# Anti-Bodybuilding Hypertrophy I

# by Chad Waterbury

## Original Article Can be Found on T-Nation @ http://www.t-nation.com/findArticle.do?article=244anti2

Day 1 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 9 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 17 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
Flat BB Bench Presses	10 x 3	60 sec.			Flat BB Bench Presses	10 x 4	60 sec.			Flat BB Bench Presses	10 x 5	60 sec.		
BB Rows	10 x 3	60 sec.			BB Rows	10 x 4	60 sec.			BB Rows	10 x 5	60 sec.		
Day 3 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 11 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 19 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
BB Front Squats	5 x 10	60 sec.			BB Front Squats	5 x 10	60 sec.			BB Front Squats	5 x 10	60 sec.		
Hanging Pikes	5 x 10	60 sec.			Hanging Pikes	5 x 10	60 sec.			Hanging Pikes	5 x 10	60 sec.		
Standing Calf Raises	5 x 10	60 sec.			Standing Calf Raises	5 x 10	60 sec.			Standing Calf Raises	5 x 10	60 sec.		
Day 5 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 13 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 21 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
Dips	5 x 10	60 sec.			Dips	5 x 10	60 sec.			Dips	5 x 10	60 sec.		
Chin-Ups	5 x 10	60 sec.			Chin-Ups	5 x 10	60 sec.			Chin-Ups	5 x 10	60 sec.		
Day 7 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 15 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 23 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
Deadlifts	10 x 3	60 sec.			Deadlifts	10 x 4	60 sec.			Deadlifts	10 x 5	60 sec.		
Seated Calf Raises		60 sec.			Seated Calf Raises	10 x 4	60 sec.			Seated Calf Raises	10 x 5	60 sec.		
Decline Sit-Ups	10 x 3	60 sec.			Decline Sit-Ups	10 x 4	60 sec.			Decline Sit-Ups	10 x 5	60 sec.		
Day 25 (80% of 1RM)	Sets/Reps	Rest	1RM	Woight	Day 33 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 41 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
			11110	Weight		Oeta/Nepa		11/101	Weight	Day 41 (00 /8 01 11(11)			IIVIAI	Weigin
Dips		60 sec.	IIII		Dips	10 x 4	60 sec.		Weight	Dips	10 x 5	60 sec.		Weight
Dips Chin-Ups	10 x 3 10 x 3	60 sec. 60 sec.			Dips Chin-Ups		60 sec. 60 sec.			Dips Chin-Ups	10 x 5 10 x 5	60 sec. 60 sec.		
Dips	10 x 3	60 sec. 60 sec.	1RM		Dips	10 x 4	60 sec.	1RM		Dips	10 x 5	60 sec. 60 sec.	1RM	Weight
Dips Chin-Ups	10 x 3 10 x 3	60 sec. 60 sec.			Dips Chin-Ups <b>Day 35 (65% of 1RM)</b> Deadlifts	10 x 4 10 x 4	60 sec. 60 sec.			Dips Chin-Ups <b>Day 43 (70% of 1RM)</b> Deadlifts	10 x 5 10 x 5	60 sec. 60 sec.		
Dips Chin-Ups Day 27 (60% of 1RM)	10 x 3 10 x 3 Sets/Reps	60 sec. 60 sec. <b>Rest</b>			Dips Chin-Ups Day 35 (65% of 1RM)	10 x 4 10 x 4 Sets/Reps	60 sec. 60 sec. <b>Rest</b>			Dips Chin-Ups Day 43 (70% of 1RM)	10 x 5 10 x 5 <b>Sets/Reps</b>	60 sec. 60 sec. <b>Rest</b>		
Dips Chin-Ups <b>Day 27 (60% of 1RM)</b> Deadlifts	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec.			Dips Chin-Ups <b>Day 35 (65% of 1RM)</b> Deadlifts	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec.			Dips Chin-Ups <b>Day 43 (70% of 1RM)</b> Deadlifts	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec.		
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.		Weight	Dips Chin-Ups <b>Day 35 (65% of 1RM)</b> Deadlifts Seated Calf Raises	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.		Weight	Dips Chin-Ups <b>Day 43 (70% of 1RM)</b> Deadlifts Seated Calf Raises	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.		
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b>	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.	1RM	Weight	Dips Chin-Ups Day 35 (65% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec. 60 sec.	1RM	Weight	Dips Chin-Ups Day 43 (70% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10	60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.	1RM	Weight
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 29 (60% of 1RM)	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b>	1RM	Weight	Dips Chin-Ups Day 35 (65% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 37 (65% of 1RM)	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b>	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b>	1RM	Weight	Dips Chin-Ups Day 43 (70% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 45 (70% of 1RM)	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b>	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b>	1RM	Weight
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 29 (60% of 1RM) Flat BB Bench Presses	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.	1RM	Weight	Dips Chin-Ups Day 35 (65% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 37 (65% of 1RM) Flat BB Bench Presses	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b> 60 sec.	1RM	Weight	Dips Chin-Ups Day 43 (70% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 45 (70% of 1RM) Flat BB Bench Presses	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec.	1RM	Weight
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 29 (60% of 1RM) Flat BB Bench Presses BB Rows	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b> 60 sec. 60 sec.	1RM 1RM	Weight	Dips Chin-Ups Day 35 (65% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 37 (65% of 1RM) Flat BB Bench Presses BB Rows	10 x 4 10 x 4 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec.	1RM 1RM	Weight	Dips Chin-Ups Day 43 (70% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 45 (70% of 1RM) Flat BB Bench Presses BB Rows	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec.	1RM 1RM	Weight
Dips Chin-Ups Day 27 (60% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 29 (60% of 1RM) Flat BB Bench Presses BB Rows Day 31 (80% of 1RM)	10 x 3 10 x 3 <b>Sets/Reps</b> 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10 5 x 10 <b>Sets/Reps</b> 10 x 3 10 x 3	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec.	1RM 1RM	Weight	Dips Chin-Ups Day 35 (65% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 37 (65% of 1RM) Flat BB Bench Presses BB Rows Day 39 (80% of 1RM)	10 x 4 10 x 4 Sets/Reps 5 x 10 5 x 10 5 x 10 Sets/Reps 5 x 10 5 x 10 5 x 10 5 x 10	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. <b>Rest</b>	1RM 1RM	Weight	Dips Chin-Ups Day 43 (70% of 1RM) Deadlifts Seated Calf Raises Decline Sit-Ups Day 45 (70% of 1RM) Flat BB Bench Presses BB Rows Day 47 (80% of 1RM)	10 x 5 10 x 5 <b>Sets/Reps</b> 5 x 10 5 x 10 <b>Sets/Reps</b> 5 x 10 5 x 10 5 x 10 <b>Sets/Reps</b>	60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec. 60 sec.	1RM 1RM	Weight

# Anti-Bodybuilding Hypertrophy II

# by Chad Waterbury

## Original Article Can be Found on T-Nation @ http://www.t-nation.com/findArticle.do?article=307hyper2

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Day 1	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight	Day 17	Sets/Reps	Rest	Weight
Flat DB Bench Press	3 x 5 @ 7RM	60 sec.		Flat DB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%	Flat DB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%
Decline BB Bench Press	3 x 5 @ 7RM	60 sec.		Decline BB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%	Decline BB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%
Seated Cable Rows	3 x 5 @ 7RM	60 sec.		Seated Cable Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Seated Cable Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Bentover BB Rows	3 x 5 @ 7RM	60 sec.		Bentover BB Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Bentover BB Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Day 3	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight	Day 19	Sets/Reps	Rest	Weight
Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.		Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.	+2.5%	Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.	+2.5%
Standing Cable Crunches	4 x 12 @ 15RM	60 sec.		Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%	Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%
Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.		Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%	Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%
Day 5	Sets/Reps	Rest	Weight	Day 13	Sets/Reps	Rest	Weight	Day 21	Sets/Reps	Rest	Weight
Standing Military Press	3 x 12 @ 15RM	75 sec.		Standing Military Press	3 x 12 @ 15RM	75 sec.	+2.5%	Standing Military Press	3 x 12 @ 15RM	75 sec.	+2.5%
Chin-Ups	3 x 12 @ 15RM	75 sec.		Chin-Ups	3 x 12 @ 15RM	75 sec.	+2.5%	Chin-Ups	3 x 12 @ 15RM	75 sec.	+2.5%
Triceps Dips	3 x 12 @ 15RM	75 sec.		Triceps Dips	3 x 12 @ 15RM	75 sec.	+2.5%	Triceps Dips	3 x 12 @ 15RM	75 sec.	+2.5%
Upright Rows	3 x 12 @ 15RM	75 sec.		Upright Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Upright Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Day 7	Sets/Reps	Rest	Weight	Day 15	Sets/Reps	Rest	Weight	Day 23	Sets/Reps	Rest	Weight
Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.		Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.	+2.5%	Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.	+2.5%
Standing Cable Crunches	6 x 5 @ 7RM	60 sec.		Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%	Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%
Donkey Calf Raises	6 x 5 @ 7RM	60 sec.		Donkey Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%	Donkey Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%
Day 25	Sets/Reps	Rest	Weight	Day 33	Sets/Reps	Rest	Weight	Day 41	Sets/Reps	Rest	Weight
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Day 25	Sets/Reps	Rest	Weight	Day 33	Sets/Reps	Rest	Weight	Day 41	Sets/Reps	Rest	Weight
Standing Military Press	3 x 5 @ 7RM	60 sec.		Standing Military Press	3 x 5 @ 7RM	60 sec.	+2.5%	Standing Military Press	3 x 5 @ 7RM	60 sec.	+2.5%
Chin-Ups	3 x 5 @ 7RM	60 sec.		Chin-Ups	3 x 5 @ 7RM	60 sec.	+2.5%	Chin-Ups	3 x 5 @ 7RM	60 sec.	+2.5%
Triceps Dips	3 x 5 @ 7RM	60 sec.		Triceps Dips	3 x 5 @ 7RM	60 sec.	+2.5%	Triceps Dips	3 x 5 @ 7RM	60 sec.	+2.5%
Upright Rows	3 x 5 @ 7RM	60 sec.		Upright Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Upright Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Day 27	Sets/Reps	Rest	Weight	Day 35	Sets/Reps	Rest	Weight	Day 43	Sets/Reps	Rest	Weight
Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.		Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.	+2.5%	Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.	+2.5%
Standing Cable Crunches	4 x 12 @ 15RM	60 sec.		Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%	Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%
Donkey Calf Raises	4 x 12 @ 15RM	60 sec.		Donkey Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%	Donkey Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%
Day 29	Sets/Reps	Rest	Weight	Day 37	Sets/Reps	Rest	Weight	Day 45	Sets/Reps	Rest	Weight
Flat DB Bench Press	3 x 12 @ 15RM	75 sec.		Flat DB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%	Flat DB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%
Decline BB Bench Press	3 x 12 @ 15RM	75 sec.		Decline BB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%	Decline BB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%
Seated Cable Rows	3 x 12 @ 15RM	75 sec.		Seated Cable Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Seated Cable Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Bentover BB Rows	3 x 12 @ 15RM	75 sec.		Bentover BB Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Bentover BB Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Day 31	Sets/Reps	Rest	Weight	Day 39	Sets/Reps	Rest	Weight	Day 47	Sets/Reps	Rest	Weight
Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.		Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.	+2.5%	Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.	+2.5%
Standing Cable Crunches		60 sec.		Standing Cable Crunches		60 sec.		Standing Cable Crunches		60 sec.	+2.5%
Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.		Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%	Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%

# Strength Focused Mesocycle by Chad Waterbury

Day 1	Sets/Reps	Rest	_	Day 8	Sets/Reps	Rest	Weight
A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	weight	A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%
A1 - Good Mornings A2 - Dips	3 x 5 @ 7RM	90 sec. 90 sec.		A1 - Good Mornings A2 - Dips	3 x 5 @ 7RM	90 sec. 90 sec.	+2.5%
B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.		B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%
B2 - Front Squats	3 x 5 @ 7RM	90 sec.		B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%
Jump Rope - 5 Minutes	5×5@710	30 360.		Jump Rope - 5 Minutes	372@110	30 360.	+2.570
Day 2	Rest	Rest	Rest	Day 9	Rest	Rest	Rest
Day 2 Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.	Weight	A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.	+2.5%
A2 - Box Squats	3 x 8 @ 10RM	120 sec.		A2 - Box Squats	3 x 8 @ 10RM	120 sec.	+2.5%
B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.		B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.	+2.5%
B2 - Seated Rows	3 x 8 @ 10RM	120 sec.		B2 - Seated Rows	3 x 8 @ 10RM	120 sec.	+2.5%
Jumping Jacks - 5 Minutes	0 x 0 @ Tortw	120 000.		Jumping Jacks - 5 Minutes		120 000.	12.070
Day 4	Rest	Rest	Rest	Day 11	Rest	Rest	Rest
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
A1 - Power Cleans	3 x 3 @ 5RM	90 sec.		A1 - Power Cleans	3 x 3 @ 5RM	90 sec.	+2.5%
A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.		A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.	+2.5%
B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.		B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.	+2.5%
B2 - Lunges	3 x 3 @ 5RM	90 sec.		B2 - Lunges	3 x 3 @ 5RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 6	Rest	Rest	Rest	Day 13	Rest	Rest	Rest
Day 7	Rest	Rest	Rest	Day 14	Rest	Rest	Rest
Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%	A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%
A2 - Dips	3 x 5 @ 7RM	90 sec.	+2.5%	A2 - Dips	3 x 5 @ 7RM	90 sec.	+2.5%
B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%	B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%
B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%	B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 16	Rest	Rest	Rest	Day 23	Rest	Rest	Rest
Day 17	Sets/Reps	Rest	Weight	Day 24	Sets/Reps	Rest	Weight
A1 - St. BB Military Presses							
	3 x 8 @ 10RM	120 sec.			3 x 8 @ 10RM	120 sec.	+2.5%
	3 x 8 @ 10RM 3 x 8 @ 10RM		+2.5%	A1 - St. BB Military Presses	3 x 8 @ 10RM		+2.5% +2.5%
A2 - Box Squats B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.	+2.5% +2.5%		3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec.	+2.5%
A2 - Box Squats	3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec. 120 sec. 120 sec.	+2.5% +2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec. 120 sec. 120 sec.	+2.5% +2.5%
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows	3 x 8 @ 10RM	120 sec. 120 sec.	+2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows	3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec. 120 sec.	+2.5%
A2 - Box Squats B1 - Glute Ham Raise	3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec. 120 sec. 120 sec.	+2.5% +2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM	120 sec. 120 sec. 120 sec.	+2.5% +2.5%
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest Sets/Reps	120 sec. 120 sec. 120 sec. 120 sec.	+2.5% +2.5% +2.5% +2.5% Rest Weight	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest Sets/Reps	120 sec. 120 sec. 120 sec. 120 sec.	+2.5% +2.5% +2.5% Rest Weight
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b>	+2.5% +2.5% +2.5% +2.5% Rest Weight	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b>	+2.5% +2.5% +2.5% Rest
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18 Day 19	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest Sets/Reps	120 sec. 120 sec. 120 sec. 120 sec. Rest Rest	+2.5% +2.5% +2.5% +2.5% Rest Weight	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM Rest Sets/Reps	120 sec. 120 sec. 120 sec. 120 sec. Rest Rest	+2.5% +2.5% +2.5% Rest Weight
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18 Day 19 A1 - Power Cleans	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> Sets/Reps 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec.	+2.5% +2.5% +2.5% Rest Weight +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26 A1 - Power Cleans	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> Sets/Reps 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec.	+2.5% +2.5% +2.5% Rest Weight +2.5%
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18 Day 19 A1 - Power Cleans A2 - Pull-Ups B1 - Rack Lockouts B2 - Lunges	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> Sets/Reps 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec.	+2.5% +2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26 A1 - Power Cleans A2 - Pull-Ups	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> <b>Sets/Reps</b> 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec.	+2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18 Day 19 A1 - Power Cleans A2 - Pull-Ups B1 - Rack Lockouts	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> <b>Sets/Reps</b> 3 x 3 @ 5RM 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec. 90 sec.	+2.5% +2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26 A1 - Power Cleans A2 - Pull-Ups B1 - Rack Lockouts	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> <b>Sets/Reps</b> 3 x 3 @ 5RM 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec. 90 sec.	+2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%
A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 18 Day 19 A1 - Power Cleans A2 - Pull-Ups B1 - Rack Lockouts B2 - Lunges	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> <b>Sets/Reps</b> 3 x 3 @ 5RM 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec. 90 sec.	+2.5% +2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%	A1 - St. BB Military Presses A2 - Box Squats B1 - Glute Ham Raise B2 - Seated Rows Jumping Jacks - 5 Minutes Day 25 Day 26 A1 - Power Cleans A2 - Pull-Ups B1 - Rack Lockouts B2 - Lunges	3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM 3 x 8 @ 10RM <b>Rest</b> <b>Sets/Reps</b> 3 x 3 @ 5RM 3 x 3 @ 5RM 3 x 3 @ 5RM	120 sec. 120 sec. 120 sec. 120 sec. <b>Rest</b> 90 sec. 90 sec. 90 sec.	+2.5% +2.5% +2.5% <b>Rest</b> Weight +2.5% +2.5%

