

— THE MUSCLE NERD —

*Presents*

# OPTIMUM ANABOLICS

— by Jeff Anderson —



**Your  
Step-By-Step  
Guide!**

## The Workout

## **NOTICE**

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## INTRODUCTION

Well, here we are again. Hopefully you've completely reviewed the entire **OPTIMUM ANABOLICS PROGRAM** and you're ready to dig your heels in and start putting on some **MAJOR MUSCLE!**

If you've already read the entire manual and understand how **ALL** of the **8 ANABOLIC FACTORS** and **HYPER-ADAPTIVE CYCLING** are combined to drive your body's super-growth hormones through the roof, then you're at the **RIGHT PLACE!**

But if you've decided to 'skip ahead' to this **BONUS PROGRAM**, in hopes you were going to find a 'magic' exercise routine, then you just fell into the same **TRAP** that most other bodybuilders fall into...thinking that muscle is made **SOLELY** from the work you do in the **GYM!**

### SORRY TO DISAPPOINT YOU!

While the workout I've provided in this bonus program will give you **EXACTLY** the right stimuli for targeting your muscles for growth, **AND** allow you to choose the **MOST EFFECTIVE** exercises custom-tailored to your needs and wants, **AND** provide you with a **STEP-BY-STEP** plan for getting the most from the **OPTIMUM ANABOLICS PROGRAM**, it's going to take far more than the best workout in the world to move you toward your goal of packing on slabs of **ROCK HARD MUSCLE!**

If you haven't read every word of the previous material, then you need to cart your ass right on back to **PAGE 1** of the **OPTIMUM ANABOLICS PROGRAM** and dig in!

### *A Word From The "Muscle Nerd"...*

"Don't take this lightly guys.



Most likely, you've purchased this manual because you were frustrated with the **LACK** of results from your current training program.

You'll be frustrated with **THIS ONE** as well if you don't **FIRST** learn how all of the growth factors are combined into one complete **ASS-KICKING** program!"

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For the rest of you...

### LET'S GET STARTED!

As I discussed in the **OPTIMUM ANABOLICS PROGRAM**, most bodybuilders are currently trying to grunt their way out of the undertow of **CHRONIC OVERTRAINING** patterns.

If you're currently one of these people, starting the workout portion of this program will just put you **DEEPER** into the dreaded **CATABOLIC ZONE!**

As I directed you earlier, If you've already been busting your ass in the gym for over 2 months, training 3-4 days or more per week...

### TAKE A WEEK OFF!

You need to give your body a good break before you can effectively program your body for growth using the first 3-week **PROGRESSIVE LOAD PHASE!**

If you're relatively **NEW** to bodybuilding, or it's been a **WHILE** since you've been in the gym, it's time to simply introduce your body to the elevated stress loads it'll be handling.

#### *A Word From The "Muscle Nerd" ...*



"If you think you can just jump right into the workout program from a 'cold start' you'll only be setting yourself up for a potential **MAJOR INJURY!**

Your body needs a little time to effectively prepare your muscles, joints and ligaments for the heavier stuff that's coming up."

Now just a couple of thoughts to get you on the right track...

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Whether you're beginning with the pre-program workout or, if you're more experienced, going right to the **OPTIMUM ANABOLICS WORKOUT**, do **NOT** be tempted to do **MORE** than the prescribed number of **SETS, REPETITIONS, or EXERCISES** during **ANY** of the workout phases!

Each day's workload is **SPECIFICALLY DESIGNED** to support the **HYPER-ADAPTATION** process.

If you're in your **PROGRESSIVE LOAD PHASE** and don't feel like you got enough of a workout from the 3 sets that were prescribed, **DON'T** decide to do **ANOTHER SET!**

Remember that you're actually **PROGRAMMING** your body to expect **CONTINUED** increases in workloads in order to force a **HYPER-ADAPTIVE** response.

Likewise, if you're into your **HYPER-ADAPTIVE CYCLE** and going **2 - 3 REPS SHORT** of failure seems a little 'odd' to you, **DON'T** take it upon yourself to decide that **MUSCULAR EXHAUSTION** is the **ONLY** way to go and knock out that extra rep!

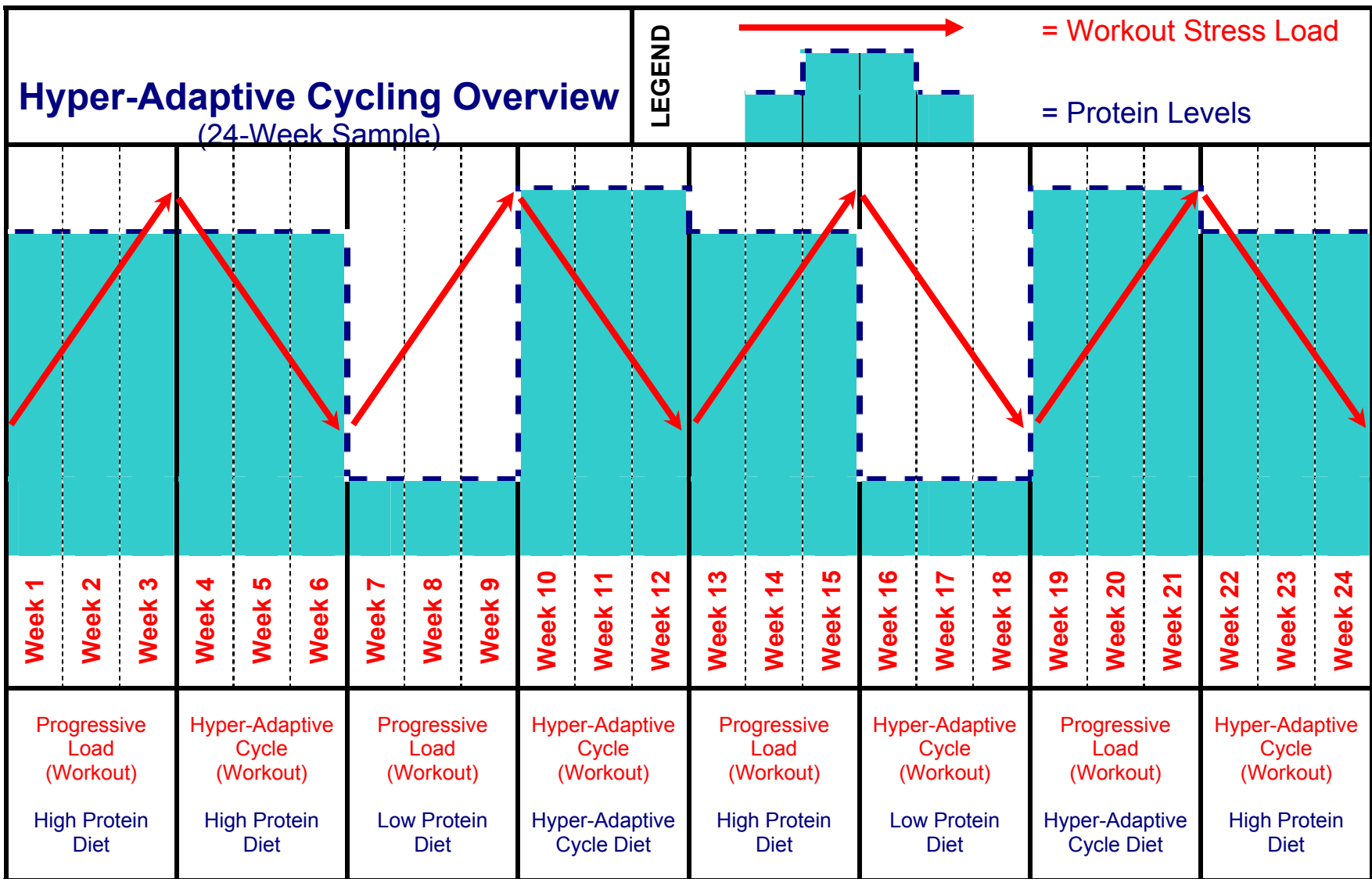
Bottom line? You'll fall **FAR SHORT** of your goals if you **STRAY** from the master plan...**TRUST ME!**

On the following pages you'll find **4 TOOLS** to get you on your way...

