



MATRIX MASS SYSTEM

Proven Scientific Methods

To Help You Reach Your

GENETIC POTENTIAL

in

MUSCULAR MASS

by

Lester S. Maurice

MANUFACTURED IN THE UNITED STATES

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MATRIX MASS SYSTEM

3rd Edition



INTRODUCTION

THE RIGHT WAY

MATRIX SYSTEMS (MS) is comprised of a team of personal trainers, bodybuilders and strength athletes located throughout the Southern California region, an area long known as the "Mecca" of bodybuilding. Our network of fitness professionals has been researching bodybuilding and strength-gaining techniques for over 17 years. The key and sole focus of our group is the development of superior muscular size, strength and fitness. In combining our research, efforts and experience, we have been able to establish the "**Critical Factors**" that will lead you to surpass any stage of development that you have been able to attain following any other system or program.

The Soviets were the first to formally research and study lifting strategies. They spent countless funds and time developing techniques that enabled them to become the strongest athletes in the world. Their emphasis, however, was solely on achieving strength for Olympic lifts and not on increasing muscular size overall. At MS, we have taken that technology a step further and have developed a lifting strategy that incorporates all of their knowledge with the current valuable bodybuilding techniques. The Matrix Mass System was designed to formally put our knowledge and lifting strategies into a concise step-by-step program that will take the intermediate lifter, one who has trained four days per week for at least six months, into the advanced stages of development. No critical bodybuilding technique has been left out.

Throughout the years we have coached thousands of men and women and have achieved incredible results. We have thoroughly fine-tuned the program, discarding the techniques that do not work and further exploring those that do. We do not believe in sitting back on our past accomplishments but strive to continue to develop more effective formulas for attaining the maximum in muscle size, recognizing that new research reveals new information every year. With the Matrix Mass System, you can manipulate different factors within our system and tailor the program to fit your particular needs. No other regimen gives you this option. Our purpose is to encourage you to stop jumping around from one training style to another by giving you one direct path toward attaining your bodybuilding goals. The Matrix Mass System is proven to give you the maximum in dense muscle size in the shortest amount of time.

At Matrix Systems, we train naturally. Our methods produce gains with no assistance

from artificial chemicals or hormones. How else can you really test a program? Lifters that use chemicals can have very poor training habits yet still get good results. In the end, they learn very little about what works for them. When novice lifters follow the advice from some top pro in a national magazine, they are like drivers in a Pinto trying to follow a nitro- burning funny car! The energy level and recuperative power of a seasoned pro that is on mega-doses of steroids is so far beyond that of the normal healthy athlete that you would quickly overtrain and burn out if you tried to follow their routine. Save yourself the time, energy and disappointment; avoid following any of the training advice from the amateur/pro bodybuilders that you read about in the popular magazines. Our system has worked for everyone that has methodically followed it, not just a select few. We advocate training naturally and intelligently and **GETTING BIG** the right way! The only side effect you will see from our methods is a more developed physique.

WHAT YOU WILL GAIN

There is a lot of misinformation that permeates the local gyms and muscle magazines. In this manual, we will clear the haze that still hangs over modern bodybuilding today. We will show you the most direct path towards your bodybuilding goals through understanding **training effort** (what you do inside the gym and the intensity you generate) and **recuperation** (what you do outside the gym). With this system, you will be able to identify why your gains have slowed or stopped and when it is time to push yourself or time to back off. These cycles are of the utmost importance in your overall development. Your body has to be stressed and then allowed to compensate (build muscle) at regular intervals. Therefore, your training intensity must be constantly changing.

We provide different lifting phases, which we call **PERIODS**, which allow you to experience cycles of high reps/low reps, fast pace/slow pace and high volume/low volume of work. After learning about the different cycles, you will be able to determine which ones you prefer for your specific needs. In the final phase, you will have the tools so that you can train **INSTINCTIVELY**. This much misunderstood term does not mean that there is some spiritual guide that will lead you from one exercise to another. Instinctive training has to do with gut feeling. It involves picking the exercises, reps and pace that is right and most productive for you. We will show you how to do this with careful monitoring of your response and progress. To train instinctively though, you have to have done your homework. You need to go through all the formal phases before you are "educated" enough to train by feeling. We want to make sure you understand our methods completely and that you attain the results that you seek. We do not want simply to sell you a program and leave you to

figure everything out for yourself. With the Matrix Mass System, you receive on-going support and information for one entire year. A monthly update, Matrix Mass News is sent to you covering supplements, new training data and results, routines and related training information. As we test unique new ideas and methods, you will get the results before anybody else. We will also give you the results of monthly testing of new supplements. Because Matrix Systems is an independent group that does not rely on the sponsorship of any fitness product or supplement company, you will know which formulas have the best ingredients with the right amounts and combinations without bias. It beats trying to read through the advertising hype.

In addition to the Matrix manual, you receive our Supplement Handbook. This is an informative guide explaining the functions of important vitamins, minerals and specific bodybuilding supplements. Recommended dosages are given for each key nutrient along with advice on when to take your supplements for optimal results. This is essential information for bodybuilders who want to make faster gains and stay in excellent health.

Finally, with the Matrix Mass System you also receive Personal Support through our private FAX number. Any questions you have concerning the program or related training problems can be faxed or mailed to us and you will receive a prompt response (3-5 days). We want to help you succeed and to be there for you when you have those vital questions. *No other system offers this complete package!*

GROWTH BEYOND LIMITS

We are excited about the Matrix Mass System and believe that you will be too as you progress from one stage to the next. Yet no strategy will work without your hard effort. Fast muscle growth requires 100% of your attention and focus each time you enter the gym. This does not mean to overdo it! Psychologically, this would destroy your long-term workout motivation. Hard effort means pushing yourself a little bit more each time in terms of weight, endurance or mental focus. Get involved in each and every workout.

Remember, our system is not the only way to gain size, but it is the fastest, most direct path toward dramatically increasing your muscularity and reaching your genetic potential. Do not be discouraged if you have a small bone structure or a slow metabolism. While genetics have built-in limitations, one small comforting thought is that, as yet, no one has utilized his or her physical potential to the full limits of their genetic capacity. We have trained bodybuilders who pushed their muscle gains beyond what they ever thought possible. Our system manipulates all of the variables that are critical in helping you reach new levels of development. So dive into this program and we look forward to working with you on your quest for **ULTIMATE MUSCULARITY!**

Yours in Great Health,

Lester S. Maurice
MATRIX SYSTEMS



Note:

Before beginning any exercise schedule, gets your doctor's approval indicating that you will be able to withstand the stress of a weight-lifting program.

CHAPTER ONE

THE WORKOUT

Bodybuilding involves lifting weights to stimulate your muscles sufficiently to cause growth. This growth is due to an over-compensation of the muscle in an effort to adapt to the stress placed on it if the stress remains the same; the muscle has no further need to continue growing. In order for the muscle to keep growing, increased stimulation (stress) must be placed on it regularly. This process is part of the body's recuperation and adaptation function. This important basic concept should be understood. More on adaptation later in this chapter.

Our program is comprised of **PERIODS** that last five weeks in length. Each Period is divided into a three-week high-intensity cycle which we call a **PEAK** phase and a two-week lower-intensity cycle which is a **MAINTENANCE** phase. Changing the intensity levels on a regular basis, known as **PERIODIZING**, will keep your body from adapting to any one type of stress. Periodizing is one of the key factors in consistent muscle growth.

TRAINING FREQUENCY

This is one of the most debated issues in bodybuilding today. Research has indicated that a muscle recuperates **much faster** than we once thought. During a Peak phase (three weeks) a muscle can be trained **daily** when the duration is kept short. The long-accepted belief that it is necessary to wait 72 hours between workouts to re-stimulate a bodypart was based on medical tests performed in the 1950's and is no longer valid. Unfortunately, many bodybuilders still believe that the whole body can only be worked twice a week. That is true when your workouts last two hours. But with the short duration of our workouts, you will be in Periods when your bodyparts are worked daily and will grow tremendously because of it. Forget about the three-day-rest **myth!** There is no scientific evidence to support it.

Two key elements in bodybuilding training are **recuperation** and **conditioning**. Conditioning will develop as a result of your regular workouts. The harder you train, the greater your ability to withstand more stress. Recuperation will be a direct product of your lifestyle and diet. A key factor is that muscle recuperation occurs quickly (6-12 hours) while physical recovery takes longer and therefore

becomes the limiting factor.

Our system has produced the best results on a **five to six day** training cycle. Because of the short duration of the workout itself, your body and muscles will have recuperated enough to allow you to train this often.

Your bodypart training frequency will vary from one Period to another and from your Peak phase to your Maintenance phase. This way your body will never have a chance to adapt and will grow consistently.

WORKOUT LENGTH

Research indicates that a maximum workout length of fifty minutes is the most productive duration for any phase. This is what we call your "Power Curve". Body chemistry, testosterone and growth hormone levels quickly decline after fifty minutes. The enzymes and hormones in your body rapidly diminish and the body has greater difficulty in neutralizing the lactic acid that has accumulated. Keeping the workouts to fifty minutes allows you to focus more fully and to push your training to the maximum. Your body will also be able to recuperate and grow .at a faster rate.

Research shows that after fifty minutes testosterone drops to a lower level than prior to training. A study by Kang in 1990 showed that human growth hormone (hGH) peaks ten to twenty-five minutes after the start of exercise but remains above baseline levels for an hour. This evidence supports our short workout and indicates that you should avoid your initial impulse to try and lengthen your training session by adding extra sets.

