is not as prepared for such a high load of weight when using this method.

Rest:

Rest intervals are usually short, 45-60 seconds. When moving heavier weights, such as during leg movements, there are times when rest intervals may take longer because the trainee has to catch their breath before proceeding. These rest intervals can take as long as two minutes between sets.

The goal when weight training is to fatigue muscle fibers and break them down as much as possible. Allowing longer rest intervals allows the fibers to recover too much, which can reduce the amount of hypertrophy obtainable from a given workout. If your rest intervals are too short, sometimes your nervous system may not have recuperated in time for you to begin your next set. If you are training with a partner, you should start each set immediately upon completion of your partner's sets.

Please note: depending on your level of experience with weight training, your work capacity may not be able to handle short rest intervals, especially at first. If you keep striving to meet the time limits of these rest intervals, your body will eventually adapt. Just keep at it and your work capacity will improve.

Time to complete a workout:

My workouts never exceed one hour. When a workout exceeds an hour, your ability to create intensity during your sets becomes greatly diminished.

If you are able to train with a partner and perform your sets alternately with each other, your workouts will often take only 45 minutes.

Frequency:

My purpose when training is to completely fatigue a set of fibers so it needs one week to recover. Soreness in a set muscle group following a workout is a good indicator of a successful workout, but it is not necessary to make progress. I have encountered situations where I was not sore after completing some of the greatest workouts of my life.

I recommend each body part be trained only once a week with the exception of calves and abdominals. Calves and abdominals can be trained up to three times a week.

I recommend you do not perform the same workout more than six times in a row because your body will have adapted to the program by then and results will diminish. You may return to a workout after you introduce a different one to keep your body confused and always in a state of adaptation. I have included a sample workout for you to target the body parts of each area we cover. Once you have completed this workout, you can make it a new workout by changing the rep ranges and the order of the exercises. You should be constantly assessing your physique for strengths and weaknesses. Fine-tune the program to place emphasis on your visible deficiencies.

In the event you go to your local gym and each machine or piece of equipment you had hoped to use is busy when you come to that point in your workout, you can just change the order of the listed exercises. This will enable you to be flexible when needed and it will help keep your body from adapting to the program.

Speed of reps:

I do not intentionally count rep speed, but my clients generally execute reps that take one to three seconds. I have my clients execute their reps as fast as possible with a goal of maintaining tension on the muscle throughout the repetition. This does not translate to you having permission to throw weights around

recklessly. I have found that reps performed at the aforementioned speed allow you to place the greatest amount of weight and tension on the muscles, which leads to greater hypertrophy.

There are occasions where I use dead stops, AKA paused presses, and slow concentric movements, but they are advanced concepts and will be discussed in later publications.

Structural Balance:

When you design your workout, you should be mindful of deficiencies in the development of your muscles. You should always strive to develop each body part to its fullest so that you are never overly dominant in one particular area. I will explore this further in later chapters by addressing some of the more commonly deficient body parts.

Weight Belts:

I am a proponent of using a weight belt on virtually all exercises, with the exception of abdominal exercises. Wearing a belt is a great way to train yourself to keep your abdominal wall tight. Weight belts relieve unnecessary pressure from being placed on your lower back. Their usage can ensure greater weight poundage can be used on your exercises, which translates to greater recruitment of fibers, which translates to greater hypertrophy.

Regarding brands of weight belts, I prefer old-style, solid cowhide leather weight belts. These are the kinds that do not have lower back padding. Be mindful that the weight belts you can buy at sporting goods stores are often made from pig leather, which is cheaper but does not hold up over time.

Stretching and Injuries:

I have found it productive to stretch the trained muscles periodically between sets because it can reduce injuries. Repetitive motion, which is what weight training is, can cause micro trauma that can lead to injuries. Specifically, muscles can bind together because adhesions develop between fibers and at points where muscles intersect. When adhesions develop, they reduce the amount of pump one can attain as well as hinder performance because they do not allow opposing muscles to fire independently. Periodically stretching between sets can reduce the frequency of injuries and the resulting development of adhesions.