# SOB Training by Chad Waterbury

Day 1	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
BB Bench Press	10 x 3 @ 6RM	75 sec		BB Bench Press	6 x 5 @ 8RM	75 sec	
Chin Ups	10 x 3 @ 6RM	75 sec		Pull Ups	6 x 5 @ 8RM	75 sec	
Deadlift	10 x 3 @ 6RM	75 sec		Good Mornings	6 x 5 @ 8RM	75 sec	
Standing Calf Raises	10 x 3 @ 6RM	75 sec		Sit-ups	6 x 5 @ 8RM	75 sec	
Day 2	GPP or Cardio		15-20 min		GPP or Cardio		15-20 min
Day 3	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
BB Squat	2 x 30 @ 34 RM	180 sec		BB Squat	4 x 15 @ 18RM	120 sec	Ŭ
Laying DB Rows	2 x 30 @ 34 RM	180 sec		BB Rows	4 x 15 @ 18RM	120 sec	
Standing Military DB Press	2 x 30 @ 34 RM	180 sec		Standing Military BB Press	4 x 15 @ 18RM	120 sec	
French Presses	2 x 30 @ 34 RM	180 sec		Standing Hammer Curls	4 x 15 @ 18RM	120 sec	
Day 4	GPP or Cardio		15-20 min		GPP or Cardio		15-20 min
Day 5	Sets/Reps	Rest	Weight	Day 13	Sets/Reps	Rest	Weight
Lat pulldown	2 x 30 @ 34 RM	180 sec	Ŭ	Chin-ups (or lat pulldown)	4 x 15 @ 18RM	120 sec	Ū
Romanian Deadlift	2 x 30 @ 34 RM	180 sec		Sumo Deadlift	4 x 15 @ 18RM	120 sec	
DB Bench Press	2 x 30 @ 34 RM	180 sec		DB Bench Press	4 x 15 @ 18RM	120 sec	
Sit-ups	2 x 30 @ 34 RM	180 sec		Donkey Calf Raises	4 x 15 @ 18RM	120 sec	
Day 6	GPP or Cardio		15-20 min	Day 14	GPP or Cardio		15-20 min
Day 7	Sets/Reps	Rest		Day 15	Sets/Reps	Rest	Weight
Front Squat	10 x 3 @ 6RM	75 sec		Front Squat	6 x 5 @ 8RM	75 sec	
Dips	10 x 3 @ 6RM	75 sec		Dips	6 x 5 @ 8RM	75 sec	
BB Rows	10 x 3 @ 6RM	75 sec		Laying DB Rows	6 x 5 @ 8RM	75 sec	
Standing BB Curls	10 x 3 @ 6RM	75 sec		Close Grip Bench Press	6 x 5 @ 8RM	75 sec	
Day 8 (optional)	GPP or Cardio		15-20 min	Day 16	Rest	Rest	Rest
Day 17	Sets/Reps	Rest	Weight	Day 25	Sets/Reps	Rest	Weight
BB Bench Press	12 x 2 @ 5RM	75 sec		BB Bench Press	10 x 3 @ 6RM	60 sec	
Chin Ups	12 x 2 @ 5RM	75 sec		Pull Ups	10 x 3 @ 6RM	60 sec	
Deadlift	12 x 2 @ 5RM	75 sec		Good Mornings	10 x 3 @ 6RM	60 sec	
Standing Calf Raises	12 x 2 @ 5RM	75 sec		Sit-ups	10 x 3 @ 6RM	60 sec	
Day 18	GPP or Cardio		15-20 min	Day 26	GPP or Cardio		15-20 min
Day 19	Sets/Reps	Rest	Weight	Day 27	Sets/Reps	Rest	Weight
BB Squat	1 x 50 @ 50 RM	180 sec		BB Squat	3 x 20 @ 24RM	120 sec	
Laying DB Rows	1 x 50 @ 50 RM	180 sec		BB Rows	3 x 20 @ 24RM	120 sec	
Standing Military DB Press	1 x 50 @ 50 RM	180 sec		Standing Military BB Press	3 x 20 @ 24RM	120 sec	
French Presses	1 x 50 @ 50 RM	180 sec		Standing Hammer Curls	3 x 20 @ 24RM	120 sec	
Day 20	GPP or Cardio		15-20 min	Day 28	GPP or Cardio		15-20 min
Day 21	Sets/Reps	Rest	Weight	Day 29	Sets/Reps	Rest	Weight
Lat pulldown	1 x 50 @ 50 RM	180 sec		Chin-ups (or lat pulldown)	3 x 20 @ 24RM	120 sec	
Romanian Deadlift	1 x 50 @ 50 RM	180 sec		Sumo Deadlift	3 x 20 @ 24RM	120 sec	
DB Bench Press	1 x 50 @ 50 RM	180 sec		DB Bench Press	3 x 20 @ 24RM	120 sec	
Sit-ups	1 x 50 @ 50 RM	180 sec		Donkey Calf Raises	3 x 20 @ 24RM	120 sec	
Day 22	GPP or Cardio		15-20 min		GPP or Cardio		15-20 min
Day 23	Sets/Reps	Rest	Weight	Day 31	Sets/Reps	Rest	Weight
Front Squat	12 x 2 @ 5RM	75 sec		Front Squat	10 x 3 @ 6RM	60 sec	
Dips	12 x 2 @ 5RM	75 sec		Dips	10 x 3 @ 6RM	60 sec	
BB Rows	12 x 2 @ 5RM	75 sec		Laying DB Rows	10 x 3 @ 6RM	60 sec	
Standing BB Curls	12 x 2 @ 5RM	75 sec		Close Grip Bench Press	10 x 3 @ 6RM	60 sec	
Day 24 (optional)	GPP or Cardio		15-20 min	Day 32	Rest	Rest	Rest

# Triple Total Training by Chad Waterbury

Day 1	Sets/Reps		Weight		Sets/Reps		Weight	Day 15	Sets/Reps	Rest	Weight
A1 - Front Squats	6 x 3 @ 5RM			A1 - Front Squats		60 sec.		A1 - Front Squats		60 sec.	+2.5%
A2 - Chin-Ups	6 x 3 @ 5RM			A2 - Chin-Ups		60 sec.		A2 - Chin-Ups		60 sec.	+2.5%
B1 - Decline Bench Presses		60 sec.		B1 - Decline Bench Presses		60 sec.		B1 - Decline Bench Presses		60 sec.	+2.5%
	6 x 3 @ 5RM							B2 - Back Extensions			
B2 - Back Extensions				B2 - Back Extensions	6 x 3 @ 5RM	60 sec.				60 sec.	+2.5%
C1 - DB Side Bends		60 sec.		C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.		C1 - DB Side Bends	-	60 sec.	+2.5%
C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.		C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.		C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio		Day 16	Cardio	Cardio	14/11/1
Day 3	Sets/Reps	Rest	Weight		Sets/Reps	Rest		Day 17	Sets/Reps	Rest	Weight
	2 x 24 @ 26RM			A1 - Shoulder Presses	2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
	2 x 24 @ 26RM			A2 - Reverse Lunges	2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
	2 x 24 @ 26RM				2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
B2 - Standing Upright Rows				B2 - Standing Upright Rows				B2 - Standing Upright Rows			+2.5%
	2 x 24 @ 26RM				2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.		C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%	C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio		Day 18	Cardio	Cardio	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight	Day 19	Sets/Reps	Rest	Weight
A - Box Squats	8 x 3 @ 18RM	60 sec.		A - Box Squats	8 x 3 @ 18RM	55 sec.		A - Box Squats	8 x 3 @ 18RM	50 sec.	
B - Push-Ups	8 x 3 @ 18RM	60 sec.		B - Push-Ups	8 x 3 @ 18RM	55 sec.		B - Push-Ups	8 x 3 @ 18RM	50 sec.	
C - Seated Cable Rows	8 x 3 @ 18RM			C - Seated Cable Rows		55 sec.		C - Seated Cable Rows		50 sec.	
D - Sit-Ups	8 x 3 @ 18RM			D - Sit-Ups				D - Sit-Ups	8 x 3 @ 18RM		
Day 6	Cardio	Cardio		Day 13	Cardio	Cardio		Day 20	Cardio	Cardio	
Day 7	Off	Off		Day 14	Off	Off		Day 21	Off	Off	
	_	_			_				_	_	
Day 22	Sets/Reps	Rest	Weight	Day 29	Sets/Reps	Rest	Weight	Day 36	Sets/Reps	Rest	Weight
A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%	A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%	A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%
A2 - Chin-Ups		60 sec.		A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.		A2 - Chin-Ups		60 sec.	+2.5%
B1 - Decline Bench Presses		60 sec.		B1 - Decline Bench Presses		60 sec.		B1 - Decline Bench Presses		60 sec.	+2.5%
B2 - Back Extensions		60 sec.		B2 - Back Extensions	6 x 3 @ 5RM	60 sec.		B2 - Back Extensions		60 sec.	+2.5%
C1 - DB Side Bends		60 sec.		C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.		C1 - DB Side Bends		60 sec.	+2.5%
C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.		C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.		C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%
Day 23	Cardio	Cardio		Day 30	Cardio	Cardio		Day 37	Cardio	Cardio	
Day 24	Sets/Reps	Rest	Weight		Sets/Reps	Rest			Sets/Reps	Rest	Weight
	2 x 24 @ 26RM			A1 - Shoulder Presses	2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
	2 x 24 @ 26RM			A2 - Reverse Lunges	2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
	2 x 24 @ 26RM				2 x 24 @ 26RM				2 x 24 @ 26RM		+2.5%
B2 - Standing Upright Rows				B2 - Standing Upright Rows				B2 - Standing Upright Rows			+2.5%
	2 x 24 @ 26RM			C1 - Standing BB Curls	2 x 24 @ 26RM			C1 - Standing BB Curls	2 x 24 @ 26RM		+2.5%
				C2 - DB Side Raises							
C2 - DB Side Raises	2 x 24 @ 26RM				2 x 24 @ 26RM			C2 - DB Side Raises	2 x 24 @ 26RM		+2.5%
Day 25	Cardio	Cardio		Day 32	Cardio	Cardio		Day 39	Cardio	Cardio	
Day 26	Sets/Reps				Sets/Reps				Sets/Reps		
A - Box Squats	8 x 3 @ 18RM			A - Box Squats	8 x 3 @ 18RM			A - Box Squats	8 x 3 @ 18RM		
B - Push-Ups	8 x 3 @ 18RM			B - Push-Ups	8 x 3 @ 18RM			B - Push-Ups	8 x 3 @ 18RM		
		15 000		C - Seated Cable Rows	8 x 3 @ 18RM	40 sec.	I	C - Seated Cable Rows	8 x 3 @ 18RM		
	8 x 3 @ 18RM										
D - Sit-Ups	8 x 3 @ 18RM	45 sec.		D - Sit-Ups	8 x 3 @ 18RM			D - Sit-Ups	8 x 3 @ 18RM	35 sec.	
C - Seated Cable Rows D - Sit-Ups Day 27 Day 28								D - Sit-Ups Day 41 Day 42	8 x 3 @ 18RM Cardio Off	35 sec. Cardio Off	

## Hybrid Hyptrophy by Chad Waterbury

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Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.		Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
BB Skull Crushers	1 x 12-14 @ 14RM	180sec.		BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%
BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.		BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Front Squats	1 x 12-14 @ 14RM	180sec.		Front Squats	1 x 12-14 @ 14RM	180sec.	+2.5%
Chin-ups	4x3 @ 6,5,3,3RM	75 sec.		Chin-ups	4x3 @ 6,5,3,3RM		+2.5%
Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.		Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
Power Cleans	4x3 @ 6,5,3,3RM	75 sec.		Power Cleans	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
BB Back Squats	1 x 12-14 @ 14RM	240sec.		BB Back Squats	1 x 12-14 @ 14RM		+2.5%
Decline sit-ups	4x3 @ 6,5,3,3RM	60 sec.		Decline sit-ups	4x3 @ 6,5,3,3RM		+2.5%
Cable crunches	1 x 12-14 @ 14RM	180sec.		Cable crunches	1 x 12-14 @ 14RM	180sec.	+2.5%
Incline BB Bench Press	4x3 @ 6,5,3,3RM	60 sec.		Incline BB Bench Press	4x3 @ 6,5,3,3RM		+2.5%
Standing DB Military Press	1 x 12-14 @ 14RM	180sec.		Standing DB Military Press	1 x 12-14 @ 14RM		+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
Dips	4x3 @ 6,5,3,3RM	60 sec.		Dips	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
French Presses	1 x 12-14 @ 14RM	180sec.		French Presses	1 x 12-14 @ 14RM	180sec.	+2.5%
Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.		Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
DB rear delt side raises	1 x 12-14 @ 14RM	180sec.		DB rear delt side raises	1 x 12-14 @ 14RM		+2.5%
Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.		Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Box Squats	1 x 12-14 @ 14RM	240sec.		Box Squats	1 x 12-14 @ 14RM	240sec.	+2.5%
Day 6	Cardio	Cardio		Day 13	Cardio	Cardio	
Day 7	Off	Off		Day 14	Off	Off	
Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%	BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%
BB Deadlift			+2.5%	BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
	4x3 @ 6,5,3,3RM	75 sec.	12.070			10 360.	
	4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	75 sec. 180sec.		Front Squats	1 x 12-14 @ 14RM	180sec.	+2.5%
Front Squats Chin-ups			+2.5%	Front Squats Chin-ups			
Front Squats	1 x 12-14 @ 14RM	180sec. 75 sec.	+2.5%		1 x 12-14 @ 14RM	180sec.	+2.5%
Front Squats Chin-ups Strt arm cable pulldowns	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec. 75 sec.	+2.5% +2.5% +2.5%	Chin-ups	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec. 75 sec.	+2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps	180sec. 75 sec. 75 sec.	+2.5% +2.5%	Chin-ups Strt arm cable pulldowns	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps	180sec. 75 sec. 75 sec.	+2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio	180sec. 75 sec. 75 sec. <b>Cardio</b> <b>Rest</b> 75 sec.	+2.5% +2.5% +2.5% Weight +2.5%	Chin-ups Strt arm cable pulldowns Day 23	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.	+2.5% +2.5% +2.5% Weight +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM	180sec. 75 sec. 75 sec. <b>Cardio</b> <b>Rest</b> 75 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.	+2.5% +2.5% +2.5% Weight +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec. 75 sec. 75 sec. <b>Cardio</b> <b>Rest</b> 75 sec. 240sec. 60 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM Cardio	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM Cardio	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM Cardio Sets/Reps	180sec. 75 sec. 75 sec. <b>Cardio</b> <b>Rest</b> 75 sec. 240sec. 60 sec. 180sec. 180sec. 180sec. <b>Cardio</b> <b>Rest</b>	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM Cardio Sets/Reps	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           Rest	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           180sec.           Cardio           Rest           60 sec.           180sec.           Cardio           Rest           60 sec.           180sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           180sec.           Cardio           Rest           60 sec.           180sec.           180sec.           180sec.           180sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses Bent over BB rows	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           0 sec.           180sec.           180sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses Bent over BB rows	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           0 sec.           180sec.           180sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses Bent over BB rows DB rear delt side raises	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           180sec.           180sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses Bent over BB rows DB rear delt side raises	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           180sec.           180sec.           180sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses Bent over BB rows DB rear delt side raises Rack pulls with DB or BB	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           75 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses Bent over BB rows DB rear delt side raises Rack pulls with DB or BB	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           75 sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses Bent over BB rows DB rear delt side raises Rack pulls with DB or BB Box Squats	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           180sec.           180sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses Bent over BB rows DB rear delt side raises	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           75 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Front Squats Chin-ups Strt arm cable pulldowns Day 16 Day 17 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 18 Day 19 Dips French Presses Bent over BB rows DB rear delt side raises Rack pulls with DB or BB	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec.           Cardio           Rest           75 sec.           240sec.           60 sec.           180sec.           75 sec.	+2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%	Chin-ups Strt arm cable pulldowns Day 23 Day 24 Power Cleans BB Back Squats Decline sit-ups Cable crunches Incline BB Bench Press Standing DB Military Press Day 25 Day 26 Dips French Presses Bent over BB rows DB rear delt side raises Rack pulls with DB or BB	1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM Cardio Sets/Reps 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM 1 x 12-14 @ 14RM 4x3 @ 6,5,3,3RM	180sec.           75 sec.           75 sec. <b>Cardio Rest</b> 75 sec.           240sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           60 sec.           180sec.           180sec.           60 sec.           180sec.           75 sec.	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%

