote recovery and stay active.

You want to try and differentiate having a normal amount of fatigue from needing an actual deload. Some signs that you need a deload are that performance is stagnating or regressing, despite a measured and adequate amount of sleep, calories, and good stress management. A sign that you have a normal amount of fatigue however, is just a general feeling of tiredness or soreness that doesn't impact your training -

- A sign that you may need to deload as well is a decrease in your sleep quality or appetite. Overall, the signs that a deload is needed are a lot more apparent than the mild discomfort that a bit of fatigue brings.

Q6: What does it mean to pyramid up to a top set?

“Pyramid up” to a top set refers to doing warm up sets leading up to a top set. So for example, if you are prescribed to do a top set of 8 with 350 lbs, then you will do 2-3 lighter sets of 8 leading up to that top set. This is an effective protocol that simultaneously warms you up well, and gives you a good bit of practice reps with lighter weight in order to get into a good groove for your heavier sets.

The way that this is implemented in Golden Warrior is a bit different. When you are told to pyramid up to a weight, your higher rep sets will be taken within proximity of failure. This will typically be prescribed on lifts that are isolations, which have strength curves that allow you to put a little extra “oomph” into your reps. (think rear delt fly, lateral raise etc.).

In this way, pyramiding your sets will be used as an intensity technique as well.

Q7. What is RPE? (Rate of Perceived Exertion)

RPE is a tool that I like using to allow the lifter to autoregulate (pace out) their training based on how they feel that day.

I like combining it with percentages to ensure we’re getting in adequate skill practice with our big compound lifts, but in general, RPE is just a numerical scale used to rate the difficulty of our training. The higher the number, the less reps in reserve, the lower the number, the more reps that are left in reserve.

This program won’t use this a TON, but it is a good tool to understand nonetheless.

RPE SCALE	
RPE SCALE	Definition
10	Concentric Failure, you physically cannot do another rep after trying
9	could have grinded out another rep.
8	hard, but could have done two more reps
7	fairly challenging, could have done 3 more reps
6	feels like a warm up set, could have done 4 more reps, great for deloads or building volume at the beginning of a program
5	
4	Waste of time lol.

Q8. What are Cluster Sets?

Cluster sets are a fun way of getting in massive amounts of volume on an exercise in a short amount of time, and I prefer it for lighter scale movements where a little form breakdown won't snap you up. Don't PURPOSELY use a form that is broken down, but don't be afraid of a bit of slop at the very end of a cluster set, if it means getting in those last 2-3 reps.

Find a cool song that's 3-5 minutes long, and do clusters of 3-5 reps with 5-10 seconds rest in between clusters, and repeat until the song is done.

Q9. Can I Include Movements That aren't in the program?

Absolutely. I give examples of a few of my favorites, but you can sub in any exercise that falls within the same family as the one you want to replace.

That will allow for the program to function mostly as it was intended. You will need to still use great form along the lines of what is outlined in the program – and that may take extra time and experimentation.

For that reason, I recommend running the program with one of the many exercise variations provided, and then going from there, unless you have a specific lift you specifically want/need to train (example, competition squat, bench, or deadlift, competition dips or pull-ups)

In terms of adding extra work to the program itself, there's also room for you to do this as well. I personally recommend going based off of what has worked for you in the past with regards to what you add/take away.

For example, if you wanted to add extra upper back work, or extra quad volume etc, depending on what other exercises you pick, there's more than enough room to do this.

Q10. How do I know if I should include the optional exercises?

That is a great question. Here is how I approach this in my own real life training: I train with a basic amount of exercises, and as the weeks and months go on, I add in extra exercises to keep my training both interesting and effective. After many more weeks of training with the extra exercises, I pull back to only doing the basic ones again. In a nutshell, I work up my overall training intensity, bring it down, and then cycle between these two over and over again.

If you are accustomed to doing more volume or exercises, I still recommend doing the basic amount of movements, because the coaching and form cues will make the volume that IS included much more brutally effective than it otherwise would be without these coaching cues.

Q11. What should I do when I want to re-run this program?

Ideally you'll want to run this program to completion at least a few times. Most lifters will deload roughly every 8 weeks, but you'll want to also have a week of reduced training intensity directly after finishing this program, before you run it again.-

-When you pick Golden Warrior up for another run, ensure that you pick different variations than with your first run. This is both to keep you fired up and excited to train, but also keep you making progress. Chances are, you kept a lot of your variations mostly the same the entire time, so by the time round 2 comes along, you're likely due to swap around your movements a bit to avoid stagnation.

Q12 What is the rationale behind working the back so frequently?

I like to train back with more frequency personally. I learned this from Dan Green, one of the most legendary and well respected lifters in history.

Helps you get in more high quality work on each exercise, and the back tends to recover fast enough to include more high quality work in a 24 hour time period.

Especially if you're doing back exercises that bias different things, for example, wide grip rows and a lat biased pulldown.

If you have some reservations, start with lower volume and then ease into normal amount of working sets, OR if you are concerned with your arms recoveringC you can easily reallocate a bit of pulling volume from the lower body days to the upper body days, and take away a bit of direct bicep volume.

The volume is arranged in the way that I personally like to spread it out, but use your own experience and judgement to individualize, and most importantly, listen to your body.

Q13: Can I switch around the order of the exercises on any given day?

Yes, although when it comes to lower body days, I would keep it mostly the same in terms of sequencing (you can add or subtract exercises as per Q9.)

For upper body days, perform your main pressing variation, but after that, you can switch the order of movements to your liking as long as you can justify it logically.

Q14: When I do a drop set, how much should I reduce the load by?

When I do drop sets personally, I prefer to keep it simple. If I'm doing dumbbell alternating curls, I just move down the dumbbell rack by one or two sets of dumbbells depending on how brutal the first set was. For example, if I curl the 60's, I drop down to the 55's or 50's, and so on.

The same thing goes for lateral raises. If I'm doing 45's on laterals for my first set, I will do 40's or 35's for my drop set

In terms of specific rep counts on the drop set, this is largely irrelevant, just push the drop set close or to failure.

NOTE: EXERCISES LISTED ARE ONLY GIVEN FOR EXAMPLE, IF A LIFT YOU ENJOY/WANT TO DO IS NOT INCLUDED, FEEL FREE TO SUBSTITUTE IT IN/ADD IT IN ADDITION TO THE EXISTING EXERCISE SELECTION. PLEASE REFER TO THE FAQ FOR SPECIFIC GUIDANCE. ENJOY.