In the event your injuries become too severe or debilitating, I have found that the best treatment is myofascial release therapy. Its fundamentals can be researched extensively via the Internet.

Training Splits:

I train body parts in the following sequence over the course of a week. This requires you train five days a week:

- Chest & Biceps or Chest &Abs
- Quads
- Back & Triceps
- Shoulders & Abs or Shoulders & Biceps
- Hamstrings

You can take two days off as you see fit during the week.

Another set of options would include training six days a week:

- Chest& Abs
- Quads & Calves
- Back & Rear Shoulders
- Shoulders & Abs
- Hamstrings & Calves
- Arms

You can take your off day as needed.

You can choose training splits however you like, but please note the following principles when deciding how to design your own program:

Triceps muscles get a slight workout when one conducts a chest workout. Biceps muscles get a slight workout when one conducts a back workout. Shoulder muscles are trained when one conducts a chest workout.

For these reasons, if possible, one should be mindful not to pair or conduct training sessions for these body parts back to back. For example, if you have done a chest workout, wait before training your triceps or shoulders. Otherwise, you would impair the valuable rest needed for these fibers to recover.

Angles:

When you perform exercises, please keep in mind the importance of angles. As you follow along, you will understand what I mean. The angle at which you place your hands or feet on a given exercise, particularly in pressing movements, will play a direct role in how well you recruit the targeted fibers. In almost all pressing movements, you should have your hands or feet just shy of 90 degrees when your arm or leg is in the bent position. We use this concept later to demonstrate the proper execution of exercises.

Selection of Exercises:

When I design a workout for a client, I assess their structural deficiencies. My goal is to ensure complete development of each muscle group. I work a muscle group by training it at all angles so no portion of the muscle is neglected. For example, I would never have a client do flat dumbbell bench presses, flat machine bench presses, and flat barbell bench in the same workout. Let us explore the various ways you can ensure maximal development for your body.

CHEST

The chest is a crucial region for men. Having full, thick Pecs is a must if you are going to take your shirt off at the beach or pool. Using the tips presented in this book can facilitate pectoral growth. They will ensure maximal recruitment and development of your pectoral muscles.

When I train a client, I make it a point to ensure maximal development of the pectoral muscles by training each region of the pectoral muscles – upper, middle, and lower. The primary mistake I see people make when doing chest movements is that they fail to keep their shoulder blades pinched together. By keeping shoulders blades together during the movement, tension is forced onto the pectoral muscles. Trainees must also be cognizant not to lock out their arms at the top range of the movement, because this allows the trained muscles to rest. It also will cause you to unlock your shoulder blades.

In almost all people, the upper chest region is the most important portion of the chest to work on because it is usually the least developed. For this reason, I almost always start with an upper pectoral exercise.

Incline Dumbbell Bench Press – Upper Pecs

- The incline of the bench will be higher than usual, approximately 55 degrees high. The bench is elevated to put greater emphasis on the upper pectoral muscles.
- The inner edges of the dumbbells should be in line with your outer pecs, where the pectoral muscles and shoulders tie in, during the press.
- Shoulder blades must be pinched together throughout the exercise.
- Ensure the middle of your back is slightly arched, allowing your shoulder blades to drive into the bench, but make sure your lower back remains on the bench/padding.
- The top range of motion is just shy of locking the arms. This keeps tension on the pec fibers.
- The bottom range of motion is about two or three inches above the chest. Lowering the bar further recruits the shoulder muscles and takes tension off the pectoral muscles, thereby reducing hypertrophy by giving the pectoral muscles a rest.
- When performing the exercise, your arms should not bend beyond a 90-degree angle. This will ensure maximal tension is placed onto the pectoral muscles. If you extend beyond 90 degrees, tension gets redistributed to the shoulder muscles and taken off of the pectorals. To ensure your hands

are placed in the right place, the width of your grip should be the width your hands would naturally go if you put them in the air when you are lying down.