1. Another peek at a 24-week example of the **OPTIMUM ANABOLICS PROGRAM'S HYPER-ADAPTIVE CYCLING** process;
2. A **CHECKLIST** for getting started;
3. An **INSTRUCTIONAL GUIDE** for using this workout log; and
4. The **OPTIMUM ANABOLICS EXERCISE TABLES, FORM NOTES, and WORKOUT LOG**

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# OPTIMUM ANABOLICS PROGRAM CHECKLIST

<b>Equipment Check</b>	<input type="checkbox"/> Have read and understand complete <b>OPTIMUM ANABOLICS</b> ebook <input type="checkbox"/> <b>3-ring binder</b> for Daily Workout Log Sheets <input type="checkbox"/> <b>Sports watch</b> for timing rest periods and workout length <input type="checkbox"/> The <b>Optimum Anabolics Workout Exercise Tables</b> and <b>Daily Workout Log Sheets</b> printed out and inserted in 3-ring binder
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<b>Physical Preparation</b>	<p>If you've been following an intense exercise regimen for over 2 months, take a week off in order to be fully prepared for the first <b>PROGRESSIVE LOAD</b> phase.</p> <p>If you're new to bodybuilding or if it's been longer than <b>6 WEEKS</b> since you've worked out, take the next 2 weeks and complete the following 5-day/week <b>PRE-PROGRAM WORKOUT</b> to get your muscles primed for the first <b>PROGRESSIVE LOAD</b> phase...</p>
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**2-Week Pre-Program Workout**

- Complete Days 1 – 5 in **Week 1** and Days 6 – 10 in **Week 2**
- Perform **4 sets** of **12 reps** for each exercise
- Rest **1 minute** between exercises and **2 minutes** between supersets
- Don't** worry about lifting heavy or going to muscular exhaustion. It's **MUCH** more important to focus on super strict **form** and prepare your body for the work ahead.

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Shoulders</b> (1 superset) 1 exercise from <b>Table 1</b> with 1 exercise from <b>Table 3</b>	<b>Arms/Abs</b> (2 supersets) 1 exercise from <b>Table 5</b> with 1 exercise from <b>Table 6</b> then... 1 exercise from <b>Table 9</b> with 1 exercise from <b>Table 10</b>	<b>Legs</b> (1 superset) 1 exercise from <b>Table 11</b> with 1 exercise from <b>Table 12</b>	<b>Back</b> (1 superset) 1 exercise from <b>Table 15</b> with 1 exercise from <b>Table 16</b>	<b>Chest/Abs</b> (2 supersets) 1 exercise from <b>Table 17</b> with 1 exercise from <b>Table 18</b> then... 1 exercise from <b>Table 9</b> with 1 exercise from <b>Table 10</b>
Day 6	Day 7	Day 8	Day 9	Day 10
<b>Shoulders</b> (1 superset) 1 exercise from <b>Table 2</b> with 1 exercise from <b>Table 4</b>	<b>Arms/Abs</b> (2 supersets) 1 exercise from <b>Table 7</b> with 1 exercise from <b>Table 8</b> then... 1 exercise from <b>Table 9</b> with 1 exercise from <b>Table 10</b>	<b>Legs</b> (1 superset) 1 exercise from <b>Table 13</b> with 1 exercise from <b>Table 14</b>	<b>Back</b> (1 superset) 1 exercise from <b>Table 15</b> with 1 exercise from <b>Table 16</b>	<b>Chest/Abs</b> (2 supersets) 1 exercise from <b>Table 17</b> with 1 exercise from <b>Table 18</b> then... 1 exercise from <b>Table 9</b> with 1 exercise from <b>Table 10</b>

# USING THE OPTIMUM ANABOLICS PROGRAM WORKOUT LOG

**Daily workout info**  
Tells what day/week/  
phase of **workout** and  
**diet** you're in as well  
as which **bodypart** is  
being targeted.

**Exercise Table**  
Refer to the Exercise  
Tables provided at the  
beginning of the  
workout log and  
choose only **1**  
**exercise** for the  
prescribed sets; Write  
the chosen exercise in  
the 'Exercise' column  
to the right.

**Tip of the Day**  
Great ideas and  
reminders to help  
you get the most  
from the **OPTIMUM  
ANABOLICS  
PROGRAM**.

Day 1 / Week 1		<b>Tip of the Day:</b> Remember that FORM is MUCH more important than the weight you're lifting. Don't be afraid to drop the amount you normally lift in order to ensure proper technique!				
Workout: Progressive Load						
Diet: High Protein						
Bodypart: Shoulder						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Table 1	Front Lateral Raise	1	25	12	11	1 minute between exercises 2 minutes between supersets
		2	25	10	10	
		3	20	8	9	
Table 3	Arnold Press	1	40	12	14	
		2	45	10	10	
		3	45	8	8	
Table 2	Rear Cable Lateral	1	30	12	12	
		2	30	10	10	
		3	30	8	7	
Table 4	Cross Cable Raise	1	20	12	14	
		2	30	10	9	
		3	20	8	7	
Table 2	Dumbbell Shrugs	1	45	12	12	
		2	45	10	10	
		3	45	8	8	
Table 3	Barbell Military Press	1	95	12	13	
		2	95	10	10	
		3	95	8	8	

**Weight**  
Choose a weight  
which will allow you  
to perform the  
target number of  
repetitions using  
strict form and full  
range of motion.

**Notes:**

**Notes**  
Just some extra space  
to jot down any  
revelations during  
your workout. (e.g. -  
exercise form  
considerations, notes  
for next workout; that  
cute blonde's  
number...)

**Target/Actual Reps**  
Target is what you're  
aiming for; Actual is  
where you record the  
number of reps you  
were capable of lifting  
with the weight you  
chose. This will help  
you adjust the weight  
you use to meet your  
target reps.

**Rest Periods**  
Dictates the  
amount of rest to  
take in between  
each **exercise** and  
between each  
**superset** (Keep  
your sports watch  
handy!); Changes  
each week to vary  
program stress  
loads.



"Ok, let's get into the nuts and bolts of your program..."

This next page is the beginning of your workout log. Use the **TABLES** provided to choose **ONE EXERCISE** to slip into each workout based upon the **TABLE NUMBER** listed next to each set in your daily workout log.

Then follow the prescribed **REST PERIODS** in between each exercise and between each superset. The following example will help you understand how to interpret each day's program...

**Need and example?**



Let's see...referring to the first superset for **DAY 1/WEEK 1**, this is what it would look like if you chose the **FRONT DUMBBELL RAISE** and the **ARNOLD PRESS** from the tables you had to choose from. Follow along...

**Front Dumbbell Raise...12 reps** then **rest 1 minute**  
**Arnold Press...12 reps** then **rest 2 minutes**

**Front Dumbbell Raise...10 reps** then **rest 1 minute**  
**Arnold Press...10 reps** then **rest 2 minutes**

**Front Dumbbell Raise...8 reps** then **rest 1 minute**  
**Arnold Press...8 reps** then **rest 2 minutes**

Then it's on to Superset 2 with the same rest cycle using new exercises from the tables noted. Just follow the tables **STEP-BY-STEP** and you **CAN'T** go wrong!

