

DC Training....

By Doggcrapp with his permission

Bodybuilding as a whole is extreme and you must go to extreme lengths to be an out of the ordinary bodybuilder in this activity. The human body in no way wants to be 270 to 330 lbs of extreme muscularity. It wants to be a comfortable 155 to 180 lbs and will do a lot to keep a person at that homeostasis level. Jon Parillo was on the right track years ago when he was trying to make bodybuilders into food processing factories. It takes extreme amounts of food (protein), extremely heavy weights, sometimes extreme supplementation, (the choice) of extreme drugs, and other extreme situations to take a person who by evolution and genetics should be 180 pounds and make him into a hardcore 3 hundred pounds. OK first I have to go over some principles I believe in regarding training and I'll hit more on training details later on.

a) I believe he who makes the greatest strength gains (in a controlled fashion) as a bodybuilder, makes the greatest muscle gains. Note: I said strength gains--everyone knows someone naturally strong who can bench 400 yet isn't that big. Going from a beginning 375 bench to 400 isn't that great of a strength gain and won't result in much of a muscle gain. But if I show you someone who went from 150 to 400 on a xxxx that guy will have about 2.5 inches more of muscle thickness on his pecs. That is an incredible strength gain and will equal out into an incredible muscle gain. Ninety-nine percent of bodybuilders are brainwashed that they must go for a blood pump and are striving for that effect--(go up and down on your calves 500 times and tell me if your calves got any bigger). And those same 99% in a gym stay the same year after year. It's because they have no plan, they go in, get a pump and leave. They give the body no reason to change. Powerbodybuilders and powerlifters plan to continually get stronger and stronger on key movements. The body protects itself from ever increasing loads by getting muscularly bigger=adaption. I'm going to repeat this and hammer it home because of its importance: **THE PEOPLE WHO MAKE THE GREATEST STRENGTH GAINS OVER TIME WILL MAKE THE GREATEST SIZE GAINS OVER TIME ACCORDING TO THEIR GENETIC POTENTIAL.** If you reading this never get anywhere close to your ultimate strength levels (AT WHATEVER REP RANGE) you will never get to your utmost level of potential size.

b) I haven't seen a guy who can squat 500 for 20 reps, bench press 500 for 15 and deadlift 500 for 15 who was small yet ---but I have seen a lot and I mean a lot of people in the gym and on these Internet forums that are a buck 65 or two and change, shouting that you don't have to lift heavy to get big (in rare cases you will see a naturally strong powerlifter who has to curb calories to stay in a weight class and that is the reason he doesn't get bigger).

c) Training is all about adaption. In simple terms you lift a weight and your muscle has one of 2 choices, either tear completely under the load (which is incredibly rare and what we don't want) or the muscle lifts the weight and protects itself by remodeling and getting bigger to protect itself against the load (next time). If the weight gets heavier, the muscle

has to again remodel and get bigger again to handle it. You can superset, superslow, giant set, pre exhaust all day long but the infinite adaption is load---meaning heavier and heavier weights is the only infinite thing you can do in your training. Intensity is finite. Volume is finite (or infinite if you want to do 9000 sets per bodypart)...everything else is finite. The Load is infinite and heavier and heavier weights used (I DON'T GIVE A CRAP WHAT SOME BUCK 58 POUND WRITER FROM FLEX MAGAZINE SAYS) will make the biggest bodybuilder (add high protein, glutamine and drugs to the mix and you have one large person).

d) The largest pro bodybuilders in the last 10 years (outside of Paul Dillett who is a genetic alien and I think could grow off of mowing lawns) are also the very strongest (Kovacs, Prince, Coleman, Yates, Francois, Nasser (although he trains lighter now). For anyone who argues that they have seen so and so pro bodybuilder and he trains light---well I will bet you he isn't gaining rapid size anymore and that his greatest size increases were when he was training shit heavy going for his pro card. Of course he will convince himself and others that he is "making the best gains of his career" though because no one likes to think what they are presently doing isn't working and they are running in place. Sadly heavy drug use for a lot of training fallacies and leave people still uninformed on how they became massive. Ronnie Coleman is definitely in an elite class of muscle building genetically yet do you see him doing isolation exercises with light weights to be the most massive bodybuilder on this planet? NOPE! Ever see his video? 805 deadlifts for 2 reps, 765 for 6 reps deads, front squats with 600LBS for 6, 200LB dumbbells being thrown all over the place for chest, military presses 315 for 12 and a double with 405. I believe Coleman was clean or close to it when he was powerlifting and when he was an amateur bodybuilder. He won the Natural Team Universe and got his pro card at roughly 220-230LBS shredded to the bone and if that was natural or close to it--that's about 270LBS offseason and would be a huge natural bodybuilder. Since that time he has hooked up with Chad Nichols and blasted (with juice) up to his current 265LBS contest weight and 320LBS offseason. He trains heavier now than he ever did! The man has used extremely heavy weights and powerlifting fundamentals (even with his superior genetics for muscle size) to become the most impressive bodybuilder walking the globe. Well, if the man with some of the best genetics to build muscle out there is using back breaking weights trying to get bigger isn't that more of a reason the mere mortals of genetics in this sport should maybe take note? There are other pros out there with genetics on par with Coleman and using the same amount of drugs yet aren't pushing the limits with poundage's in training as does Coleman. You figure it out then, why is he absolutely crushing everyone onstage by outmuscling them if all things besides training are equal?