Day 1 Monday (Upper Body 1)

1. Close Grip Bench Press/Wider Grip Bench Press/Feet Up Bench (close or wide grip)/ Smith Machine Variation of Any of the above.

- **1 top set of 12, 8, or 5 reps with a rep or two in the tank**
- **2-3 back off sets with 12-20% less load**
- **2-3 minutes rest (start with as little as 2 minutes rest, go up to 3 as needed)**
- **Triple Progression (see the FAQ)**
- **Every 4 weeks, switch from 12,8, and then 5 reps for your top set respectively**

Coach's Notes:

Regardless of what variation you choose, we will be using a top set and backoff set approach. A Top Set refers to a set that is your heaviest, which is included to expose you to slightly heavier loads and more intensity to draw out a big strength adaptation along with a potent hypertrophy stimulus. These top sets are followed up by back off sets, which are there to give you additional volume that will aid in hypertrophy.

In terms of progression, rep quality is king, so if any of your reps are not within a common-sense margin of error, it is advised that you clean up your reps first, before adding any additional reps, ESPECIALLY TO YOUR TOP SET.

On any exercise that combines top sets/back off sets with triple progression, your first week will set the baseline of performance across each set. The idea is to build up from there, adding a rep, improving rep quality, or eventually a bit of weight (5-10 lbs) if/when you can add an additional 3-4 clean reps with the prescribed technique over your baseline performance. Progress under these-

-parameters on each set individually. I recommend starting with adding reps, then improving technique if need be, and then finally by increasing weight if you have added 3-4 reps over your baseline.

Do not become emotionally attached to a single week of performance with your bench press, but instead look at the average of all your workouts!

Form Notes (For All Presses): Lower the bar under control and lightly tap or pause on the chest, while barely touching the bar to the fabric of your shirt. Once you are at lockout, immediately begin lowering the bar for the next rep, and don't waste energy by pausing at the top.

Smith Machine Press Notes: To keep things simple when you track your weights, count the empty bar as 45 pounds or 20 kilograms. When performing a smith machine press, take special care on the eccentric phase of the lift to keep the tension on your muscles. This is because the eccentric loading phase of a smith machine exercise is aided partially by the smith machine itself. Take advantage of the added stability of the machine to really push yourself with rep intensity as well.

Form Notes (For Close Grip Presses): Close Grip Presses are always poppy off the bottom, and much harder to lock out, when compared to wide grip presses, so be sure to fully lock out to take advantage of this training adaptation. When you're lowering the bar, try to lead with your elbows to connect better with your triceps – the close grip bench is a compound exercise so you will never isolate the triceps with it, but this tip is helpful for making them kick in during your set

Form Notes (For Wide Grip Presses): With wide grip presses, I enjoy doing $\frac{3}{4}$ reps, or in other words, we just barely skip the lockout. This is done to get a notably better pec workout, since the muscle is kept under tension for longer. Think back to when you were young, and did push-ups to get a quick pump – there's a good chance you naturally skipped the lockout!

Standardize your reps, and don't pause at the top. When using this technique, it's useful to skip the pause at the bottom as well, and instead lightly touch your chest. This technique is humbling when done correctly!

2. Dumbbell Lateral Raises/Cable Lateral Raises/IYT Raises/Lu Raises OR Seated Shoulder Press of Choice

- 1 top set of 12-15 reps with close to your 12-15 rep max
- 2-3 drop sets
- Dynamic Double Progression (see FAQ)
- If you choose to do seated overhead press, do 2-3 straight sets of 8-12 with a dynamic double progression.

Coach's Notes: Shoulders love reps in my experience, so we will be using moderate to high reps, with lower rest periods than you may be used to, and a heck of a lot more intensity. We can afford this strategy because of the side delt's inherent toughness, as well as the caliber of exercise we've slotted in here. This wouldn't be the best approach with a beefier exercise in other words.

We will be performing my favorite shoulder workout, which are drop sets. Drop sets refer to doing a tough set, dropping the weight, and then immediately doing another tough set without any rest. This is usually repeated 3-4 times in a single drop set. Your delts won't need any more work after doing this for the rest of the workout.

If you are performing the seated shoulder press instead of isolating the side delts, I recommend picking the type of press that feels the smoothest on your shoulders, since you'll be doubling up on pressing in this workout.

Form Notes (Dumbbell Laterals): With this movement, it's important to raise the dumbbells in a path that doesn't hurt your shoulders. Play around with the alignment of your reps with the warm ups, and don't sweat how much/little your arm is locked out. Try to avoid loading into the front delts. Allow for a natural amount of sway on the concentric, but pause under tension at the top for a split second. You won't always see this, but you will FEEL it. Lower the weight under tension always.

Form Notes: Cable Laterals: With Cable Laterals, we can load the side delt under tension when it is fully stretched, so take advantage of this by orienting your body in a way where you feel the delt under tension at the bottom of the rep. Unlike the dumbbell lateral, we don't want to be pausing at the top, because all the money is at the bottom. Immediately being lowering under tension once you lock out.

Form Notes: IYT Raises: IYT Raises are a killer exercise when done right. Front Raise, Y Raise, and Lateral Raise in that order, but actively aim to keep a smooth tempo to keep the entire front and side delt under tension for the duration of the set. The loads will be lower than any single movement included in this medley, but the overall tension will be just as high, as well as prehabbing your shoulders for future training.

Form Notes: Lu Raises: Raising your shoulders in a way that is comfortable for your shoulders is even more important when doing Lu Raises as it is when doing lateral raises. Play around with a wrist position and rep alignment that feels great when you're warming up. Keep a constant tension on the muscle by not pausing at the top or the bottom, and get in all of your reps unbroken with zero rest pauses or mini breaks.

Form Notes: Seated Overhead Presses: Use the same soft touch cues as you did with your bench press variation. In terms of grip width, a closer grip usually feels better for most, but pay the most attention to your eccentric - particularly close to the bottom. We want to make sure that we press from a good bar path, and rushing the reps can make the bar jut out in front of our center of gravity.

If you're using the smith machine to do your overhead press, go slower than you normally would, because the machine inherently makes the eccentric a bit easier than a raw barbell would.

