

## PHASE ONE 4 weeks

### FOCUS maximum strength. classic muscle-building

You'll do two workouts a week focusing on pure strength, and two on pure muscle. You'll probably find that you're doing a lot of things in this phase already. The object here is to give your muscles plenty of time under tension on the Classic Muscle-Building days, as well as lifts that force them to use near-max weights on the Max-Strength days.

#### Max-Strength Days.

You'll see exercises designated by letters-A, B, C, D. That means you should do them as straight sets; complete all sets for a given exercise before moving on to the next. Stop each set one repetition short of failure. In other words, if the final set calls for one rep, use a weight that you're pretty sure you could lift for two reps. You'll still be lifting heavy weights, but you won't risk burning out too early. (You'll have plenty of chances to push yourself in subsequent phases.)

#### Classic Muscle-Building Days

When exercises are designated with the same letter but different numbers-A1, A2, B1, B2-you should alternate between the two exercises. Make sure you take the full, designated rest period between them. Don't go to failure on these exercises, either. Stop one or two reps short of completely exhausting your muscles.

#### Warmup & Cooldown

Walk for about 5 minutes at the beginning of each workout, then do several minutes of dynamic flexibility for the muscles you're about to work. "Dynamic" means that you should be in motion. So, for example, you could do deep lunges and knee bends before a lower-body workout, and deep push ups and arm circles before you work your upper body. After your workout, do traditional static stretches of the muscles you just worked for up to 15 minutes.

### Day 1 Upper-Body Max Strength

Exercise	Sets	Reps	Weight	Rest
A. Bench press	5	5		120-180
		3		
		3		
		1		
		1		
B. Push press	5	5		120-180
		3		
		3		
		1		
		1		
C. Weighted chinup	3	5		120-180
		3		
		3		
D. Weighted dip	3	5		120-180
		3		
		3		

**Day 2 Lower-body Max Strength**

Exercise	Sets	Reps	Weight				Rest
A. Deadlift	5	5					120-180
		3					
		3					
		1					
		1					
B. Squat	5	5					120-180
		3					
		3					
		1					
		1					
C. Good morning	5	5					120-180
		3					
		3					
D. Front Squat	3	5					120-180
		3					
		3					

### Day 3 Upper-Body Classic Muscle

Exercise	Sets	Reps	Weight				Rest
A1. DB incline 1-arm bench press	4	8-10					60-90
		8-10					
		8-10					
		8-10					
A2. DB lying 1-arm row	4	8-10					60-90
		8-10					
		8-10					
		8-10					
B1. BB 1-arm biceps curl	4	8-10					60-90
		8-10					
		8-10					
		8-10					
B2. Swiss ball pushup	4	8-10					60-90
		8-10					
		8-10					
		8-10					
C1. DB upright row	3	8-10					45-75
		8-10					
		8-10					
		8-10					
C2. Cable row w/ retraction	3	8-10					45-75
		8-10					
		8-10					
		8-10					

### Day 4 Lower-Body Classic Muscle

Exercise	Sets	Reps	Weight				Rest
A1. Bulgarian split squat weight to chest	4	8-10					60-90
		8-10					
		8-10					
		8-10					
A2. BB suitcase deadlift	4	8-10					60-90
		8-10					
		8-10					
		8-10					
B1. BB hack squat	4	8-10					60-90
		8-10					
		8-10					
		8-10					
B2. Lying leg curl /knees together	4	8-10					60-90
		8-10					
		8-10					
		8-10					

## PHASE TWO 1 week

### FOCUS active rest, regeneration, and muscle balance

This program allows you to focus on the small but important muscle groups that act as stabilizers when you're doing big-muscle lifts like the ones in the previous phase. A week of tending to your stabilizers (rotator cuffs, deep abdominal and lower-back muscles, the muscles on the sides of your hips) while giving the big muscles a rest will help you keep all of your muscles strong and healthy. Do each of the three workouts once during the week. Don't do any of these exercises to failure. Choose light weights, lift slowly and deliberately, and try to feel the muscles working. Warm up and cool down as you did for the previous program.

#### Day 1 Upper Body

Exercise	Sets	Reps	Weight	Rest
A1. Standing cable, ext. rotation	3	10		60
		10		
		10		
A2. Kneeling cable, int. rotation	4	10		60
		10		
		10		
		10		
B1. BB snatch-grip ext. rotation	4	10		60
		10		
		10		
		10		
B2. Cable row w/ retraction	4	10		45-75
		10		
		10		
		10		

#### Day 2 Core

Exercise	Sets	Reps	Rest
A. Ab contraction	10	1, 5 second hold	10
B. Pushup hold	5	1, 30 second hold	60
C. Pushup hold w/ leg & arm lift	5	10 each side	60
D. Hanging knee-up w/ retraction	5	6-8	60

#### Day 3 Lower Body

Exercise	Sets	Reps	Rest
A. Overhead squat contraction	5	10	60
B. Single leg deadlift	5	10	60
C. Swiss-ball reverse hyperextension	5	10	60

**PHASE THREE 3 weeks**

**FOCUS max strength, speed, and power training**

Now move to workouts for pure strength, speed, and power. On max-strength days, complete all sets for a given exercise before moving on to the next. Remember to stop each set one rep short of failure. On speed/power days, lift the weight explosively-as fast as you can with good form-but lower it carefully. Use about 40 to 60 percent of your one-rep max.