e) Who is the last incredibly massive bodybuilder you have seen (juice or not) who couldn't incline 405, squat 550, deadlift 550. I am talking freak-massive ALA Dorian, Kovacs, Francois, etc.....there are slew of guys in gyms using mega amounts of steroids on par with pros who are no where close to a pro's size, some with mediocre genetics, yet some with superb genetics. But the pro's using weights that are up there in the stratosphere are by and large the most freakish. These are pros we are talking about, who all have superior genetics for muscle accumulation. Do you think Yates, Francois, Cormier etc all just had natural genetics for incredible strength, not ever having to work

for it? Jean Paul Guillaime is the only clean professional bodybuilder I ever trusted to be truly natural. The man is a smaller pro training without the juice yet trains incredibly heavy for his size--405LB squats rock bottom for up to 20 reps and his wheels are incredible. Flex Wheeler and Cris Cormier were the same height, the drugs are equal, Flex trained light, Cormier trains heavy. Cormier outweighs Wheeler onstage by 30LBS! Genetically, Wheeler is unsurpassed in pro bodybuilding, I think you already know the answer to this one--case closed. I usually don't like to use pro bodybuilders for examples but in these cases, my points are proven.

For those training clean-if you got guys doing massive amounts of steroids in gyms around America, who are not putting on appreciable size because they train with light weights, what in your right mind could make you think you will gain appreciable amounts of muscle mass as a natural training light?!?! One million people in the United States have admitted to using steroids--1 million!!! That is one out of every 300 people walking around. How many big people do you see out there? Not many. It sure isn't close to 1 million---- because 98% of bodybuilders have no clue what needs to be done training and eating wise to become elite.

f) Please think of the times when you made the best size gains---the first time is in the first 2 years of lifting WHEN YOU MAKE YOUR BEST STRENGTH GAINS TOO! Then things start to slow down.. What's the next time?--You start using steroids and boom what happens? YOUR TRAINING WEIGHTS GO FLYING UP. And you get dramatically bigger! (I'm taking into effect protein assimilation, recovery etc also). The greatest strength gains you make will result in also the most rapid size gains (if you're taking in the protein requirements of a 12 year old girl scout then you can discount yourself from the above group).

g) I believe in Powerbuilding not bodybuilding--using techniques that build the most strength gains in the fastest time possible while using the most effective exercises for that person. I am positive I could take 2 twins--have the first one do his own thing training wise, but using the same drugs, supplements and nutrition as the twin I train.....come back a year later and the twin I trained would have 25LBS more muscle.

h) I've seen powerlifters (who catch a lot of guff from bodybuilders for being "fat") diet down and come in and destroy bodybuilders in bodybuilding shows time and time again. Over and over. Powerlifters and Powerbodybuilders are by far the thickest guys onstage when and if they decide to enter bodybuilding shows.

i) Heavy is relative--it doesn't mean 3 reps --- it means as heavy as you can go on that exercise no matter if it is 5 reps or 50 reps. I personally like to do hack squats for 20 reps but I use about 6 plates on each side rock bottom--that's as heavy as I can go on that exercise for 20 reps. I could do sets of 6 and probably use maybe 8 or 9 plates a side but my legs (and most people I train) grow best from heavy and 8-50 reps. The day you can squat 400LBS for 20 deep reps will be the day you are no longer complaining about your leg size.

j) No matter what the method someone uses to gain super strength gains-it is imperative they do so. Again if you put someone out on a deserted island with 135LBS of weights he can superset, giant set, high rep, superslow etc etc squats, deadlifts and benches to his

hearts delight...the sad story is his gains will quickly come to a halt because his limiting factor is the amount of strength he will gain. He has 135LBS to work with. You take that same guy on a deserted island and give him squats deadlifts, and benches and an unlimited weight supply that he constantly pushes, in 5 years I'll show you a big Gilligan.