3. Standing Barbell Curl/Preacher Curl/Standing Dumbbell Curl

- **1 top set of 12, 8, or 5 reps with a rep or two in the tank**
- **2-3 back off sets with 12-20% less load (rep close/ to failure)**
- **2-3 minutes rest (start with as little as 2 minutes rest, go up to 3 as needed)**
- **Triple Progression (see the FAQ)**
- **Every 4 weeks, switch from 12,8, and then 5 reps for your top set respectively**
- **90 seconds to 2 minutes rest. Start with 90 sec, use 2 min as needed**

Coach's Notes: This slot includes a curl that is your main performance metric and base builder for the rest of your curling exercises. Pick one that you connect well with to start off. For most, a preacher curl will probably be the most foolproof variation in terms of keeping your reps strict and consistent, with the dumbbell and barbell curls following in terms of ease in that order.

When it comes to picking a straight barbell, ez bar, or hammer grip barbell for preacher or standing curls, pick the implement that is most comfortable on the wrists and tendons. Keep in mind that the more supinated (palms up) your grip is, the more the bicep will be worked. The more pronated your grip (palms down) the more your forearms and brachialis will work, but regardless, any implement will slam the biceps hard.

With any bicep exercise, we want to place particular care in using the arms to finish reps, and not momentum. This is much more important here than with other muscles, because the biceps are small compared to the larger muscles of the hips and lower body which tend to aim them.

Form Notes (Barbell Curl): Start each rep with your back stationary, and your triceps fully flexed – this helps mitigate any cheating or swaying that can be done at the start of the rep. As you raise the bar, raise your shoulders as well as if you're doing a front raise, while keeping your elbows as pushed inwards as you can. This style fully activates your biceps. Lower under tension, and flex your triceps at the bottom to reset for the next rep.

Try to keep your wrists as neutral as possible.

Form Notes (Preacher Curl): Warm up with as much range of motion as you safely can, making sure to stay glued to your seat, and do not heave the weight up. Keep your butt and pits glued to the preacher bench. For added stretch and safety, keep your wrists as curled up as you possibly can during each rep. Lower each rep under tension. I want most of the reps to be done in unbroken rep cadence (meaning don't rest at the top) but allow yourself to rest at the top ONCE during this set – keep it to just one rest pause to make things easier to track. 10 reps with 1 rest pause is a lot different from 10 reps with FOUR rest pauses.

Form Notes (DB Curl): Form wise, these are almost exactly like the barbell version. The only difference is that we can start each rep with the biceps in a more stretched position by bringing the dumbbells behind us a bit, so make sure that you take advantage of this.

This added range of motion comes with the added opportunity of using more momentum than the barbell curl, so take special care to FLEX your triceps hard and performing the concentric starting from this flexed position.

4. (Optional) Hammer Curl/Reverse Curl

- **2-3 sets of 8-12 reps**
- **Dynamic Double Progression**
- **90 seconds – 2 minutes rest (start low, go higher as needed)**
- **OPTIONAL Drop set scheme (one top set of 12, 2-3 drop sets)**

Coach's Notes: For maximal arm development, I believe in programming in a brachialis biased curl that also smashes the forearms, but this is entirely optional. Include this into your session if you are already experienced and want more volume/more overall development. Start with fewer sets than you think you need!

For this extra arm work, you can do the normal progression scheme outlined below, OR for a bit of variety, you can do drop sets. I recommend starting with the basics first, and using drop sets as a bit of novelty after running the program for several weeks. You can also wait to use drop sets on your second run of the program.

Form Notes (Hammer Curl): Form wise, these are identical to standing dumbbell curls, all the same cues apply, the only difference is our wrist position. Slow your reps down as you feel failure coming in. Hammer curls are VERY easy to turn into pseudo rows, when we curl with our elbows pointed back behind us. Avoid this by keeping the upper arm and elbows in line with your body. Treat yourself don't cheat yourself – hammer curls can quickly become an ego lift.

Form notes (Reverse Curl): With reverse curls, I enjoy bringing each rep to my forehead, to fully engage the target muscles, but most importantly, get a full range of motion. Take a slightly wider than shoulder width grip, and keep the elbows slightly raised and in front of you at the bottom.

There's nothing magical about this in general, but I find that this keep the reverse curl stricter, while also being fun and adding a bit of novelty to the lift. This particular rep style circumvents the pseudo row issue that a poorly performed Hammer Curl has.

5. Triceps Pressdown/Skull Crusher/JM Press/Smith Machine Version of Skull or JM Press

- **1 top set of 15, 12, or 10 reps with a couple reps in the tank**
- **2-3 back off sets minus 12-20% (rep close/ to failure)**
- **90 seconds to 2 minutes rest (start lower end with more rest as needed)**
- **Triple progression (See FAQ)**
- **Every 4 weeks, switch from 12,8, and then 5 reps for your top set respectively**

Coach's Notes: This will be your main triceps performance metric/base builder. Pick the variation that you connect with the most, as well as the one that is least invasive to your elbows. I highly recommend using a 1:1 cable stack for your Pressdowns if possible, for tracking purposes, but also since those types of pulleys usually feel the best.

I highly recommend weighing yourself down a bit with a weight belt if you do Pressdowns, PARTICULARLY when you approach 50% of your bodyweight for working sets. This is a Dorian Yates Blood and Guts classic!

If you choose to do extensions, even if your elbows are up to the task, I recommend a thorough general warm up for your elbows including some light weight extensions, band Pressdowns, and possibly even a bit of overhead pressing with the empty bar. This is to ensure max stability and safety in the extension.

Form Notes (Triceps Pressdown): Set the feet wide to give a big base of stability. Track the elbows back at the top, and push slightly in front of you at the bottom. Pause for a split second at lockout, and lower under tension. Pause under tension with the triceps maximally stretched before initiating your next rep.-

-Pick the pressing implement that feels the best on your wrists, elbows, and shoulders. The straight bar attachment will feel the closest to a barbell, and work the triceps the most, along with allowing you to lift the most amount of weight. The v bar is a good option as well that is equally stable, but feels better on some lifter's wrist and elbows.

The rope and long rope are pretty minimally invasive for most, but also allow for the least amount of weight to be lifted. None are bad options, so pick the best one that you can which also feels pain free.

Slow your reps down as you feel your range of motion begin to decrease.

Form Notes (Skull Crusher/JM Press): This is my preferred variation personally. You can do these with either dumbbells or a barbell. The dumbbell variation will be easier on most people's elbows due to the freedom of movement in the wrists and shoulders, but you won't be able to load it as heavily as a barbell.

For either variation, lead with the elbows on the way down, and lower to any point between the top of your head, to slightly behind your head. Keep your upper arm position stable to avoid throwing the weight with your lats. In terms of what direction you point your elbows, anywhere between 45 degrees to flush with your torso is totally fine – go with comfort, but keep it consistent.