Well, the rest is up to you! Work **HARD**, stay **COMMITTED**, and enjoy your **NEW BODY!**"

Table 1
Front Dumbbell Lateral Raise
Lying Cable Pullover
Internal Dumbbell Rotation

Table 2
Rear Dumbbell Lateral Raise
Rear Cable Lateral Raise
Dip Bar Shrug
Dumbbell Shrug

Table 3
Arnold Press
Twisting Dumbbell Military Press
Barbell Military Press

Table 4
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise

Table 5
Dumbbell Concentration Curl
Dumbbell Preacher Curl
Reverse-Grip Dumbbell Curl
Reverse-Grip Barbell Curl

Table 6
Twisting Dumbbell Kickback
Overhead Cable Extension
Cable Press-Down
Reverse-Grip Cable Press-Down

Table 7
Assisted Close-Grip Chin Up
Twisting Dumbbell Curl
Barbell/EZ-Bar Curl
Hammer Curl

Table 8
Weighted Dips
Weighted Close-Grip Push Up
Close-Grip Bench Press
Lying Dumbbell French Press

Table 9
Exer-Ball Dumbbell Crunch
Bent Leg Crunch
Twisting Crunch
Superman

Table 10
Full Rotation Knee Raise
Hanging Knee Raise
Hanging Leg Raise
Lying Leg Raise

Table 11
Forward Dumbbell Lunge
Leg Extension

Table 12
Backward Dumbbell Lunge
Seated Leg Curl
Lying Leg Curl

Table 13
Standing Calf Negatives
Donkey Calf Negatives
Seated Calf Negatives

Table 14
Barbell Squat
Deadlift

**EXERCISE TABLES**

<b>Table 15</b>
<b>Hanging Row</b>
<b>Twisting Dumbbell Row</b>
<b>Jockey Row</b>
<b>Wide-Arm Cable Row</b>
<b>Close-Grip Cable Row</b>
<b>Straight-Arm Pull Down</b>
<b>Reverse Back Extension</b>

<b>Table 16</b>
<b>Assisted Wide-Arm Chin Up</b>
<b>Wide-Arm Lat Pull Down</b>
<b>Assisted Chin Up</b>
<b>Close-Grip Lat Pull Down</b>
<b>High Pull</b>

<b>Table 17</b>
<b>Incline Dumbbell Flye</b>
<b>Dumbbell Flye</b>
<b>Dumbbell Pullover</b>
<b>Dumbbell Front Lateral Raise (Palms Up)</b>
<b>Low Cross Cable Raise (Palms Up)</b>

<b>Table 18</b>
<b>Weighted Incline Push Up</b>
<b>Weighted Dips</b>
<b>Incline Dumbbell Press</b>
<b>Dumbbell Press</b>
<b>Smith/Dumbbell Press To Neck</b>
<b>Incline Bench Press</b>
<b>Bench Press</b>

**EXERCISE TABLES**

## **FORM NOTES**

### **Arnold Press**

- Variation of dumbbell press that hits all 3 deltoid heads
- Start with palms facing you and rotate as you press up, finishing with palms facing out
- DON'T lock out arms at top
- Reverse rotation to starting position

### **Twisting Dumbbell Military Press**

- Start with palms facing each other for better range of motion
- Finish at top with palms facing front
- DON'T lock out arms at top

### **Barbell Military Press**

- Hands slightly wider than shoulder width
- Keep head straight
- NEVER go BEHIND neck!
- DON'T lock out arms at top

### **Dip Bar Shrug**

- Support yourself on a dip bar with arms almost fully extended, elbows only slightly bent
- “Press” your body up while arms remain in place
- Pause, then lower to start

### **Dumbbell Shrug**

- Hold dumbbells at your side slightly in front of body
- Keep head straight while shrugging shoulders up
- Rotate shoulders back and down to start; change direction half way thru reps

### **Side Dumbbell Lateral Raise**

- Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

### **Cross Cable Lateral Raise**

- Grab low cables opposite to the working arm
- Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

### **Front Dumbbell Lateral Raise**

- Hold dumbbells at side
- Raise straight arm rapidly to just above shoulder level
- Palms should be turned slightly UP at top position

### **Lying Cable Pullover**

- Lie on ground with feet toward low cable pulley
- Using rope attachment, raise straight arms rapidly over head

### **Rear Dumbbell Lateral Raise**

- Kneel on floor supported by non-working hand
- Looking straight ahead, raise dumbbell rapidly to shoulder level
- DON'T allow wrists to travel above elbows

### **Rear Cable Lateral Raise**

- Kneel on floor supported by non-working hand and with working hand furthest from low cable
- Raise straight arm rapidly to shoulder level
- DON'T allow wrists to travel above elbows

### **Internal Dumbbell Rotation**

- From a standing position, hold dumbbell at side
- Rapidly raise slightly bent arm across body until dumbbell touches opposite shoulder
- Try not to “curl” weight, taking stress of shoulder

**SHOULDER**

## FORM NOTES

### Assisted Close-Grip Chin Up

- Use an underhand grip, hands about 6-12 inches apart
- Have a partner assist by “hooking” arm under ankles
- Concentrate on contracting biceps, NOT pulling with back
- You MUST fully extend arms at the bottom!
- NEVER swing body for momentum

### Weighted Dips

- Difference between dips for chest and triceps is ‘focus’
- For tri’s, keep body upright; do NOT lean forward or bring feet up behind you
- Keep elbows close to body
- Lower until elbows at 90°
- Explode up to full extension and squeeze
- Only add weight if able to exceed target reps

### Weighted Close-Grip Push Up

- Hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- Lower body with hands at upper chest level
- Explode up to full extension and squeeze
- Have a partner assist by pushing down on shoulders if able to exceed target reps

### Close-Grip Bench Press

- Use barbell or EZ-bar with hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- Lower bar to upper chest
- Explode to full extension and squeeze

### Twisting Dumbbell Curl

- Begin with dumbbell at side, palms facing body
- Curl rapidly with upper arms close to side
- Twist dumbbell while curling until pinky turned toward chin at top (supinated)

### Lying Dumbbell French Press

- Lie on flat bench, arms extended, palms facing out
- Keep upper arms locked bending ONLY at elbows
- Lowering dumbbells toward forehead, rotating until palms facing in
- Reverse, squeezing tri’s

### Twisting Dumbbell Kickback

- Kneel on bench with working elbow at hip and palm facing forward
- Keep elbow close to body and twist dumbbell on movement until palm facing away and SQUEEZE

### Dumbbell Concentration Curl

- Seated on bench, let working arm hang down
- Keep upper arm locked and curl rapidly while turning pinky toward chin
- Squeeze and fully lower

### Dumbbell Preacher Curl

- Works better if you reverse position on preacher bench by leaning body on pad and hang over edge
- Follow same instructions for Concentration Curl

ARMIS

## **FORM NOTES**

### **Overhead Cable Extension**

- Grasp high cable with rope attachment
- Face away leaning forward with elbows at temples
- Keep upper arms locked, fully extend and squeeze

### **Barbell / EZ-Bar Curl**

- Keep hands slightly closer than shoulder width
- DON'T rock weight for momentum or allow elbows to move forward
- Fully extend at bottom!