# **Waterbury Method**

Day 1 (80% of 1 RM OR 6 RM)	Sets/Reps	Rest	Weight	Day 8	Sets/Reps		
BB Back Squats	10 x 3	70 sec		BB Back Squats	10 x 3	70 sec	
A1 - Dips	4 x 6	60 sec		A1 - Dips	4 x 6	60 sec	
A2 - Bent over BB or DB Rows	4 x 6	60 sec		A2 - Bent over BB or DB Rows	4 x 6	60 sec	
B1 - Skull Crushers	4 x 6	60 sec		B1 - Skull Crushers	4 x 6	60 sec	
B2 - Standing BB Curls	4 x 6	60 sec		B2 - Standing BB Curls	4 x 6	60 sec	
Hanging Leg Raises	4 x 6	60 sec		Hanging Leg Raises	4 x 6	60 sec	+2.5%
Day 2	Cardio / GPP			Day 9	Cardio / GPP		
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
BB or DB Bench Press	10 x 3	60 sec		BB or DB Bench Press	10 x 3	60 sec	
A1 - Partial DB Deadlift (Rom. DL)	4 x 6	60 sec		A1 - Partial DB Deadlift (Rom. DL	4 x 6	60 sec	
A2 - Standing BB Military Press	4 x 6	60 sec		A2 - Standing BB Military Press	4 x 6	60 sec	
B1 - Standing Calf Raise	4 x 6	60 sec		B1 - Standing Calf Raise	4 x 6	60 sec	+2.5%
B2 - Upright Rows	4 x 6	60 sec		B2 - Upright Rows	4 x 6	60 sec	+2.5%
Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec		Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec	+2.5%
Day 4	Cardio / GPP			Day 11	Cardio / GPP		
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
Chin-Ups	10 x 3	70 sec	Ŭ	Chin-Ups	10 x 3	70 sec	
A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec		A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec	
A2 - Standing Hammer Curls	4 x 6	60 sec		A2 - Standing Hammer Curls	4 x 6	60 sec	
B1 - Seated Calf Raises	4 x 6	60 sec		B1 - Seated Calf Raises	4 x 6	60 sec	
B2 - Glute/Ham Raise or Leg Curl	4 x 6	60 sec		B2 - Glute/Ham Raise or Leg Cur		60 sec	
Lunges or Step-Ups	4 x 6	60 sec		Lunges or Step-Ups	4 x 6	60 sec	
Day 6	Cardio / GPP	00000		Day 13	Cardio / GPP	00 000	. 2.0 / 0
Day 7	Rest	Rest	Rest	Day 14	Rest	Rest	Rest
					<b>a</b>		
Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
BB Back Squats	10 x 3		+2.5%	BB Back Squats	10 x 3	70 sec	
A1 - Dips	4 x 6		+2.5%	A1 - Dips	4 x 6	60 sec	
A2 - Bent over BB or DB Rows	4 x 6	60 sec	+2.5%	A2 - Bent over BB or DB Rows	4 x 6	60 sec	+2.5%
B1 - Skull Crushers	4 x 6		+2.5%	B1 - Skull Crushers	4 x 6	60 sec	
B2 - Standing BB Curls	4 x 6	60 sec	+2.5% +2.5%	B2 - Standing BB Curls	4 x 6	60 sec 60 sec	+2.5%
B2 - Standing BB Curls Hanging Leg Raises	4 x 6 4 x 6	60 sec	+2.5%	B2 - Standing BB Curls Hanging Leg Raises	4 x 6 4 x 6	60 sec	+2.5%
B2 - Standing BB Curls Hanging Leg Raises <b>Day 16</b>	4 x 6 4 x 6 <b>Cardio / GPP</b>	60 sec 60 sec	+2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23	4 x 6 4 x 6 <b>Cardio / GPP</b>	60 sec 60 sec 60 sec	+2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17	4 x 6 4 x 6 Cardio / GPP Sets/Reps	60 sec 60 sec Rest	+2.5% +2.5% +2.5% Weight	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24	4 x 6 4 x 6 Cardio / GPP Sets/Reps	60 sec 60 sec 60 sec <b>Rest</b>	+2.5% +2.5% Weight
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3	60 sec 60 sec <b>Rest</b> 60 sec	+2.5% +2.5% +2.5% Weight +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3	60 sec 60 sec 60 sec <b>Rest</b> 60 sec	+2.5% +2.5% Weight +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL)	4 x 6 4 x 6 Cardio / GPP Sets/Reps	60 sec 60 sec <b>Rest</b> 60 sec 60 sec	+2.5% +2.5% +2.5% Weight +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3	60 sec 60 sec 60 sec <b>Rest</b> 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3 4 x 6 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows	4 x 6 4 x 6 <b>Cardio / GPP</b> Sets/Reps 10 x 3 4 x 6 4 x 6 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise	4 x 6 4 x 6 <b>Cardio / GPP</b> Sets/Reps 10 x 3 4 x 6 4 x 6 4 x 6 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows	4 x 6 4 x 6 <b>Cardio / GPP</b> Sets/Reps 10 x 3 4 x 6 4 x 6 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises <b>Day 23</b> <b>Day 24</b> BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows	4 x 6 4 x 6 Cardio / GPP Sets/Reps 10 x 3 4 x 6 4 x 6 4 x 6 4 x 6	60 sec 60 sec <b>Rest</b> 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 18 Day 19	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 18	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 80 sec 70 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 18 Day 19 Chin-Ups A1 - Decline BB or DB Bench Pr.	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec <b>Rest</b> 70 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{4 } \times 6 \\ \hline \mbox{Cardio / GPP} \\ \hline \mbox{Sets/Reps} \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 18 Day 19 Chin-Ups	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec <b>Rest</b> 70 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26 Chin-Ups	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline 4 \times 6 \\ \hline \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5%
B2 - Standing BB Curls Hanging Leg Raises Day 16 Day 17 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL) A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 18 Day 19 Chin-Ups A1 - Decline BB or DB Bench Pr.	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \  \  \  \  \  \  \  \  \  \  \  \  \$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26 Chin-Ups A1 - Decline BB or DB Bench Pr.	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \textbf{4} \times 6 \\ \hline \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5%
B2 - Standing BB Curls         Hanging Leg Raises         Day 16         Day 17         BB or DB Bench Press         A1 - Partial DB Deadlift (Rom. DL)         A2 - Standing BB Military Press         B1 - Standing Calf Raise         B2 - Upright Rows         Tricep Pressdowns (or Fr. Press)         Day 18         Day 19         Chin-Ups         A1 - Decline BB or DB Bench Pr.         A2 - Standing Hammer Curls	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{4} \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \\ \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \hline \\ 4 \times 6 \\ \hline \\ \textbf{4} \times 6 \\ \hline \\ \textbf{4} \times 6 \\ \hline \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26 Chin-Ups A1 - Decline BB or DB Bench Pr. A2 - Standing Hammer Curls	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \hline \\ \hline \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% Weight +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5% +2.5%
B2 - Standing BB Curls         Hanging Leg Raises         Day 16         Day 17         BB or DB Bench Press         A1 - Partial DB Deadlift (Rom. DL)         A2 - Standing BB Military Press         B1 - Standing Calf Raise         B2 - Upright Rows         Tricep Pressdowns (or Fr. Press)         Day 18         Day 19         Chin-Ups         A1 - Decline BB or DB Bench Pr.         A2 - Standing Hammer Curls         B1 - Seated Calf Raises	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \\ \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \hline \\ 4 \times 6 \\ 4 \times 6 \\ \hline \end{array}$	60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26 Chin-Ups A1 - Decline BB or DB Bench Pr. A2 - Standing Hammer Curls B1 - Seated Calf Raises	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \hline \\ \hline \end{array}$	60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 60 sec 70 sec 60 sec 60 sec 60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
B2 - Standing BB Curls         Hanging Leg Raises         Day 16         Day 17         BB or DB Bench Press         A1 - Partial DB Deadlift (Rom. DL)         A2 - Standing BB Military Press         B1 - Standing Calf Raise         B2 - Upright Rows         Tricep Pressdowns (or Fr. Press)         Day 18         Day 19         Chin-Ups         A1 - Decline BB or DB Bench Pr.         A2 - Standing Hammer Curls         B1 - Seated Calf Raises         B2 - Glute/Ham Raise or Leg Curl	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \end{array}$	60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	B2 - Standing BB Curls Hanging Leg Raises Day 23 Day 24 BB or DB Bench Press A1 - Partial DB Deadlift (Rom. DL A2 - Standing BB Military Press B1 - Standing Calf Raise B2 - Upright Rows Tricep Pressdowns (or Fr. Press) Day 25 Day 26 Chin-Ups A1 - Decline BB or DB Bench Pr. A2 - Standing Hammer Curls B1 - Seated Calf Raises B2 - Glute/Ham Raise or Leg Cur	$\begin{array}{r} 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \textbf{4} \times 6 \\ \hline \textbf{Cardio / GPP} \\ \hline \textbf{Sets/Reps} \\ 10 \times 3 \\ 4 \times 6 \\ \hline \\ 4 \times 6 \\ 4 \times 6 \\ \hline \\ \hline \end{array}$	60 sec 60 sec	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%

# Total Body Training (Page 1) by Chad Waterbury

•	Ginal Article Can be F Week 1 (Straight Sets			Week 3 (Straight Sets)						
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight			
C -	3 x 5	60 sec.	Ū	C -	4 x 5	60 sec.	U			
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.				
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.				
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight			
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.				
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.				
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight			
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	J			
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.				
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.				
	Week 2 (Antagonistic Se	ets)	•		Week 4 (Antagonistic S	ets)				
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight			
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.				
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.				
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.				
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight			
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.				
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.				
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.				
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight			
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	-			
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.				
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.				
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.				

# Total Body Training (Page 2) by Chad Waterbury

	Week 5 (Straight Sets		-	Week 7 (Straight Sets)					
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight		
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	•		
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.			
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.			
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight		
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.			
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.			
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight		
C -	2 x 12	90 sec.	•	C -	3 x 12	90 sec.	<b>U</b>		
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.			
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.			
	Week 6 (Antagonistic Se	ets)		Week 8 (Antagonistic Sets)					
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight		
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.			
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.			
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.			
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight		
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.			
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.			
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.			
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight		
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.			
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.			
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.			

# Total Body Training (Page 3) by Chad Waterbury

Original Article Can be Found on T-Nation @ http://www.t-nation.com/readTopic.do?id=508031

Compound (C) Exercises Master List	Single-Joint (SJ) Exercises Master List
Chest	Biceps
Incline Bench Presses (BB or DB)	BB Curls
Flat Bench Presses (BB or DB)	Hammer Curls
Decline Bench Presses (BB or DB)	Preacher Curls
Wide-Grip Dips	
	Triceps
Back	Lying Tricep Extensions (BB or DB)
Upright or Horizontal Rows	Tricep Press-Downs (Supinated or Pronated Grip)
Pull-Ups or Pull-Downs (Pronated, Supinated or Semi-Supinated Grip)	
	Deltoids
Deltoids	Front DB Raises
Standing Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated Grip	)Side DB Raises
Seated Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated Grip)	Rear DB Raises
Quads	Hamstrings
High-Bar Back Squats	Glute-Ham Raises
Hack Squats	Leg Curls
Front Squats	
	Calves
Lower Back / Hips	Standing Calf Raises
Traditional or Sumo Deadlifts	Seated Calf Raises
Power Cleans or Snatches	Donkey Calf Raises
Good Mornings	

Special Instructions:

\* Choose 4 exercises under the list of compound exercises. Choose 2 exercises under the single-joint exercise list. Don't leave out any major muscle groups.

\* Constantly rotate exercises from each category. In other words, don't always start your session with a chest/back pairing. You must keep rotating the body parts and exercises you begin each session with.

\* Don't perform the same exercise for more than two weeks in a row. For example, if you performed a flat barbell bench press as your chest exercise for Weeks 1 and 2, you must switch to either incline, decline or dumbbell bench presses for another two weeks before switching again.

Increase the load 1.25 to 2.5% with each subsequent workout.

Perform all three workouts within a seven-day timeframe with 48-72 hours rest between workouts.

\* Be creative! I'm giving you endless options. Just be sure to pick four compound exercises and two single-joint exercises with each session. You can rotate exercises as much as you desire. All you have to do is follow the prescribed parameters.

# **Total Body Training (Page 1)**

Week 1 (St	raight Sets)			Week 3	(Straight Sets	)	
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Flat BB Bench Press	3 x 5	60 sec.		C - Sumo – Style Deadlift	4 x 5	60 sec.	
C - Seated Cable Rows	3 x 5	60 sec.		C - Neutral Grip Pull Ups	4 x 5	60 sec.	
C - Squats	3 x 5	60 sec.		C - Incline DB Press	4 x 5	60 sec.	
C - Sumo – Style Deadlift	3 x 5	60 sec.		C - Preacher Curls	4 x 5	60 sec.	
SJ – DB Hammer Curls	3 x 5	60 sec.		SJ – Front Squats	4 x 5	60 sec.	
SJ - Standing Calf Raises	3 x 5	60 sec.		SJ - Seated Calf Raises	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Incline DB Bench Press	3 x 8	90 sec.		C – Squats	4 x 8	90 sec.	
C - DB Upright Rows	3 x 8	90 sec.		C - Seated Cable Rows	4 x 8	90 sec.	
C - Front Squats	3 x 8	90 sec.		C - Glute Ham Raise	4 x 8	90 sec.	
C - Good Mornings	3 x 8	90 sec.		C - Military Press	4 x 8	90 sec.	
SJ - BB Bicep Curls	3 x 8	90 sec.		SJ - DB Curls	4 x 8	90 sec.	
SJ - Dips	3 x 8	90 sec.		SJ - Lying DB Tricep Extensions	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Decline BB Bench	2 x 15	120 sec.		C - Lunges	3 x 15	120 sec.	
C - Chin Ups	2 x 15	120 sec.		C - DB Flat Bench Press	3 x 15	120 sec.	
C - Step Ups	2 x 15	120 sec.		C - Good Mornings	3 x 15	120 sec.	
C - Regular Deadlift	2 x 15	120 sec.		C - Barbell Bicep Curls	3 x 15	120 sec.	
SJ - Seated Calf Raise	2 x 15	120 sec.		SJ - Dips	3 x 15	120 sec.	
SJ - BB Lying Triceps Extensions	2 x 15	120 sec.		SJ - Standing Calf Raises	3 x 15	120 sec.	
Week 2 (Anta	gonistic Sets)				ntagonistic Se	ets)	
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Flat BB Bench Press	3 x 5	60 sec.		C - Sumo – Style Deadlift	4 x 5	60 sec.	
C - Seated Cable Rows	3 x 5	60 sec.		C - Neutral Grip Pull Ups	4 x 5	60 sec.	
C - Squats	3 x 5	60 sec.		C - Incline DB Press	4 x 5	60 sec.	
C - Sumo – Style Deadlift	3 x 5	60 sec.		C - Preacher Curls	4 x 5	60 sec.	
SJ – DB Hammer Curls	3 x 5	60 sec.		SJ – Front Squats	4 x 5	60 sec.	
SJ - Standing Calf Raises	3 x 5	60 sec.		SJ - Seated Calf Raises	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Incline DB Bench Press	3 x 8	90 sec.		C – Squats	4 x 8	90 sec.	
C - DB Upright Rows	3 x 8	90 sec.		C - Seated Cable Rows	4 x 8	90 sec.	
C - Front Squats	3 x 8	90 sec.		C - Glute Ham Raise	4 x 8	90 sec.	
C - Good Mornings	3 x 8	90 sec.		C - Military Press	4 x 8	90 sec.	
SJ - BB Bicep Curls	3 x 8	90 sec.		SJ - DB Curls	4 x 8	90 sec.	
SJ - Dips	3 x 8	90 sec.		SJ - Lying DB Tricep Extensions	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Decline BB Bench	2 x 15	120 sec.		C - Lunges	3 x 15	120 sec.	
C - Chin Ups	2 x 15	120 sec.		C - DB Flat Bench Press	3 x 15	120 sec.	
C - Step Ups	2 x 15	120 sec.		C - Good Mornings	3 x 15	120 sec.	
C - Regular Deadlift	2 x 15	120 sec.		C - Barbell Bicep Curls	3 x 15	120 sec.	
SJ - Seated Calf Raise	2 x 15	120 sec.		SJ - Dips	3 x 15	120 sec.	
SJ - BB Lying Triceps Extensions	2 x 15	120 sec.		SJ - Standing Calf Raises	3 x 15	120 sec.	