DISCIPLINE YOURSELF

Stay within our **PROVEN** guidelines. Training any longer will push your body's ability to recuperate into the danger zone. Compensate the shorter duration workout by pushing each and every set to failure. After a couple of months, you will be rewarded by new muscle growth. We have some trainees that are so excited about putting on new muscle that they want to add some extra sets to their workout. **WRONG.** We quickly remind them what got them that muscle to begin with: short intense workouts.

Forget about those two-hour workouts you either performed or read about - **THEY DO NOT WORK!** At the intensity you will be training, the stress would quickly deplete your physical reserves. Each workout should be an adventure into new growth, not a grueling chore that you find excuses to avoid.

Many have raised questions about Mike Mentzer's Heavy Duty System and its popularity seems to come and go in cycles. We have found some merit to this program of shorter workout lengths, but the structure of the workout is not for the majority of bodybuilders. The average human being cannot raise the intensity level in one set to stimulate the target muscle sufficiently. Even if it could be done for a short phase, the average lifter would still have to switch to a lower intensity period to allow the body to recuperate from the stress. This program has no built-in low intensity phases which are necessary for continued progress. Mentzer misses the point that 95% of lifters cannot perform every rep of every set of every exercise with absolute maximum effort. He may be able to, but we advocate methods that produce results for the majority, not the minority. We have documented that it requires a minimum of three to four sets to achieve exhaustion and have experienced the best results with many more sets during certain Periods.

Many times you have seen lifters training for what seems to be hours. If your intensity level is 50% or 60%, you can train that long. Most of the time these people are "trainaholics" and even when they come across a shorter, more efficient way to develop more muscle, they usually slide back into their old training habits. **IGNORE THEM.** When you are lifting with near maximum effort, in the 80%-90% range, your body cannot take any more than fifty minutes. Your enthusiasm may still be high but your physiology will be declining without you even realizing it. So keep your workouts brief, even during the Instinctive Period of your training.

THE SET

The use of strict, textbook style in performing an exercise because of tradition makes **NO SENSE.** As bodybuilders, we are measured by the size of our muscles, not by the way we execute a particular movement. The strict exercise guidelines were devised to measure performance in Olympic lifts, power lifts and other tests of strength, not to develop muscle. We believe in strict movement at the onset of each set and then, as the muscle starts to fatigue, loosening up and completing the exercise with more of a free style. The goal is to keep the weight moving and to continue to stress the target muscle. In the free style portion of the set, your own momentum and synergy of other muscle groups is used to completely exhaust the target bodypart. This free-style approach does not mean that you can start throwing the weights around carelessly. Always maintain control of the weight, but cheat just enough to finish your target reps. *Strict, picture-perfect form is another "rule" to forget!*

General exercise practice dictated rep speed to be three seconds for concentric contraction (raising the weight) and two seconds for eccentric contraction (lowering

the weight). The three seconds up and two seconds down rule were heard at gyms everywhere. Then Nautilus formulated two seconds concentric and four seconds eccentric. **FORGET IT!** The weight should move up and down at an even speed. If you blast a bar up in two seconds, then you lower that bar in two seconds. This stays within the natural contraction abilities of the muscle.

Research that lends support is noted in the exercise physiology textbook by Edington, Biology of Physical Exercise. It indicates that your muscles were meant to contract quickly and then release at the same speed. To resist a weight on the negative portion (eccentric) of a lift is to stress your muscle, ligaments, tendons and joints beyond their natural and normal functions.

Most (90%) of the injuries that we have seen in the gym have been through the use of negative resistance. For this reason, our system does not prescribe the use of any negatives. The key is to lower the weight in a controlled but natural fashion. *Guide it down but do not resist it down.*

Our program prescribes a target number of reps to complete for each workout each day. These target reps are a guideline. Stay within a couple of reps of them. Simply, if you cannot reach your target reps, then you have chosen a weight that was too heavy and you should lighten it up on the next set. If you have gone over your target, then add more weight to the bar. After a couple of months you will be in tune with your strength levels and be able to choose a weight quickly that falls within your rep range for that workout. The rep ranges are manipulated for a special effect - stick closely to them.

The important point is that you should always be pushing to lift a little more weight. Do not be afraid to experiment with a weight that is heavier than you usually lift. Have a lighter barbell or set of dumbbells nearby so that if you fail before you reach your target reps, you can finish the set with that lighter weight. This **DROP SET** technique will also add quite a bit of intensity to your workout.

REST BETWEEN SETS

In our program, the resting time between your sets will be strategically varied. The rest period dictates the pace at which your workout will move. Some paces will be very fast and will have you sweating and breathing hard. Other workouts will move along more slowly, allowing you to lift heavier and recuperate more fully. Longer rest periods tax your short-term explosive energy reserves (ATP system) and the shorter rest periods tax your long-term extended energy reserves (lactic acid system). When glucose molecules are split during a fast-paced workout, lactic acid is produced as a by-product

or waste. When you rest for longer periods, your body has a chance to recuperate and your ATP system can fully charge up again, which usually takes approximately two minutes. When you rest for shorter periods, your ATP system cannot re-charge and your lactic acid system takes over to give you the energy to complete your set. There is new research supporting the theory that taxing the lactic acid system can produce growth hormone release which further enhances your development. This is why it is important to feel the "burn" (lactic acid build-up) at the end of each set whether training with shorter or longer rest periods.

There is also an intermediate energy system that falls between the ATP and lactic acid system. Your recuperative powers and therefore your muscle size will develop more quickly and thoroughly when all systems (explosive, intermediate and extended) are used. This is a critical factor in our strategy. Stay within the resting times for the particular phase that you are in. They do not have to be exact but in that range. Take the rest times **SERIOUSLY**.

THE ALMIGHTY REP

There has been controversy over how many reps should be performed in a set. Many felt that higher reps increased definition and that lower reps developed power and size. It was believed that it was best to develop either fast twitch muscle fiber or slow twitch muscle fiber. The degree of white or red muscle fiber in your body is genetically set. There is nothing you can do to change that, so you need to fully stimulate all the muscle fibers that you have. You must train in both the lower and higher rep ranges for total development. Matrix Systems has engineered a program which periodizes your training throughout all the rep ranges. Because of this periodization, we have documented rapid muscle growth in both rep schemes.

Research has proven that is the intensity of the set, not the number of repetitions performed that is vital to muscle growth and hGH release. Shifting from a high-rep phase to a low-rep phase forces your muscles to grow and adapt to the new stress. **It is this new stress that stimulates new growth.**

Remember, your goal is to keep pushing your reps until you cannot complete another one, not simply until the burning makes you uncomfortable. If the burning starts to overwhelm you, then pause at the bottom; take a couple of deep breaths and force out a few more. Just this two- second pause will allow enough lactic acid to be absorbed by your body to enable you to force out a few more reps. This is tough but these are your **GROWTH** reps.

PHASE TRAINING

Many old systems had you cycle train. Bodybuilders used to train with lighter weights at a faster pace for pre-contest preparation and with heavier weights at a slower pace for off-season growth. The problem is that these cycles were too long. Heavy training for four or five months would allow the body to adapt and stop growing. The same is true of the pre-contest phase. The high reps and fast pace would quickly burn out any lifter trying to maintain it for over twelve weeks.

The strategy that MS has devised for you changes your phases from month to month. Our phase training will change your resting periods, sets, reps and frequency of how often the target muscles are worked. You will enter a "mini pre-contest" type of phase and then slow down for your "off-season" heavier lifting cycles as well. Each phase or Period is designed to stress your muscles in a different way. Each is designed to shock your muscles with a new stimulus. Your physique will never adapt or go stale and, therefore, never stop growing. Plus, mentally you will always have a new routine to focus on and stay enthusiastic about.

MS will have you train for three weeks, in an increasing intensity mode, which is your **Peak Phase**. Research has shown that it takes three weeks before your body adapts to a new stimulus and is able to endure aggressive intense resistance training. During this time, rest periods will become shorter and sets will be added. Mentally, you should be forcing your body to the edge. Focus on every set. Every movement should be pushed to momentary failure as a goal. You should employ the Overload techniques, covered in the next chapter, on the schedule we recommend. Use maximum weights, allowing you to reach your target reps. **BLAST** your muscles and make them work.

Following your three weeks of the high intensity Peak phase, you will enter the **Maintenance Phase**. Your Maintenance phase will last two weeks and everything will slow down. You will have more time to rest and less sets to perform, but you will still train hard. Since you will have more resting time, you will focus on using heavier weights but you will stop your sets two reps short of failure. You will still be pushing hard but not taking it to momentary failure or using any Overload techniques. Remember, you are doing this to avoid muscular adaptation because adaptation is your enemy. It is over-compensation that we strive for. Staying specifically with our program will change your focus and stress levels from Period to Period. This is a good time to change your exercises because this automatically lowers your intensity level.

Lowering the intensity in the Maintenance phase allows your body to recuperate from the Peak phase training. This two-week time is sufficient for your body to re-establish its enzyme levels and to stabilize its hormonal output. During the Peak phase your body is pushed to the limit. Your enzymatic systems and glands producing growth hormones are strongly stimulated. Although this is the desired effect, you would

eventually overtrain if you kept up this high intensity level of training. This is why we strategically include this "cool down" Maintenance phase to allow your body and mind to re-charge.