### **Reverse-Grip Dumbbell Curl**

- Keep palms facing down throughout movement
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

### **Dumbbell Hammer Curl**

- Palms always face in toward body (sideways)
- Don't turn wrist or allow elbow to move forward
- Squeeze at top

### **Reverse-Grip Barbell Curl**

- Grasp bar with hands at shoulder width with palms facing down
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

### **Cable Press-Down**

- Use overhand grip with V-bar or rope attachment
- Keep arms close to side and bend only at elbow
- Fully extend and squeeze at bottom
- Don't raise arms beyond 90° at top

### **Reverse-Grip Cable Press-Down**

- Use underhand grip with single-grip attachment, working one arm at a time
- Follow same instructions as Cable Press Down

**ARTISTS – CONT'D**

## **FORM NOTES**

### **Full Rotation Knee Raise**

- Hang from chin-up bar
- Rapidly twist hips to left or right (alternate with each set) bringing knees up toward chin
- Continue rotation by lowering down other side in a circular pattern
- Concentrate on bringing knees up toward chin by rounding back slightly during movement
- DON'T swing body for momentum

### **Hanging Knee Raise**

- Hang from chin-up bar
- Rapidly kick knees up toward chin, rounding back slightly during movement
- Hold and squeeze at the top
- DON'T swing body for momentum

### **Hanging Leg Raise**

- Hang from chin-up bar with back slightly rounded and toes pointing forward
- Raise legs up to horizontal position until at 90° with body
- Keep toes pointing up
- Hold and squeeze
- DON'T swing body for momentum

### **Exer-Ball Dumbbell Crunch**

- Lie back on exer-ball with feet wide and stable
- Grasp low-weight dumbbell with both hands at upper chest level
- Curl head and shoulders up until back just above horizontal while "pressing" dumbbell up and behind head
- Squeeze hard at top

### **Lying Leg Raise**

- Lie on back with hands grabbing sturdy equipment or furniture behind head
- Raise legs rapidly to 90° with body
- Squeeze abs for 3-count and slowly lower legs to floor

### **Bent Leg Crunch**

- Lie on back with legs bent
- Keep hands at ears or crossed on chest
- Raise only head and shoulder blades off ground
- Don't pull head up with arms
- Contract abs at top

### **Twisting Crunch**

- Lie on back, legs bent and cross one leg over other so ankle is on other leg
- Put hand opposite bent leg behind head
- Without pulling head, bring elbow toward opposite knee
- Switch sides after target reps

### **Superman**

- Lie on stomach with hands fully stretched out to front
- Raise arms, shoulders and legs off ground at same time
- Squeeze and hold for 3-count

**ARM  
S**

## **FORM NOTES**

### **Barbell Squat**

- Keep bar on traps, 1-2 inches below back of neck
- Feet shoulder width turned out slightly
- Keep back straight, maintaining lumbar curve and head up
- Squat until thighs parallel to floor – NO DEEPER
- Explode up in controlled manner
- DON'T lock out legs at top

### **Deadlift**

- Keep feet parallel and shoulder width
- Grasp bar with overhand grip, slightly wider than shoulder width
- Keep back straight, maintaining lumbar curve and head up
- Stick out chest while straightening legs
- DON'T "hunch" back, let shoulders slump, or arms bend

### **Forward Dumbbell Lunge**

- With dumbbells at side, step forward with one leg
- Touch back knee lightly to floor
- Maintain sight of big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

### **Backward Dumbbell Lunge**

- With dumbbells at side, step backward with one leg
- Touch back knee lightly to floor
- Maintain sight of front leg's big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

### **Leg Extension**

- Don't lock out knees at full extension
- Keep toes pointed up and out throughout movement
- Squeeze quads at top

### **Seated Leg Curl**

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

### **Lying Leg Curl**

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

### **Standing Calf Negatives**

- Keep back straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower body slowly while contracting calf

### **Donkey Calf Negatives**

- Keep legs straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower weight slowly while contracting calf

### **Seated Calf Raise**

- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower weight slowly while contracting calf





## **FORM NOTES**

### **Assisted Wide-Arm Chin Up**

- Keep grip wide with palms facing away
- Have a partner assist by “hooking” arm under ankles
- ALWAYS start each rep fully extended at bottom
- Use hands as “hooks” and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

### **Assisted Chin Up**

- Keep grip at shoulder width with palms facing away
- Have a partner assist by “hooking” arm under ankles
- ALWAYS start each rep fully extended at bottom
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

### **Hanging Row**

- Grab barbell resting above ground about 3’ (such as on lowest setting of squat rack)
- Elevate feet on exer-ball or other structure so feet are about the same height as bar
- Keep body straight and raise body to bar at nipple line
- Add weighted belt or vest when possible

### **Wide-Arm Lat Pull Down**

- Keep grip wide with palms facing away
- ALWAYS start each rep fully extended at top
- Use hands as “hooks” and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

### **Close-Grip Lat Pull Down**

- Use close-grip attachment with palms facing each other
- ALWAYS start each rep fully extended at top
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

### **Twisting Dumbbell Row**

- Fully extend arm at bottom with palms facing to rear
- Pull dumbbell to armpit area while twisting dumbbell until palms facing toward body
- Keep head up and back straight
- Squeeze back at top of movement

**BACK**

## **FORM NOTES**

### **Jockey Row**

- Hold a low, close-grip cable while leaning body back in a “V” shape – legs straight, head down, and arms fully stretched to front
- Pull handle into chest while moving into a “horse jockey” position – head up, legs parallel to floor
- Squeeze shoulder blades together and return to start

### **Wide-Arm Cable Row**

- Use wide-arm attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull bar to upper chest with elbows turned out
- Squeeze shoulder blades together and return to start

### **Close-Grip Cable Row**

- Use close-grip attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull handle to lower chest, pulling shoulders down and back
- Squeeze shoulder blades together and return to start

### **Straight-Arm Pull Down**

- Stand facing cable machine gripping lat bar attachment at shoulder width
- Keeping arms straight but not locked, pull bar down to upper thigh
- Focus on using back muscles as much as possible

### **High Pull**

- This is a variation of the deadlift, only use light weight on the barbell to avoid being a “leg exercise”
- Keep back straight and feet parallel just over shoulder width
- Raise bar rapidly to shoulder level, with arms only very slightly bent
- Arms should be only very slightly bent so bar is suspended AWAY from body
- Lower slowly to start

### **Reverse Back Extension**

- Lay face down on flat bench (the higher the better) with legs off bench
- Grasp onto sides of bench for support
- Keeping legs straight, raise as one unit to just above buttocks level
- Hold for 1-2 count before lowering

**BACK – DOWN**

# FORM NOTES

## Weighted Incline Push Up

- Elevate feet on bench
- Use push up bars or dumbbells to allow deep stretch at bottom
- Keep body straight throughout movement
- Have a partner assist by pushing down on shoulders if able to exceed target reps

## Weighted Dips

- Difference between dips for chest and triceps is 'focus'
- For chest, let body lean forward and bring feet up behind you with legs bent
- Lower until elbows at 90°
- Keep focus on chest and explode up
- DON'T lock elbows at top
- Add weight if able to exceed target reps

## Incline Dumbbell Press

- Keep bench incline below 30° to avoid using shoulders
- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- DON'T lock out arms at top

## Dumbbell Press

- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- DON'T lock out arms at top

## Smith/Dumbbell Press To Neck

- ALWAYS use Smith machine or dumbbells for safety...NEVER use a straight bench press!!!
- With shoulder-width position, lower bar or dumbbells to neck
- Keep elbows pointing out and raise quickly
- DON'T lock out arms at top

## Incline Bench Press

- Keep bench incline below 30° to avoid using shoulders
- Lower bar down high on chest
- Raise bar keeping elbows out
- DON'T lock out arms at top

## Bench Press

- Keep hands slightly wider than shoulder width
- Lower bar to just above nipple line
- Never bounce weight off chest
- DON'T lock out arms at top

## Incline Dumbbell Flye

- Keep bench incline below 30°
- Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

## Dumbbell Flye

- Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

## Dumbbell Pullover

- Start with dumbbell held vertical over chest with both hands
- Keep arms rigid with elbows at 45°
- Lower to good stretch of chest and ribcage
- Squeeze chest while raising weight back to start

## Dumbbell Front Lateral Raise (Palms Up)

- Stand holding dumbbells with palms facing forward and arms at sides
- Keep arms straight and raise both hands to shoulder level, palms facing ceiling
- Squeeze chest at top

## Low Cross Cable Raise (Palms Up)

- Grab handles of low pulleys with both hands
- Keep arms straight and raise both hands to shoulder level, palms facing ceiling and nearly touching each other
- Squeeze chest at top



**A Word From The "Muscle Nerd"...**



"Oh yeah...I thought I would slip in a copy of the **Optimum Anabolics 20-Minute High-Intensity Interval Training (HIIT) Workout** as well just to **REALLY** turn up the thermostat of your **FAT BURNING** furnace on those 'off days'.