k) I think the biggest fallacy in bodybuilding is "changing up" "keeping the body off balance"--you can keep the body off balance by always using techniques or methods that give your body a reason to get bigger=strength. If you don't write down your weights and every time you enter the gym you go by feel and do a different workout (like 98% of the gym members who never change do now) what has that done? Lets say Mr. Hypothetical gym member does 235 for 9 on the bench press this week, "tries to keep his body guessing" by doing 80LBS for 13 on flyes next week, 205 for 11 on inclines the week after, 245 on hammer press for 12 the week after that --and so on and so on---there is only a limited number of exercises you can do. Two months later when he does bench presses again and does 235 for 8 or 9 has he gained anything? Absolutely NOT! Four months later he does hammer presses for 245 for 11 (again) do you think he has given his body any reason to change? Take 2 twins and have one do a max squat for 20 reps and the other twin giant set 4 leg exercises with the same weight. All year long have the first twin blast away until he brings his squat with 20 reps from 185LBS to 400LBS. Have the second twin giant set four exercises every workout with the same weight he used in his first workout all year long. Believe me he is always going to be sore and he will be shocking the body every time but the sad truth is he will not gain shit after about the third leg workout because the load didn't change. There is no reason for his legs to grow in size due to the strength demand presented. The first twin who can now squat 400 for 20 is going to have some incredible wheels.

l) I use a certain method in my training because in my opinion it is the utmost method to rapidly gain strength. More on that later. Others might like a different method, that's up to them, doesn't matter as long as they are rapidly gaining strength. If you're gaining appreciable strength on an exercise with a certain method I think the ABSOLUTELY WORSE THING YOU CAN DO is to change up right then. Take that exercise and method to its strength limit and when you get there, then change to a different exercise and get strong as hell on that exercise too.

m) For the next few months take note of the people you see in the gym that never change. They will be the ones using the same weight time after time on exercises whenever they are in the gym. These are the people who use 135, 185, 225 on the bench every time its chest day. Your best friends in the gym are the 2.5LB plates--your very best buds!!! You put those 2.5LB plates on that bar every time you bench press for 52 weeks and now your bench is 250LBS more at the end of the year! That would equal out to another inch to inch + half thickness on your chest. Can it be done? Probably not at that rate but TRYING TO DO IT will get you a lot bigger than doing what 98% of the people in the gym do. Unless you are gifted genetically to build muscle at a dizzying rate (most people aren't), the largest people in your gym will also be the ones heaving up the heaviest weights. Do you think they started out that way? No, they were probably 175 lb guys who bulldozed their way up to that level. A perfect example are male strippers. These guys

use a boatload of drugs on par with hardcore competitive bodybuilders. After an initial phase where they grow off of steroids like everyone else--their growth stops (like forever). Why? Because they aren't eating 500 grams of protein a day and don't fight and claw their way to 500LB bench presses and 700LB squats and deadlifts. They stay on the drugs for years and years while stripping but don't go beyond that 200 to 220LB range. So much for juice being the total equalizer. I don't know why pseudo experts try to make training such an elite science when in actuality it's pretty cut and dry. If you keep a training log and note your weights used for the next 5 years and find they are still the same you will pretty much look "still the same" in 5 years. If you double all your poundage's in the next five years in everything, your going to be one thick personIf someone ever took a ratio of people who don't make gains to people who do, it would be pitiful. I would venture to say that 95% of people in gyms across this country aren't gaining muscle and are wasting their time. The absolutely best advice I could ever give a guy starting out lifting is "go train with an established powerlifter" and learn all the principles he trains with. There would be a lot more happy bodybuilders out there.

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So now you guys know I believe in the heaviest training possible (safely)---I think I hammered that home, I needed to do that because so many bodybuilders are lost on how to get from A to Z.....it's all part of my quest to make the biggest heavy slag iron lifting, high protein eating, stretching and recuperating massive bodybuilders I can.-- till next time-DC

Now to get into specifics regarding training. Stay with me here. You are only doing one exercise per muscle group per day. You are doing your first favorite exercise for chest on day one, you're doing your second favorite exercise for chest the next time chest training rolls around and then your third favorite exercise for chest the time after that when chest training rolls around. Then you repeat the entire sequence again. You're doing the same exercises you would be doing anyway in a 7-14 days time and training chest 3 times in that same period with minimal sets so you can recover. You cannot do a 3-5 exercise, 10-20 set chest workout and recover to train chest again 3-4 days later. It's absolutely impossible!! But you can come in and do 2-5 warmup sets up to your heaviest set and then do ONE working set (either straight set or rest paused) all out on that exercise then recover and grow and be ready again 3-4 days later. This kind of training will have you growing as fast as humanly possible. Again the simple equation is "the most times per year you can train a body part incredibly heavy, with major strength gains, and recover will equal out to the fastest accumulation of muscle mass possible".