**Day 1 Upper-Body Max Strength**

Exercise	Sets	Reps	Weight			Rest
A. Push press	5	3				120- 180
		3				
		3				
		3				
		3				
B. BB bent-over row	5	3				120- 180
		3				
		3				
		3				
		3				
C. BB close-grip bench press	5	3				120- 180
		3				
		3				
		3				
		3				
D. BB curl	5	3				120- 180
		3				
		3				
		3				
		3				
E. BB snatch-grip ext. Rotation	3	10				60
		10				
		10				

## Day 2 Lower-Body Max Strength

Exercise	Sets	Reps	Weight			Rest
A. Sumo deadlift	5	3				120-180
		3				
		3				
		3				
		3				
B. Box squat	5	3				120-180
		3				
		3				
		3				
		3				
C. Stiff-legged deadlift	5	3				120-180
		3				
		3				
		3				
		3				
D. BB hack squat	5	3				120-180
		3				
		3				
		3				
		3				
E. Pushup hold w/ leg & arm lift	3	10 each side			160	

### Day 3 Upper-body Power

Exercise	Sets	Reps	Weight			Rest
A1. Speed bench press	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
A2. Speed Chinup	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B. Barbell hang clean	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
C. Speed cable one-arm row	3	10-12				90-120
		10-12				
		10-12				
D. Cable chop	3	10-12				60
		10-12				
		10-12				

### Day 4 Lower-Body Power

Exercise	Sets	Reps	Weight			Rest
A. Deadlift	5	5				120-180
		3				
		3				
		1				
		1				
A1. Jump squat	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
A2. Speed deadlift	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B1. Romanian deadlift with high pull	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B2. Speed Bulgarian split squat with jump	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
C. Swiss-ball reverse hyperextension	3	10-12			60-90	

**PHASE FOUR 1 week**  
**FOCUS active rest, regeneration, and muscle balance**

**Day 1 Upper Body**

Exercise	Sets	Reps	Weight	Rest
A1. Standing cable, ext. rotation	3	10		60
		10		
		10		
A2. Kneeling cable, int. rotation	3	10		60
		10		
		10		
B1. BB snatch-grip ext. rotation	3	10		60
		10		
		10		
B2. Cable row w/ retraction	3	10		45-75
		10		
		10		

**Day 2 Core**

Exercise	Sets	Reps	Rest
A. Ab contraction	10	1, 5 second hold	10
B. Pushup hold	5	1, 30 second hold	60
C. Pushup hold w/ leg & arm lift	5	10 each side	60
D. Hanging knee-up	5	6-8	60

**Day 3 Lower Body**

Exercise	Sets	Reps	Rest
A. Overhead squat	5	10	60
B. Single leg deadlift	5	4-6	60
C. Swiss-ball reverse hyperextension	5	10	60

**PHASE FIVE 3 weeks**

**FOCUS classic muscle-building, speed, and power training**

This final phase takes you back to time-under-tension work, this time in conjunction with Olympic-style power training. With all of the classic-muscle exercises, you should be able to work with heavier weights than you did in Phase 1. Make sure you take the full, designated rest period as you alternate between the exercises that are designated with the same letter but different numbers (A1, A2). As with the first phase of the program, don't go to failure on these exercises, either. Stop one or two reps short of completely exhausting your muscles.

**Day 1 Upper-body Power**

Exercise	Sets	Reps	Weight			Rest
A1. Speed bench press	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
A2. Speed DB bent-over row, alternating arms	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B1. Speed dip	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B2. Speed cable 1-arm curl	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				

## Day 2 Lower-body Power

Exercise	Sets	Reps	Weight			Rest
A. BB hang snatch	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
B. One-leg deadlift with jump	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
C. BB front squat to push press	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				
D. Romanian deadlift with high pull	5	5-7				90-120
		5-7				
		5-7				
		5-7				
		5-7				

### Day 3 Upper-Body Classic Muscle

Exercise	Sets	Reps	Weight			Rest
A1. DB incline 1-arm bench press (palm in)	4	8-10				60-90
		8-10				
		8-10				
		8-10				
A2. DB lying 1-arm row (palm in)	4	8-10				60-90
		8-10				
		8-10				
		8-10				
B1. BB 1-arm biceps curl	4	8-10				60-90
		8-10				
		8-10				
		8-10				
B2. Swiss ball pushup	4	8-10				60-90
		8-10				
		8-10				
		8-10				
C1. DB upright row	3	8-10				45-70
		8-10				
		8-10				
C2. Cable row w/ retraction	3	8-10				45-70
		8-10				
		8-10				

### Day 4 Lower-Body Classic Muscle

Exercise	Sets	Reps	Weight			Rest
A1. Bulgarian split squat weight to chest	4	8-10				60-90
		8-10				
		8-10				
		8-10				
A2. BB suitcase deadlift	4	8-10				60-90
		8-10				
		8-10				
		8-10				
B1. BB hack squat	4	8-10				60-90
		8-10				
		8-10				
		8-10				
B2. Lying leg curl /knees together	4	8-10				60-90
		8-10				
		8-10				
		8-10				