And don't be afraid be creative with the exercises you train with. (Refer to page 60 in the Optimum Anabolics Program Manual for some alternatives.) Just make sure you're working out at the proper **INTENSITY LEVELS** to reap the full rewards."

<b>OPTIMUM ANABOLICS HIIT WORKOUT</b>			
<b>Workout Phase</b>	<b>Exercise</b>	<b>Time</b>	<b>Intensity Level *</b>
<b>Warmup</b>	▶ Bike	5 minutes	1
	▶ Jump Rope	3 minutes	2
<b>Workout</b>	▶ Treadmill	5 minutes	2
	▶ Wind Sprint * *	30 seconds	3
	▶ Bike	3 minutes	2
	▶ Rowing Machine	4 minutes	2
	▶ Jump Rope	3 minutes	2
	▶ Wind Sprint	30 seconds	3
	▶ Bike	5 minutes	1
<p><b>* Intensity Levels:</b></p> <ul style="list-style-type: none"> <li><b>1</b> – Breathing rhythmically, but able to carry on a full conversation</li> <li><b>2</b> – Breathing deeply but able to carry on a broken conversation</li> <li><b>3</b> – "Winded"! Work hard enough to feel a burn in your muscles and have to catch your breath but avoid <i>extreme</i> or painful exertion</li> </ul>			
<p><b>** Wind Sprints:</b> For some, this may mean an all-out "balls-to-the-wall" sprint; for others it may only be a simple light jog. Doesn't matter! As long as you <b>FEEL</b> winded, you've done your job.</p>			

**A Word From The "Muscle Nerd"...**



"OK...enough **TALK** already! It's time to see what you're **REALLY** made of!

**ON TO DAY 1..."**

		Day 1 / Week 1 <b>Workout:</b> Progressive Load <b>Diet:</b> High Protein <b>Bodypart:</b> Shoulders	<b>Tip of the Day:</b> Be sure to feed your body every few hours to keep your metabolism burning fat and providing a steady supply of protein for muscle repair and growth.				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		

**Notes:**

		Day 2 / Week 1		<b>Tip of the Day:</b> Take a picture of yourself in either a bathing suit or workout clothes. It's great to see where you started from and can be a great motivator for pushing on.			
		<b>Workout:</b> Progressive Load					
		<b>Diet:</b> High Protein					
		<b>Bodypart:</b> Arms / Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

Day 3 / Week 1		<b>Tip of the Day:</b> If you ever want to get BIG, you MUST learn to squat and deadlift. Your entire body will benefit. Start slow, learn the proper mechanics and get ready to grow!				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

Day 4 / Week 1		<b>Tip of the Day:</b> Declare your goal publicly! Telling a friend or family member of your desire to get big will keep the pressure on and the motivation high to make it happen.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

**Notes:**



Day 5 / Week 1		<b>Tip of the Day:</b> Use a spotter for safety reasons (anyone standing around will be happy to help) but DON'T use them to force out more reps beyond muscular exhaustion.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

		Day 1 / Week 2		Tip of the Day: Take the time to stretch during your rest periods. Muscle only stretches effectively when warmed up and it will help speed up recovery.			
		Workout: Progressive Load					
		Diet: High Protein					
		Bodypart: Shoulders					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

**Notes:**

Day 2 / Week 2		<b>Tip of the Day:</b> When doing curls, never let your arms move forward during the exercise. Hold your elbows against your sides for the entire movement.					
<b>Workout:</b> Progressive Load							
<b>Diet:</b> High Protein							
<b>Bodypart:</b> Arms / Abs							
Exercise		Set	Weight	Reps		Rest Periods	
				Target	Actual		
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
		2		10			
		3		8			
		4		8			
	-----		1		12		
	Table 6	2		10			
		3		8			
		4		8			
1			12				
Superset 2	Table 7	1		12			
		2		10			
		3		8			
		4		8			
	-----		1		12		
	Table 8	2		10			
		3		8			
		4		8			
1			12				
Superset 3	Table 9	1		12			
		2		10			
		3		8			
		4		8			
	-----		1		12		
	Table 10	2		10			
		3		8			
		4		8			
1			12				

**Notes:**

Day 3 / Week 2		<b>Tip of the Day:</b> Go light on your squats and deadlifts during the first few weeks. Form in these movements MUST be PERFECT if you want to avoid injury and get the most gains.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

		<b>Day 4 / Week 2</b>		<b>Tip of the Day:</b> When doing chin ups, don't think about pulling yourself up. Instead, imagine pulling your elbows down to make the movement easier.			
		<b>Workout: Progressive Load</b>					
		<b>Diet: High Protein</b>					
		<b>Bodypart: Back</b>					
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>
					<b>Target</b>	<b>Actual</b>	
<b>Superset 1</b>	<b>Table 15</b>		1		12		<b>1 minute between exercises</b> <b>90 seconds between supersets</b>
			2		10		
			3		8		
			4		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		
			4		8		
<b>Superset 2</b>	<b>Table 15</b>		1		12		
			2		10		
			3		8		
			4		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		
			4		8		
<b>Superset 3</b>	<b>Table 15</b>		1		12		
			2		10		
			3		8		
			4		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		
			4		8		

**Notes:**

		<b>Day 5 / Week 2</b>		<b>Tip of the Day:</b> When performing presses, DON'T arch your back! Plant your feet flat on the ground and concentrate on keeping your upper body still during the lift				
		<b>Workout: Progressive Load</b>						
		<b>Diet: High Protein</b>						
		<b>Bodypart: Chest/Abs</b>						
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>	
					<b>Target</b>	<b>Actual</b>		
Superset 1	Table 17		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
			2		10			
			3		8			
			4		8			
	-----			1		12		
	Table 18		2		10			
			3		8			
			4		8			
Superset 2	Table 17		1		12			
			2		10			
			3		8			
			4		8			
	-----			1		12		
	Table 18		2		10			
			3		8			
			4		8			
Superset 3	Table 9		1		12			
			2		10			
			3		8			
			4		8			
	-----			1		12		
	Table 10		2		10			
			3		8			
			4		8			

**Notes:**

**Day 1 / Week 3**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Shoulders

**Tip of the Day:** Count your repetitions backward. You'll be thinking of how many reps you have left instead of how many you've done, helping you push to the end.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 1		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 3			2		10		
				3		8		
				4		8		
				5		15		
Superset 2	Table 2		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 4			2		10		
				3		8		
				4		8		
				5		15		
Superset 3	Table 2		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 3			2		10		
				3		8		
				4		8		
				5		15		

**Notes:**

**Day 2 / Week 3**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Arms / Abs

**Tip of the Day:** Yes, Week 3 is tough! But relief is just ahead in weeks 4 - 6. Longer rest periods and some SERIOUS growth! Push hard!