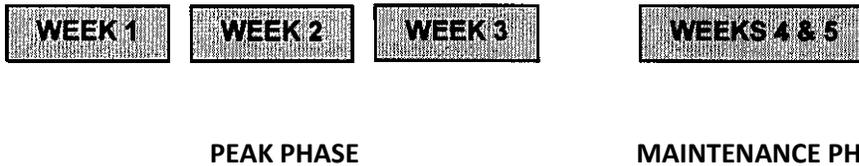
If for some reason you cannot start the next Peak phase on time, then you can extend your Maintenance phase. Sometimes your mind may not be prepared to begin another high intensity cycle, so take an extra week or two. You can extend your Maintenance phase so that it lasts up to four weeks. Just realize that each additional week slows your growth down because of your body's adaptation process. When possible, try to stay within the two-week training time and never go over the four-week period.

A three-week Peak phase, followed by a two-week Maintenance phase comprises a Period (a total of five weeks). As soon as you complete your Maintenance phase, you begin the next Period. We have designed 11 DISTINCTLY different Periods that will outline your training schedule for a full year. Each one is set up to build on the previous one, so follow them in the exact order that they are given.

As you go through each Period, you will gain knowledge and a new perspective on how your muscles react to different types of training stress. Once you have gone through the full year cycle, you can start at the beginning again or pick the Periods that gave you the best results, group them together and follow them until you decide you need a change.

Note: Don't be afraid to push to failure during each work-out in the Peak phase. This is the time to blast your body. Only in going to failure can you ensure that you have triggered all the muscle fibers in your target bodypart. Mentally, you can tell yourself that each Peak is only three weeks long and then you can look forward to a slower pace for a solid two weeks.

ONE PERIOD



ADAPTATION / OVER COMPENSATION

The sole physiological key to bodybuilding is **ADAPTATION and OVERCOMPENSATION**. By definition it is any change or response to suit a new environment. In bodybuilding, we lift weights in order to stimulate a specific adaptive response – **LARGER MUSCLES**. If our training program is on target, then this adaptive response occurs quite frequently. While your muscles are growing, it is "over-adaptation" or over-compensation that is occurring.

Our musculature will grow and get bigger and stronger when it has to contract against a greater-than-normal stress. If the stress is normal, then no change will occur because the muscle has already adapted. When we train, we have to strive to provide resistance that is **continually** greater than normal to initiate a new adaptive response.

It is important to increase stress and become stronger with every workout. Physiology teaches us that a stronger muscle is a larger muscle. We all must develop strength to create the type of physique that we desire. This raises the question of what is greater-than-normal stress. If you can bench press 150 pounds for eight reps, then increasing your weight to 160 pounds for eight reps will increase your stress. Decreasing the rest period between your sets and still using the same 150 pounds will also increase your stress. Finally, dropping the weight down to 130 pounds and performing fifteen reps will also increase your stress. Many bodybuilders are confused with this overload idea. They feel that going into the gym and constantly trying to lift heavier weights is the only way to grow. It is **ONE** way to grow but they are missing the various other factors that can increase training load and stress, thereby causing muscular growth.

You have to overload the muscle on a progressive basis and then give it time for repair and recuperation in order for it to become bigger and stronger. Another way of changing the stress placed upon the muscles is to change your exercises every Peak and Maintenance phase. This change can be as subtle as using a different grip, angle or bar. Even minor changes cause a stress-response.

For many years a myth has existed that a muscle was torn down during training and then later re-built during rest. Current on-going research now indicates that a muscle actually begins to recuperate, repair and grow during training. Most of the growth does occur within twelve hours of working out but the recuperation process is initiated during the training session. For this process to occur effectively three conditions must exist. The workout must be short enough so that other systems in the body are not so depleted that they draw energy from the muscle-building process. Sufficient amino acids must be available as the material and fuel for repair. Finally, the intensity of the stress (workout) must be high enough to cause growth.

Maintaining a high nitrogen balance through sufficient protein intake will insure that the amino acids are available for growth when you need them. There are specific amino acid formulations that can be taken prior to training to enhance the repair process and the effects of the growth hormone spike which occurs during training. The details of which supplements to use are found in your Supplement Handbook.

With this knowledge, the Matrix Mass System has incorporated ALL the factors needed to provide your muscles with greater-than-normal workloads on a progressive basis. This is why our program has been so successful in stimulating rapid muscle growth.

STRETCHING

Stretching is a progressive system of exercise that increases flexibility of muscles, joints and connective tissue. Although muscle tissue is the main focus of stretching, related body tissue can benefit because tendons and ligaments are warmed up and joints become lubricated through this activity. This makes them more resilient and less likely to be injured during exercise. The importance of this practice can be seen readily during warm-ups and stretches utilized by every team sport in the world.

When it comes to building muscle, stretching will not only help you avoid injury-essential to your ongoing pursuit of mass and strength-but will enhance the tissue's ability for hypertrophy (growth). Muscles that are suppler have an increased ability to contract forcefully. Stronger contractions mean stronger, bigger muscles. Stretching also helps to expand the fascia sheath surrounding muscle tissue, allowing it to swell beyond its normal potential. This added expansion leaves a greater potential for growth. Fascia stretching should be done between sets, when the muscles are already pumped, so as to maximize the tissue circumference.

Stretching a muscle allows it to recover more quickly, helps prevent injuries and decreases post-workout soreness. These benefits occur because more blood is brought into the area and circulation increased. Waste products are eliminated more efficiently from the muscles you are training.

When training a particular muscle group, make sure to stretch it between sets when resting. The key is to stretch slowly and evenly. Do not bounce because you take the chance of over-stretching the muscle and causing damage to the ligaments and tendons and to the muscle itself. Gently stretch and hold it for three to five seconds. This technique brings more blood into the muscle and therefore helps it to recover more quickly. At the end of the workout, give your whole body one quick stretch throughout.

This simple technique will enhance your workout with a better muscle pump and decrease lactic acid build-up by 50%. Research has proven its value and it is worth including in your workouts.



CHAPTER TWO

MUSCLE OVERLOAD

TRAINING ON THE EDGE

As we stated, your goal is to push each set during a Peak phase to momentary failure. During your Maintenance phase, you will stop a couple of reps short of failure. You still lift your normal weight load, but you do not push the sets as far.

During your Peak phase, you will complete your reps using maximum effort until the muscle quits. At this point you can continue to push the muscle even further. This is what we call **MUSCLE OVERLOADING**. Going past the point of normal contraction. In the initial Shape-up Period, you will not use any Overload techniques. In your second Period, you can start going a little harder. Start pushing **ONE** set in each bodypart with an overload stress. In the third Period, you can start performing **TWO** sets in each bodypart with an overload. Never do more than two sets. Some trainees push their regular sets so intensely that they can only perform a few sets of overload for their whole workout. That is fine. Overload sets can be extremely brutal, so use them sparingly. Again, stay within our guidelines. If you do not feel up to using an overload on a workout day, listen to your body and do not use one. Push your regular sets to the limit.

Our program will increase your intensity systematically. We do this by manipulating the number of sets, the set resting times and the volume (by changing your target rep range) of the weights you will lift. These increases are engineered in your program. What **YOU** are responsible for is increasing the weight that you lift and using the muscle Overload techniques that we have outlined for you.

At Matrix Systems we have researched every possible overload, high-intensity set extension technique available. We know what works, what does not and which are the safest ones to use. The following seven techniques and methods are the ones we use and recommend regularly. When using these Overload Techniques, you will notice the immediate burn and pump that you get in the target muscle. At this intensity level, the adrenalin rush can raise your strength levels considerably and push you into an explosive workout. It is this type of training that specifically stimulates growth hormone release and makes the muscle stronger. We encourage you to become familiar with these techniques and use them in every workout during a Peak phase.

After the Overload descriptions, we describe two intensity performance methods that are included as part of your program. They are not Overload extension techniques *per se*

but are methods that manipulate your sets within a workout to create additional stress. These techniques should be used only **after** you have given 100% effort to your regular set.

OVERLOAD TECHNIQUES

1) **CHEATING**

This is simply breaking form in the final reps of your set so that you can squeeze out a few more. Cheating should only be used when you cannot perform any more strict reps. Then you only cheat enough to get the weight up. The mistake many lifters make is that they cheat so much, with so much momentum, that they take all the stress away from the target muscle. Cheating should be used to **ADD** stress to the muscle, not lessen it. If you are starting out your set by cheating, take some weight off the bar because it is too heavy. Remember, even though you are cheating, make sure that you have full control of the weight and be careful to avoid stressing your lower back and joints. The key is to **MAINTAIN CONTROL**.

2) **FORCED REPS**

These are executed when a partner helps you perform the last few reps by giving you assistance in lifting the weight. This technique is great when you are trying to lift a new, heavier weight and you want to make sure you reach your target reps. Often you see novice lifters performing every set of their workout with forced reps. The problem is that their partners are usually getting most of the workout! Do not fall into the trap of using this technique too much or **before** you really need it. Psychologically, it is easy to quit on a set before you are really exhausted if you know your partner is close by, ready to lend a hand. Push your set until **YOU** reach failure, **THEN** perform a few forced reps. If you follow this rule you will not be as eager to use forced reps on every set.