Why don't most pros do this kind of training? Why don't you?!?! Because every form of training has been taught to someone, passed down from the magazines for decades with no thought out rhyme or reasons. Every form of modern day training stems from what the guys in the 60's and Arnold was doing. Finally Yates and some others got people thinking about what truly is working when it comes to training. If you think about it-it's ridiculous some of these recommended routines in the magazines. Most training comes from peoples egos. People are so driven and desperate to get big that they believe they MUST do this and MUST do that every workout. Thirty sets here, with multiple exercises to hit every angle there. You know what that does? It dramatically cuts into your recovery ability (never mind glycogen stores, hopefully bodyfat and maybe even catabolism of muscle mass for energy resource) so you cannot train that body part again in a couple days time. That defeats the purpose of rapid accumulation of muscle mass. I'll state this

as a matter of fact because I believe it's true. I believe if you, the person reading this, trained the way I am recommending, you will be 20-40lbs of muscle larger in 3 years than if you kept training the way you are presently training. If that offends you or seems ballsy to state-SO BE IT!!! I've done enough studying and real life experimentation on aspiring bodybuilders to state that. Many of my guys have been averaging about 30-75lbs gained in less than a years time.

To start-Three key exercises are picked for each body part. USING ONLY ONE OF THOSE EXERCISES PER WORKOUT you rotate these in order and take that exercise to it's ultimate strength limit (where at that certain point you change the exercise to a new one and get brutally strong on that new movement too). That can happen in 4 weeks or that can happen 2 years later but it will happen some time (You cannot continually gain strength to where you are eventually bench pressing 905 for reps obviously) Sometime later when you come back to that original exercise you will start slightly lower than your previous high and then soar past it without fail.

Some principles I believe in:

A) I believe rest pausing is the most productive way of training ever. I've never seen a way to faster strength gains than what comes from rest pausing. I'll use an incline smith bench with a hypothetical weight to show you my recommended way of rest pausing.

Warmups would be 135x12, 185x10, 250x 6, 315x4 (none of these are taxing--they are just getting me warmed up for my all out rest pause set)

MAIN REST PAUSE SET-375x8 reps (total failure) rack the weight, then 15 deep breathes and 375x 2 to 4 reps (total failure) rack the weight, then 15 deep breathes and 375x 1 to 2 reps. I personally do a static right after that but I'll explain that later. Remember every time you go to failure you always finish on the negative portion and then have your training partner help you pull it up fast to rack the weight. To explain further on my first rest pause above I struggled with every iota of my strength to get that 8th rep up. At that point instead of racking the weight up top I brought the weight down to my chest again slowly (6 seconds) and had my training partner quickly help me lift the weight back up to the top to rack it. That "always finishing on the negative rep" will accrue more cellular damage over time and allow for even greater gains.

B) Every exercise is done with a controlled but explosive positive and a true controlled negative phase. The science is there just read it. Almost every study states an explosive positive motion is the priming phase and the negative portion of an exercise should be done controlled and slowly. I have the mindset that I hope you guys develop. I try so hard to get the weight up only for the sole reason I can lower it slowly to cause eccentric phase cellular damage. It doesnt matter if its 3 seconds lowered or 6 seconds lowered or whatever--just get to the point where you know you controlled the descent of the weight and at any time you could of stopped and reversed direction if you had to.

C) Extreme Stretching: it must be done, it's imperative. It stretches fascia and helps recovery immensely. It will dramatically change your physique in a short amount of time

if done right, trust me on that. I will hit on that with detail later

OK you guys have to use some deductive reasoning here. If I do a 375 or so LB smith incline press rest paused for 10-15 reps with statics on Monday morning (which is the time of day I lift) by that same Monday night, 12 hours later I am viscously sore. By Tuesday morning I am still pretty sore but to a lesser degree. By Tuesday night I have very little soreness. By Wednesday morning I have absolutely no soreness and Wednesday night the same, so I could probably train chest again on Thursday no problem but I currently wait till Friday and train chest again. If your training chest on Monday and on Thursday your still pretty sore, a couple things are happening--either this is the very first time you've trained this way or you're training with more volume than I recommend, or you're not extreme stretching. It could be your recovery ability is not your greatest asset. If that is true you are going to have to take note of that and broaden the workout days between bodyparts hit. Most of you reading this (90%) will be able to go the Monday, Wednesday, Friday and Monday again route hitting bodyparts twice in 8 days. A chosen few might be able to go Monday, Tuesday, Thursday, Friday especially if they really work their extreme stretching and get the proper rest or they are a newbie or coming back from time off. That's very rare though that someone can recover that quickly even from one working set per bodypart. I urge everyone to go with the Monday, Wednesday, Friday, Monday plan. I am currently seeing that most people go best with that protocol. I know some of you want to train a bodypart as many times as possible in a weeks time, hell I would love to be able to train a bodypart 4 times a week and grow but it can't be done. So this is something I can't help you on.....you need to check yourself and find out where you are recovering and then work with that. I can do a 20 plate leg press for reps and be sore for the next day and a half and feel fresh and ready to go on my next leg day. High dose glutamine peptides has been a godsend to my recovery ability (I feel) as has extreme stretching. My training weights continue to rocket upward on everything. What I cannot do is 3 leg exercises for multiple sets in a workout session and recover 3-4 days later to do legs again.