- Throughout the movement, your elbows should be about two or three inches below your shoulders. If you keep your elbows in line with your shoulders, you will be recruiting your shoulders and not your pecs.

Watch the following video for a demonstration:
http://bit.ly/2wq96Ld

Decline Barbell Bench Press – Entire Chest with emphasis on lower pecs

This is one of the most important compound chest movements because it trains the entire pectoral muscle.

- Pinch your shoulder blades together.
- Drive straight up from the nipples.
- Ensure the middle portion of your back is slightly arched, allowing your shoulder blades to drive into the bench while keeping your glutes on the pad.
- The top range of motion is just shy of locked arms so as to keep tension on the fibers.
- The bottom range of motion is about two or three inches above the chest. Lowering the bar further recruits shoulder muscles and takes tension off the pectoral muscles, thereby reducing hypertrophy by giving the pectoral muscles a rest.
- If you are standing over a person performing this exercise, where a spotter would stand, make sure their arm is just inside of a 90-degree angle. This will ensure maximal tension is placed onto the pectoral muscles. To accomplish this, the width of your grip should be the width your hands would naturally go if you put them in the air when you are lying down.
- Elbows should be about one to two inches lower than the shoulders while performing repetitions. This ensures tension remains on the pectoral muscles throughout the exercise, not on the shoulders.

Watch the following video for a demonstration:
http://bit.ly/2fcW2W7

Startrac Flat Bench Press Machine – Outer and Inner Chest

- Pinch your shoulder blades.
- Handles should be at nipple height.
- Keep elbows lower than shoulders by about two inches during the exercise.
- Drive your toes into ground, which helps drive your torso into the padding of machine.
- The bottom end of the range of motion is about two inches above the chest.
    - » Going all the way down places tension on the shoulder muscles, thereby allowing the pectorals a break from tension, which reduces hypertrophy.
- The top of the range of motion is just shy of locked arms so as to keep tension on the pectoral fibers.
- When performing reps, the arm should be just shy of a 90-degree angle when the arm is bent.
- These principles can be used on all flat bench press machines. They can

SHOULDERS

Shoulders have an important role in creating the visual impact of an aesthetic physique. The only way to ensure complete development of the shoulders is to train the muscles in such a manner that all heads – anterior, lateral and posterior – are equally developed.

Lateral Raises Machine – Lateral Deltoids

The lateral raise is the backbone exercise to creating a full, capped look to your shoulders. I usually start shoulder workouts with lateral raises. I like them as a starting exercise because lighter weight loads are used to perform the exercise. The lighter loads serve as a great way to progressively warm up the joints and muscles for the heavier movements that are used later in the workout.

I perform these exercises much differently than the conventional method, which is with palms facing each other. I perform lateral raises with my thumbs pointed towards my body. The pinkies are closest to the sky at the top of the range of motion. This ensures maximal recruitment of the lateral heads of the deltoids by working the muscles from each of the muscles' insertion points.

Although this video depicts a machine, the same principles apply to doing this exercise with free weights.

- Start position – Seated facing away from machine. This allows my hands to lower in a more effective manner than facing the machine.
- Keep arms in a slight bend, no more than 10 degrees, but do not lock them straight.
- Pinch your shoulder blades together.
- Ensure that your elbows are kept pointed towards the ceiling throughout the movement. This is the most important component of the movement because people often point the elbows backwards as they raise their arms, which takes tension off the lateral deltoids.
- Top position – Raise your arms until your biceps are almost parallel to the ground. Do not try to go higher than this as you will put undue strain to your joints because they are not designed to go higher.
- Bottom position – Your thumbs should land just behind your hips.

Watch the following video for a demonstration:
http://bit.ly/2wbFPo3