3) **MODIFIED REPS**

This is an **EXCELLENT** technique to use on your own. The burn you will feel in the muscle will hook you into this method very quickly. When you have completed your full regular reps, continue to move the weight through part of the range of motion. That can be a half rep, a quarter rep or even just a couple of inches. Just keep moving the weight. When you performed your regular reps, you stimulated your muscle fibers 70%-80%. As you continue to push, even in small increments, the muscle fibers keep firing and additional fibers are recruited to assist in the effort. This is exactly what you want to do – overload the muscle and force it to grow. This technique is very intense. Use it sparingly, like any other overload method.

4) **SQUEEZE/PAUSE**

This is often a good technique to finish off your modified reps. It simply involves holding the weight motionless and continuing to squeeze and contract the muscle. It is

similar to isometrics, except you perform it at the end of a set. This is a finishing technique that leaves your muscles sizzling. Even in this motionless state, your muscles are working overtime just holding the weight. At the end of your set, especially if you have performed modified reps, the weight will feel ten times as heavy.

5) DROP SETS

This is one of our personal favorites. We use this technique often because you get immediate results. The pump you feel when performing even just one drop in weight is incredible. A drop set is executed when you push your regular reps out and reach failure, then you drop (place carefully on the floor) the weight and pick up a lighter bar and continue to squeeze out a few more reps. You can keep doing these drops until you cannot lift even the lightest weight. Most trainees usually will perform one to two drops but you can do more. Remember, you want to stay within your rep range, so start with a heavier weight than usual, one that makes you fail early, then quickly move to a lighter weight. There should be no rest between changing weights, just enough time to get the other bar in your hands and keep pushing. This technique works well with dumbbells and, if you have a training partner, with barbells also. Usually, each drop will be a weight that is 20%-30% lighter than the previous one, but a little experimentation will indicate what a good drop is for you.

INTENSITY ZONE

1) PRE-EXHAUSTION

This is a high-intensity lifting method that works by pre-exhausting the target muscle with an isolation exercise followed immediately by a compound exercise with no rest in between. The goal is to temporarily weaken the target muscle group and give the weak link a strength advantage so that the bodypart can be thoroughly exhausted.

This is simpler than it sounds. For example, when working shoulders (delts) with a pressing motion, the triceps is the weak link. It is the smaller, weaker muscle that fatigues before the delts are fully worked. To employ the pre-exhaust method, you first perform side laterals, to directly hit and isolate the delt muscle. Then you immediately move to the compound press and work the whole shoulder area. By this time, your delts are pre-exhausted from the laterals, so that when the military press is used, you have given the triceps a strength advantage and you can stimulate your delt muscles even further.

Another example of this is when training the back. When performing rows, the biceps is the weak link to a very powerful back structure. To pre-exhaust the lats, you would perform dumbbell pullovers to directly isolate the lats, and then move immediately to bent-over rows to finish. In pre-exhaustion, you always use an isolation exercise followed by a compound exercise for the same muscle group.

This is not one of the intensity methods that you will use during every workout. When performing pre-exhaustion, you should reduce your sets; otherwise you would quickly overtrain and run down your recovery system.

We have outlined a specific Period in your schedule that employs all the pre-exhaustion exercises needed to train your whole body. This program is carefully designed to give you the right amount of stress for ultimate growth.

2) TARGET OVERLOAD

This is the final intensity method that is incorporated into three of your Periods. Target Overload is a strategy that works a bodypart only once per week. Many lifters like this scheme because they can focus completely on one muscle group at a time. The goal is to BLAST one bodypart, overtraining it with numerous sets and then allowing a full week for recuperation. The emphasis in Target Overload is high volume work with low frequency.

We have had the most success with our specific Target Overload Periods. The workout is extremely stressful, primarily in the Peak phases, but you will be amazed at the muscle gains that you will experience during these overload cycles. Because of the stress factors, these Periods are several months down the line in your overall program, so that you can build up the conditioning that you will need to make them work. DO NOT jump straight to them. You will burn out and gain little benefit from them at all. It is important to work through the Periods in the order given.

Which Overload techniques you use has a great deal to do with your personality. Some lifters prefer not asking anyone to assist them, so they stay away from forced reps and use modified and squeeze/pause reps. Some do not like breaking form and cheating, so they set up lighter weights and use drop sets instead. The method you use is not as important as just choosing one and pushing your set to the limit.

The Ultimate Set

Imagine yourself slowly walking up to the bar to perform a final set of barbell curls. You have completed two sets and this is the last set of your workout. You have gotten a good pump and feel satisfied. But now you want to really explore the *pain zone* that you have read and heard about by so many advanced lifters. You psyche yourself up for one last valiant effort. You grip the bar about shoulder width apart. It weighs 140 pounds and in the past you have only been able to get one to two reps with it. You start the set and because you are really motivated you get three reps. You start to swing your

body very slightly and squeeze out two more reps by Cheating. At this point your partner helps you squeeze out another three reps using Forced Reps. Now your biceps are sizzling. You drop the bar and quickly pick up the 70 pounder to perform a Drop Set. You are only able to squeeze out two more reps. You drop that bar and pick up the 30 pounder and get three reps on your own, but you keep moving the bar for Modified Reps up to waist level. Then your motion decreases to about two inches off your thighs. By now your arms feel like they want to explode and you are pouring sweat. In a final effort, you just hold the weight for four seconds of a Squeeze/Pause Rep. *That is intensity!*

If you can perform one set like that every couple of workouts, you would not only see new muscle growth, you would feel a renewed sense of purpose towards your lifting goals. You would have the satisfaction of having faced pain and dealt with it. Pushing your body and mind to a new arena of training is what the Matrix Mass System is all about.

CHAPTER THREE

THE EXERCISES

HOW TO CHOOSE

Experience has shown us that certain exercises produce better results than others. Through years of training and the process of elimination, bodybuilders figured out which movements were the best. The problem is that nobody knew exactly **WHY** these exercises were better. If nobody knew exactly why they were better, it was impossible to figure out what other new exercises might be beneficial as well. Maybe some new pieces of equipment have become available to you and you are not quite sure if they are really good for building muscle. Experience is valuable, but it has taken too many years to figure out that a handful of exercises produce the best results. A big question was left unanswered as to why certain movements are productive.

Matrix Systems has analyzed this question for years and has developed an important **concept** in helping you select which exercises work better than others and which movements will give you the best results. You will now have a guideline that you can apply in choosing which exercises to perform. You will be able to work out in any gym, using any equipment and still get good results.

The concept is **MAXIMAL FIBER STIMULATION** or MFS. It involves activating the most muscle fibers possible due to stabilizer muscle involvement and the synergy of assisting muscle groups triggered in a specific movement. The more stabilizer muscles that are involved in a movement, the more work and effort that your body is putting forth. When there is a high degree of stabilizer muscle involvement, there is also a high degree of recruited muscle assisting in the effort. Any weight-lifting movement that includes these elements to a large extent will be your key **MUSCLE MASS** building exercises.

Take for example the parallel bar dip. It is a compound movement that involves your pecs, delts and triceps. Now think about all the muscles that stabilize your body during one rep of this movement, like your intercostals, abdominals, lumbar, glutes and basically the whole pelvic and shoulder girdle structure. You know the balance that you must maintain to stay in position for this exercise. That is what makes the dip so valuable in building muscle.

Another example is the squat. Practically every muscle in your body acts as either a

stabilizer in this movement or assists in the effort of raising the bar. Your balance is involved to its highest degree. Just a moment's slip in concentration and the bar will sway to one side or the other. Nobody can deny the effectiveness of the squat, but now you know **WHY** it is so productive.

Finally, let us examine the bent-over row. The muscles that are stabilizing you in this movement are the calves, quadriceps, lumbar, abdominals, obliques, lats, shoulders, etc. This exercise involves a high degree of **stabilizer** and **assisting** muscle interaction. For building a strong powerful back, few other movements can match this one.

Remember, when there is a high degree of stabilizer / assisting muscle interaction, there is also a great amount of mental focus. You have no choice. Have you ever seen anybody just chatting away in the middle of some heavy squats? Or performing a military press? You cannot because your mind is too focused on what you are doing. These multi-joint compound movements should be the core of your workout exercises. MFS is what makes these movements so **EFFECTIVE**. You often see people talking away, however, when they are strapped in some machine where no stabilizer or assisting muscle involvement is necessary. Then they wonder why they are not building any significant muscle!

COMPOUND EXERCISES RULE

Compound, multi-joint free weight, exercises are the best for building pure, solid, dense muscularity and mass. Past experience has proven this beyond a doubt and now you know why.

All compound exercises require high stabilizer / assisting muscle interaction. They stress primary and secondary muscles through the entire range of motion.

Machine companies for many years have tried to tell us that their contraptions worked more naturally than free weights, conforming to the body's normal strength curve. **PURE NONSENSE**. There is nothing natural about being strapped into one of these things and following the machine's path through the whole range of motion. One of the major problems here is with the variable resistance cam. Changing the resistance throughout the movement places an unnatural stress on the body's skeletal structure. All of the joint and tendon problems documented from their use will confirm that fact. Nautilus and other machine companies have claimed that their equipment produces the fastest and best results. Well, it has been almost three decades now and not one champion that has trained exclusively on these machines has ever been produced, even at the local level. This is an example of a theory that seems to work well on paper yet fails in actual application.