Example Day one

First exercise smith incline presses (I'll use the weights I use for example)

135 for warmup for 12

185 for 8 warmup

250 for 6 warmup

315 for 4 warmup

Then all out with 375 for 8 reps to total absolute failure (then 12-15 deep breaths) 375 for 2-4 reps to total absolute failure (then 12-15 deep breaths) 375 for 1-3 reps to absolute total failure (then a 20-30 second static hold) DONE!-that's it 375lbs for 8+4+3= 375 for 15 reps rest paused..... next week I go for 385 (again rest paused)-----directly after that rest pause set I go to extreme stretching flyes as I'll describe later and then that's it for chest and on to shoulders, triceps and back. The next time I come in to do chest I would do hammer flat presses in the same rest paused manner (and then extreme stretching again)---the time after that I come in to do chest I would do my third favorite exercise rest paused/stretched and then the cycle repeats.

In simple terms I am using techniques with extreme high intensity(rest pause) which I feel make a persons strength go up as quickly as possible + low volume so I can (recover) as quickly as possible with as many growth phases (damage/remodel/recover) I can do in a years time.

Some exercises involving legs and some back rowing exercises don't allow themselves to rest pause too well. A sample couple of days for me would be the following (IM not including warmup sets--just working sets).

Workout 1

CHEST: smith incline 375 x 15 reps rest pause (RP) and a 30 second static rep at the end (then stretches)

SHOULDERS: front smith press-330 x 13 RP and 30 second static (then stretches)

TRICEPS: reverse grip bench press 315 for 15-20 reps RP-no static (then stretches)

BACK WIDTH: rear rack chins to back of head 100 x 18 RP (20 second static at end)

BACK THICKNESS: floor deadlifts a brutal straight set of 8 reps and then a heavier debilitating 4 rep one (after warmups of course) (then stretches for back)

Workout 2

BICEPS: preacher bench barbell curl RP for 14 reps and 30 second static

FOREARMS: hammer curls straight set for 15 reps (then stretches for biceps)

CALVES: on hack squat straight set for 10-12 reps but with a 20 second negative phase

HAMSTRINGS: Cybex hamstring press (pressing with heels up top) RP for 20 reps

QUADS: hack squat --a brutal set for 10 reps (My legs are a strong bodypart and I allow people with good legs to go with one straight set only--but if your quads are playing catchup to the rest of the body, then you must do a heavy set of 4-8 reps followed after a rest by a "good god I freaking hate Doggcrapp" 20 reps set. Those quads will catch up in size pronto

Then stretches for quads and hams.

Day one would be Monday and would be:

chest

shoulders

triceps

back width

back thickness

Day two would be Wednesday and would be

biceps

forearms

calves

hams

quads

Day three would be Friday and would be the same as day one but with different exercises

chest

shoulders

triceps

back width

back thickness

(sat+sun off)

Day four would be the following Monday and would be the same as day two but with different exercises

biceps

forearms

calves

hams

quads

and so on Wednesday, Friday, Monday, Wednesday etc.

You're hitting every bodypart twice in 8 days. The volume on everything is simply as many warmup sets as you need to do- to be ready for your ONE work set. That can be two warmup sets for a small muscle group or five warmup sets for a large muscle group on heavy exercise like rack deadlifts. The ONE work set is either a straight set or a rest pause set (depending on your recovery abilities again). For people on the lowest scale of recovery its just that one straight set---next up is a straight set with statics for people with slightly better than that recovery---next up is rest pausing (on many of the of movements) with statics for people with middle of the road recovery on up. This last one is what I use for most people unless we find out that their mom and pop didn't grant them with the best genetics for recovery ability. At that point I have to downshift everything. As you progress as a bodybuilder you need to take even more rest time and recovery time. **READ THAT AGAIN PLEASE AS YOU PROGRESS AS A BODYBUILDER IN SIZE AND STRENGTH YOU NEED TO TAKE EVEN MORE REST AND RECOVERY TIME.** EXAMPLE: My recovery ability is probably slightly better now than when I started lifting 15 years ago but only slightly...but back then I was benching 135lbs and squatting 155lbs in my first months of lifting. Now I am far and away the strongest person in my gym using poundages three to six times greater than when I first started lifting. With my recovery ability being what it is both then and now, do you think I need more time to recover from a 155lb squat for 8 reps or a 500LB squat for 8 reps? Obviously the answer is NOW! Yet remember this-the more times you can train a bodypart in a years time and recover will mean the fastest growth possible! I've done the training a bodypart every 10 days system in the past and while recovering from that--the gains were so slow over time I got frustrated and realized the frequency of growth phases(for me)was to low. I want to gain upwards of 104 times a year instead of 52--the fastest rate that I can accumulate muscle (**YET AGAIN WITHIN ONES RECOVERY ABILITY-I CANT SAY THAT ENOUGH**)