For rep cadence, pause under tension at the bottom, don't relax at the bottom. At lockout, quickly pause, and then immediately initiate the next rep.

6. Pull-Up/ assisted pull-ups/Lat Pulldown (Wide Grip)

- **3 sets of 10-15 reps**
- **Triple Progression (See FAQ)**
- **2 minutes rest**

Coach's notes: We have worked our arms thoroughly, so you will notice more back engagement since the arms won't be contributing to the pulls like they would when you're fresh. If you're strong enough to do many pull-ups at bodyweight/weight added, you have the option of doing either pull-ups or pulldowns. However, if you can't do up to 10 pull-ups with bodyweight, you will need to do lat pulldowns or assisted pull-ups (banded or machine)

We will be working our upper back muscles (lats, traps, rhomboids, teres major etc) frequently throughout this program, and each day will bring into play different angles and exercises to build full and robust back development.

Form Notes (Pull-Up): Grab the bar decently outside of shoulder width. Pull as high as you possibly can from rep one (I pull the bar to my sternum personally), and with each consecutive rep, keep pulling as high as you can. Repeat until you can no longer bring yourself up to chin level.

Keep the back arched, and don't lower to a full dead hang. Fully lock out the elbows, but don't release tension on the back. Lower yourself under tension, Slow your reps down as you feel your range of motion begin to decrease.

Form Notes (Assisted Pull-Up): All of the same form cues apply. Use the least amount of assistance needed to hit prescribed sets and reps. Go even slower on the eccentrics to compensate for the band/machine assisting you on the way down. Slow your reps down as you feel your range of motion begin to decrease.

Form Notes (Lat Pulldown): All of the same form cues apply. The only differences are that I want you to be cognizant of how much you sway back, and instead of stopping your set when you can't reach chin level, take advantage of the added stability of the lat pulldown, and extend the set until you can no longer pull the bar to eye level. Slow your reps down as you feel your range of motion begin to decrease.

7. Leg Raises (Hanging, Floor, or on Dip Tower)

- **3 sets of 12-20 reps**
- **60 seconds to 90 seconds rest**
- **Double Progression**
- **OPTIONAL 3-4 minute Cluster Set (See FAQ)**

Coach's notes: Abs are the cornerstone of your strength and physique in my opinion, don't skip your abs EVER! Each time we work abs, we'll work on a different section of the core. This day will bias the lower abs, but most ab exercises will work the entire core. This is work that is magnifying the general stimulus that we get from basic compound exercises.

I prefer that these are done on a dip and pull-up tower, so that grip isn't a limiting factor, but they can also be done hanging from a pull-up bar, or laying on the floor. Pick whichever is most feasible for you and your space.

In terms of set up, I really enjoy using cluster sets to drive in a lot of volume in a short amount of time, so every few weeks, throw in a cluster set session for fun. Refer to the FAQ for the specifics on cluster set

Form Notes: My leg raises are different. We will only be raising the leg $\frac{3}{4}$ of the way up, and we won't be lowering the legs down all the way. This is to push the lower abs to true failure, but also to kick the hip flexors out of the motion almost entirely. Pause at the top and the bottom. If you are doing these weighted with a dumbbell between the feet, do a drop set with bodyweight after your weighted top set.

Day 2 (Tuesday) Back + Legs

1. High Bar Platz Squat /Hack Squat/Belt Squat/Smith Machine Squat/Deficit Smith Machine Split Squats (all ATG full depth)

- **One top set of 12-15 with a couple reps in the tank**
- **Add 10 lbs/5kg , and then do 8-10 reps**
- **Add 10 lbs/5 kg and then do a set of 5-8 reps**
- **3 minutes rest**
- **Triple Progression (SEE FAQ)**

Coach's Notes: We want to pick a squat patterned exercise that doesn't involve the lower back, that we can also keep an extremely upright posture on. The above variations are heavy enough to be great base building exercises, while also being light enough to not be overly fatiguing or take a lot of time to warm up to.

Progression wise, we will be doing lighter, high rep sets first, and finishing the workout with a heavier, lower rep set. Otherwise, it will follow a basic double progression. We go with this pyramid set-up to get an adequate hypertrophy stimulus, properly acclimate the legs with tons of reps, and also limit the total load needed to get a great workout.

We aim to accomplish this because we will need juice left in the tank to train our backs after we crush legs! So we want to keep the leg training short, yet effective.

For lifters that want to follow a normal top set back off set approach, do this (if you want to prioritize strength adaptation and using a bit more load on average):

- One top set of 5-8 with a couple reps in the tank**
- **subtract 10-15 lbs/5-7kg , and then do 8-10 reps**
- **subtract 10-15 lbs/5-7 kg and then do a set of 10-12 reps**
- **3 minutes rest**
- **Triple Progression (SEE FAQ)**

Form Notes (Squat Motion Patterns): Go as low as you possibly can, actively pushing your knees ahead of your toes. Flex into the eccentric, and hold tension at the bottom of each rep for a split second before coming back up. Slow your reps down as you approach the end of your set to keep the rep count and load reasonable. If you're doing belt squats or smith machine squats, terminate your set once you start leaning forward and kicking more lower back and glutes into the movement – we want to work the quads as much as possible and not recruit the low back.

Perform each rep unbroken with zero rest pauses or short breaks at the top for the most part, but allow for ONE rest pause to be incorporated per set.

Form Notes (Split Squats): Do these in a smith machine if possible. If not, you can use a heavy dumbbell and hold the side of the squat rack for added stability. Begin each rep by flexing into the eccentric, and keep flexing as you reach the bottom. Allow your back leg to fully stretch, and as you come up, stop just shy of lockout to keep tension on the legs. Do each rep unbroken with zero rest pauses, especially when doing the dumbbell variation. No rest pause allowances here!

2. (Optional) Sissy Squats

- **2-3 sets of 10-15 reps**
- **Double progression**
- **60-90 seconds rest**
- **(Optional) 3-4 minute cluster set**

Coach's Notes: More experienced lifters may need or want a bit more stimulus to the legs, and Sissy Squats happen to be a favorite of mine. Do these if you need extra volume, or want to work the entirety of the quad.

I recommend doing these with stability assistance from a cable stand to allow you to push your legs to true failure without worry of stability cutting your rep count.

Simply load the cable stack fully, and stand far enough back for your arms to fully extend while holding the cable attachment, with the cable set to about waist level. It's very important that you fully load the stack, you're using this as a means of stabilizing yourself, you don't want the weight to fly up! Perform Sissy Squats with the below mentioned form cues.