If you have a physical limitation or are recovering from injury, some machine work

will help you get back into shape. Why? Because they are convenient and easy to use when you are not 100% functional and because limited stimulation is better than none at all. Our advice is to **STAY AWAY** from any variable resistance apparatus while you are in the pursuit of maximum muscle size.

As final word about machines that have variable resistance, George Elder, respected strength coach for the University of New Hampshire stated, "Most machines are worked on a very slow movement basis, so the athlete does not have to worry about balance, coordination, speed or timing when he trains." How much mental involvement do you think these machines stimulate?

Listed below are the *types* of movements on which you should focus. We recommend that 75% of your routine come from the type of exercises in Group I and the balance of your movements, the other 25%, from Groups II and III. This focus is particularly important when you are initially trying to gain lean muscle mass. We are after major muscle stimulation here, not isolation of individual muscle groups.

GROUP 1 – 1ST CHOICE

Compound, Multi-joint Free Weights

Barbell or Dumbbells

Bench press, Squats, Dips, Chin-ups and Pull-ups, Military press, Bent over row, Deadlifts, Upright rows, etc.

GROUP 2 – 2ND CHOICE

Isolation Free Weights

Laterals, Concentration curls, Tricep kickbacks,
One arm rows, Incline flys, etc.

GROUP 3 – 3RD CHOICE

Compound Machines

(Those without a variable resistance cam)

Seated pulley rows, Overhead pulldowns,
Leg press, Smith machine, Hack squats, etc.

Each group is a general type of exercise. The examples listed under each are is not all-inclusive. They give you an idea of the kind of movements we are talking about. Remember, compound, multi-joint free weight exercises that involve a large amount of stabilizer/assisting muscle interaction are going to be the most effective. As a general rule, free weight movements always require a high degree of balance and stabilization and subsequently mental focus.

Compound, multi-joint movements are chosen over isolation because they work many muscles at one time. The body generates a certain synergy when many assisting muscle groups are involved in a lifting effort. When your time is limited, as in our program, compound movements will give you the most stimulation.

THE ESSENTIAL MOVEMENTS

Before beginning your actual routine, you should always briefly warm up. We advocate no more than a five to ten minute warm-up and stretch because any longer would begin to draw energy from your bodybuilding workout. This warm-up does not count in your actual workout time. A quick stretching of the arms, torso and legs is adequate; 25-50 push-ups, 25 jumping jacks and 25 crunches will do the job. Everyone has a preferred warm-up routine. As long as it does not last over ten minutes, stay with what you like. The point is to prepare the body for what is to come, increase your blood flow, raise your core temperature and get your mind focused and ready to work out. The extended warm-up ritual is a waste of energy and time and is unnecessary.

The only time we recommend a longer warm-up is when you are nursing an injury. If you have a bad shoulder, take extra time to thoroughly stretch it out and warm it up. If a therapist has given you a particular routine, follow it.

When you begin lifting, unless you have an injury, start with 70% of your workout weight. On the next set, go to 90%-100% of your workout weight. If you have a sore body-part or injury, begin your first set with about 50% of your weight but do not count this set as one of your working sets. Basically, we do not believe in beginning each exercise with a really light warm-up set. This wastes energy and time. If you have stretched out enough and are properly focused, your body can start at 70% or 80% of your workout weight with no problems. Many of our trainees start at full capacity on their very first set and have never had an injury because of it. It should be noted, however, that they have been on our programs for many years. As a rule, if your initial weight is higher, your workout weight will also become higher.

MASS BUILDERS

These are the exercises that trigger Maximal Fiber Stimulation and are therefore your most productive. They are compound, multi-joint movements. This list is not comprehensive but has proven to be the most effective. The exercises that are underlined are the ones you should focus on or at least include in EVERY workout. They are your MASS BUILDERS.

THE CORE EXERCISES

BACK:

CHIN UPS (WEIGHTED)
BENT OVER ROWS
DEADLIFTS
SEATED PULLEY ROWS
LAT MACHINE PULLDOWNS
ONE ARM ROWS
T-BAR ROWS
DUMBBELL PULLOVERS

DELTS:

STANDING MILITARY
SEATED MILITARY
UPRIGHT ROWS
DUMBBELL PRESS
LATERAL RAISES
BENT OVER LATERALS
REVERSE PEC DECK

CALVES:

STANDING CALF RAISE
SEATED CALF RAISE
DONKEY CALF RAISE
LEG MACHINE PRESS
DUMBBELL CALF RAISE

CHEST:

DIPS (WEIGHTED)
BENCH PRESS
INCLINE BAR PRESS
DUMBBELL FLAT PRESS
DUMBBELL INCLINES
INCLINE FLYS
DECLINE BAR PRESS
PEC DECK MACHINE

THIGHS:

SQUATS
HACK SQUATS
LEG PRESS
LEG EXTENSIONS
LEG CURLS

BICEPS:

BARBELL CURL
PULL UPS
STANDING DUMBBELL CURL
CONCENTRATION CURL
INCLINE DUMBBELL CURL
PREACHER CURL
CABLE CURLS

TRICEPS:**CLOSE GRIP BENCH****TRICEP REAR BENCH DIPS****LAYING TRICEP EXTENSION****OVERHEAD TRICEP EXT.****PULLEY PUSHDOWNS****DUMBBELL KICKBACKS****FOREARMS:****BAR WRIST CURL****REVERSE BARBELL CURL****DUMBBELL HAMMER CURLS****REVERSE BAR WRIST CURL****DUMBBELL WRIST CURL****REVERSE DUMBBELL WRIST CURL****ABS/LOWER BACK:****INCLINE SIT-UPS****HANGING LEG RAISES****PRONE HYPEREXTENSIONS****LAYING LEG RAISE****CRUNCHES****OBLIQUE RAISES (SIDE CRUNCH)****KEY TIPS**

In this section we will review some main points about each bodypart and identify important exercises.

BACK //

The back is a strong and complex bodypart. It is important that you aim for a full contraction, trying to pull the shoulder blades together when possible. Focus on **FEELING** the lats contract. As far as a mass movement, the deadlift is one of the best. We grouped the deadlift in this bodypart because it works the lower and mid-back, but it also works the thighs, hamstrings and shoulders. Another exercise for overall back development is the bent-over row. Perform these on a platform to allow you to stretch the bar down to your feet. Make sure you always use a lifting belt for this one. To develop upper back width, focus on chin-ups and lat machine pulldowns. Using straps will

allow you to lift more weight.

CHEST //

Weighted dips are the best mass developer. Make sure to keep your back arched, your chest pushed forward and do not lock out at the top of the movement. Get a full stretch at the bottom and when you cannot get another full rep, just pump it and stretch. The key for good chest development is to hit as many angles as possible. Perform incline and flat presses and a fly motion to stimulate the whole area

DELTS //

The standing military press is your main first choice for shoulders. Standing is better than seated because of the stabilizer/assisting muscle elements that we talked about. Avoid pressing behind your neck because this places too much stress on the shoulder joints. Pressing to the front of your body will give you the best results. Do not perform any upright rows if your traps are sufficiently developed. Sloped shoulders are not a feature you want to accentuate. Try to include a lateral movement and rear delt movement at least once a week. Stick with the heavy basic pressing motions for mass and power. You do not need to perform any front delt isolation exercises since you get so much indirect stimulation from all your other pressing movements.

THIGHS //

Bodybuilding has long had a love-hate relationship with squats. It has also been a topic of much controversy. Some old-timers believe that it is the best overall exercise in the gym because it stimulates growth hormones in the body to be released. Others, like Vince Gironda, feel that squats are overrated and that they will overdevelop your glutes and ruin your knees. We have seen both of these results with the squat. It is basically a matter of exercise performance and your physical structure.

If squats are not performed strictly, they can overdevelop your glutes and put a lot of stress on your knees. For some, even when performed properly, they have these side effects. If you can tolerate squats structurally, they are one of the best thigh developers and overall body stimulators around. If you cannot perform them without problems, do not despair. You can still develop a great pair of legs with the incline leg press and leg extension machine. We have many trainees with huge thighs that have never squatted and have built them up with nothing but leg pressing motions. You can still benefit from the growth hormone release if you perform leg presses intensely enough. If you decide to perform squats, then make sure you go all the way down. We have found that the knees take a lot less abuse going through a full range of motion as opposed to stressing them by trying to stop your squatting motion at parallel. Wrapping your knees with ace bandages will help give you some additional support.

CALVES //

This is a simpler bodypart to develop than most lifters like to make it seem. Use the

standing and seated calf machine. This is one of the few bodyparts that you can basically go through a full range of motion with full stretch and contraction. Do not cheat yourself and go *ALL* the way up and down.

For making your calves appear bigger and flare out at the sides, use the seated calf machine. This hits the soleus which is the long muscle that lies underneath the gastrocnemius muscle. For chiseling the diamond shape into them, use the standing calf machine. Generally, the calves require higher reps than the rest of the body and this is reflected in your program.

BICEPS //

Not too many of us need much motivation to blast the biceps. The mass builder here is the standing barbell curl. Use a straight bar because this keeps your grip supinated and contracts the biceps more fully. One of the reasons that you should focus on this movement is that you can really squeeze out more reps when your muscles fail by cheating. Cheat only enough to get the bar up and only after you have completed as many strict reps as possible. Do not cheat so much that your lower back is getting the majority of the workload. Another important movement, again because of the MFS interaction, is the pull up. This really hits the whole bicep area. Attach a dumbbell to your waist as soon as your reps go over your target range.