# Total Body Training (Page 2)

Week 5 (S	Straight Sets)			Week 7 (	Straight Sets	)	
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Squats	2 x 18	120 sec.		C – Dips	3 x 18	120 sec.	
C – BB Lunges	2 x 18	120 sec.		C – Front squats	3 x 18	120 sec.	
C – Bent over BB rows	2 x 18	120 sec.		C – Seated cable rows (wide grip)	3 x 18	120 sec.	
C – Flat DB bench press	2 x 18	120 sec.		C – Step ups BB	3 x 18	120 sec.	
SJ – Standing calf raises	2 x 18	120 sec.		SJ – Preacher curls	3 x 18	120 sec.	
SJ – BB curls	2 x 18	120 sec.		SJ – Standing weighted crunches	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Deadlifts	2 x 8	60 sec.		C – Flat BB bench press	3 x 8	60 sec.	
C – Glute ham raises	2 x 8	60 sec.		C – Romanian Deadlifts	3 x 8	60 sec.	
C – BB upright rows	2 x 8	60 sec.		C – Military Press	3 x 8	60 sec.	
C – BB incline bench	2 x 8	60 sec.		C – Glute Ham Raises	3 x 8	60 sec.	
SJ – Crunches	2 x 8	60 sec.		SJ – Standing side raises	3 x 8	60 sec.	
SJ – Skull crusher	2 x 8	60 sec.		SJ – Leg curls	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Goodmornings	2 x 12	90 sec.		C – Chins	3 x 12	90 sec.	-
C – Hack squats	2 x 12	90 sec.		C – DB Lunges	3 x 12	90 sec.	
C – Pull Ups (pronated)	2 x 12	90 sec.		C – Seated military BB press	3 x 12	90 sec.	
C – Decline DB Bench press	2 x 12	90 sec.		C – Sumo style deadlifts	3 x 12	90 sec.	
SJ – Seated calf raises	2 x 12	90 sec.		SJ – Close grip BB bench press	3 x 12	90 sec.	
SJ – Front arm DB raises	2 x 12	90 sec.		SJ – Leg raises	3 x 12	90 sec.	
Week 6 (Ant	agonistic Sets)			Week 8 (An	tagonistic Se	ts)	
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Squats	2 x 18	120 sec.		C – Dips	3 x 18	120 sec.	
C – BB Lunges	2 x 18	120 sec.		C – Front squats	3 x 18	120 sec.	
C – Bent over BB rows	2 x 18	120 sec.		C – Seated cable rows (wide grip)	3 x 18	120 sec.	
C – Flat DB bench press	2 x 18	120 sec.		C – Step ups BB	3 x 18	120 sec.	
SJ – Standing calf raises	2 x 18	120 sec.		SJ – Preacher curls	3 x 18	120 sec.	
SJ – BB curls	2 x 18	120 sec.		SJ – Standing weighted crunches	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Deadlifts	2 x 8	60 sec.		C – Flat BB bench press	3 x 8	60 sec.	
C – Gluts ham raises	2 x 8	60 sec.		C – Romanian Deadlifts	3 x 8	60 sec.	
C – BB upright rows	2 x 8	60 sec.		C – Military Press	3 x 8	60 sec.	
C – BB incline bench	2 x 8	60 sec.		C – Glute Ham Raises	3 x 8	60 sec.	
SJ – Crunches	2 x 8	60 sec.		SJ – Standing side raises	3 x 8	60 sec.	
SJ – Skull crusher	2 x 8	60 sec.		SJ – Leg curls	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Goodmornings	2 x 12	90 sec.		C – Chins	3 x 12	90 sec.	
C – Hack squats	2 x 12	90 sec.		C – DB Lunges	3 x 12	90 sec.	
C – Pull Ups (pronated)	2 x 12	90 sec.		C – Seated military BB press	3 x 12	90 sec.	
C – Decline DB Bench press	2 x 12	90 sec.		C – Sumo style deadlifts	3 x 12	90 sec.	
SJ – Seated calf raises	2 x 12	90 sec.		SJ – Close grip BB bench press	3 x 12	90 sec.	
SJ – Front arm DB raises	2 x 12	90 sec.		SJ – Leg raises	3 x 12	90 sec.	

# **Total Body Training (Page 3)**

Compound (C) Exercises Master List	Single-Joint (SJ) Exercises Master List
Chest	Biceps
Incline Bench Presses (BB or DB)	BB Curls
Flat Bench Presses (BB or DB)	Hammer Curls
Decline Bench Presses (BB or DB)	Preacher Curls
Wide-Grip Dips	
	Triceps
Back	Lying Tricep Extensions (BB or DB)
Upright or Horizontal Rows	Tricep Press-Downs (Supinated or Pronated Grip)
Pull-Ups or Pull-Downs (Pronated, Supinated or Semi-Supinated Grip)	
	Deltoids
Deltoids	Front DB Raises
Standing Military Presses (BB or DB, Pronated, Supinated, Semi-Supir	a Side DB Raises
Seated Military Presses (BB or DB, Pronated, Supinated, Semi-Supina	te Rear DB Raises
Quads	Hamstrings
High-Bar Back Squats	Glute-Ham Raises
Hack Squats	Leg Curls
Front Squats	
	Calves
Lower Back / Hips	Standing Calf Raises
Traditional or Sumo Deadlifts	Seated Calf Raises
Power Cleans or Snatches	Donkey Calf Raises
Good Mornings	

Special Instructions:
* Choose 4 exercises under the list of compound exercises. Choose 2 exercises under the single-joint exercise list. Don't leave out any major muscle
* Constantly rotate exercises from each category. In other words, don't always start your session with a chest/back pairing. You must keep rotating the
parts and exercises you begin each session with.
* Don't perform the same exercise for more than two weeks in a row. For example, if you performed a flat barbell bench press as your chest exercise
and 2, you must switch to either incline, decline or dumbbell bench presses for another two weeks before switching again.
* Increase the load 1.25 to 2.5% with each subsequent workout.

Perform all three workouts within a seven-day timeframe with 48-72 hours rest between workouts.

\* Be creative! I'm giving you endless options. Just be sure to pick four compound exercises and two single-joint exercises with each session. You car exercises as much as you desire. All you have to do is follow the prescribed parameters.

# Primed For Muscle

## by Chad Waterbury

Day 1	Sets/Reps	Hold	Rest	Wt.	Day 8	Sets/Reps	Hold	Rest	Wt.
Flat Bench Press	1 x Hold @ 125% of 1RM	5 s	75 s		Flat Bench Press	1 x Hold @ 130% of 1RM	7 s	75 s	
Flat Bench Press	1 x Max Reps @ 85% of 1RM		180s		Flat Bench Press	1 x Max Reps @ 90% of 1RM		180s	
Back	5x5 @ 8RM		60 s		Back	5x5 @ 8RM		60 s	+2.5%
Shoulder	5x5 @ 8RM		60 s		Shoulder	5x5 @ 8RM		60 s	+2.5%
Biceps	5x5 @ 8RM		60 s		Biceps	5x5 @ 8RM		60 s	+2.5%
Triceps	5x5 @ 8RM		60 s		Triceps	5x5 @ 8RM		60 s	+2.5%
Day 2	Sets/Reps	Hold	Rest	Wt.	Day 9	Sets/Reps	Hold	Rest	Wt.
Barbell Back Squat	1 x Hold @ 125% of 1RM	5 s	90 s		Barbell Back Squat	1 x Hold @ 130% of 1RM	7 s	90 s	
Barbell Back Squat	1 x Max Reps @ 85% of 1RM		180s		Barbell Back Squat	1 x Max Reps @ 90% of 1RM		180s	
Hamstrings	8x3 @ 5RM		60 s		Hamstrings	8x3 @ 5RM		60 s	+2.5%
Calves	8x3 @ 5RM		60 s		Calves	8x3 @ 5RM		60 s	+2.5%
Abdominals	8x3 @ 5RM		60 s		Abdominals	8x3 @ 5RM		60 s	+2.5%
Day 3	Cardio				Day 10	Cardio			
Day 4	Sets/Reps	Hold	Rest	Wt.	Day 11	Sets/Reps	Hold	Rest	Wt.
Decline Bench Press	1 x Hold @ 125% of 1RM	5 s	75 s		Decline Bench Press	1 x Hold @ 130% of 1RM	7 s	75 s	
Decline Bench Press	1 x Max Reps @ 85% of 1RM		180s		Decline Bench Press	1 x Max Reps @ 90% of 1RM		180s	
Back	8x3 @ 5RM		60 s		Back	8x3 @ 5RM		60 s	+2.5%
Shoulder	8x3 @ 5RM		60 s		Shoulder	8x3 @ 5RM		60 s	+2.5%
Biceps	8x3 @ 5RM		60 s		Biceps	8x3 @ 5RM		60 s	+2.5%
Triceps	8x3 @ 5RM		60 s		Triceps	8x3 @ 5RM		60 s	+2.5%
Day 5	Cardio				Day 12	Cardio			
Day 6	Sets/Reps	Hold	Rest	Wt.	Day 13	Sets/Reps	Hold	Rest	Wt.
Front Squat	1 x Hold @ 125% of 1RM	5 s	90 s		Front Squat	1 x Hold @ 130% of 1RM	7 s	90 s	
Front Squat	1 x Max Reps @ 85% of 1RM		180s		Front Squat	1 x Max Reps @ 90% of 1RM		180s	
Hamstrings	5x5 @ 8RM		60 s		Hamstrings	5x5 @ 8RM		60 s	+2.5%
Calves	5x5 @ 8RM		60 s		Calves	5x5 @ 8RM		60 s	+2.5%
Abdominals	5x5 @ 8RM		60 s		Abdominals	5x5 @ 8RM		60 s	+2.5%
Day 7	Cardio				Day 14	Cardio			
Day 15	Sets/Reps	Hold	Rest	Wt.	Day 22	Sets/Reps	Hold	Rest	Wt.
Flat Bench Press	1 x Hold @ 135% of 1RM	9 s	75 s		Flat Bench Press	1 x Hold @ 140% of 1RM	10 s	75 s	

Day 15	Sets/Reps	Hold	Rest	Wt.	Day 22	Sets/Reps	Hold	Rest	Wt.
Flat Bench Press	1 x Hold @ 135% of 1RM	9 s	75 s		Flat Bench Press	1 x Hold @ 140% of 1RM	10 s	75 s	
Flat Bench Press	1 x Max Reps @ 92.5% of 1RM		180s		Flat Bench Press	1 x Max Reps @ 95% of 1RM		180s	
Back	5x5 @ 8RM		60 s	+2.5%	Back	5x5 @ 8RM		60 s	+2.5%
Shoulder	5x5 @ 8RM		60 s	+2.5%	Shoulder	5x5 @ 8RM		60 s	+2.5%
Biceps	5x5 @ 8RM		60 s	+2.5%	Biceps	5x5 @ 8RM		60 s	+2.5%
Triceps	5x5 @ 8RM		60 s	+2.5%	Triceps	5x5 @ 8RM		60 s	+2.5%
Day 16	Sets/Reps	Hold	Rest	Wt.	Day 23	Sets/Reps	Hold	Rest	Wt.
Barbell Back Squat	1 x Hold @ 135% of 1RM	9 s	90 s		Barbell Back Squat	1 x Hold @ 140% of 1RM	10 s	90 s	
Barbell Back Squat	1 x Max Reps @ 92.5% of 1RM		180s		Barbell Back Squat	1 x Max Reps @ 95% of 1RM		180s	
Hamstrings	8x3 @ 5RM		60 s	+2.5%	Hamstrings	8x3 @ 5RM		60 s	+2.5%
Calves	8x3 @ 5RM		60 s	+2.5%	Calves	8x3 @ 5RM		60 s	+2.5%
Abdominals	8x3 @ 5RM		60 s	+2.5%	Abdominals	8x3 @ 5RM		60 s	+2.5%
Day 17	Cardio				Day 24	Cardio			
Day 18	Sets/Reps	Hold	Rest	Wt.	Day 25	Sets/Reps	Hold	Rest	Wt.
Decline Bench Press	1 x Hold @ 135% of 1RM	9 s	75 s		Decline Bench Press	1 x Hold @ 140% of 1RM	10 s	75 s	
Decline Bench Press	1 x Max Reps @ 92.5% of 1RM		180s		Decline Bench Press	1 x Max Reps @ 95% of 1RM		180s	
Back	8x3 @ 5RM		60 s	+2.5%	Back	8x3 @ 5RM		60 s	+2.5%
Shoulder	8x3 @ 5RM		60 s	+2.5%	Shoulder	8x3 @ 5RM		60 s	+2.5%
Biceps	8x3 @ 5RM		60 s	+2.5%	Biceps	8x3 @ 5RM		60 s	+2.5%
Triceps	8x3 @ 5RM		60 s	+2.5%	Triceps	8x3 @ 5RM		60 s	+2.5%
Day 19	Cardio				Day 26	Cardio			
Day 20	Sets/Reps	Hold	Rest	Wt.	Day 27	Sets/Reps	Hold	Rest	Wt.
Front Squat	1 x Hold @ 135% of 1RM	9 s	90 s		Front Squat	1 x Hold @ 140% of 1RM	10 s	90 s	
Front Squat	1 x Max Reps @ 92.5% of 1RM		180s		Front Squat	1 x Max Reps @ 95% of 1RM		180s	
Hamstrings	5x5 @ 8RM		60 s	+2.5%	Hamstrings	5x5 @ 8RM		60 s	+2.5%
Calves	5x5 @ 8RM		60 s	+2.5%	Calves	5x5 @ 8RM		60 s	+2.5%
Abdominals	5x5 @ 8RM		60 s	+2.5%	Abdominals	5x5 @ 8RM		60 s	+2.5%
Day 21	Cardio				Day 28	Cardio			

# **Quattro Dynamo**

# by Chad Waterbury

Maximal Strength	Sets / Reps / Load	Rest Period	Weight / Day 1	Weight / Day 8	Weight / Day 15
A1 - Squats	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
A2 - Lying Leg Curls	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
B1 - BB Bench Presses	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
B2 - Seated Cable Rows	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
C1 - Standing BB Curls	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
C2 - Reverse-Grip Tricep Presses-Downs	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
Endurance Strength	Sets / Reps / Load	Rest Period	Weight / Day 2	Weight / Day 9	Weight / Day 16
A1 - Seated Behind-the-Neck BB Presses	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
A2 - Shoulder-Width Lat Pull-Downs	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
B1 - BB Back Squats	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
B2 - Lying Leg Curls	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
Low-Intensity Cardio	Cardio	Cardio	Cardio / Day 3	Cardio / Day 10	Cardio / Day 17
Hypertrophy/Strength	Sets / Reps / Load	Rest Period	Weight /Day 4	Weight / Day 11	Weight / Day 18
A1 - BB Good Mornings	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
A2 - Hanging Leg Raises	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
B1 - 45-Degree Incline DB Bench Presses	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
B2 - Standing Upright DB Rows	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
C1 - Standing BB Reverse Curl	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
C2 - Lying BB Tricep Extensions (Skull Crushers)	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
Low-Intensity Cardio	Cardio	Cardio	Cardio / Day 5	Cardio / Day 12	Cardio / Day 19
Explosive Strength	Sets / Reps / Load	Rest Period	Weight / Day 6	Weight / Day 13	Weight / Day 20
A - Explosive Lunges	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
B - Explosive Sit-Ups	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
C - Explosive BB Bench Presses	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
D - Explosive Supinated Pull-Downs	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
Rest, Rest, Rest	Rest Day	Rest Day	Rest / Day 7	Rest / Day 14	Rest / Day 21