I have been slowly changing my philosophies of training over the past 15 years to where I am now. A lot of you remember my magazine in the 90's and how much I was writing about rest pausing, heavy weights and low volume at that time. I'm still gaining fast the last couple of years it's been pretty amazing to me because I'm at a level now that its very very hard to make pronounced improvements. I've got my training down to extremely low volume (a rest pause set or ONE straight set) with extreme stretching, and with recovery issues always in the back of my mind. I realize the number one problem in this sport that will make or break a bodybuilder is overtraining. Simply as this--you overtrain your done as a bodybuilder gainswise. Kaput. Zip. A waste of valuable time. But I also think there is a problem with underfrequency (only if you can train hardcore enough with extremely low volume to recover). I skirt right along the line of overtraining sometimes with the extremely heavy weights I use--I am right there...I've done everything in my power (Stretching, glutamine, "supplements", sleep) to keep me on this side of the line and its worked for me. I believe everyone has different recovery abilities--the job of a

bodybuilder is to find out what their individual recovery ability is and do the least amount of hardcore training to grow so they can train that bodypart as frequently as possible. For anyone who wants to follow my lead that would mean starting out training 4 times in 8 days and strictly gauging yourself recovery wise with every step up you take (statics, rest pauses)- its important to me that everyone who wants to do this does it correctly.

Most importantly this isn't about me training people personally. Whether you hire me to train you or not isnt my focus. My conscience cannot stand to see someone running on a hamster wheel going nowhere but striving hard and wanting so badly to be someone in bodybuilding. Let me help you become that guy you want to be, you don't neccessarily need to hire me for that. Ill try to help you as much as I can on this post with the limited time I have. If you decide to undertake this way of doing things--I don't sleep well at nite unless I know Im helping people to the best of my ability.

CHEST

- incline smythe
- decline smythe
- hammer strength press
- other good machine press
- incline barbell
- decline barbell
- incline dumbbell press
- flat dumbbell press
- decline dumbbell press

SHOULDERS

- smythe presses to front
- smythe presses to back of head
- hammer strength press
- other good machine press
- barbell press to front
- barbell press to back of head
- shoulder press

TRICEPS

- close grip bench in smythe
- reverse grip bench in smythe
- skull crushers
- dips (in upright position)

BACK WIDTH

- rack chins to front
- rack chins to back of head
- reverse grip rack chins (close grip)
- assisted pullups
- hammer strength "pulldown" machines

other good "pulldown" machines
pull downs to front
pull downs to back of head

BACK THICKNESS

deadlift
rack deadlift
T-bar rows
smythe rows

BICEPS

barbell curls
alternate dumbbell curls
barbell preacher curls
hammer strength machine curls
other good machine curls
cable curls

FOREARMS

hammer curls (alternated)
pinwheel curls (alternated)
reverse grip one arm cable curls

CALVES

calves on a leg press
standing calf raises
calves in hack squat
seating calf raises
any calf machine with a good range of motion

HAMSTRINGS

seating leg curls
standing leg curls
lying leg curls
stiff leg deadlift
sumo presses

QUADS

squats
smythe squats
hack squat
leg press

DC CALF STYLE TRAINING

[report.php?p=6215070](#)
the technique is a nice controlled negative followed by 15sec at the bottom for a super stretch then back up on your toes, that's 1 rep and you do 1 set for 12 reps.

I did them exactly as stated above. I added an extra 2.5lbs each workout which was 2x a week (so 5lbs extra per week) while constantly battling to hit 12 reps. What's different about this style than any other I've used is the long stretch in between each rep.

Which just reinforces the theory about stretching a muscle during or after it's exercised to enable better recovery, shape and more size. My calves were less sore the days following using this style than with any other.

(READ ABOUT WIDOWMAKING)

khan gave me his 3 favorite exercises and I wanted him to pick an exercise that he felt worked really good for him (which was flat dumbbell presses)

THIS IS GOING TO BE PRETTY BASIC---JUST LIKE BACK THICKNESS AND LEGS i WANT YOU TO DO 2 WORKING EXERCISE SETS FOR CHEST-

I WANT YOU TO DO SOMETHING LIKE THIS EVERY TIME CHEST COMES ABOUT

FIRST CHEST DAY

A) INCLINE SMYTHE (AFTER WARMUPS OBVIOUSLY AND THE SAME GOES FOR EVERYTHING BELOW)---FOR 11-15 REPS REST PAUSE AND THEN AFTER A REST (WHATEVER REST YOU NEED TO GO ALL OUT 3-5 MINUTES) THEN YOU DO

FLAT DUMBELL PRESS WITH CHEST HELD VERY HIGH AND STERNUM RAISED FOR A STRAIGHT SET OF 20-30 REPS TO FAILURE---I WANT YOU TO GO DEEP INTO THE STRETCH ON THESE AND DO THEM REALLY STRICT AND DEEP