Avoid Pulling with the arms, and instead imagine your hands as hooks. We want the legs to work, not our backs and arms.

If you can't use this setup, the next best thing is to use the side of a rack or machine for support.

Form Notes: With all the above considerations, lower under control, and pause under tension. Perform your reps unbroken with zero rest pauses, and keep your hips extended forward as much as you possibly can. Start with a faster cadence but slow down with each rep more and more until you reach failure.

3. Cable Row + Kelso Shrug Superset / Deficit Barbell Row + Kelso Shrug Superset / Snatch Grip Back Extensions / Paused RDL/ Stiff Legged Deadlift

- **2 sets if doing the row super sets, 3 if doing back extensions or RDL/SLDL**
- **8-12 reps**
- **Double progression**
- **2-3 minutes rest**

Coach's Notes: Pick the movement according to the most amount of lower back engagement you want/need. The cable rows will be done with flexion to work the spinal erectors, barbell rows work the low back even more, and snatch grip back extensions work the lower back a ton, while also smashing the lats a bit.

Kelso Shrugs will be done after you reach failure with the rows, to work even more mid back and traps, and are a killer exercise for milking the most out of your back. All credit given to Paul Kelso, check out his book if you ever get the chance.

Form Notes (Kelso Shrugs): The basic form will be the same no matter what, but you will want to initiate movement by pulling your shoulder blades down and back, squeeze, and then let your shoulders hang and stretch, repeating until you physically cannot move the bar anymore. Your back will be uniquely sore in a way that you have never felt before, so start with the lower amount of sets!

Form Notes (Cable Rows): Allow the upper back to flex at the start of the first rep, similar to how Arnold did in Pumping Iron. We will essentially be mirroring the Austrian Oak here, except we will keep our rep cadence smoother and stricter. Slow down your eccentrics as you approach the point where you can no longer pull your arms to 90 degrees. Immediately after you finish up your rows, begin doing Kelso Shrugs

Form Notes (Deficit Rows): Keep your low back straight, but allow your shoulder blades to fully extend to take advantage of the extra range of motion. Terminate your set once you can no longer pull the bar above your knees. Rack the bar to regain your breath for 5 seconds or so and re-brace, and then immediately perform Kelso Shrugs.

If you want to do this with dumbbells instead of a barbell, pull into the hips during the row portion of the superset to bias lats, pull 45 degrees for a blend of upper back, lats, and traps.

Form Notes (Snatch Grip Back Extensions): Grab the barbell as wide as possible, pause without fully resetting the weight on the floor, and then pause at the top as well. Slow down your reps as you approach failure.

Form Notes (Paused RDL/SLDL): I recommend picking this movement if you want to knock out a heavy loaded hip hinge, and don't want as much pulling volume. If you do select this movement, I also recommend that you follow it up with the optional lat motions as well to ensure that your lats get enough work for the week, especially if you are only training 3 days per week.

In terms of form, keep your upper and lower back fully extended in a straight line so that your hamstrings and low back receive as much tension as possible. Lower the bar as low as you can given your flexibility, without flexing your knees or dumping the weight into your quads. Pause at the bottom of your personal full range of motion for 1-2 seconds, and then come back up.

Push your effective range of motion gradually over time. During your warm up sets, it is helpful to push this flexibility a bit to acclimate you to your working set weights.

If so desired, you may also start and end your reps from a dead stop and do stiff legged deadlifts instead. These will have better carryover to conventional deadlifts if you want to train those at a later date.

4. (Optional) Cable Lat Prayers, Pullover Machine, or Dumbbell Pullovers / Rear Delt Rows

- **2-3 sets of 8-12 reps**
- **Double Progression**
- **90 seconds rest**

Coach's Notes: Fill in extra back volume if you need it, OR if you picked snatch grip back extensions for your third exercise. For added variety, you can sub in cluster sets as an intensity technique after running normal progression for several weeks, or after a full complete run of the program.

Form Notes (Cable or Machine Pullovers): We have tension throughout a larger range of motion, so we want our overall rep cadence to be nice and intentional. Slow down even more as you approach the top, and let your lats fully stretch at the top for a 1-2 count.

Form Notes (DB Pullovers): Set your bench sideways (hamburger style) and keep your hips as low as possible. Since we don't have tension at the top, only bring the dumbbell up as high as you still feel tension, and bring it as low as you possibly can while still feeling tension on the back. As you fatigue, make your reps shorter and shorter to put them under more and more stress, this will keep the overall rep count and load needed to reach failure reasonable.

Form Notes (Rear Delt Rows): Pick this option if you have gotten pretty strong at rows and pulls (225 rows for 10 clean reps, and a 300 pound total weight chin-up or pull-up), but you still have rear delts that you would like to be stronger or bigger.

This is a normal rowing motion, the only thing I want you to sweat here is your arm path. You'll want your elbows to be pushed up and out to facilitate pulling into your rear delts and traps. Practice a groove that feels good on your shoulders as you warm up. Terminate your set when you can no longer bring the bar past your knees.

5. Lying Hamstring Curls/ Standing Hamstring Curls/Single Leg Lying Ham Curls

- 2-3 sets of 10-15 reps
- Dynamic double progression
- 2 minutes rest

Coach's notes: I learned from John Meadows that almost everyone's hamstrings need work, and that hamstring curls can always be pushed harder. Even if you have a monster deadlift, it always pays to work the complete hamstring with isolation. I prefer a laying curl, since we can add padding to increase the range of motion a bit, but a standing single leg ham curl will work just as well.

We will be doing seated ham curls on the second lower body day, so save that variation for that day.

If you are a particularly strong lifter, and are adding weight to the entire stack, start going single leg.

More than anything else, hamstrings love rep quality, and we don't want to get them overly sore by doing a ton of sloppy reps, so keep your rep quality under control.

Form Notes (Laying Curls): This is a straight forward motion, most of the emphasis needs to be on lowering under control, and pausing under tension at the bottom. Add additional padding underneath your hips to extend the range of motion. Slow your reps down significantly as you approach failure. End your set when you can no longer bring the legs to 90 degrees.

Form Notes (Standing Curls): Rep cadence should be identical to the laying curls, the only difference is that you want to also focus on keeping the thighs and hips glued to the machine, to avoid heaving the weight up with muscles other than the hamstrings.