# Single's Club

# by Chad Waterbury

Original Article Can be Found on T-Nation @ http://www.t-

Day 1	Coto / Domo	Deet	14/4	Devi 0	Coto / Domo	Deet	Wt.
A DD De els Courses	Sets / Reps	Rest	Wt.	Day 8 A - BB Back Squats	Sets / Reps 15 x 1 @ 3RM	Rest	VVI.
A - BB Back Squats	14 x 1 @ 3RM	60 s				60 s	
B - Back Extensions	14 x 1 @ 3RM	60 s		B - Back Extensions	15 x 1 @ 3RM	60 s	
C - Seated Calf Raises	14 x 1 @ 3RM	60 s		C - Seated Calf Raises	15 x 1 @ 3RM	60 s	
Day 2	Cardio	_		Day 9	Cardio	_	
Day 3	Sets / Reps	Rest	Wt.	Day 10	Sets / Reps	Rest	Wt.
A1 - Chin-Ups	3 x 18 @ 20RM	60 s		A1 - Chin-Ups	3 x 18 @ 20RM	60 s	+2.5%
A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s		A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s	+2.5%
B1 - BB Curls	3 x 18 @ 20RM	60 s		B1 - BB Curls	3 x 18 @ 20RM	60 s	+2.5%
B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s		B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s	+2.5%
Day 4	Sets / Reps	Rest	Wt.	Day 11	Sets / Reps	Rest	Wt.
A1 - BB Deadlifts	3 x 18 @ 20RM	90 s		A1 - BB Deadlifts	3 x 18 @ 20RM	90 s	+2.5%
A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s		A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s	+2.5%
B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s		B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s	+2.5%
B2 - Hanging Pikes	3 x 18 @ 20RM	90 s		B2 - Hanging Pikes	3 x 18 @ 20RM	90 s	+2.5%
Day 5	Cardio			Day 12	Cardio		
Day 6	Sets / Reps	Rest	Wt.	Day 13	Sets / Reps	Rest	Wt.
A - Incline BB Bench Presses	14 x 1 @ 3RM	60 s		A - Incline BB Bench Presses	15 x 1 @ 3RM	60 s	
B - Chest-Supported Rows	14 x 1 @ 3RM	60 s		B - Chest-Supported Rows	15 x 1 @ 3RM	60 s	
C - Dips	14 x 1 @ 3RM	60 s		C - Dips	15 x 1 @ 3RM	60 s	
Day 7	Rest			Day 14	Rest		
Day 15	Sets / Reps	Rest	Wt.	Day 22	Sets / Reps	Rest	Wt.
A - BB Back Squats	16 x 1 @ 3RM	60 s		A - BB Back Squats	17 x 1 @ 3RM	60 s	
B - Back Extensions	16 x 1 @ 3RM	60 s		B - Back Extensions	17 x 1 @ 3RM	60 s	
C - Seated Calf Raises	16 x 1 @ 3RM	60 s		C - Seated Calf Raises	17 x 1 @ 3RM	60 s	
Day 16	Cardia					003	
Day IV	Cardio			Day 23	Cardio	00 3	
Day 17	Sets / Reps	Rest	Wt.	Day 23 Day 24	Cardio Sets / Reps	Rest	Wt.
	Sets / Reps	Rest 60 s	<b>Wt.</b> +2.5%	Day 24			<b>Wt.</b> +2.5%
Day 17			-		Sets / Reps	Rest	
Day 17 A1 - Chin-Ups	Sets / Reps 3 x 18 @ 20RM	60 s	+2.5%	Day 24 A1 - Chin-Ups	Sets / Reps 3 x 18 @ 20RM	Rest 60 s	+2.5%
<b>Day 17</b> A1 - Chin-Ups A2 - Flat DB Bench Presses	Sets / Reps           3 x 18 @ 20RM           3 x 18 @ 20RM	60 s 60 s	+2.5% +2.5%	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses	Sets / Reps           3 x 18 @ 20RM           3 x 18 @ 20RM	<b>Rest</b> 60 s 60 s	+2.5% +2.5%
Day 17 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curls	Sets / Reps           3 x 18 @ 20RM	60 s 60 s 60 s	+2.5% +2.5% +2.5%	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curl	Sets / Reps           3 x 18 @ 20RM	<b>Rest</b> 60 s 60 s 60 s	+2.5% +2.5% +2.5% +2.5%
Day 17 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curls B2 - BB Skull Crushers	Sets / Reps           3 x 18 @ 20RM           3 x 18 @ 20RM           3 x 18 @ 20RM	60 s 60 s 60 s 60 s	+2.5% +2.5% +2.5%	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curl B2 - BB Skull Crushers	Sets / Reps           3 x 18 @ 20RM	<b>Rest</b> 60 s 60 s 60 s 60 s	+2.5% +2.5% +2.5%
Day 17 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curls B2 - BB Skull Crushers Day 18	Sets / Reps           3 x 18 @ 20RM           Sets / Reps	60 s 60 s 60 s 60 s <b>Rest</b>	+2.5% +2.5% +2.5% +2.5% Wt.	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curl B2 - BB Skull Crushers Day 25	Sets / Reps           3 x 18 @ 20RM           Sets / Reps	Rest           60 s	+2.5% +2.5% +2.5% +2.5% Wt.
Day 17A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlsB2 - BB Skull CrushersDay 18A1 - BB DeadliftsA2 - Standing Calf Raises	Sets / Reps           3 x 18 @ 20RM           Sets / Reps           3 x 18 @ 20RM	60 s 60 s 60 s 60 s <b>Rest</b> 90 s	+2.5% +2.5% +2.5% +2.5% <b>Wt.</b> +2.5%	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curl B2 - BB Skull Crushers Day 25 A1 - BB Deadlifts A2 - Standing Calf Raises	Sets / Reps           3 x 18 @ 20RM	Rest           60 s           60 s           60 s           60 s           90 s	+2.5% +2.5% +2.5% +2.5% <b>Wt.</b> +2.5%
Day 17         A1 - Chin-Ups         A2 - Flat DB Bench Presses         B1 - BB Curls         B2 - BB Skull Crushers         Day 18         A1 - BB Deadlifts         A2 - Standing Calf Raises         B1 - Lying Leg Curls	Sets / Reps           3 x 18 @ 20RM           Sets / Reps           3 x 18 @ 20RM           3 x 18 @ 20RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s	+2.5% +2.5% +2.5% +2.5% Wt. +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg Curls	Sets / Reps           3 x 18 @ 20RM           Sets / Reps           3 x 18 @ 20RM           3 x 18 @ 20RM	Rest           60 s           60 s           60 s           60 s           90 s           90 s	+2.5% +2.5% +2.5% +2.5% <b>Wt.</b> +2.5% +2.5%
Day 17         A1 - Chin-Ups         A2 - Flat DB Bench Presses         B1 - BB Curls         B2 - BB Skull Crushers         Day 18         A1 - BB Deadlifts         A2 - Standing Calf Raises         B1 - Lying Leg Curls         B2 - Hanging Pikes	Sets / Reps           3 x 18 @ 20RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging Pikes	Sets / Reps           3 x 18 @ 20RM	Rest           60 s           60 s           60 s           90 s           90 s           90 s	+2.5% +2.5% +2.5% +2.5% <b>Wt.</b> +2.5% +2.5% +2.5%
Day 17A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlsB2 - BB Skull CrushersDay 18A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 19	Sets / Reps           3 x 18 @ 20RM           Cardio	60 s 60 s 60 s <b>Rest</b> 90 s 90 s 90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 26	Sets / Reps           3 x 18 @ 20RM           Cardio	Rest           60 s           60 s           60 s           90 s           90 s           90 s           90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Day 17A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlsB2 - BB Skull CrushersDay 18A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 19Day 20	Sets / Reps           3 x 18 @ 20RM           S x 18 @ 20RM           S x 18 @ 20RM           S x 18 @ 20RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s 90 s 90 s <b>Rest</b>	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24 A1 - Chin-Ups A2 - Flat DB Bench Presses B1 - BB Curl B2 - BB Skull Crushers Day 25 A1 - BB Deadlifts A2 - Standing Calf Raises B1 - Lying Leg Curls B2 - Hanging Pikes Day 26 Day 27	Sets / Reps           3 x 18 @ 20RM           Cardio           Sets / Reps	Rest           60 s           60 s           60 s           90 s	+2.5% +2.5% +2.5% +2.5% <b>Wt.</b> +2.5% +2.5% +2.5%
Day 17         A1 - Chin-Ups         A2 - Flat DB Bench Presses         B1 - BB Curls         B2 - BB Skull Crushers         Day 18         A1 - BB Deadlifts         A2 - Standing Calf Raises         B1 - Lying Leg Curls         B2 - Hanging Pikes         Day 19         Day 20         A - Incline BB Bench Presses	Sets / Reps           3 x 18 @ 20RM           10 x 18 @ 20RM           16 x 1 @ 3RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s 90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 26Day 27A - Incline BB Bench Presses	Sets / Reps           3 x 18 @ 20RM           Cardio           Sets / Reps           17 x 1 @ 3RM	Rest           60 s           60 s           60 s           90 s           90 s           90 s           90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Day 17         A1 - Chin-Ups         A2 - Flat DB Bench Presses         B1 - BB Curls         B2 - BB Skull Crushers         Day 18         A1 - BB Deadlifts         A2 - Standing Calf Raises         B1 - Lying Leg Curls         B2 - Hanging Pikes         Day 19         Day 20         A - Incline BB Bench Presses         B - Chest-Supported Rows	Sets / Reps           3 x 18 @ 20RM           16 x 1 @ 3RM           16 x 1 @ 3RM           16 x 1 @ 3RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s 90 s <b>90 s</b> <b>8 c</b> <b>8 c</b> <b>9 c</b> <b>8 c</b> <b>8 c</b> <b>8 c</b> <b>1 c</b>	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 26Day 27A - Incline BB Bench PressesB - Chest-Supported Rows	Sets / Reps           3 x 18 @ 20RM           17 x 1 @ 3RM           17 x 1 @ 3RM	Rest           60 s           60 s           60 s           90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Day 17         A1 - Chin-Ups         A2 - Flat DB Bench Presses         B1 - BB Curls         B2 - BB Skull Crushers         Day 18         A1 - BB Deadlifts         A2 - Standing Calf Raises         B1 - Lying Leg Curls         B2 - Hanging Pikes         Day 19         Day 20         A - Incline BB Bench Presses	Sets / Reps           3 x 18 @ 20RM           10 x 18 @ 20RM           16 x 1 @ 3RM	60 s 60 s 60 s <b>Rest</b> 90 s 90 s 90 s <b>90 s</b> <b>8 c</b> 8 c 8 c 8 c 8 c 8 c 8 c 8 c 8 c 8 c 8 c	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 24A1 - Chin-UpsA2 - Flat DB Bench PressesB1 - BB CurlB2 - BB Skull CrushersDay 25A1 - BB DeadliftsA2 - Standing Calf RaisesB1 - Lying Leg CurlsB2 - Hanging PikesDay 26Day 27A - Incline BB Bench Presses	Sets / Reps           3 x 18 @ 20RM           Cardio           Sets / Reps           17 x 1 @ 3RM	Rest           60 s           60 s           60 s           90 s	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%

# **Big Boy Basics**

# by Chad Waterbury

Day 1 (Upper Body)	Sets / Reps / Load	Rest Period	Weight / Day 1	Weight / Day 8	Weight / Day 15
BB Bench Presses	8 x 3 @ 5RM	60 sec.			
Seated Rows	8 x 3 @ 5RM	60 sec.			
Pull-Ups	8 x 3 @ 5RM	60 sec.			
Standing DB Shoulder Presses	8 x 3 @ 5RM	60 sec.			
Day 2 (Lower Body)	Sets / Reps / Load	Rest Period	Weight / Day 2	Weight / Day 9	Weight / Day 16
BB Squats	3 x 8 @ 10RM	90 sec.			
Leg Raises	3 x 8 @ 10RM	60 sec.			
DB Deadlifts	3 x 8 @ 10RM	90 sec.			
Decline Bench Sit-Ups	3 x 8 @ 10RM	60 sec.			
Standing Calf Raises	3 x 8 @ 10RM	60 sec.			
Day 3 (Cardio for Recovery)	Cardio	 Cardio	Cardio / Day 3	Cardio / Day 10	Cardio/ Day 17
Day 4 (Upper Body)	Sets / Reps / Load	Rest Period	Weight / Day 4	Weight / Day 11	Weight / Day 18
45-Degree Incline DB Bench Presses	3 x 8 @ 10RM	90 sec.			
45-Degree DB Rows	3 x 8 @ 10RM	90 sec.			
Standing BB Curls	3 x 8 @ 10RM	60 sec.			
Standing Reverse-Grip Tricep Press-Downs	3 x 8 @ 10RM	60 sec.			
Day 5 (Lower Body)	Sets / Reps / Load	Rest Period	Weight / Day 5	Weight / Day 12	Weight / Day 19
Hack Squats	8 x 3 @ 5RM	60 sec.			
Lying Leg Curls	8 x 3 @ 5RM	60 sec.			
Lying Leg Raises	8 x 3 @ 5RM	60 sec.			
Seated Calf Raises	8 x 3 @ 5RM	30 sec.			
Day 6 (Rest)	Rest	Rest	Rest / Day 6	Rest / Day 13	Rest / Day 20
Day 7 (Rest)	Rest	Rest	Rest / Day 7	Rest / Day 14	Rest / Day 21

# The Next "Big Three" Program by Chad Waterbury

Day 1 - Workout #1	Sets/Reps			Day 8 - Workout #1	Sets/Reps			Day 15 - Workout #1	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
Waterbury Walks	3-5 x 3-5	90 s		Waterbury Walks	3-5 x 3-5		+2.5%	Waterbury Walks	3-5 x 3-5	90 s	+2.5%
Sternum Chin-ups	3-5 x 3-5	90 s		Sternum Chin-ups	3-5 x 3-5			Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
Shoulder Press Squats	3-5 x 3-5	90 s		Shoulder Press Squats	3-5 x 3-5	90 s		Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Bent over BB Rows	2-3 x 6-8	90 s		Opt - Bent over BB Rows	2-3 x 6-8	90 s		Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%
Day 2	Cardio			Day 9	Cardio			Day 16	Cardio		
Dav 3	Cardio			Day 10	Cardio			Day 17	Cardio		
Day 4 - Workout #2	Sets/Reps	Rest	Wt.	Day 11 - Workout #2	Sets/Reps	Rest	Wt.	Day 18 - Workout #2	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%
B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5			B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s		Opt - Dips	2-3 x 6-8	90 s	+2.5%
Day 5	Cardio			Day 12	Cardio			Day 19	Cardio		
Day 6	Off			Day 13	Off			Day 20	Off		
Day 7	Off			Day 14	Off			Day 21	Off		
Day 22 - Workout #1	Sets/Reps	Rest	Wt.	Day 29 - Workout #1	Sets/Reps	Rest	Wt.	Day 36 - Workout #1	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
Waterbury Walks	3-5 x 3-5	90 s	+2.5%	Waterbury Walks	3-5 x 3-5	90 s	+2.5%	Waterbury Walks	3-5 x 3-5	90 s	
Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	Sternum Chin-ups	3-5 x 3-5	90 s	
Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	Shoulder Press Squats	3-5 x 3-5	90 s	
Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%	Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%	Opt - Bent over BB Rows	2-3 x 6-8	90 s	
Day 23	Cardio			Day 30	Cardio			Day 37	Cardio		
Day 24	Cardio			Day 31	Cardio			Day 38	Cardio		
Day 25 - Workout #2	Sets/Reps	Rest	Wt.	Day 32 - Workout #2	Sets/Reps	Rest	Wt.	Day 39 - Workout #2	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
B1 - Waterbury Walks	3-5 x 3-5	90 s		B1 - Waterbury Walks	3-5 x 3-5			B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%
B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5			B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
B3 - Shoulder Press Squats	3-5 x 3-5	90 s		B3 - Shoulder Press Squats	3-5 x 3-5			B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s	+2.5%		2-3 x 6-8	90 s	+2.5%
Day 26	Cardio			Day 33	Cardio			Day 40	Cardio		
Day 27	Off			Day 34	Off			Day 41 Day 42	Off		
Day 28	Off			Day 35	Off				Off		