NEXT CHEST DAY

B) DECLINE SMYTHE (NOT MY FAVORITE EXERCISE BUT THIS IS HYPOTHETICAL BECAUSE YOUR GOING TO PICK YOUR OWN EXERCISES) FOR 11-15RP

AND THEN AFTER A REST

THE FLAT DUMBELL PRESS AGAIN FOR STRAIGHT SET FOR 20-30 REPS TO FAILURE SLIGHTLY HEAVIER OR FOR SLIGHTLY MORE REPS THAN LAST TIME

NEXT CHEST DAY

C) MACHINE CHEST PRESS SEATED (HYPOTHETICAL) FOR 11-15RP AND THEN FLAT DUMBELL PRESS TO FAILURE AGAIN LIKE ABOVE BUT SLIGHTLY HEAVIER OR MORE REPS

NOW YOU DONT HAVE TO USE FLAT DUMBELL PRESS YOU CAN USE ANY EXERCISE YOU FEEL IS KEY FOR YOU--BUT WHAT YOU DO IS HAMMER THAT THING EVERY CHEST WORKOUT--EVERY SINGLE ONE WITH AN ALL OUT STRAIGHT SET UNTIL YOU CANNOT IMPROVE ON IT ANYMORE IN

CHEST WORKOUTS AND THEN YOU MOVE ONTO ANOTHER CHEST EXERCISE STRAIGHT SETTED AND DO THE SAME THING WITH IT

OF COURSE EXTREME STRETCHING WITH ALL OF THE ABOVE

NOW THAT KEY EXERCISE YOU CAN DO ALOT OF THINGS WITH IT---KHAN COULD TAKE THE FLAT DUMBELL PRESSES AND REALLY WORK INTO THEM UNTIL HE STARTS WITH 30 REPS TO FAILURE AND SLOWLY OVER TIME (MONTHS)--MAKES IT ALL THE WAY UP THE DUMBELL RACK AND ALL THE WAY DOWN TO 8 REPS TO FAILURE. AT THAT TIME WHERE HE IS TAPPED OUT ON THAT KEY EXERCISE HE PUTS ANOTHER KEY EXERCISE IN THERE INSTEAD OF THE FLAT PRESSES, LETS SAY HYPOTHETICALLY PARAMOUNT MACHINE INCLINE PRESSES (ANYTHING THAT HE FEELS IS A KEY EXERCISE FOR HIM) AND DOES THE SAME THING--ALWAYS STARTING WITH A STRAIGHT SET FOR 20 REPS (PLUS) RANGE AND WORKING UP IN WEIGHTS AND DOWN WITH REPS OVER TIME

So thats how its done guys if someone felt the need to get their chest up. And the penance for doing that is you give up frequency of other bodyparts hit. Here is where the problems are with all this weak bodypart stuff. ALOT of guys think their chest is weak and actually they are fat fucks who dont do cardio and carb cutoffs and have fat drooping all over the place and think they have weak pecs. Take the fat off and you might just see you have alot more there than you thought. ALOT of young guys think they have weak arms because they look at them all the time but dont look down and see that those very same arms match the very same effort and size that their legs and lats and other bodyparts have. You cant have 21 inch arms on a kid who is 190lbs! Get overall bigger and stronger and everything will come along with it, so stop staring at your arms all the time and start becoming a bodybuilder (overall) Let me bottom line it for you before you think there is some magical underhanded cable crossover one handed pushdown exercise with an isolated 30lbs that you think is going to magically transform your triceps.

The day you can do full bottom to top range tricep dips with 4 45's hanging from your dip belt for 20, or the day you can close grip 405lbs for 20 or the day you can reverse grip 405 for 20 on the smythe, your going to have the biggest triceps your unique genetics allow.

No one handed rope pulldown at a 45 degree angle bullshit exercise that you can use for 40lbs and 15 reps this week and 45lbs for 16 reps a year from now is going to get you there....so choose your path wisely in all this. Im not going to answer alot of questions that come after this post because Im a little burnt out on all things bodybuilding and Im trying to recharge

DIET:

I dont go into diet much because I save that for my trainees--I give alot of this away but the real details go to those guys. Basically for people with appetite probs I have them using olive oil to get past plateaus--a good diet that leaves someone stagnant from the previous 4 week weigh in can be changed dramatically by just adding olive oil to protein fat meals (i like to keep protien fats and protein carb meals separated)--Olive oil is a good fat with awesome health benefits along with being 118cals per tablespoon--Just adding 3

tablespoons in two no carb protein shakes a day gives a person 700 more calories a day to work with on the exact same eating they had done previously--but the scale will say 8lbs more next month

STRETCHES:

"Stretching:

CHEST: Flat bench 90lb dumbbells chest high--lungs full of air-- I drop down into the deepest flye I can for the first 10 seconds or so with my lungs full of air and chest out-- then staying there I arch my back slightly and try to press my sternum upward --this is absolutely excruciating--the rest of the 60 seconds I try to concentrate on dropping my elbows even farther down (I try to but I don't think they are going any lower--LOL)---the last 15 seconds I'm pretty much shaking like a leaf, I have tears in my eyes and I think about dropping bodybuilding and becoming a tap dancer on Broadway (ok that parts not true)--My opinion is people should use dumbbells that are a little over half of what your heaviest set of 6-8 reps would be. I cant state this enough--extreme stretching royally sucks!!! Its painful. But I have seen amazing things with people -especially in the quads.