6. Standing Calf Raises (One Rest Pause Allowed)

Coach's Notes: Pick your poison as to your preferred method of loading these, just pick one that makes the most sense for your space.

We will be keeping this work blazing quick, but ultra effective by combining long length partial reps with rest pauses.

Form Notes: Stretch all the way to the bottom under control, and pause for a legit 3 seconds at the bottom to completely eliminate the stretch reflex in the Achilles tendon, and then only come up about halfway, repeat until failure, allowing yourself one rest pause. You will only need a single set of these, trust me.

Day 3: Upper Body 2

1. Full Range Of Motion Dumbbell Press / Cambered Bar Bench Press / Incline Version of Either

- If doing a flat press, match the same rep and set scheme as Monday, just use 80% of the load
- If doing an incline press variation, use a 3-4 sets of 8-12 dynamic double progression
- 2-3 minutes rest

Coach's Notes: Our second upper body day will focus on working physical qualities that we didn't already work on the first day. Here you have two options, working in a full stretch in the flat pressing plane, or working in the incline pressing plane. I recommend that newer lifters pick the incline option by default, as it's usually better to generally work more patterns than less, while those that need more specific work will want to pick the flat extended range of motion variations by default.

I kept things applicable to building a big bench no matter what variation you pick, but the flat press variations will give a better rate of progress for most. I do find that Incline Presses are great for building lockout strength as well, but if you want to build a big bench on this program, the flat variations are a safe bet.

When Running Plan C, this training session will be your last workout of the week.

Form Notes (For All Presses): Lower the bar under control and lightly tap or pause on the chest, while barely touching the bar to the fabric of your shirt. Once you are at lockout, immediately begin lowering the bar for the next rep, and don't waste energy by pausing at the top.

Form Notes (Dumbbell Press): You can get more range of motion out of your presses. Bring the dumbbells all the way down, angling them to 45 degrees so that they can clear your chest and get a complete stretch. Pause under tension, and then come up. Do $\frac{3}{4}$ reps, stopping just shy of lockout. I can get a full ATG stretch with 150 lb dumbbells this way. Lower the weight a bit compared to what you usually use, and embrace this new technique. See the attached video for a physical demonstration.

Form Notes (Cambered Bar Press): Same cues as above, the only difference is that full range of motion is simpler to achieve. The bar either touches your chest, or it does not! This is a preferred option since it has a shorter learning curve, but most will only have access to dumbbells.

Form Notes (Incline): Incline presses are uniquely harder at lockout than flat presses, which is a physical quality that we want to make sure that we take advantage of, so forcefully lockout each rep completely. Lower the bar to about the clavicle to maximize stretch on the upper pecs. Guide your first rep down especially slowly to figure out your groove, and then resume a normal rep cadence for the subsequent reps.

2. (Optional) Paused High Bar Platz Squat / Paused Belt Squat / Paused Deficit Split Squat / Paused Hack Squat

- Pick the Paused variation of whatever you picked on Lower 1
- Match the set and rep count you hit on lower 1, but use 75-80% of the load
- 3 minutes rest

Coach's Notes: This optional Squat slot is specifically for folks that can only train 3 times per week, but still want a 2x squat frequency on their program. The mindset here will be largely the same as the standard day that this exercise falls on, the only difference will be that the load will be reduced slightly, as you get less total days away from squatting before you have to do it again.

The following notes are taken from Day 4, and still apply here

(The name of the game on this exercise is “perfect practice makes perfect.” The loads will be appreciably lighter than your first session, and so I want you to take advantage of this by really taking command of your form and making it as crisp as you can. The more often you do something, the better you get at it, so that’s why this particular exercise closely mirrors what you did the day before.

If you find that the load is too light, you can make the set more difficult by slowing your tempo as you feel the burn setting in, but don’t make any one set too brutal. We already worked our lower body HARD and comparatively heavy – this workout should be taken to a medium intensity.

Form Cues from the first lower body day still apply here, but with an added pause)

3. Neutral Grip Pull-Ups/Neutral Grip Pulldowns/Seated Single Arm Diagonal Pulldowns/Rack Chins

- 3 sets of 8-12 reps
- 2-3 minutes rest
- Dynamic double progression

Coach's Notes: Our first vertical pull of the week was pronated/wide grip pull. Here, we have the option of going for either a semi-supinated, close grip pull, or a pull that will bias the lower lats. More experienced lifters may want to pick the diagonal pulldowns or rack chins which hit the lower lats hard, while newer lifters will want to pick the neutral grip pull by default.

Form Notes (Seated Single Arm Diagonal Pulldowns): Angle a bench to about 70 to 80 degrees, and line up the cable at about that angle, and then grip and rip. Slow down your rep cadence as you approach failure, and terminate the set when you can no longer bring your upper arm to 90 degrees.

Form Notes (Pull-Up): Grab the bars shoulder width. Pull as high as you possibly can from rep one (I pull the bar to my sternum personally), and with each consecutive rep, keep pulling as high as you can. Repeat until you can no longer bring yourself up to chin level.

Keep the back arched, and don't lower to a full dead hang. Fully lock out the elbows, but don't release tension on the back. Lower yourself under tension, Slow your reps down as you feel your range of motion begin to decrease.

Form Notes (Assisted Pull-Up): All of the same form cues apply. Use the least amount of assistance needed to hit prescribed sets and reps. Go even slower on the eccentrics to compensate for the band/machine assisting you on the way down. Slow your reps down as you feel your range of motion begin to decrease.

Form Notes (Lat Pulldown): All of the same form cues apply. The only differences are that I want you to be cognizant of how much you sway back, and instead of stopping your set when you can't reach chin level, take advantage of the added stability of the lat pulldown, and extend the set until you can no longer pull the bar to eye level. Slow your reps down as you feel your range of motion begin to decrease.

4. Spider Curl/Standing Cable Curl

- 3 sets of 10-15 reps
- Dynamic double progression
- 90 seconds to 2 minutes rest

Coach's notes: We're focusing this particular arm slot on attacking the shortened portion of the range of motion, in other words, getting a big squeeze. This is an often neglected part of the equation since everyone always tends to only value the stretch. Squeeze based work breaks up the monotony, rejuvenates your tendons, gives you a huge pump, and overall primes you up to be ready to attack stretch based work.

Form Notes (Spider curls): This exercise is straightforward. Just imagine that your elbows are trapped in front of a glass wall. This prevents you from turning the curl into a row. Since this curl is squeeze biased, pausing at the bottom isn't necessary.

Form Notes (Standing Cable Curl): Angle the cable so that it's hardest at lockout, easiest at the bottom, play around with your settings.