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 5		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 6			2		10		
				3		8		
				4		8		
				5		15		
Superset 2	Table 7		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 8			2		10		
				3		8		
				4		8		
				5		15		
Superset 3	Table 9		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 10			2		10		
				3		8		
				4		8		
				5		15		

Notes:



**Day 3 / Week 3**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Legs

**Tip of the Day:** When performing squats, keep the bar off the back of your neck to avoid compressing the spine, causing injury. Always rest it on the back of the shoulders.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 12		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**

**Day 4 / Week 3**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Back

**Tip of the Day:** When performing pull downs, begin the movement by first pulling shoulders down while arms are still stretched out. Then pull the weight down toward body.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 15		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 16			2		10		
				3		8		
				4		8		
				5		15		
Superset 2	Table 15		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 16			2		10		
				3		8		
				4		8		
				5		15		
Superset 3	Table 15		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 16			2		10		
				3		8		
				4		8		
				5		15		

Notes:

**Day 5 / Week 3**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Chest/Abs

**Tip of the Day:** Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 17		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 18			2		10		
				3		8		
				4		8		
				5		15		
Superset 2	Table 17		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 18			2		10		
				3		8		
				4		8		
				5		15		
Superset 3	Table 9		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 10			2		10		
				3		8		
				4		8		
				5		15		

**Notes:**

Day 1 / Week 4		<b>Tip of the Day:</b> Try not to use the same exercises as you did the week prior for the same body part. Variety will keep your muscles growing.					
<b>Workout:</b> Hyper-Adaptive							
<b>Diet:</b> High Protein							
<b>Bodypart:</b> Shoulders							
Exercise		Set	Weight	Reps		Rest Periods	
				Target	Actual		
Superset 1	Table 1	1		12		<u>1 minute between exercises</u> <u>3 minutes between supersets</u>	
		2		10			
		3		8			
-----		1		12			
Superset 3	Table 3	2		10			
		3		8			
		1		12			
-----		2		10			
Superset 2	Table 2	1		12			
		2		10			
		3		8			
-----		1		12			
Superset 4	Table 4	2		10			
		3		8			
		1		12			
-----		2		10			
Superset 3	Table 2	1		12			
		2		10			
		3		8			
-----		1		12			
Superset 3	Table 3	2		10			
		3		8			
		1		12			
-----		2		10			
		3		8			

**Notes:**

		Day 2 / Week 4		<b>Tip of the Day:</b> When doing close-grip barbell presses, squeeze the bar outward to work the triceps better.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> High Protein					
		<b>Bodypart:</b> Arms / Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

Day 3 / Week 4		<b>Tip of the Day:</b> To help learn how to squat correctly, place a weight bench directly behind you. As you lower yourself, your butt will touch the bench signaling to push up.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

Day 4 / Week 4		<b>Tip of the Day:</b> Measure your food out (or visualize the correct proportions) before eating. You'll most likely overeat if you just "dig in".				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

**Notes:**

Day 5 / Week 4		<b>Tip of the Day:</b> If doing barbell presses, squeeze the bar inward to work the muscles in the chest better.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**



Day 1 / Week 5		<b>Tip of the Day:</b> Commit to organizing your food plan for tomorrow. Planning ahead will keep you from being short-handed on the foods you need and “cheating” as a result.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

**Notes:**

Day 2 / Week 5		<b>Tip of the Day:</b> On preacher curl movements, use the preacher bench backward. It's safer, works the bi's better, and doesn't allow a rest in the up position.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

Day 3 / Week 5		<b>Tip of the Day:</b> Think you're too busy to work out? Record all events for the day and see if you didn't waste at least an hour on things LESS important than exercising.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

		Day 4 / Week 5		<b>Tip of the Day:</b> Don't try to "second guess" the order of exercises, number of reps, rest periods, etc. in this program. Each step has a reason. It's your roadmap to mass!			
		<u>Workout:</u>	Hyper-Adaptive				
		<u>Diet:</u>	High Protein				
		<u>Bodypart:</u>	Back				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 5 / Week 5</b>		<b>Tip of the Day:</b> When doing dips for your chest, remember to keep your elbows out and lean forward to avoid fatiguing your arms too early.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> High Protein					
		<b>Bodypart:</b> Chest/Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

Day 1 / Week 6		<b>Tip of the Day:</b> To make sure you're working the targeted bodypart and not a secondary muscle, you need to place all your concentration on the targeted contraction.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

**Notes:**

		<b>Day 2 / Week 6</b>		<b>Tip of the Day:</b> To ensure full range of motion on bicep exercises, momentarily flex your TRICEP when in the fully extended (down) position.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> High Protein					
		<b>Bodypart:</b> Arms / Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

Day 3 / Week 6		<b>Tip of the Day:</b> If you can't keep your heels on the floor when you squat, your hip flexor muscles are too tight. Stretch them by lowering yourself 10 times before exercising.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**



Day 4 / Week 6		<b>Tip of the Day:</b> When weighing yourself, do it first thing in the morning before eating to ensure accuracy from week to week.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

**Notes:**

Day 5 / Week 6		<b>Tip of the Day:</b> Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

		<b>Day 1 / Week 7</b>		<b>Tip of the Day:</b> If your measurements show you gaining fat and you've stuck to your diet, reduce your total calories split between fat and carbs by 300 and adjust your needs.			
		<b>Workout: Progressive Load</b>					
		<b>Diet: Low Protein</b>					
		<b>Bodypart: Shoulders</b>					
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>
					<b>Target</b>	<b>Actual</b>	
<b>Superset 1</b>	<b>Table 1</b>		1		12		<b>1 minute between exercises</b> <b>2 minutes between supersets</b>
			2		10		
			3		8		
	<b>Table 3</b>		1		12		
			2		10		
			3		8		
<b>Superset 2</b>	<b>Table 2</b>		1		12		
			2		10		
			3		8		
	<b>Table 4</b>		1		12		
			2		10		
			3		8		
<b>Superset 3</b>	<b>Table 2</b>		1		12		
			2		10		
			3		8		
	<b>Table 3</b>		1		12		
			2		10		
			3		8		

**Notes:**

Day 2 / Week 7		<b>Tip of the Day:</b> When doing dips for your triceps, be sure to keep your elbows in and your body straight. Don't lean forward or you'll work your chest more.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

		<b>Day 3 / Week 7</b>		<b>Tip of the Day:</b> Ditch the weight belt. Over time, it will actually weaken your abs and lower back muscles, creating more risk for injury. Proper form is all you need.			
		<b>Workout: Progressive Load</b>					
		<b>Diet: Low Protein</b>					
		<b>Bodypart: Legs</b>					
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>
					<b>Target</b>	<b>Actual</b>	
<b>Superset 1</b>	<b>Table 11</b>		1		12		<b>1 minute between exercises</b> <b>2 minutes between supersets</b>
			2		10		
			3		8		
	<b>Table 12</b>		1		12		
			2		10		
			3		8		
<b>Superset 2</b>	<b>Table 13</b>		1		12		
			2		10		
			3		8		
	<b>Table 14</b>		1		12		
			2		10		
			3		8		
<b>Superset 3</b>	<b>Table 13</b>		1		12		
			2		10		
			3		8		
	<b>Table 14</b>		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 4 / Week 7</b>		<b>Tip of the Day:</b> Reward yourself for gains you've made! Buy yourself a new CD for your workout...something that will REALLY get you psyched for your workout!			
		<b>Workout: Progressive Load</b>					
		<b>Diet: Low Protein</b>					
		<b>Bodypart: Back</b>					
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>
					<b>Target</b>	<b>Actual</b>	
<b>Superset 1</b>	<b>Table 15</b>		1		12		<b>1 minute between exercises</b> <b>2 minutes between supersets</b>
			2		10		
			3		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		
<b>Superset 2</b>	<b>Table 15</b>		1		12		
			2		10		
			3		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		
<b>Superset 3</b>	<b>Table 15</b>		1		12		
			2		10		
			3		8		
	<b>Table 16</b>		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 5 / Week 7</b>		<b>Tip of the Day:</b> Make sure you round your back by rolling your hips and pelvis toward your chest to isolate your abs. Otherwise, you're using your thigh muscles too much.			
		<b>Workout: Progressive Load</b>					
		<b>Diet: Low Protein</b>					
		<b>Bodypart: Chest/Abs</b>					
		<b>Exercise</b>	<b>Set</b>	<b>Weight</b>	<b>Reps</b>		<b>Rest Periods</b>
					<b>Target</b>	<b>Actual</b>	
<b>Superset 1</b>	<b>Table 17</b>		1		12		<b>1 minute between exercises</b> <b>2 minutes between supersets</b>
			2		10		
			3		8		
	<b>Table 18</b>		1		12		
			2		10		
			3		8		
<b>Superset 2</b>	<b>Table 17</b>		1		12		
			2		10		
			3		8		
	<b>Table 18</b>		1		12		
			2		10		
			3		8		
<b>Superset 3</b>	<b>Table 9</b>		1		12		
			2		10		
			3		8		
	<b>Table 10</b>		1		12		
			2		10		
			3		8		