TRICEPS: Seated on a flat bench-my back up against the barbell---75lb dumbbell in my hand behind my head(like in an overhead dumbbell extension)--sink dumbbell down into position for the first 10 seconds and then an agonizing 50 seconds slightly leaning back and pushing the dumbbell down with the back of my head I like one arm at a time in the bottom position of a dumbbell triceps extension----going to the extreme stretch and then slightly pushing on the dumbbell with the back of my head.

SHOULDERS: This one is tough to describe--put a barbell in the squat rack shoulder height--face away from it and reach back and grab it palms up (hands on bottom of bar)---walk yourself outward until you are on your heels and the stretch gets painful--then roll your shoulders downward and hold for 60 seconds.

BICEPS: Olympic bar in a power rack or squat rack about neck high---face away from it and reach back and put both hands over the bar gripping it----now either sink down with one leg forward/one leg back or better yet squat down and try (I say try because its absolutely excruciating) to kneel. Go down to the stretch that is almost unbearable and then hold that for 45 to 60 seconds. Your own bodyweight is the load. What I do is put the bar at a place on the squat rack in which I can kneel at a severe stretch and then try to sink my ass down to touch my feet. If its too easy I put the bar up to the next rung.

BACK: Honestly for about 3 years my training partner and I would hang a 100lb dumbbell from our waist and hung on the widest chin-up bar (with wrist straps) to see who could get closest to 3 minutes--I never made it--I think 2 minutes 27 seconds was my record--but my back width is by far my best body part--I pull on a doorknob or stationary equipment with a rounded back now and its way too hard too explain here--just try it and get your feel for it.

HAMSTRINGS: Either leg up on a high barbell holding my toe and trying to force my leg straight with my free hand for an excruciating painful 60 seconds or another exercise I could only show people and not type here.

QUADS: Facing a barbell in a power rack about hip high --grip it and simultaneously sink down and throw your knees under the barbell and do a sissy squat underneath it while going up on your toes. then straighten your arms and lean as far back as you can--- 60 seconds and if this one doesn't make you hate my guts and bring tears to your eyes nothing will---do this one faithfully and tell me in 4 weeks if your quads don't look a lot different than they used to.

CALVES: my weak body part that I couldn't get up too far until 2 years ago when I finally thought it out and figured out how to make them grow (with only one set twice a week too) I don't need to stretch calves after because when I do calves I explode on the positive and take 5 seconds to get back to full stretch and then 15 seconds at the very bottom "one one thousand, two one thousand, three one thousand etc" --15 seconds stretching at the bottom thinking and trying to flex my toes toward my shin--it is absolutely unbearable and you will most likely be shaking and want to give up at about 7 reps (I always go for 12reps with maximum weights)--do this on a hack squat or a leg press--my calves have finally taken off due to this. "

REP RANGE:

shoulders=12 to 20RP (15rp is again what i shoot for and is the most common)

triceps 12rp to 20 rp

back width-12rp to 20rp

back thickness-(depends on exercise--if its rack deadlifts or bent over rows Ill do 12 to 15 reps rest paused. If its deadlifts from the floor Ill do a straight set 12 to 20 heavy)

biceps-15 to 20 reps restpaused

forearms/brachialis-depends on movement

calves (described earlier on this thread)

hamstrings-15 to 20 restpaused

quads-a straight 15 to 50 reps heavy as I can possibly go (usually its 20 reps)

for shoulders, i like about 20 reps. so it would look roughly like this, first set 8-9 reps, 15 breaths, 5-6 reps, 15 breaths, 2-3 reps. set done. stretch same for triceps.

i like about 25 reps for biceps so you do the sets the same way, but use a weight that allows a few more reps per mini set.

back width is done the same way for 15-20 reps

back thickness is not rest paused. do one set of 6-8 rest for 2 minutes and then another heavier set of 4-6

calves is a stright set of 15-20. do a rep, when you get to the bottom of the rep, just stretch the hell out of your calf for 15 seconds. do that on every rep. these hurt like hell and you wont be able to go very heavy

quads is a heavy set of 6-8 and then a set of 20 for as heavy as you can go.

ham are straight setted for 15 to 20 reps.

make sure to add either reps or weight on every exercise every time. if you get to many reps. add more weight next time. hope this helps. if you have any more questions feel free to ask me. good luck