# Outlaw Strength and Conditioning by Chad Waterbury

Original Art	<u>icle Can be Foun</u>	a on I	-Nation @			on.com/re	ad i opic.	<u>.ao :1a=4;</u>	09262	
Day 1	Sets/Reps	Tempo	Weight	Wk1 Rest	Wk2 Rest	Wk3 Rest	Wk4 Rest	Wk5 Rest	Wk6 Rest	Wk7 Rest
Jump Rope	2 X 90 sec			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Inch Worm	2 X 10			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
DB Dorsiflexion	2X25 @ 30 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Standing Calf Raise	2X25 @ 30 RM	211		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Split Squat	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Chin-ups	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Zercher Squats	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Decline DB Pullovers	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Waterbury Walks	2X15 @ 20 RM			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Day 2	Sets/Reps	Tempo	Weight	Wk1 Rest	Wk2 Rest	Wk3 Rest	Wk4 Rest	Wk5 Rest	Wk6 Rest	Wk7 Rest
DB Squat Thrusts	2 X 15			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Dips	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
One-Legged DB Deadlift	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
DB Bench Press	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Glute Ham Raise	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Side Deadlift	2X15 @ 20 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Day 3	Cardio									
Day 4	Sets/Reps	Tempo	Weight	Wk1 Rest	Wk2 Rest	Wk3 Rest	Wk4 Rest	Wk5 Rest	Wk6 Rest	Wk7 Rest
Jump Rope	2 X 90 sec			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Inch Worm	2 X 10			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Donkey Calf Raise	2X25 @ 30 RM	211		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
DB Dorsiflexion	2X25 @ 30 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Bent over BB rows	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
BB Front Squat	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Incline DB Press	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Step-Ups	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
BB Alternating Shoulder Press	2X15 @ 20 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Day 5	Sets/Reps	Tempo	Weight	Wk1 Rest	Wk2 Rest	Wk3 Rest	Wk4 Rest	Wk5 Rest	Wk6 Rest	Wk7 Rest
DB Squat Thrusts	2 X 15			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Skull Crushers	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Seated DB External Rot.	5X4 @ 5 RM			60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
Standing Partial Mil. Press		1				50 sec	45 sec	40 sec	35 sec	30 sec
	5X4 @ 5 RM	201		60 sec	55 sec	50 SEC	10 000		00 000	
BB Good Morning	5X4 @ 5 RM 5X4 @ 5 RM	201 201		60 sec 60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	30 sec
BB Good Morning Hanging Pike										30 sec 30 sec
<u> </u>	5X4 @ 5 RM	201		60 sec	55 sec	50 sec	45 sec	40 sec	35 sec	
Hanging Pike	5X4 @ 5 RM 5X4 @ 5 RM	201 201		60 sec 60 sec	55 sec 55 sec	50 sec 50 sec	45 sec 45 sec	40 sec 40 sec	35 sec 35 sec	30 sec
Hanging Pike Waterbury Crucifix	5X4 @ 5 RM 5X4 @ 5 RM 2X15 @ 20 RM	201 201		60 sec 60 sec 60 sec	55 sec 55 sec 55 sec	50 sec 50 sec 50 sec	45 sec 45 sec 45 sec	40 sec 40 sec 40 sec	35 sec 35 sec 35 sec	30 sec 30 sec

# The Art of Waterbury

**by Chad Waterbury** Original Article Can be Found on T-Nation @ http://www.t-

nation.com/readTopic.do?id=693794

Day 1 (80%of 1RM)	Sets/Reps	Rest	Wt.	Day 7 (80% of 1RM)	Sets/Reps	Rest	Wt.
A1 - Push Press	10 x 3	70 s		A1 - Push Press	10 x 3	70 s	+2.5%
A2 - Chin-ups	10 x 3	70 s		A2 - Chin-ups	10 x 3	70 s	+2.5%
B1 - Good Mornings	10 x 3	70 s		B1 - Good Mornings	10 x 3	70 s	+2.5%
B2 - Standing Calf Raises	10 x 3	70 s		B2 - Standing Calf Raises	10 x 3	70 s	+2.5%
C1 - Dips or Decline Bench	10 x 3	70 s		C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%
C2 - Side Bends	10 x 3	70 s		C2 - Side Bends	10 x 3	70 s	+2.5%
Day 2	Off or Light Cardio			Day 8	Off or Light Cardio		
Day 3 (70% of 1RM)	Sets/Reps	Rest	Wt.	Day 9 (70% of 1RM)	Sets/Reps	Rest	Wt.
Back Squats	3 x 12	90 s		Back Squats	3 x 12	85 s	
Bent over Rows	3 x 12	90 s		Bent over Rows	3 x 12	85 s	
Flat Bench Press	3 x 12	90 s		Flat Bench Press	3 x 12	85 s	
Seated Calf Raises	3 x 12	90 s		Seated Calf Raises	3 x 12	85 s	
Tricep Pressdowns	3 x 12	90 s		Tricep Pressdowns	3 x 12	85 s	
External Rotations	3 x 12	90 s		External Rotations	3 x 12	85 s	
Day 4	Off or Light Cardio			Day 10	Off or Light Cardio		
Day 5 (85% of 1RM)	Sets/Reps	Rest	Wt.	Day 11 (85% of 1RM)	Sets/Reps	Rest	Wt.
A1 - Barbell Hack Squats	4 x 6	75 s		A1 - Barbell Hack Squats	5 x 6	75 s	
A2 - Standing Hammer Curl	4 x 6	75 s		A2 - Standing Hammer Curl	<mark>5</mark> x 6	75 s	
B1 - Power Cleans	4 x 6	75 s		B1 - Power Cleans	<mark>5</mark> x 6	75 s	
B2 - Skull Crushers	4 x 6	75 s		B2 - Skull Crushers	<mark>5</mark> x 6	75 s	
C1 - Incline Bench Press	4 x 6	75 s		C1 - Incline Bench Press	<mark>5</mark> x 6	75 s	
C2 - Cable Crunches	4 x 6	75 s		C2 - Cable Crunches	<mark>5</mark> x 6	75 s	
Day 6	Off or Light Cardio			Day 12	Off or Light Cardio		

Day 13 (80%of 1RM)	Sets/Reps	Rest	Wt.	Day 19 (80%of 1RM)	Sets/Reps	Rest	Wt.
A1 - Push Press	10 x 3	70 s	+2.5%	A1 - Push Press	10 x 3	70 s	+2.5%
A2 - Chin-ups	10 x 3	70 s	+2.5%	A2 - Chin-ups	10 x 3	70 s	+2.5%
B1 - Good Mornings	10 x 3	70 s	+2.5%	B1 - Good Mornings	10 x 3	70 s	+2.5%
B2 - Standing Calf Raises	10 x 3	70 s	+2.5%	B2 - Standing Calf Raises	10 x 3	70 s	+2.5%
C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%	C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%
C2 - Side Bends	10 x 3	70 s	+2.5%	C2 - Side Bends	10 x 3	70 s	+2.5%
Day 14	Off or Light Cardio			Day 20	Off or Light Cardio		
Day 15 (70% of 1RM)	Sets/Reps	Rest	Wt.	Day 21 (70% of 1RM)	Sets/Reps	Rest	Wt.
Back Squats	3 x 12	80 s		Back Squats	3 x 12	75 s	
Bent over Rows	3 x 12	80 s		Bent over Rows	3 x 12	75 s	
Flat Bench Press	3 x 12	80 s		Flat Bench Press	3 x 12	75 s	
Seated Calf Raises	3 x 12	80 s		Seated Calf Raises	3 x 12	75 s	
Tricep Pressdowns	3 x 12	80 s		Tricep Pressdowns	3 x 12	75 s	
External Rotations	3 x 12	80 s		External Rotations	3 x 12	75 s	
Day 16	Off or Light Cardio			Day 22	Off or Light Cardio		
Day 17 (85% of 1RM)	Sets/Reps	Rest	Wt.	Day 23 (85% of 1RM)	Sets/Reps	Rest	Wt.
A1 - Barbell Hack Squats	<mark>6</mark> x 6	75 s		A1 - Barbell Hack Squats	7 x 6	75 s	
A2 - Standing Hammer Curl	<mark>6</mark> x 6	75 s		A2 - Standing Hammer Curl	7 x 6	75 s	
B1 - Power Cleans	<mark>6</mark> x 6	75 s		B1 - Power Cleans	7 x 6	75 s	
B2 - Skull Crushers	<mark>6</mark> x 6	75 s		B2 - Skull Crushers	7 x 6	75 s	
C1 - Incline Bench Press	<mark>6</mark> x 6	75 s		C1 - Incline Bench Press	7 x 6	75 s	
C2 - Cable Crunches	<mark>6</mark> x 6	75 s		C2 - Cable Crunches	7 x 6	75 s	
Day 18	Off or Light Cardio			Day 24	Off or Light Cardio		

# 10 x 3 For Fat Loss

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
Deadlifts	10x3 @ 75% 1RM	45 sec.		Deadlifts	10x3 @ 75% 1RM	40 sec.	
Chin-Ups	10x3 @ 75% 1RM	45 sec.		Chin-Ups	10x3 @ 75% 1RM	40 sec.	
BB Front Squats	10x3 @ 75% 1RM	45 sec.		BB Front Squats	10x3 @ 75% 1RM	40 sec.	
Dips	10x3 @ 75% 1RM	45 sec.		Dips	10x3 @ 75% 1RM	40 sec.	
Cyle Sprints	10 mins			Cyle Sprints	11.5 mins		
Day 2				Day 9			
Rope Jumping	10 mins			Rope Jumping	12 mins		
Day 3	Off			Day 10	Off		
Day 4	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
Back Squats	10x3 @ 75% 1RM	45 sec.		Back Squats	10x3 @ 77% 1RM	45 sec.	
Bent-over rows	10x3 @ 75% 1RM	45 sec.		Bent-over rows	10x3 @ 77% 1RM	45 sec.	
Romanian Deadlifts	10x3 @ 75% 1RM	45 sec.		Romanian Deadlifts	10x3 @ 77% 1RM	45 sec.	
Standing Military Press	10x3 @ 75% 1RM	45 sec.		Standing Military Press	10x3 @ 77% 1RM	45 sec.	
Walk/Sprint	10 mins			Walk/Sprint	11.5 mins		
Day 5	Off			Day 12	Off		
Day 6				Day 13			
Rope Jumping	11 mins			Rope Jumping	13 mins		
Day 7	Off			Day 14	Off		

Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
Deadlifts	10x3 @ 77% 1RM	40 sec.		Deadlifts	10x3 @ 80% 1RM	40 sec.	-
Chin-Ups	10x3 @ 77% 1RM	40 sec.		Chin-Ups	10x3 @ 80% 1RM	40 sec.	
BB Front Squats	10x3 @ 77% 1RM	40 sec.		BB Front Squats	10x3 @ 80% 1RM	40 sec.	
Dips	10x3 @ 77% 1RM	40 sec.		Dips	10x3 @ 80% 1RM	40 sec.	
Cyle Sprints	13 mins			Cyle Sprints	14.5 mins		
Day 16				Day 9			
Rope Jumping	14 mins			Rope Jumping	16 mins		
Day 17	Off			Day 10	Off		
Day 18	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
Back Squats	10x3 @ 77% 1RM	40 sec.		Back Squats	10x3 @ 77% 1RM	35 sec.	
Bent-over rows	10x3 @ 77% 1RM	40 sec.		Bent-over rows	10x3 @ 77% 1RM	35 sec.	
Romanian Deadlifts	10x3 @ 77% 1RM	40 sec.		Romanian Deadlifts	10x3 @ 77% 1RM	35 sec.	
Standing Military Press	10x3 @ 77% 1RM	40 sec.		Standing Military Press	10x3 @ 77% 1RM	35 sec.	
Walk/Sprint	13 mins			Walk/Sprint	14.5 mins		
Day 19	Off			Day 12	Off		
Day 20				Day 13			
Rope Jumping	15 mins			Rope Jumping	17 mins		
Day 21	Off			Day 27	Off		

# Lift Fast Get Big by Chad Waterbury

Day 1	Sets/Reps	Rest	Weight	Dav 8	Sets/Reps	Rest	Weight	Dav 15	Sets/Reps	Rest	Weight
Dips	6 x 3 @ 6RM			Dips	6 x 3 @ 6RM		+2.5%			50 sec.	+2.5%
Front Squats	6 x 3 @ 6RM			Front Squats		50 sec.		Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%
Chin-Ups	6 x 3 @ 6RM			Chin-Ups		50 sec.		Chin-Ups		50 sec.	+2.5%
Leg Curls		50 sec.		Leg Curls	6 x 3 @ 6RM	50 sec.		Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%
Seated Calf Raises	6 x 3 @ 6RM	50 sec.		Seated Calf Raises	6 x 3 @ 6RM	50 sec.		Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio		Day 16	Cardio	Cardio	
Day 3	Sets/Reps		Weight		Sets/Reps		Weight		Sets/Reps	Rest	Weight
Flat Bench Press	5 x 5 @ 8RM			Flat Bench Press	5 x 5 @ 8RM	60 sec.		Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%
Deadlift		60 sec.		Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%		5 x 5 @ 8RM	60 sec.	+2.5%
Bent-Over Rows	5 x 5 @ 8RM	60 sec.		Bent-Over Rows	5 x 5 @ 8RM	60 sec.		Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%
Skull Crushers		60 sec.		Skull Crushers	5 x 5 @ 8RM	60 sec.		Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%
Donkey Calf Raises		60 sec.		Donkey Calf Raises	5 x 5 @ 8RM	60 sec.		Donkey Calf Raises		60 sec.	+2.5%
Barbell Curls	5 x 5 @ 8RM	60 sec.		Barbell Curls	5 x 5 @ 8RM	60 sec.		Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio		Day 18	Cardio	Cardio	
Day 5	Sets/Reps		Weight		Sets/Reps	Rest	Weight		Sets/Reps	Rest	Weight
Incline DB Press	4 x 6 @ 9RM	70 sec.		Incline DB Press	4 x 6 @ 9RM	70 sec.		Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%
Back Squats	4 x 6 @ 9RM	70 sec.		Back Squats	4 x 6 @ 9RM	70 sec.		Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%
Upright Rows	4 x 6 @ 9RM	70 sec.		Upright Rows	4 x 6 @ 9RM	70 sec.		Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%
Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.		Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.		Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%
Standing Calf Raises	4 x 6 @ 9RM	70 sec.		Standing Calf Raises	4 x 6 @ 9RM	70 sec.		Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%
Preacher Curls	4 x 6 @ 9RM	70 sec.		Preacher Curls	4 x 6 @ 9RM	70 sec.		Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%
Day 6	Off	Off		Day 13	Off	Off		Day 20	Off	Off	
Day 7	Off	Off			Off	Off		Day 21	Off	Off	
Day 7				Day 14				Day 21			
Day 7		Off		Day 14		Off	Weight	Day 21			Weight
Day 7 Day 22 Dips	Off	Off	Weight +2.5%	Day 14 Day 29	Off	Off	Weight +2.5%	Day 21 Day 36	Off	Off	Weight +2.5%
Day 7 Day 22	Off Sets/Reps 6 x 3 @ 6RM	Off Rest	<b>Weight</b> +2.5%	Day 14 Day 29	Off Sets/Reps 6 x 3 @ 6RM	Off Rest	+2.5%	Day 21 Day 36	Off Sets/Reps 6 x 3 @ 6RM	Off Rest	
<b>Day 7</b> Day 22 Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec.	Weight +2.5% +2.5%	<b>Day 14</b> <b>Day 29</b> Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec.	+2.5% +2.5%	Day 21 Day 36 Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec.	+2.5% +2.5%
<b>Day 7</b> Dips Front Squats Chin-Ups	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec.	Weight +2.5% +2.5% +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec.	+2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec.	+2.5%
<b>Day 7</b> Day 22 Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec.	Weight +2.5% +2.5% +2.5% +2.5%	<b>Day 14</b> <b>Day 29</b> Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec.	+2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec.	+2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec.	Weight +2.5% +2.5% +2.5% +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec.	+2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM           6 x 3 @ 6RM           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec.	+2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec. 50 sec.	Weight +2.5% +2.5% +2.5% +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec. 50 sec. Cardio	+2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37	Off           Sets/Reps           6 x 3 @ 6RM	Off Rest 50 sec. 50 sec. 50 sec. 50 sec. 50 sec.	+2.5% +2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24	Off           Sets/Reps           6 x 3 @ 6RM           Sets/Reps	Off           Rest           50 sec.           So sec.           Rest	Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31	Off           Sets/Reps           6 x 3 @ 6RM           Sets/Reps	Off           Rest           50 sec.           So sec.           Cardio           Rest	+2.5% +2.5% +2.5% +2.5% +2.5% Weight	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38	Off           Sets/Reps           6 x 3 @ 6RM           Sets/Reps	Off           50 sec.           So sec.	+2.5% +2.5% +2.5% +2.5% Weight
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           Cardio           Rest           60 sec.	Weight +2.5% +2.5% +2.5% +2.5% Weight +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           Cardio           Rest           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           Cardio           Rest           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           Rest           50 sec.           So sec.           Rest	Weight +2.5% +2.5% +2.5% +2.5% +2.5% Weight +2.5% +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31	Off           Sets/Reps           6 x 3 @ 6RM           Sets/Reps	Off           Rest           50 sec.           So sec.           Cardio           Rest	+2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           50 sec.           So sec.	+2.5% +2.5% +2.5% +2.5% Weight
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           60 sec.           60 sec.           60 sec.           60 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           Weight           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           60 sec.           60 sec.           60 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           60 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           60 sec.           60 sec.           60 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           Weight           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25 Day 26	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           5 × 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	Weight           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32 Day 33	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           5 × 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b>	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39 Day 40	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b>
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25 Day 26 Incline DB Press	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32 Day 33 Incline DB Press	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39 Day 40 Incline DB Press	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25 Day 26 Incline DB Press Back Squats	Off           Sets/Reps           6 × 3 @ 6RM           Cardio           Sets/Reps           5 × 5 @ 8RM           4 × 6 @ 9RM           4 × 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.	Weight           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32 Day 33 Incline DB Press Back Squats	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           4 × 6 @ 9RM           4 × 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39 Day 40 Incline DB Press Back Squats	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 6 @ 9RM           4 x 6 @ 9RM           4 x 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% <b>Weight</b> +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25 Day 26 Incline DB Press Back Squats Upright Rows	Off           Sets/Reps           6 × 3 @ 6RM           Cardio           Sets/Reps           5 × 5 @ 8RM           4 × 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.           70 sec.           70 sec.	Weight           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32 Day 33 Incline DB Press Back Squats Upright Rows	Off           Sets/Reps           6 × 3 @ 6RM           5 × 5 @ 8RM           4 × 6 @ 9RM	Off           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39 Day 40 Incline DB Press Back Squats Upright Rows	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           4 x 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%
Day 7 Day 22 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 23 Day 24 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 25 Day 26 Incline DB Press Back Squats	Off           Sets/Reps           6 × 3 @ 6RM           Cardio           Sets/Reps           5 × 5 @ 8RM           4 × 6 @ 9RM           4 × 6 @ 9RM	Off           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.           70 sec.           70 sec.           70 sec.	Weight           +2.5%	Day 14 Day 29 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 30 Day 31 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 32 Day 33 Incline DB Press Back Squats	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 6RM           5 x 5 @ 8RM           5 x 6 @ 9RM           4 x 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%	Day 21 Day 36 Dips Front Squats Chin-Ups Leg Curls Seated Calf Raises Day 37 Day 38 Flat Bench Press Deadlift Bent-Over Rows Skull Crushers Donkey Calf Raises Barbell Curls Day 39 Day 40 Incline DB Press Back Squats	Off           Sets/Reps           6 x 3 @ 6RM           5 x 5 @ 8RM           5 x 6 @ 9RM           4 x 6 @ 9RM           4 x 6 @ 9RM	Off           Rest           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           50 sec.           60 sec.           70 sec.           70 sec.           70 sec.           70 sec.           70 sec.           70 sec.	+2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5% +2.5%