**Notes:**

Day 1 / Week 8		<b>Tip of the Day:</b> Make the best use of your rest periods between sets and supersets by stretching your muscles. This helps them recover faster and reduces risk of injury.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
		4		8		
	Table 4	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
		4		8		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**



Day 2 / Week 8		<b>Tip of the Day:</b> Don't count those "half reps", when you couldn't bring the weight up all the way, toward your "actual" reps. Make that last rep your target in the next workout.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

Day 3 / Week 8		<b>Tip of the Day:</b> Stay away from the carbohydrate drinks and energy bars				
<b>Workout:</b> Progressive Load		carbohydrate drinks and energy bars				
<b>Diet:</b> Low Protein		DURING your workout. You'll LOSE muscle				
<b>Bodypart:</b> Legs		and feel sick. Save them for after exercise.				
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

Day 4 / Week 8		<b>Tip of the Day:</b> Execute every repetition as if it were the only one you're doing. Even one rep performed "half-assed" is a waste of valuable effort!				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

Day 5 / Week 8		<b>Tip of the Day:</b> Alternate between normal width and wide-arm width on barbell presses. Wide arms will stress the outer pecs more while normal width works the overall chest.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

**Day 1 / Week 9**  
**Workout:** Progressive Load  
**Diet:** Low Protein  
**Bodypart:** Shoulders

**Tip of the Day:** Don't measure your progress by the numbers on the scale. Muscle is heavier than fat and will skew your readings. Look in the mirror!

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 1		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 3			2		10		
				3		8		
				4		8		
				5		15		
Superset 2	Table 2		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 4			2		10		
				3		8		
				4		8		
				5		15		
Superset 3	Table 2		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		-----		1		12		
	Table 3			2		10		
				3		8		
				4		8		
				5		15		

**Notes:**

**Day 2 / Week 9**  
**Workout:** Progressive Load  
**Diet:** Low Protein  
**Bodypart:** Arms / Abs

**Tip of the Day:** Exhaling forcefully at the top of your crunches forces the abs to work even harder.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 5		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		Table 6		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 2	Table 7		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 8		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 3	Table 9		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 10		1		12		
			2		10			
			3		8			
			4		8			
			5		15			

**Notes:**

**Day 3 / Week 9**  
**Workout:** Progressive Load  
**Diet:** Low Protein  
**Bodypart:** Legs

**Tip of the Day:** Make sure you're using the correct muscles when squatting and deadlifting by pushing through your HEELS when raising the weight.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 12		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**

**Day 4 / Week 9**  
**Workout:** Progressive Load  
**Diet:** Low Protein  
**Bodypart:** Back

**Tip of the Day:** Don't worry about seeing signs of overtraining in the last week of your Progressive Load cycles. Fatigue is part of the programming process. Relief is coming!

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 16		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 16		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 16		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**



**Day 5 / Week 9**  
**Workout:** Progressive Load  
**Diet:** Low Protein  
**Bodypart:** Chest/Abs

**Tip of the Day:** Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**

		Day 1 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Shoulders	Tip of the Day: If you're avoiding an exercise...START doing it! Chances are you're probably avoiding it because you're weak at it. Accept the challenge!				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute between exercises</u> <u>3 minutes between supersets</u>
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		

**Notes:**

		Day 2 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Arms / Abs	Tip of the Day: A common mistake when doing crunches is to pull your head forward. Keep your head in line with your body to be more effective and avoid neck injury.				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

		Day 3 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Legs	Tip of the Day: Working out 30-60 minutes after one of your meals ensures there are enough carbs to finish strong and some ready-available protein for quick recovery.				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 4 / Week 10</b>		<b>Tip of the Day:</b> Reward yourself for gains you've made with some new workout clothes! Make sure to get something that will show off your new muscles!			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: (HAC) High Protein +1</b>					
		<b>Bodypart: Back</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

Day 5 / Week 10		<b>Tip of the Day:</b> A little trick to press more weight...without turning your head, look toward your dominant hand. It adds strength by bringing your focus to your muscles.				
Workout: Hyper-Adaptive						
Diet: (HAC) High Protein +1						
Bodypart: Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

		<b>Day 1 / Week 11</b>		<b>Tip of the Day:</b> Lay low on the pre-bedtime carbs and fats. Have a cup of low/no-fat cottage cheese or protein powder with milk or water instead.			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: (HAC) High Protein +1</b>					
		<b>Bodypart: Shoulders</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute between exercises</u> <u>3 minutes between supersets</u>
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		

**Notes:**

Day 2 / Week 11		<b>Tip of the Day:</b> Don't worry too much about buying the "best advertised" protein supplements. They all work about the same. Go for value and save your money.				
Workout: Hyper-Adaptive						
Diet: (HAC) High Protein +1						
Bodypart: Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**



		<b>Day 3 / Week 11</b>		<b>Tip of the Day:</b> When stretching during rest periods, you MUST hold the stretch for at LEAST 30 seconds in order to do any good.			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: (HAC) High Protein +1</b>					
		<b>Bodypart: Legs</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		

**Notes:**

		Day 4 / Week 11		Tip of the Day: Find an inspirational poster or photo from a muscle mag or book to motivate you to reach higher and higher. Post it where you see it every day.			
		Workout: Hyper-Adaptive					
		Diet: (HAC) High Protein +1					
		Bodypart: Back					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 5 / Week 11</b>		<b>Tip of the Day:</b> DON'T SWING your body when doing any knee raise exercises. You're only cheating your gains by not doing the hard work.			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: (HAC) High Protein +1</b>					
		<b>Bodypart: Chest/Abs</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

		Day 1 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Shoulders	Tip of the Day: Ditch the soft drinks during the day! Those empty calories are making a nosedive straight to your waist! Grab your water jug and know It's what you need.				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
Superset 3	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		

**Notes:**

Day 2 / Week 12		<b>Tip of the Day:</b> Don't use so much weight on tricep push downs that you end up using your back and shoulder muscles. Keep your shoulders down and don't lean forward.				
Workout: Hyper-Adaptive						
Diet: (HAC) High Protein +1						
Bodypart: Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

Day 3 / Week 12		<b>Tip of the Day:</b> Don't train when you're sick. You'll recover quicker if you're body focuses on healing rather than building muscle. In the end, you'll be back in the gym sooner.				
Workout: Hyper-Adaptive						
Diet: (HAC) High Protein +1						
Bodypart: Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

		<b>Day 4 / Week 12</b>		<b>Tip of the Day:</b> Resist the urge to add your own exercises to your program. The ones included in the Tables were carefully selected for specific results.			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: (HAC) High Protein +1</b>					
		<b>Bodypart: Back</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