Start each rep with your back stationary, and your triceps fully flexed – this helps mitigate any cheating or swaying that can be done at the start of the rep. As you raise the bar, raise your shoulders as well as if you're doing a front raise, while keeping your elbows as pushed inwards as you can. This style fully activates your biceps. Lower under tension, and flex your triceps at the bottom to reset for the next rep.

Try to keep your wrists as neutral as possible

5. (Optional) Dumbbell Supinated Preacher Curls / Dumbbell Preacher Hammer Curls

- 2-3 sets of 10-15
- Dynamic Double Progression
- 2 minutes rest

Coach's Notes: we have fully pumped and acclimated the biceps, so if desired, you are in a prime position to slam them from the stretched position with a preacher curl of choice. Pick your variation depending on if you want more biceps or brachialis respectively.

Skip this extra biceps work if you choose to add in the optional Squats and Hamstring Curls - if you include everything, the workout will be too bloated.

Form Notes: Form is mostly with either variation, aside from wrist position. Warm up with as much range of motion as you safely can, making sure to stay glued to your seat, and not heave the weight up. Keep your butt and pits glued to the preacher bench. For added stretch and safety, keep your wrists as curled up as you possibly can during each rep. Lower each rep under tension.

For the Hammer variation, keep your wrist as neutral as possible, and grab the middle of the dumbbell to maximize tension on the forearms.

6. Incline Pressdowns / Incline Extensions / Incline JM Press

- 3 sets of 8-12 reps
- 2 minutes rest
- Dynamic double progression

Form Notes (Incline Pressdowns): Get an adjustable bench and angle it up to about 60 – 70 degrees. This is for added stability. From there, perform Pressdowns in the exact manner described on day one, the only difference is that most people's elbows will be able to tolerate using a straight bar here.

Form Notes (Extensions and JM Press): Follow the same form cues as the flat extensions day 1. I recommend picking a different implement from what you picked on day 1, but the form will be mostly the same otherwise. We're just working the triceps from a slightly different joint angle.

6. (OPTIONAL) Seated Hamstring Curls

- 2-3 sets of 8-12 reps
- Dynamic Double Progression
- 2 minutes rest
- Optional 2-3 minute Cluster Set

Coach's Notes: Sub in this exercise if you're running a 3x per week version of this program and you want to increase your hamstring frequency to 2x per week. All other cues still apply. Take some extra time warming up and use a slightly lighter weight than you think you should at first, since you are getting less days away from training your hamstrings than on the normal plans.

The following notes are taken from Day 4

(Coach's notes: We aren't hip hinging on this day, but we are going to be doing the single most effective hamstring exercise in my opinion.

More experienced lifters may do a cluster set instead of straight sets, but if you have never taken a set of hammy curls to true failure using the cues I will provide, I recommend that you acclimate your hamstrings with the normal set up.

Form Notes: Lean Forward a bit and hinge at the hips to pre-stretch the hamstrings. Don't pause at the shortened position at all, but when you approach the lengthened position, pause for a full 1 count under tension.

Take a page out of your bench press cues, and allow the weight stack to touch, without letting the weights reset and release tension. This will be absolutely brutal by itself, but for added fun, you can also pause the concentric directly after you break the weight from the stack as well. These double paused hamstring curls should be done by advanced lifters only, but the normal paused hamstring curls are good for all experienced levels)

6. Oblique Leg Raises

- 3 sets of 10-15 reps
- 90 seconds rest
- Optional 3-4 minute cluster sets
- Double progression
- Skip these if you do the added leg work

Form Notes: The form cues will be largely the same as the normal leg raises, the only difference is that we will bring the legs up while flexing into one side of our obliques.

We will only be raising the leg $\frac{3}{4}$ of the way up, and we won't be lowering the legs down all the way. This is to push the obliques to true failure, but also to kick the hip flexors out of the motion almost entirely. Pause at the top and the bottom. If you are doing these weighted with a dumbbell between the feet, do a drop set with bodyweight after your weighted top set.

Slow your reps down as you feel the burn coming in.

Day 4 Lower Body

Coach's Notes: This second lower body day is focused on accumulating more volume, and working pause variations of the squat that we picked on the first session. The set and rep schemes will be similar. Don't get caught up on how hard or easy the weights feel on this session – you're coming into this leg day with a bit of fatigue more than likely, so it is possible the comparatively lighter loads in this session may feel relatively the same in difficulty as your first lower body session. This is totally normal, and I want you to focus more on getting the work done with the right rep quality.

There won't be any hip hinges or back work in this session, so I have left the possibility of hitting some extra side delts/legs on this day to compensate.

When Running Plan B, this will be your last training session of the week, and on Plan C, you'll skip this day entirely.

1. Paused High Bar Platz Squat / Paused Belt Squat / Paused Deficit Split Squat / Paused Hack Squat

- Pick the Paused variation of whatever you picked on Lower 1
- Match the set and rep count you hit on lower 1, but use 80-85% of the load
- 3 minutes rest

Coach's Notes: The name of the game on this exercise is “perfect practice makes perfect.” The loads will be appreciably lighter than your first session, and so I want you to take advantage of this by really taking command of your form and making it as crisp as you can. The more often you do something, the better you get at it, so that’s why this particular exercise closely mirrors what you did the day before.

If you find that the load is too light, you can make the set more difficult by slowing your tempo as you feel the burn setting in, but don’t make any one set too brutal. We already worked our lower body HARD and comparatively heavy – this workout should be taken to a medium intensity.

Form Cues from the first lower body day still apply here, but with an added pause.

2. Hip Adductor Machine OR Cossack Squats

- **3 sets of 10-12 reps**
- **Double progression**
- **2 minutes rest**

Coach's Notes: A lot of the thigh work included focuses on smashing the quads, but the adductors are a massive chunk of the size of your legs from the front. I believe in direct isolation of the adductor, and so I want you to pick the adductor machine preferentially.

If you don’t have access to an adductor machine, Cossack Squats are a suitable replacement, but the machine will always be the tip of the spear. Adjust your program accordingly if you do gain access to the adductor machine.

Form Notes (Adductor Machine): The stretched portion of this movement is more important than the squeeze, so capitalize on this by doing a short pause when you’re at the bottommost part of the range of motion

Terminate the set when you can no longer close your legs at least $\frac{3}{4}$ of the way.