TRICEPS //

We have found the close grip bench press really puts on the size for this muscle. The hands should be no closer than 12 inches and the elbows should be kept forward. We have seen too many people put their hands too close and therefore flare their arms out and move the focus to the front delts. Also, with a 12-inch grip, the stress on the elbow joints is minimized.

Another strong movement is the laying tricep extension. But, if you feel the slightest tweak in the elbows, stick with the close grip bench and the tricep rear bench dips. The laying extension is one of those movements that your joints are either made for or they are not. You can use either a barbell or dumbbells for this motion.

FOREARMS //

I am sure that you have often read about how some bodybuilders just grow huge forearms through indirect stimulation. It is true that in every gripping effort your forearms are really worked, but we feel that they still need some **DIRECT** stimulation. We have found that the reverse barbell curl produces excellent results because it directly works the brachioradialis and brachialis, the muscles on the top of the forearm that run underneath the bicep muscle. Developing this pushes the bicep up and will give you overall larger arm size. Perform this exercise because it really works! The second great option for working the forearms is the incline dumbbell hammer curl. Sit on an incline bench and curl a pair of dumbbells with a vertical grip, thumbs

pointing up, throughout the movement. You can curl them together or alternately.

Another important movement is the standard barbell wrist curl. Performing this exercise, palms up on your knees, will develop your flexors on the underside of the forearms. Between both of these types of movements you will develop some really powerful lower arms.

ABS //

I think everyone knows by now that diet is the most crucial element in attaining well-developed abs. If the fat is there, we do not care if you do 1000 incline sit-ups every-day, twice a day! You still will not be able to see them. When people perform extensive ab workouts, all they are really doing is burning calories. Why not just hop on the lifecycle and do it more efficiently? Focus on the incline sit-up and hanging leg raise. For strengthening the lower back, perform hyperextensions. We have developed really neat, tight abdominals throughout the years by staying away from using any weights during ab training. Using weights will thicken your waist, make your shoulders appear narrower and throw off your symmetry. This is not an area you want to build dense muscle. At this point, you should focus on tight ab development in the rep range of 25-50 but not on super-chiseled abs because you would have to lower your caloric intake too much. This would slow down your mass-building efforts considerably.

When training for mass, you have to gear all your efforts towards your specific goal. If you try to accomplish too many different goals that conflict with each other, you will end up frustrated. At the point when you are satisfied with your muscle mass and want to go for clear-cut definition, you must include aerobic training in your workout for 20-30 minutes, three times per week, lower your caloric intake and take supplements that are specific for your goal.

KEEPING TRACK

It is important that you keep a training record. You will want to list all the exercises that you perform and the heaviest weight that you lift for six to eight reps. This will enable you to keep track of your strength increases. Each month, update your weight increases. Monthly Personal Record Data sheets are provided in the back.

Next, keep track of your bodyweight and body measurements. Your bodyweight can be recorded every one to two weeks. All your other entries should be made monthly. The measurements that you will record will be: neck, upper arm (biceps), forearm (flexed), chest (relaxed), measurement across your belly button (the umbilicus), your waist, your mid-thigh (flexed) and your calf (relaxed). Be consistent and measure the same area of each bodypart each time.

As far as your bodyfat is concerned, we feel this is not as critical as fitness people make it out to be. Do not get us wrong, your percentage of body fat is very important, but one honest look in the mirror will tell you whether you need to cut back on calories or not. Your abdominals should be present at any weight that you are carrying. If they disappear, then cut back on your calories. The average bodyfat, when you are shooting for maximum muscle size, is 10-12%.

Research has shown that the higher bodyfat levels have a lower growth hormone release during intense exercise and sleep. Excess adipose tissue (fat) seems to inhibit the release of hGH. This is another good reason to keep you at the 10-12% bodyfat level.

Finally, record your energy levels and general muscle appearance. Energy fluctuations will indicate a lack of recuperation due to diet, sleep or a stressful environment. Become aware of the elements that affect you so that you can make the necessary changes to get yourself back on track.

Maintain notes on changes that you perceive when testing any new supplements. Do you have more energy? Are you getting a better pump? When you look back at your notes, you will gain an insight as to what you were going through when you were in different lifting cycles and on different supplementation and diet plans. Months and years down the line you will find your records extremely valuable.

As a side note, be wary of supplements that promise huge gains quickly. No supplement will put muscle on your body without proper training. Be careful not to waste your money on protein powders that have fifty different muscle-building ingredients. There cannot possibly be enough of any one ingredient to make a difference. Read your Supplement Handbook for more information.

Some systems recommend that you make detailed journal entries *while* you are lifting. Often you see people in the gym going through a workout and scribbling notes between every set. **DO NOT WASTE YOUR TIME.** Focus on your workout 100%. What weight you lifted for every set and every rep is not important enough to break the concentration and momentum of your workout. Keep mental notes of the maximum weights used when you are performing six to eight reps and enter them into your journal *after* your training session. Then, when you look over your notes, you will have a goal to shoot for the next time you are working in the lower rep ranges.

The Matrix Bodybuilding
Priority Foundation



CHAPTER FOUR

RECUPERATION

LIFESTYLE

Recuperation allows your body to recover from the training stress that you place on it. The better you recuperate, the more stress your body can withstand in the next workout. Many bodybuilders feel that recuperation is 80%-90% of the game and, at the competitive level, we agree. We feel recuperation accounts for at least 50% of your progress. If you are not training properly, no amount of rest and diet will give you good results. But if your training is right on target, like the system MS has developed for you, your recuperation can be slightly off and you will still make good gains. The ideal situation is to have a strong program in both your recuperation and training schedule. This will allow you to get the results that you seek as **quickly** as possible.

Your sleeping schedule should include eight to ten hours of rest each night. This is especially important during your Peak phases, when you are pushing your body to the limit. You can get by with a little less during your Maintenance phase but only for a few days. You may find you need more sleep than ten hours. However much you decide, you should be rested enough so that you approach each workout with enthusiasm and energy. You will find that when you miss some rest, it will be harder to maintain proper focus. This means that you cannot regularly stay out on the town until 2:00 or 3:00 a.m. and still expect the best workout the following day. Moderation, as in everything else, is the key.

Another important element is the ability to relax. After a heavy workout, let your body slow down and allow your metabolism to attain equilibrium. Many lifters are not quite aware of the stress that a fifty-minute, intense training session has on the body. *After* your workout, you must allow your breathing, blood flow, glandular secretions and heart rate to stabilize. Everyone relaxes in a different way, listen to music, watch a movie or read a book. Try to stay relaxed and allow your body to recover.

STRESS FACTORS

Excessive stress in your life can be detrimental. Not just for lifting but for your general health as well. We cannot always control what happens to us or what circumstances we find ourselves in, but we can control our reactions to them. Maintain perspective and try to resolve your problems with a positive approach. Being stressed out all day will zap your energy and lower your motivation for training. If you do find yourself

dealing with many problems, try to set aside an hour before you go to the gym to clear your mind, relax and focus on your workout. Do not skip a session just because you have had a lousy day. That may be the day you surpass your maximum weights on the bench press or squat. Keep a positive outlook and **WORK** your muscles. Many times a good, hard, gut-busting session will do wonders in your outlook and attitude. This is one of the many benefits of a regular workout program.

Our program was designed to produce maximum gains in strength and size, and we assume, since you are reading this manual, that this is your goal. If so, you must limit any other physical activity outside of the gym. If you are burning too many calories and energy playing tennis, jogging, or practicing judo, your gains may not come as quickly as you would like. When you lift for pure size, you basically eat, sleep and train, and try to eliminate any other physical hobbies. Remember the focus of why you are training. Get big *first* and then you can add other sports.

A research study by Ballard in 1991 found that your energy levels peak between 12:00 noon and 6:00 p.m. This is when hGH release was most abundant. Many people find this an optimum time to train. Of course, if you are a morning person and have the time, get your training session in then. When it gets much later than 6:00 p.m., your energy levels start to drop off and your metabolism starts to decline. If your schedule throws you off one day and the only time to lift is at 10:00 p.m., then go for it! We would rather have you train at an off time than skip a day. But if your schedule allows, get to the gym by 6:00 p.m.

Excessive **running** is another activity to avoid. Long distance running stresses the lower back, knees, ankles and many other joints. If you must run, we recommend running only once a week for thirty minutes. As you condition yourself, try running faster but not any longer than thirty minutes. The pace of your workouts will stimulate your cardiovascular system enough to burn all the bodyfat that you need to. Your workouts are designed to build muscle and burn bodyfat at the same time.

Many of our trainees follow our programs exclusively, performing no other cardiovascular training. Yet they maintain low bodyfat levels and are in great general health. Once you attain the size and density that you desire, you can add another thirty-minute running session or an aerobics class if you would like. Adding another cardio session will help you decrease your bodyfat levels and really bring out the definition. But remember – when you bring your bodyfat below 10%, you are really limiting the gains in additional size that you will make.

DIET

A complete nutritional program is a vital element in recuperation and muscular growth. The more knowledge you gain and apply to your diet, the better the results you will attain in your overall health and bodybuilding goals.

There are many comprehensive nutritional books on the market and we suggest that

you read as many as possible. It is beyond the scope of this manual to fully educate you on every aspect of nutrition. Our goal is to give you a clear view of the most important features of any bodybuilding eating plan and to give you a complete explanation of our preferred diet, the **HIGH FAT, HIGH PROTEIN, LOW CARBOHYDRATE** eating program.