		Day 5 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Chest/Abs	Tip of the Day: Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**



Day 1 / Week 13		<b>Tip of the Day:</b> If choosing to train with a partner, find someone as dedicated as you. Don't let slackers bring you down with them. Make sure you have similar goals.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

**Notes:**

Day 2 / Week 13		<b>Tip of the Day:</b> If you aren't hitting failure at your targeted reps for abs, try holding a dumbbell on your chest for your crunches.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

Day 3 / Week 13		<b>Tip of the Day:</b> Don't underestimate the importance of your workout footwear. Buy a good quality cross-trainer for ankle support and traction on the gym floor.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

Day 4 / Week 13		<b>Tip of the Day:</b> When performing cable rows, always begin the movement by first squeezing your shoulder blades together. Then pull the weight toward your body.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

**Notes:**

		Day 5 / Week 13		<b>Tip of the Day:</b> If you fail to plan, you plan to fail! Stay stocked up on all the right foods in your cabinets and don't buy the foods you know will set you back. Plan ahead!			
		<u>Workout:</u> Progressive Load	<u>Diet:</u> High Protein				
		<u>Bodypart:</u> Chest/Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

		Day 1 / Week 14		Tip of the Day: Re-affirm your commitment today! Push yourself to complete every workout each week. Extreme consistency is the name of the game!			
		Workout: Progressive Load					
		Diet: High Protein					
		Bodypart: Shoulders					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

**Notes:**

Day 2 / Week 14		<b>Tip of the Day:</b> Don't underestimate the power of visualization! Clearly picture in your mind, your muscles getting bigger and bigger with each repetition. Think BIG!				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

Day 3 / Week 14		<b>Tip of the Day:</b> The days where you're least motivated to work out are likely the days you MOST need to work out. Force yourself to begin and you'll see your energy return!				
<u>Workout:</u> Progressive Load						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**



Day 4 / Week 14		<b>Tip of the Day:</b> When doing lat pull downs and chin ups, don't wrap your thumb around the bar. Instead, place it on top to lessen arm involvement and work the back harder.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

Day 5 / Week 14		<b>Tip of the Day:</b> Ditch the workout gloves. Your brain will receive more sensory input from your bare hands and respond by stimulating more muscle fibers.				
<b>Workout:</b> Progressive Load						
<b>Diet:</b> High Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

**Notes:**

**Day 1 / Week 15**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Shoulders

**Tip of the Day:** Fully commit to your workout times. Schedule them into your day and don't get distracted. If anyone asks if you're free for that time, tell them you have plans.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

Notes:

**Day 2 / Week 15**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Arms / Abs

**Tip of the Day:** Once you're leg and knee raises become easier, try pinching a 5 lb. weight between your feet for added resistance.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 6		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 8		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**

**Day 3 / Week 15**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Legs

**Tip of the Day:** Stop your workout if you feel dizzy, nauseous, light-headed, or begin to get a headache. These are all signs that your body's had enough for the day.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 11		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		Table 12		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 2	Table 13		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 14		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 3	Table 13		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 14		1		12		
			2		10			
			3		8			
			4		8			
			5		15			

**Notes:**

**Day 4 / Week 15**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Back

**Tip of the Day:** Stay away from wrist straps. You need to also develop grip strength in order to fully stress your stabilizer muscles when doing compound exercises.

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 15		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		Table 16		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 2	Table 15		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 16		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 3	Table 15		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 16		1		12		
			2		10			
			3		8			
			4		8			
			5		15			

**Notes:**

**Day 5 / Week 15**  
**Workout:** Progressive Load  
**Diet:** High Protein  
**Bodypart:** Chest/Abs

**Tip of the Day:** Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
			2		10		
			3		8		
			4		8		
			5		15		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

**Notes:**

Day 1 / Week 16		<b>Tip of the Day:</b> By now your clothes should be fitting quite differently. Guess it's time to treat yourself to some new threads! What's the use in getting fit if you can't show it off?				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
Superset 3	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
Superset 4	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
Superset 3	Table 3	1		12		
		2		10		
		3		8		

**Notes:**



		Day 2 / Week 16		Tip of the Day: To work the biceps at a little different angle, try bending your wrists backward slightly while doing arm curls.			
		Workout:	Hyper-Adaptive				
		Diet:	Low Protein				
		Bodypart:	Arms / Abs				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 3 / Week 16</b>		<b>Tip of the Day:</b> When performing leg curls and extensions, keep your toes pointed in at a 90° angle. It will be harder but will better target your leg muscles for growth.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Legs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		<u>1 minute between exercises</u> <u>3 minutes between supersets</u>
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		

**Notes:**

		Day 4 / Week 16		<b>Tip of the Day:</b> Never beat yourself up for missing a workout or having a bad workout. This only leads to quitting! Get back in the game and commit to giving it your all!			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Back					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

		Day 5 / Week 16		<b>Tip of the Day:</b> Putting your tongue on the roof of your mouth when you do crunches helps align your head properly, reducing neck strain.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Chest/Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

Day 1 / Week 17		<b>Tip of the Day:</b> 90% of guys working out quit from frustration. Be in that other 10% if your gains are slow. Look at which part of the program you haven't followed and fix it.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

**Notes:**

Day 2 / Week 17		<b>Tip of the Day:</b> Save your barbell exercises for later in your workout since these will use less of the stabilizer muscles you fatigued in your bodyweight and dumbbell exercises.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

Day 3 / Week 17		<b>Tip of the Day:</b> Don't get sidetracked by gym floor "consultants" who try to give you advice, no matter how big they are. Stick to your program and success is guaranteed.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

**Notes:**

Day 4 / Week 17		<b>Tip of the Day:</b> Avoid liquid calories during the day. Sodas, fruit juices, and sweetened coffees and teas can add hundreds of empty calories to your diet.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

**Notes:**



Day 5 / Week 17		<b>Tip of the Day:</b> Before you lift any weight, center yourself, keep a natural curve in your spine, stomach and butt muscles tight, and head neutral and looking straight.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

**Notes:**

Day 1 / Week 18		<b>Tip of the Day:</b> To lower the risk of back injuries when lifting weights over your head, squeeze your butt muscles tightly. This forces your body to stabilize your spine.				
<b>Workout:</b> Hyper-Adaptive						
<b>Diet:</b> Low Protein						
<b>Bodypart:</b> Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 3 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

**Notes:**

		Day 2 / Week 18		<b>Tip of the Day:</b> Focus as much on lowering the weight as you do on lifting it to hit ALL of the muscle fibers in each repetition.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Arms / Abs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 5		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 6		1		12		
			2		10		
			3		8		
Superset 2	Table 7		1		12		
			2		10		
			3		8		
	Table 8		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**

		Day 3 / Week 18		<b>Tip of the Day:</b> Breaks are for just that...a break! Other than stretching and quickly changing weight, completely relax your muscles to regenerate for the next set.			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Legs					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		

**Notes:**

		Day 4 / Week 18		<b>Tip of the Day:</b> Visualization doesn't end in the gym. Throughout the day, picture what you want your body to look like. (Just quit flexing in public, OK?!)			
		<b>Workout:</b> Hyper-Adaptive					
		<b>Diet:</b> Low Protein					
		<b>Bodypart:</b> Back					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

**Notes:**

		<b>Day 5 / Week 18</b>		<b>Tip of the Day:</b> Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.			
		<b>Workout: Hyper-Adaptive</b>					
		<b>Diet: Low Protein</b>					
		<b>Bodypart: Chest/Abs</b>					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		1 minute between exercises 3 minutes between supersets
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
	Table 10		1		12		
			2		10		
			3		8		

**Notes:**