Form Note (Cossack Squats) If you have never done these before, practice doing them with bodyweight only, because they will make you extremely sore. Gradually add a bit of weight over time. More than anything, this movement demands rep quality, so don’t lift with your ego here. Seek to get a great workout out of the least amount of weight possible. Facilitate this by really owning the eccentrics, pushing your range of motion to be deeper over time, and pausing always

3. OPTIONAL Sissy Squats OR Leg Extensions

- Do the exact same Sissy Squat workout you did last time, just beat the books
- If you did a straight set workout last time, you also have the option of doing a cluster set [here](#)
- If doing Leg Extensions, perform 2-3 sets of 10-15 with 90 seconds rest with a double progression

4. OPTIONAL Lateral Raises/Lu Raise/IYT Raise/Cable Lateral Raise

- Repeat your last side delt workout, but just beat the books
- You can pick a new side delt exercise [here](#) for variety, but for fun, try and still beat the rep count of the other movement you did earlier in the week

5. Seated Hamstring Curls

- 2-3 sets of 8-12 reps
- Dynamic Double Progression
- 2 minutes rest
- Optional 2-3 minute Cluster Set

Coach's notes: We aren't hip hinging on this day, but we are going to be doing the single most effective hamstring exercise in my opinion.

More experienced lifters may do a cluster set instead of straight sets, but if you have never taken a set of hammy curls to true failure using the cues I will provide, I recommend that you acclimate your hamstrings with the normal set up.

Form Notes: Lean Forward a bit and hinge at the hips to pre-stretch the hamstrings. Don't pause at the shortened position at all, but when you approach the lengthened position, pause for a full 1 count under tension.

Take a page out of your bench press cues, and allow the weight stack to touch, without letting the weights reset and release tension. This will be absolutely brutal by itself, but for added fun, you can also pause the concentric directly after you break the weight from the stack as well. These double paused hamstring curls should be done by advanced lifters only, but the normal paused hamstring curls are good for all experienced levels

6. Calves

- Repeat your previous calf workout, but beat the books on reps.

Day 5: Upper Body 3

Coach's Notes: Welcome to the last workout of Plan A, this session serves as extra volume, but also an opportunity to perform some unique movements when compared to Day 1 and Day 3. The name of the game is to keep things relatively light, as we still want to be recovered for Day 1, so consideration has been made with the exercise selection to put you on the right track. Supersets galore today!

1. Dips / Deficit Push Ups + Bodyweight Chin-Ups/ Assisted Chin-Ups SUPERSET

- 3 sets of as many reps as possible each
- Double progression (add weight when you can get to a set of 20)
- OPTIONAL Give Yourself a Time Limit for fun
- OPTIONAL Giant Set this with weighted crunches
- 2 minutes rest between superset

Form Notes (Dips): We will be dipping with an emphasis on rep quality + punishing the chest. Maintain a forward lean, almost like a pseudo push up. Maintain this position for the majority of the rep until lockout. Go as deep as your flexibility allows without bothering your shoulders. Pause the dips both at the top, and the bottom, and lower into the eccentric under tension. Slow your reps down more and more as you approach failure.

Since you have no specific rep goal here, slow your reps down every couple reps.

Form Notes (Deficit Push-Ups): First decide whether you want to do incline or flat push-ups, and elevate your feet to the desired position. Here, you have two options: 1) you can do $\frac{3}{4}$ reps to bias pec activation over working the full range of motion 2) Protract your shoulders at the top of each rep at full lockout to work the serratus muscles.

Regardless of which style you use, pause at the bottom, and quickly reverse the reps at lockout without resting at the top. Lower into the eccentric.

Form Notes (Chin-Up): Grab the bar about shoulder width or whatever close variation is comfortable for you. Pull as high as you possibly can from rep one (I pull the bar to my sternum personally), and with each consecutive rep, keep pulling as high as you can. Repeat until you can no longer bring yourself up to chin level

Keep the back arched, and don't lower to a full dead hang. Fully lock out the elbows, but don't release tension on the back. Lower yourself under tension, Slow your reps down as you feel your range of motion begin to decrease. For more biceps, you have the option of keeping the elbows more tucked during the concentric, but this is optional.

Form Notes (Assisted Chin-Up): All of the same form cues apply. Use the least amount of assistance needed to hit prescribed sets and reps. Go even slower on the eccentrics to compensate for the band/machine assisting you on the way down. Slow your reps down as you feel your range of motion begin to decrease.

2. Incline Dumbbell Curl/Incline Cable Curl + Incline Dumbbell Extension / Incline Ez Bar Ext / Single Arm Triceps Pressdown **SUPERSET**

- 2-3 sets each
- 10-15 rep range
- Dynamic double progression
- 2 minutes rest

Coach's Notes: For your incline curls, select a level of incline that feels comfortable on your shoulders, and has a good balance of stretch, and being able to push hard reps. You can also use a hammer grip if desired. For these arm exercises in general, we're aiming to keep things light, so put a big premium on owning your rep speed, and staying under complete control of the weights, to avoid having to use maximal loads. This is your THIRD time training your biceps – mentally I want you to consider that we are filling in gaps, not trying to make broad strokes.

Form Notes (Incline Curls): aside from flexing the triceps at the bottom of the movement, avoid cheating the lift by heaving the dumbbells up with your hips, or shrugging them out of the bottom with your traps and upper back. However, as you fatigue, you will naturally start to bring your elbows forward more and more – don't worry about this, but as you begin to naturally adjust the strength curve to let you grind out reps, slow your eccentric down more.

Form Notes (Single Arm Pushdowns): Take advantage of the increased freedom of movement, and press directly into the long head of your triceps. Hold the contraction for a second or two until you find the proper pathing that allows you to do this. Once you find this pressing pathway, continue to flex hard at lockout at the top of each rep to bias the shortened portion of the lift. We have worked the stretch a ton, and we don't want to work that same physical quality again.

3. (Optional) Rear Delt Fly/Powell Raise/Reverse Pec Deck

- 2-3 sets of 10-15 reps
- Dynamic double progression
- 90 seconds rest
- Optional 3-5 minute cluster set

Coach's Notes: Add this into your routine if you have gotten decently strong as pulls and rows, but your rear delt development isn't where you want it at. For those that want to push the envelope, a cluster set is a fun alternative to the straight sets. Make the cluster sets even more intense by using heavier loading, but allowing for partial reps to hit the end of your cluster set.

4. Weighted Crunches

- Optionally Giant Set this with your Calisthenics Work
- 3 sets of as many reps as possible
- Dynamic Double Progression (add weight when you can do 20 reps)