Throughout the years we have experimented with many different eating plans (eg., high carbs-medium protein-low fat, high protein-medium carbs-low fat, high fat-medium carbs-medium protein, etc.) We have discovered one thing. Every diet plan will work for **SOMEBODY!** We have had success with at least a few people on every kind of diet. We do not knock any program, as long as it is working for you and giving you the results that you desire. However, for the majority we have determined that the most beneficial diet for the bodybuilder is one that is:

HIGH PROTEIN, HIGH FAT, LOW CARBOHYDRATE (30-35% Protein – 25-55% Fat – 15-20% Carbs)

This plan is a modification based on Dr. Atkins' Diet Revolution, Jay Robb's Fat Burning Diet and Dr. Barry Sears' The Zone. It differs in that it allows more carbohydrates than their programs. It is very difficult to maintain only thirty grams of carbs, per day as they suggest. On our **Matrix Diet**, you can eat vegetables and non-starchy fruits and still build muscle and burn bodyfat at the same time. You will experience a steady supply of energy with no fatigue, no food cravings and increased mental alertness. Most importantly, you will lose 2-3% of bodyfat within the first sixty days without losing any strength or muscle mass. This high-fat regimen is followed Monday through Friday only. On Saturday and Sunday, you take a break from the diet and "*carb-up*", eating all the carbohydrates that you would like.

The key to this eating approach is to lower your carbohydrate consumption to a level that will make your body burn dietary fat and bodyfat for fuel. You basically switch your system over from carb-burning to fat-burning.

History and research has shown us that a human's metabolism was intended for high fat, high protein consumption. Before the Industrial Age people ate plenty of beef, chicken, fish, eggs, cheese, butter, raw vegetables and nuts. The migration from rural areas to urban life brought about the need to store food and make it available to the masses. This is when the abundance of refined carbohydrate consumption began, with sugar being the first product that was used in excess. People began eating junk food like french fries, doughnuts, tortillas, pancakes, syrup, beans, candy bars and potato chips. Coincidentally, at the same time, we became a very sedentary society. This was the right formula for heart attacks, kidney problems, obesity and high blood pressure. At this current moment, though we have been bombarded by the low-fat media craze, obesity, high blood pressure and all the diseases associated with being overweight are at an all-time high! How do we account for that? Something is not working. What we need to do is cut back the carbohydrates and watch the fat disappear. It is an amazing

eating program that we recommend trying for at least two to three months to see how great you will look and feel.

Give yourself two to three weeks to make the adjustment to this new eating plan. Buy yourself a carbohydrate counter book so that you can learn which foods are loaded with carbs. The protein and fats that you will consume will come from healthy sources like beef, chicken, pork, whole eggs, cheese, fish and nuts. All of these sources, by nature, have the right ratio of protein to fat.

The carbohydrates that you will consume will come from lettuce, carrots, celery, radishes, onions, avocados, apples, and ripe bananas. You can eat salads with virgin olive oil and vinegar.

The foods to stay away from will be anything with refined carbohydrates like sugar and other foods like rice, potatoes, bread, catsup, barbecue sauces, fruit juices, cookies, cakes, ice cream, candy and salad dressings. These foods are so carbohydrate rich that a small serving will blow your carb limit for the day. These types of carbohydrates enter the blood stream so quickly that you will release an excessive amount of insulin. Other foods to stay away from or watch for are energizer carb-type drinks and protein powders with lots of sugar. Read the labels and become familiar with the different names and forms that sugar is listed under and eliminate them from your diet. They can be named as:

**FRUCTOSE – GLUCOSE – DEXTROSE – MALTOSE
LACTOSE – MALTODEXTRIN – HONEY – BARLEY
MALT – SUCROSE – SUGAR**

The way the carbohydrate mechanism works is this. You consume some carbs at a meal. It is digested and broken down into glucose (simple sugar) by an enzyme process. Your blood transports the glucose throughout your body to be used as fuel. If only a small carbohydrate meal is consumed, then all the glucose gets burned up and none is left in the bloodstream.

Now let us assume the more typical case and you consume a larger carbohydrate meal like a baked potato, some beans and rice or maybe a bowl of spaghetti. Sound familiar? Now your blood is flooded with glucose and it has no outlet for using it up. This elevated blood sugar signals your pancreas to release insulin so that it can help lower your blood glucose level. The insulin will either convert the glucose to glycogen, to be stored as energy in your liver and muscles, or it will convert the glucose into triglycerides which is what your body uses to make fat. If you are constantly eating a higher amount of carbohydrates than you can possibly burn off, then your liver and muscles maintain an adequate supply of glycogen stores. The only alternative your body has to decrease the glucose is to store it as bodyfat.

On top of that, once your blood glucose level is lowered, it usually falls below the point at which you originally started prior to your meal. With this low blood sugar condition,

your energy level drops and you feel tired and lethargic. Have you heard of sugar crashes? To make matters worse, your hunger strikes again for some more carbs to give you another little energy rush. This low blood sugar state is the cause of many forms of depression as well.

People that are addicted to carbohydrates experience uncontrollable food cravings, moodiness, anxiety, mental confusion, anger, low energy slumps, apathy and varying levels of depression. These are conditions that you can improve by regulating the carbohydrates that you consume.

Once you limit your carbs, which will be about fifty grams per day, your body will go to the next most available fuel source which will be fat. Since fat has nine calories per gram as compared to protein and carbohydrates which have four calories per gram, you will have an abundance of energy. Fat is a reliable fuel source and you will get consistent energy from it. No more carbohydrate ups and downs or sugar crashes which we are sure you have experienced. Fat is so reliable a fuel source that your heart muscle uses fat exclusively for energy.

Sports nutritionists generally recommend that you should consume at least one to two grams of protein per pound of bodyweight to make muscular gains. On this program it is easy to meet your protein needs. Try to spread your meals out to four or five per day. Eat your last meal at least twelve hours before you eat breakfast. Drink plenty of distilled water, at least ten glasses a day. Staying hydrated is essential in mobilizing the fat that you will consume for your daily activities.

Is the Matrix Diet nutritionally balanced? Yes, it is a very balanced diet. By including whole foods, ample protein, wholesome fats, raw vegetables, raw fruits, raw nuts and seeds, this diet excels in nutritional content. Also, by avoiding starchy foods which do not combine well with proteins anyway, your digestion will be greatly improved and this will insure that the nutrients consumed are readily available for absorption and utilization within the body.

A typical day might look like this:

- BREAKFAST:** 2 whole eggs, 2 ounces of cheese and a banana with Crystal Clear to drink
- LUNCH:** A cup of lettuce, chopped carrots, radishes and 10 ounces of chicken breast with 3 tablespoons of oil/vinegar dressing
- SNACK:** 2 ounces of cream cheese, 1 apple
- DINNER:** 9 ounce sirloin steak, 1/2 cup steamed carrots

SNACK: Protein-only drink, 3 ounces cheese, some nuts

This eating example will give you approximately 2,700 calories: 220 grams of protein, 73 grams of carbohydrates and 174 grams of fat (32% protein, 10% carbs and 58% fat). This will give someone weighing 160-170 pounds all the nutrients to build some real size while still maintaining good definition.

People ask about their cholesterol level and are concerned about eating too much meat and fat. Only 1-3% of the cholesterol that you consume in your diet is actually absorbed by your body. Your liver makes almost all the cholesterol that your body needs and uses. Research now indicates that, in most cases, there is not a correlation between your dietary cholesterol and your cholesterol blood levels. If you are genetically programmed to have high cholesterol, you will have high cholesterol regardless of your diet.

Our experience with our trainees that have been on this diet is that their cholesterol levels have actually dropped. When restricting carbohydrates, your triglyceride levels are lower, and since you use fat for energy, your fat levels are lower also. We emphasize that none of our trainees had high cholesterol levels to begin with and they were all within the normal ranges. This diet may not be suitable for those with particularly high levels of cholesterol or other specific medical conditions. We recommend a complete blood test prior to beginning this eating program and a consultation with your doctor to see if this diet is appropriate for you. "Check your cholesterol and triglycerides during this diet so that you can compare the differences for yourself. Educate yourself and look for the many new books that are coming out on nutrition, including the sources we listed explaining the low carbohydrate approach.

HIGH FAT/HIGH PROTEIN PRINCIPLES

- 1) To burn fat for energy, you must restrict your carbohydrate consumption to approximately fifty grams per day or 15%-20% of your total calories. Some athletes may be able to eat more and some may have to eat less. You will need to adjust your intake depending on how much bodyfat you are losing and what your goals are.
- 2) The carbohydrates you will consume must be the type that enter the bloodstream slowly (low glycemic). Non-starchy vegetables, nuts, seeds and low carbohydrate fruits are ideal. No refined carbohydrates like sugar (sucrose) are allowed.
- 3) Intake of an adequate amount of protein at each meal (30-40 grams) is important while your body is burning fat. This will insure that your muscles will have the building blocks necessary for repair and growth from your daily workouts.
- 4) Healthy, natural sources of fat must also be consumed at each meal. The fat will slow down the digestion of the carbohydrates that you do consume, regulating the amount of insulin release into the blood stream. Once your insulin secretion is turned

down, the body will begin to create a chain of fat-burning enzymes which will enhance the fat-burning metabolic process. The fat you consume will supply your body with energy throughout the day. Remember, you will be burning fat for fuel.