Day 27	Off	Off	Day 34	Off	Off	Day 41	Off	Off	
Day 28	Off	Off	Day 35	Off	Off	Day 42	Off	Off	

# Perfect 10 by Chad Waterbury

Wk 1 - Day 1	Sets/Reps	Rest	Wt.	Wk 2 - Day 1	Sets/Reps	Rest	Wt.
-	6 x 3 @ 6RM	70 s			7x3 @ 6RM	70 s	
	6 x 3 @ 6RM	70 s			7x3 @ 6RM	70 s	
Wk 1 - Day 2	Off			Wk 2 - Day 2	Sets/Reps	Rest	Wt.
Wk 1 - Day 3	Sets/Reps	Rest	Wt.		2x25 @ 28RM	180 s	
	3x10 @ 12 RM	120 s			2x25 @ 28RM	180 s	
	3x10 @ 12 RM	120 s		Wk 2 - Day 3	Sets/Reps	Rest	Wt.
Wk 1 - Day 4	Off				4x10 @ 12RM	120 s	
Wk 1 - Day 5	Sets/Reps	Rest	Wt.		4x10 @ 12RM	120 s	
	5x5 @ 8 RM	90 s		Wk 2 - Day 4	Off		
	5x5 @ 8 RM	90 s		Wk 2 - Day 5	Sets/Reps	Rest	Wt.
Wk 1 - Day 6	Off				6x5 @ 8RM	90 s	
Wk 1 - Day 7	Off				6x5 @ 8RM	90 s	
				Wk 2 - Day 6	Off		
				Wk 2 - Day 7	Off		
Wk 3 - Day 1	Sets/Reps	Rest	Wt.	Wk 4 - Day 1	Sets/Reps	Rest	Wt.
	8x3 @ 6RM	70 s			3x3 @ 5RM	70 s	
	8x3 @ 6RM	70 s			3x3 @ 5RM	70 s	
Wk 3 - Day 2	Off			Wk 4 - Day 2	Off		
	2x25 @ 28RM	180 s		Wk 4 - Day 3	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			3x8 @ 12RM	120 s	
Wk 3 - Day 3	Sets/Reps	Rest	Wt.		3x8 @ 12RM	120 s	
	5x10 @ 12RM	120 s		Wk 4 - Day 4	Off		
	5x10 @ 12RM	120 s		Wk 4 - Day 5	Sets/Reps	Rest	Wt.
Wk 3 - Day 4	Off				2x12 @ 15RM	90 s	
Wk 3 - Day 5	Sets/Reps	Rest	Wt.		2x12 @ 15RM	90 s	
	7x5 @ 8 RM	90 s		Wk 4 - Day 6	Off		
	7x5 @ 8 RM	90 s		Wk 4 - Day 7	Off		
Wk 3 - Day 6	Off						
	2x25 @ 28RM	180 s					
	2x25 @ 28RM	180 s					
Wk 3 - Day 7	Off						
Wk 5 - Day 1 - AM	Sets/Reps	Rest	Wt.	Wk 6 - Day 1	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			4x3 @ 5RM	70 s	
	3x3 @ 5RM	70 s			4x3 @ 5RM	70 s	
Wk 5 - Day 1 - PM	Sets/Reps	Rest	Wt.	Wk 6 - Day 1 - PM	Sets/Reps	Rest	Wt.
	3x8 @ 12RM	120 s			4x8 @ 12RM	120 s	
	3x8 @ 12RM	120 s			4x8 @ 12RM	120 s	
Wk 5 - Day 2	Off	Dust	18/	Wk 6 - Day 2	Sets/Reps	Rest	Wt.
Wk 5 - Day 3 - AM	Sets/Reps	Rest	Wt.		2x25 @ 28RM	180 s	
	2x12 @ 15RM	90 s		W/L C David AM	2x25 @ 28RM	180 s	18/4
Wk 5 - Day 3 - PM	2x12 @ 15RM	90 s	Wt.	Wk 6 - Day 3 - AM	Sets/Reps	Rest	Wt.
WK 5 - Day 5 - FW	Sets/Reps 3x5 @ 8RM	Rest 90 s	VVI.		3x12 @ 15RM 3x12 @ 15RM	90 s 90 s	
							18/4
Wk 5 - Day 4	3x5 @ 8RM Off	90 s		Wk 6 - Day 3 - PM	Sets/Reps 4x5 @ 8 RM	Rest 90 s	Wt.
Wk 5 - Day 4 Wk 5 - Day 5 - AM	Sets/Reps	Rest	Wt.	1	4x5 @ 8 RM 4x5 @ 8 RM	90 s 90 s	
TIR J - Day J - AIVI	2x25 @ 28RM	180 s	ννι.	Wk 6 - Day 4	4x5 @ 8 RM	30 5	
	2x25 @ 28RM	180 s		Wk 6 - Day 5 - AM	Sets/Reps	Rest	Wt.
Wk 5 - Day 5 - PM	Sets/Reps	Rest	Wt.	The Day S-Am	4x3 @ 6RM	70 s	
Dayo i Mi	1x12 @ 12 RM	NA		1	4x3 @ 6RM	70 s	
	1x12 @ 12 RM	NA		Wk 6 - Day 5 - PM	Sets/Reps	Rest	Wt.
Wk 5 - Day 6	Off	1.1/ \		into bayo rm	1x15 @ 15 RM	NA	
Wk 5 - Day 7	Off			1	1x15 @ 15 RM	NA	
				Wk 6 - Day 6	Sets/Reps	Rest	Wt.
				into buyo	2x25 @ 28RM	180 s	
				1	2x25 @ 28RM	180 s	
				Wk 6 - Day 7	Off		
Wk 7 - Day 1 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 1 - AM	Sets/Reps	Rest	Wt.
	3x8 @ 10RM	90 s		Say i Am	3x5 @ 7RM	70 s	

	3x8 @ 10RM	90 s			3x5 @ 7RM	70 s	
Wk 7 - Day 1 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 1 - PM	Sets/Reps	Rest	Wt.
	2x20 @ 24RM	180 s			2x15 @ 18RM	120 s	
	2x20 @ 24RM	180 s			2x15 @ 18RM	120 s	
Wk 7 - Day 2	Sets/Reps	Rest	Wt.	Wk 9 - Day 2	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 3 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 3 - AM	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			3x3 @ 5RM	70 s	
	3x3 @ 5RM	70 s			3x3 @ 5RM	70 s	
Wk 7 - Day 3 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 3 - PM	Sets/Reps	Rest	Wt.
	3x12 @ 15RM	120 s			2x20 @ 22RM	180 s	
	3x12 @ 15RM	120 s			2x20 @ 22RM	180 s	
Wk 7 - Day 4	Sets/Reps	Rest	Wt.	Wk 9 - Day 4	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 5 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 5 - AM	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			3x10 @ 12RM	120 s	
	3x3 @ 5RM	70 s			3x10 @ 12RM	120 s	
Wk 7 - Day 5 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 5 - PM	Sets/Reps	Rest	Wt.
	1x10 @ 10 RM	NA			6x3 @ 5 RM	90 s	
	1x10 @ 10 RM	NA			6x3 @ 5 RM	90 s	
Wk 7 - Day 6	Sets/Reps	Rest	Wt.	Wk 9 - Day 6 - AM	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 7	Off			Wk 9 - Day 6 - PM	Sets/Reps	Rest	Wt.
					1x50 @ 50 RM	NA	
					1x50 @ 50 RM	NA	
				Wk 9 - Day 7	Off		

# Waterbury High Frequency System

by Chad Waterbury

Original Article Can be Found on T-Nation @ http://www.t-nation.com/readTopic.do?id=905832

#### WHFS Phase 1: Establish Frequency Stimulus Duration: 2 Weeks

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
A1 Back Squat	4/6 @ 8 RM	60 sec.		A1 Back Squat	5/6 @ 8 RM	60 sec.	
A2 Bent Over Rows or Seated Cable Rows	4/6 @ 8 RM	60 sec.		A2 Bent Over Rows or Seated Cable Rows	5/6 @ 8 RM	60 sec.	
B1 DB Military Press	4/6 @ 8 RM	60 sec.		B1 DB Military Press	5/6 @ 8 RM	60 sec.	
B2 Lunges	4/6 @ 8 RM	60 sec.		B2 Lunges	5/6 @ 8 RM	60 sec.	
C1 Standing Calf Raises	4/6 @ 8 RM	60 sec.		C1 Standing Calf Raises	5/6 @ 8 RM	60 sec.	
C2 Incline Bench Press	4/6 @ 8 RM	60 sec.		C2 Incline Bench Press	5/6 @ 8 RM	60 sec.	
Day 2	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
A1 Deadlifts	3/12 @ 14 RM	75 sec.		A1 Deadlifts	3/12 @ 14 RM	75 sec.	
A2 Dips or Decline Bench Press	3/12 @ 14 RM	75 sec.		A2 Dips or Decline Bench Press	3/12 @ 14 RM	75 sec.	
B1 Chin-ups or Pulldowns	3/12 @ 14 RM	75 sec.		B1 Chin-ups or Pulldowns	3/12 @ 14 RM	75 sec.	
B2 DB Triceps Extension	3/12 @ 14 RM	75 sec.		B2 DB Triceps Extension	3/12 @ 14 RM	75 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.		C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.	
C2 Reverse Crunch	3/12 @ 14 RM	75 sec.		C2 Reverse Crunch	3/12 @ 14 RM	75 sec.	
Day 3	Sets/Reps	Rest	Weight		Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			
Day 4	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
A1 Back Squat	3/12 @ 14 RM	75 sec.		A1 Back Squat	4/12 @ 14 RM	75 sec.	
A2 Bent Over Rows or Seated Cable Rows	3/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	4/12 @ 14 RM	75 sec.	
B1 BB Military Press	3/12 @ 14 RM	75 sec.		B1 BB Military Press	4/12 @ 14 RM	75 sec.	
B2 Split Squats	3/12 @ 14 RM	75 sec.		B2 Split Squats	4/12 @ 14 RM	75 sec.	
C1 Standing Calf Raises	3/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	4/12 @ 14 RM	75 sec.	
C2 Incline Bench Press	3/12 @ 14 RM	75 sec.		C2 Incline Bench Press	4/12 @ 14 RM	75 sec.	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
A1 Deadlifts	4/6 @ 8 RM	60 sec.		A1 Deadlifts	5/6 @ 8 RM	60 sec.	
A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	5/6 @ 8 RM	60 sec.	
B1 Pull-ups or Pulldowns	4/6 @ 8 RM	60 sec.		B1 Pull-ups or Pulldowns	5/6 @ 8 RM	60 sec.	
B2 BB Skull Crushers	4/6 @ 8 RM	60 sec.		B2 BB Skull Crushers	5/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/6 @ 8 RM	60 sec.	
C2 Swiss Ball Crunches	4/6 @ 8 RM	60 sec.		C2 Swiss Ball Crunches	5/6 @ 8 RM	60 sec.	
Day 6/7	Sets/Reps	Rest	Weight	Day 13/14	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			

#### WHFS Phase 2: Max Motor Recruitment 1 Duration: 1 Week

Day 1	Sets/Reps	Rest	Weight
Back Squat	Work up to 5 RM	Note	
Bench Press	Work up to 5 RM	Note	
Lying DB Triceps Extension	Work up to 5 RM	Note	
Day 2	Sets/Reps	Rest	Weight
Deadlifts	Work up to 5 RM	Note	
Chin-ups or Pulldowns	Work up to 5 RM	Note	
Hammer Curls	Work up to 5 RM	Note	
Day 3	Sets/Reps	Rest	Weight
OFF			
Day 4	Sets/Reps	Rest	Weight
Front Squat	Work up to 5 RM	Note	
BB Military Press	Work up to 5 RM	Note	
Dips or Decline Bench Press	Work up to 5 RM	Note	
Day 5	Sets/Reps	Rest	Weight
OFF			
Day 6	Sets/Reps	Rest	Weight
Deadlifts	Work up to 5 RM	Note	
Seated or Chest-Supported Rows	Work up to 5 RM	Note	
BB Bicep Curls	Work up to 5 RM	Note	
Day 7	Sets/Reps	Rest	Weight
OFF			

## WHFS Phase 3: Augment Frequency Stimulus Duration: 2 weeks

Day 1 AM	Sets/Reps	Rest	Weight	Day 8 AM	Sets/Reps	Rest	Weight
A1 Back Squat	3/6 @ 8 RM	60 sec.		A1 Back Squat	4/6 @ 8 RM	60 sec.	
A2 Bent Over Rows or Seated Cable Rows	3/6 @ 8 RM	60 sec.		A2 Bent Over Rows or Seated Cable Rows	4/6 @ 8 RM	60 sec.	
B1 DB Military Press	3/6 @ 8 RM	60 sec.		B1 DB Military Press	4/6 @ 8 RM	60 sec.	
B2 Lunges	3/6 @ 8 RM	60 sec.		B2 Lunges	4/6 @ 8 RM	60 sec.	
C1 Standing Calf Raises	3/6 @ 8 RM	60 sec.		C1 Standing Calf Raises	4/6 @ 8 RM	60 sec.	
C2 Incline Bench Press	3/6 @ 8 RM	60 sec.		C2 Incline Bench Press	4/6 @ 8 RM	60 sec.	
Day 1 PM	Sets/Reps	Rest	Weight	Day 8 PM	Sets/Reps	Rest	Weight
A1 Back Squat	2/12 @ 14 RM	75 sec.		A1 Back Squat	3/12 @ 14 RM	75 sec.	
A2 Bent Over Rows or Seated Cable Rows	2/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	3/12 @ 14 RM	75 sec.	
B1 BB Military Press	2/12 @ 14 RM	75 sec.		B1 DB Military Press	3/12 @ 14 RM	75 sec.	
B2 Split Squats	2/12 @ 14 RM	75 sec.		B2 Split Squats	3/12 @ 14 RM	75 sec.	
C1 Standing Calf Raises	2/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	3/12 @ 14 RM	75 sec.	
C2 Incline Bench Press	2/12 @ 14 RM	75 sec.		C2 Incline Bench Press	3/12 @ 14 RM	75 sec.	
Day 2	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
A1 Deadlifts	4/6 @ 8 RM	60 sec.		A1 Deadlifts	5/6 @ 8 RM	60 sec.	-
A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	5/6 @ 8 RM	60 sec.	
B1 Chin-ups or Pulldowns	4/6 @ 8 RM	60 sec.		B1 Chin-ups or Pulldowns	5/6 @ 8 RM	60 sec.	
B2 DB Triceps Extension	4/6 @ 8 RM	60 sec.		B2 DB Triceps Extension	5/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/6 @ 8 RM	60 sec.	
C2 Reverse Crunch	4/6 @ 8 RM	60 sec.		C2 Reverse Crunch	5/6 @ 8 RM	60 sec.	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio		•		< 20 min. medium intensity cardio			
Day 4	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
A1 Front Squat or BB Hack Squat	3/12 @ 14 RM	75 sec.		A1 Back Squat	4/12 @ 14 RM	75 sec.	
A2 Upright Rows	3/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	4/12 @ 14 RM	75 sec.	
B1 DB Side Raise	3/12 @ 14 RM	75 sec.		B1 BB Military Press	4/12 @ 14 RM	75 sec.	
B2 Leg Curls	3/12 @ 14 RM	75 sec.		B2 Split Squats	4/12 @ 14 RM	75 sec.	
C1 Bench Press	3/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	4/12 @ 14 RM	75 sec.	
C2 Barbell Curls	3/12 @ 14 RM	75 sec.		C2 Incline Bench Press	4/12 @ 14 RM	75 sec.	
Day 5 AM	Sets/Reps	Rest	Weight	Day 12 AM	Sets/Reps	Rest	Weight
A1 Deadlifts	3/6 @ 8 RM	60 sec.		A1 Deadlifts	4/6 @ 8 RM	60 sec.	
A2 Dips or Decline Bench Press	3/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.	
B1 Pull-ups or Pulldowns	3/6 @ 8 RM	60 sec.		B1 Pull-ups or Pulldowns	4/6 @ 8 RM	60 sec.	
B2 BB Skull Crushers	3/6 @ 8 RM	60 sec.		B2 BB Skull Crushers	4/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	3/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.	
C2 Reverse Crunch	3/6 @ 8 RM	60 sec.		C2 Swiss Ball Crunches	4/6 @ 8 RM	60 sec.	
Day 5 PM	Sets/Reps	Rest		Day 12 PM	Sets/Reps	Rest	Weight
A1 Deadlifts	2/12 @ 14 RM	75 sec.		A1 Deadlifts	3/12 @ 14 RM	75 sec.	
A2 DB Bench Press	2/12 @ 14 RM	75 sec.		A2 DB Bench Press	3/12 @ 14 RM	75 sec.	
B1 Pull-ups or Pulldowns	2/12 @ 14 RM	75 sec.		B1 Pull-ups or Pulldowns	3/12 @ 14 RM	75 sec.	
B2 BB Skull Crushers	2/12 @ 14 RM	75 sec.		B2 BB Skull Crushers	3/12 @ 14 RM	75 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	2/12 @ 14 RM	75 sec.		C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.	
C2 Swiss Ball Crunches	2/12 @ 14 RM	75 sec.		C2 Swiss Ball Crunches	3/12 @ 14 RM	75 sec.	
Day 6/7	Sets/Reps	Rest	Weight	Day 13/14	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			

#### WHFS Phase 4: Max Motor Recruitment 2 Duration: 1 week

Day 1	Sets/Reps	Rest	Weight
Back Squat	Work up to 3 RM	Note	
Bench Press	Work up to 3 RM	Note	
Lying DB Triceps Extension	Work up to 3 RM	Note	
Day 2	Sets/Reps	Rest	Weight
Deadlifts	Work up to 3 RM	Note	
Chin-ups or Pulldowns	Work up to 3 RM	Note	
Hammer Curls	Work up to 3 RM	Note	
Day 3	Sets/Reps	Rest	Weight
OFF			
Day 4	Sets/Reps	Rest	Weight
Front Squat	Work up to 3 RM	Note	
BB Military Press	Work up to 3 RM	Note	
Dips or Decline Bench Press	Work up to 3 RM	Note	
Day 5	Sets/Reps	Rest	Weight
OFF			
Day 6	Sets/Reps	Rest	Weight
Deadlifts	Work up to 3 RM	Note	
Seated or Chest-Supported Rows	Work up to 3 RM	Note	
BB Bicep Curls	Work up to 3 RM	Note	
Day 7	Sets/Reps	Rest	Weight
OFF			

## WHFS Phase 5: Peak Frequency Stimulus Duration: 2 weeks

Day 1 AM	Sets/Reps	Rest	Woight	Day 8 AM	Sets/Reps	Rest	Weight
A1 BB Military Press	4/4 @ 6 RM	60 sec.	weight	A1 BB Military Press	5/4 @ 6 RM	60 sec.	weight
A2 Front Squat	4/4 @ 6 RM	60 sec.		A2 Front Squat	5/4 @ 6 RM	60 sec.	
B1 Chins or Supinated Grip Pulldowns	4/4 @ 6 RM	60 sec.		B1 Chins or Supinated Grip Pulldowns	5/4 @ 6 RM	60 sec.	
B2 Lying DB Triceps Extension	4/4 @ 6 RM	60 sec.		B2 Lying DB Triceps Extension	5/4 @ 6 RM	60 sec.	
C1 Standing Calf Raises	4/4 @ 6 RM	60 sec.		C1 Standing Calf Raises	5/4 @ 6 RM	60 sec.	
C2 Hanging Leg Raise	4/4 @ 6 RM	60 sec.		C2 Hanging Leg Raise	5/4 @ 6 RM	60 sec.	
Day 1 PM	Sets/Reps	Rest	Weight	Day 8 PM	Sets/Reps	Rest	Weight
A1 DB Incline Bench Press	2/12 @ 14 RM	75 sec.	weight	A1 DB Incline Bench Press	3/12 @ 14 RM	75 sec.	weight
A2 BB Back Squat	2/12 @ 14 RM	75 sec. 75 sec.		A2 BB Back Squat	3/12 @ 14 RM	75 sec. 75 sec.	
B1 Chins or Supinated Grip Pulldowns	2/12 @ 14 RM	75 sec.		B1 Chins or Supinated Grip Pulldowns	3/12 @ 14 RM	75 sec. 75 sec.	
B2 Triceps Pressdown or Overhead DB Extension	2/12 @ 14 RM	75 sec.		B2 Triceps Pressdown or Overhead DB Extension	3/12 @ 14 RM	75 sec. 75 sec.	
C1 Donkey Calf Raises	2/12 @ 14 RM	75 sec. 75 sec.		C1 Donkey Calf Raises	3/12 @ 14 RM	75 sec. 75 sec.	
C2 Reverse Crunch	2/12 @ 14 RM	75 sec.		C2 Reverse Crunch	3/12 @ 14 RM	75 sec. 75 sec.	
Day 2 AM	Sets/Reps	Rest	Waight	Day 9 AM	Sets/Reps	Rest	Weight
A1 Deadlifts	4/3 @ 5 RM	60 sec.	weight	A1 Deadlifts	5/3 @ 5 RM	60 sec.	weight
A2 Dips	4/3 @ 5 RM	60 sec.		A2 Dips	5/3 @ 5 RM	60 sec.	
B1 Seated Cable or Chest-Supported Rows B2 Standing Hammer Curls	4/3 @ 5 RM	60 sec.		B1 Seated Cable or Chest-Supported Rows B2 Standing Hammer Curls	5/3 @ 5 RM 5/3 @ 5 RM	60 sec.	
C1 Seated Calf Raise	4/3 @ 5 RM 4/3 @ 5 RM	60 sec. 60 sec.		C1 Seated Calf Raise	5/3 @ 5 RM	60 sec. 60 sec.	
				C2 External Rotation			
C2 External Rotation	4/3 @ 5 RM	60 sec.	Mainle (		5/3 @ 5 RM	60 sec.	<b>14/-</b> 1-1-1
Day 2 PM A1 DB Romanian Deadlifts	Sets/Reps	Rest	weight	Day 9 PM	Sets/Reps	Rest	Weight
A1 DB Romanian Deadlifts A2 Decline DB Bench Press	2/14 @ 16 RM	75 sec.		A1 DB Romanian Deadlifts	3/14 @ 16 RM	75 sec.	
	2/14 @ 16 RM	75 sec.		A2 Decline DB Bench Press	3/14 @ 16 RM	75 sec.	
B1 Seated Cable or Chest-Supported Rows	2/14 @ 16 RM	75 sec.		B1 Seated Cable or Chest-Supported Rows	3/14 @ 16 RM	75 sec.	
B2 Standing Barbell Curls	2/14 @ 16 RM	75 sec.		B2 Standing Barbell Curls	3/14 @ 16 RM	75 sec.	
C1 Seated Calf Raise	2/14 @ 16 RM	75 sec.		C1 Seated Calf Raise	3/14 @ 16 RM	75 sec.	
C2 External Rotation	2/14 @ 16 RM	75 sec.	Mainle (	C2 External Rotation	3/14 @ 16 RM	75 sec.	<b>14/-</b>
Day 3	Sets/Reps	Rest	Weight	OFF	Sets/Reps	Rest	Weight
OFF	Coto/Domo	Deet	Mainh4	-	Coto/Domo	Deet	Mainht
Day 4 PM	Sets/Reps	Rest	weight	Day 11 AM A1 Chins or Supinated Grip Pulldowns	Sets/Reps	Rest	Weight
A1 Chins or Supinated Grip Pulldowns	4/3 @ 5 RM	60 sec.			5/3 @ 5 RM	60 sec.	
A2 Triceps Pressdown or Overhead DB Extension	4/3 @ 5 RM	60 sec.		A2 Triceps Pressdown or Overhead DB Extension	5/3 @ 5 RM	60 sec.	
B1 DB Incline Bench Press	4/3 @ 5 RM	60 sec.		B1 DB Incline Bench Press	5/3 @ 5 RM	60 sec.	
B2 BB Back Squat	4/3 @ 5 RM	60 sec.		B2 BB Back Squat	5/3 @ 5 RM	60 sec.	
C1 Donkey Calf Raises	4/3 @ 5 RM	60 sec.		C1 Donkey Calf Raises	5/3 @ 5 RM	60 sec.	
C2 Reverse Crunch	4/3 @ 5 RM	60 sec.		C2 Reverse Crunch	5/3 @ 5 RM	60 sec.	
	Sets/Reps	Rest	weight	Day 11 PM	Sets/Reps	Rest	Weight
A1 Chins or Supinated Grip Pulldowns	2/14 @ 16 RM	75 sec.		A1 Chins or Supinated Grip Pulldowns	3/14 @ 16 RM	75 sec.	
A2 DB Skull Crushers	2/14 @ 16 RM	75 sec.		A2 DB Skull Crushers	3/14 @ 16 RM	75 sec.	
B1 DB Military Press	2/14 @ 16 RM	75 sec.		B1 DB Military Press	3/14 @ 16 RM	75 sec.	
B2 Front Squat or Hack Squat	2/14 @ 16 RM	75 sec.		B2 Front Squat or Hack Squat	3/14 @ 16 RM	75 sec.	
C1 Standing Calf Raises	2/14 @ 16 RM	75 sec.		C1 Standing Calf Raises	3/14 @ 16 RM	75 sec.	
C2 Hanging Leg Raise	2/14 @ 16 RM	75 sec.		C2 Hanging Leg Raise	3/14 @ 16 RM	75 sec.	
Day 5 AM	Sets/Reps	Rest	Weight	Day 12 AM	Sets/Reps	Rest	Weight
A1 BB Bench Press	4/4 @ 6 RM	60 sec.		A1 BB Bench Press	5/4 @ 6 RM	60 sec.	
A2 Seated Cable or Chest-Supported Rows	4/4 @ 6 RM	60 sec.		A2 Seated Cable or Chest-Supported Rows	5/4 @ 6 RM	60 sec.	
B1 DB Romanian Deadlifts	4/4 @ 6 RM	60 sec.		B1 DB Romanian Deadlifts	5/4 @ 6 RM	60 sec.	
B2 Standing Reverse Curls	4/4 @ 6 RM	60 sec.		B2 Standing Reverse Curls	5/4 @ 6 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/4 @ 6 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/4 @ 6 RM	60 sec.	
C2 External Rotation	4/4 @ 6 RM	60 sec.		C2 External Rotation	5/4 @ 6 RM	60 sec.	
Day 5 PM	Sets/Reps	Rest	Weight	Day 12 PM	Sets/Reps	Rest	Weight
A1 DB Bench Press	2/12 @ 14 RM	75 sec.		A1 DB Bench Press	3/12 @ 14 RM	75 sec.	
IAO Os stad Oskila an Okast Overnantad David	2/12 @ 14 RM	75 sec.		A2 Seated Cable or Chest-Supported Rows	3/12 @ 14 RM	75 sec.	
A2 Seated Cable or Chest-Supported Rows				D4 D U4+-		75	1
B1 Deadlifts	2/12 @ 14 RM	75 sec.		B1 Deadlifts	3/12 @ 14 RM	75 sec.	
B1 Deadlifts B2 Standing BB Bicep Curls	2/12 @ 14 RM 2/12 @ 14 RM	75 sec. 75 sec.		B2 Standing BB Bicep Curls	3/12 @ 14 RM	75 sec.	
B1 Deadlifts	2/12 @ 14 RM					75 sec. 75 sec.	

Day 6/7	Sets/Reps	Rest	Weight	Day 13/14	Sets/Reps	Rest	Weight
OFF				OFF			

# General Physical Preparedness (GPP by Chad Waterbury

Original Article Can be Found on T-Nation @ http://www.t-nation.com/readTo

GPP Exercise	Duration / Rest* (secs)			
Hybrid 1 (Alternate Push-up / Pull-up)	180 / 120	120 / 120	90 / 120	60 / 120
Hybrid 2 (Alternate Sit-up / Jump / Squat)	180 / 120	180 / 120	180 / 120	
Walking Lunges (hands behind head)	120 / 120	120 / 120		

\* Reduce rest period by 10 secs every FOURTH workout



pic.do?id=468125

Suggested Ore	der of Programs	Date Posted	Link	Comment			
ABBH I Anti	i-Bodybuilding Hypertrophy I	16-Jan-03	http://www.t-nation.com/findArticle.do?article=244anti2	Increase size & strength			
ABBH II Anti	i-Bodybuilding Hypertrophy II	1-Apr-04	http://www.t-nation.com/findArticle.do?article=307hyper2	Increase size & strength			
SFM Stre	ength Focused Mesocycle	10-Aug-04	http://www.t-nation.com/readTopic.do?id=485341	Strength increase			
SOB SOE	B Training	10-Feb-05	http://www.t-nation.com/readTopic.do?id=561180	Increase size & strength			
TTT Trip	ble Total Training	14-Jul-04	http://www.t-nation.com/readTopic.do?id=476508	Good conditioning			
HH Hyb	orid Hypertrophy	8-Mar-05	http://www.t-nation.com/readTopic.do?id=580380	Increase size & strength			
WM Wat	terbury Method	20-Dec-04	http://www.t-nation.com/readTopic.do?id=534922	Increase size & strength			
TBT Tota	al Body Training	11-Oct-04	http://www.t-nation.com/readTopic.do?id=508031				
PFM Prim	med For Muscle	19-May-05	http://www.t-nation.com/readTopic.do?id=635888				
QD Qua	attro Dynamo	1-Jan-04	http://www.t-nation.com/readTopic.do?id=459216	Strength increase			
SC Sing	gles Club	16-Apr-04	http://www.t-nation.com/readTopic.do?id=459290				
BBB Big	Boy Basics	24-Oct-03	http://www.t-nation.com/readTopic.do?id=459533				
NB3 Nex	xt Big Three	13-Dec-01*	http://www.t-nation.com/readTopic.do?id=459914	Fat Loss or in season football, etc			
OSC Out	tlaw Strength & Conditioning	20-Feb-03	http://www.t-nation.com/readTopic.do?id=459262	Fat Loss & Overall Conditioning			
ART The	e Art Of Waterbury	18-Jul-05	http://www.t-nation.com/readTopic.do?id=693794				
LFGB Lift	Fast Get Big	6-Dec-04	http://www.t-nation.com/readTopic.do?id=529331				
GPP Gen	neral Physical Preparedeness	21-Jun-04	http://www.t-nation.com/readTopic.do?id=468125				
10x3FFL 10 x	x 3 For Fat Loss	24-Oct-05	http://www.t-nation.com/readTopic.do?id=795366	Fat Loss			
* Article date is as shown on T-Nation posting, believed to have been posted during 2004							