5) When carbohydrates are restricted, the body will go into a state of ketosis. Ketosis is the name given to the fat-burning process. Ketone bodies are created when bodyfat is broken down. Ketones are fatty acids minus two carbon fragments that makes them available for fuel more readily. In ketosis, the body has no choice but to use fat as its energy source. Our program has you eating enough carbs to keep you just above the ketosis level, you will still be burning fat for energy.

6) On Saturday and Sunday, eat all the complex carbohydrates you would like. This will load your glycogen stores and give you a break from your diet. The day and a half of "carb-ing-up" is not long enough for your body to switch back to burning carbs for fuel so do not worry. You will get incredible muscle fullness from these weekend high-carb days. But if you start to smooth out, then it is time to restrict your carbohydrates again.

SUPPLEMENTATION

The market is flooded with every type of supplement that you can imagine. Just open a fitness magazine or walk into a vitamin store and you will see the vast array of concoctions, pills, powders, liquids and sprays that promise to enhance your performance in the gym. It is a billion dollar industry that has gone mostly unregulated. What is printed on the bottle usually appears only in small amounts in the actual product. What the product will do can be greatly exaggerated and is often written to mislead the consumer. The point is, if you are going to experiment with a variety of supplements, do so one at a time, so that you can monitor the results. If one month's supply does not give you some effect, whether it is more energy, a more intense workout or harder, bigger muscle development, then do not use it again.

When your training program is on target we feel that supplementation can enhance your performance ONLY 10-20%. In other words, unless you are really pushing yourself, the supplements you take will be largely a waste of money. For the average person that trains with machines two or three days a week, they can get by with an occasional protein shake. For the serious lifter, there are some important basic supplements that you should be using.

We describe the basic supplements in this manual. For specific performance supplements, refer to your Matrix Supplement Handbook.

The **first** is a multi-vitamin, multi-mineral mega pak. These are the little plastic pouches that contain about five to ten pills that will supply you with the necessary recommended daily vitamins and minerals. Take one pak in the morning and one at night, or as recommended by the manufacturer, with your regular meals. These nutrients are properly utilized when taken with meals because they bind with proteins,

carbohydrates and fats and are absorbed more efficiently.

The **second** supplement is some brand of whey protein powder. Whey has proven to be, without a question, the most effective, easily absorbed protein supplement developed yet. Studies show that the amino acid structure of whey protein bears the closest resemblance to that of the human body, making whey easier for the body to absorb and utilize (higher bio-availability). Whey is a type of milk protein that is a by-product of making cheese. When tested for Biological Value, a measurement which indicates nitrogen retention and growth promoting factors, whey scored the highest (157) as compared to whole egg (100).

If you are following our eating plan, make sure to choose a supplement with low or no carbohydrates. There are several on the market. On our diet, you will usually not have a problem meeting your minimum protein needs, but when you miss a meal or in between meals, drink down at least one to two shakes a day. You can drink more than two shakes a day, but we would prefer that you get your protein from natural sources instead. If you drink your protein shake before working out, make sure that you consume it 60 MINUTES PRIOR to pumping up. The protein in your digestive system will cause the blood flow to be misdirected towards your stomach as opposed to your target muscles. You may feel nausea while training or you may not get a good pump that day.

The **third** basic supplement you should take are amino acid tablets, specifically di- and tri- peptide aminos. Take ten to fifteen grams with you to the gym and consume them as soon as you finish your workout. Take the aminos with either grape juice, apple juice or another sucrose- type beverage. This will cause a small insulin spike that will shuttle the amino acids into the muscle more quickly and efficiently. This is when your body most effectively utilizes protein and carbs and sends it straight into the muscle. Remember, you must take your aminos, if not immediately, at least within thirty minutes of training. Eat a protein meal within sixty minutes after training. This period will give your body time to stabilize and allow it to return to a normal PH level, enzyme level, heart rate and blood flow. The aminos you ingested will supply the immediate needs of your system and will not interfere with your body's stabilizing process because they are so quickly digested and absorbed.

Research has shown that these shorter chain amino acids, di- and tri- peptide, are the most efficiently absorbed by our bodies. Pure, free-form aminos are not digested well. It seems that we do not have the adequate mechanisms to properly absorb free-form aminos, possibly because they do not occur naturally in food. The longer branched-chain amino acids are digested well but at a much slower rate.

These three supplements are the basics. We recommend that you use each one regularly. We test virtually every product on the market at one point or another in order to be able to recommend what works to our personal trainees and to you. We will keep you informed in the monthly updates as new products are developed.

VISUALIZATION & GUIDED IMAGERY

These are meditation techniques that, when used in bodybuilding, involve seeing and imagining your muscles actually growing. You can project what your physique will look like fully developed. Visualization can be used to keep yourself focused and motivated while you are training at the gym and flexing your muscles at home. See your weaknesses disappear in your mind and visualize what you would like your development to be. Creating in your mind this ultimate picture of yourself provides a positive connection between your subconscious and your motivation in the gym. It is the link that can drive your efforts past their normal limits. Relaxation and focus are keys to effective visualization. Find a place that is comfortable and quiet. See yourself in every detail. Playing your favorite music will help create an "anchor" in this process. You will create positive feedback that will be triggered by that same music the next time you hear it. This positive association will enhance your visualization and make it that much more powerful and accessible to you.

Guided imagery is excellent for improving performance in specific activities. Russian gymnasts have used it effectively for many years. Mental rehearsal can improve ability almost as fast as physical rehearsal. See yourself going through the workout with focus and intensity. Recall what a particularly good workout felt like and re-create the power and excitement that you experienced.

Many bodybuilders visualize and develop images of themselves as hydraulic presses when doing high reps on the leg press machine or as a savage animal when performing heavy barbell curls. What and how you visualize is not important. What is important is that it has to motivate and drive you past your normal efforts. Visualization and guided imagery is like any other bodybuilding technique. It requires practice so that you can quickly tune in the pictures in your mind that inspire you to greater efforts.

A good way to start developing these techniques is on the drive to the gym. Imagine what exercises you will be performing for the bodyparts you are working that day. Once you have chosen which exercises you will be doing, see yourself loading the plates on the bar. Visualize yourself sliding onto the bench, underneath the rack and gripping the cold steel in your palms. Feel the weight as you begin to press it up and down, how the blood begins to fill your pecs and shoulders and the adrenaline rush that warms your face and makes your whole body tingle. As you continue your set, imagine your arms like steel pistons that get stronger with each rep.

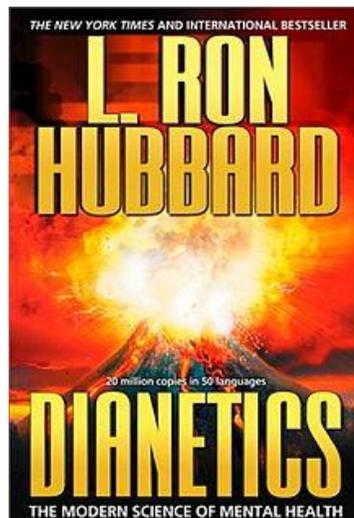
This is the way to key yourself into your workout **before** you even step foot into the gym. Use this simple technique and try doing it for each bodypart you work. Once you practice it a little bit, you can rehearse your whole workout in a matter of minutes. You will start to experience a more intense training session due to your mental focus. Your mind will already be there and ready to go.

There is nothing mystical about visualization and guided imagery. It is an easy method to use and develop. As children, we used visualization and imagery almost every day

that we played. Pretending to be our favorite hero, we often assumed the characteristics that we most admired. As kids, we saw ourselves in their place, feeling the victory, the conquest and the praise that came as a result remember? This visualization was so powerful that you were lost for hours and often disappointed when you had to stop playing. As adults, with the pressures of modern life and assuming responsibilities, we left our visualization behind. Now is the time to bring it back into use because it can be extremely effective in reaching your bodybuilding goals.

Putting day to day worries into perspective is important. Remember your goals and why you set out to train in the first place. Taking care of your body should be your first priority because when you take care of yourself, you can take care of those around you. A powerful physique will give you a strong sense of purpose and enable you to handle the many other environments that you deal with on a daily basis. You are not just lifting weights - you are developing discipline and a strong sense of self-esteem. Both of these qualities are assets in anything else that you attempt in life.

Editor's Note: If you really want to unlock the power of your mind to be happier, more successful and reach all of your goals - get the book Dianetics, by L. Ron Hubbard.



www.dianetics.org

CHAPTER FIVE

THE PROGRAMS

Your workouts are engineered into eleven different and distinct PERIODS. Each one will work different **CRITICAL** aspects of your musculature that will contribute to your overall development. Follow them in sequence. Follow the rest periods as closely as possible.

PERIOD	<u>DURATION / WEEKS</u>
SHAPE-UP	4
MASS BUILDER	5
FIBER ZONE	5
BODY PUMP	5
LOAD I	5
LOAD II	5
LOAD III - THE BLITZ	5
MULTI-ANGLE MASS ATTACK	5
TARGET BLAST	5
MATRIX MASS	5
FREESTYLE -INSTINCTIVE	4-8

NOTE: The phase is indicated on the bottom, right-hand corner of each week. It is either Peak or Maintenance.

SHAPE-UP

If you have not been training on a four-day schedule or are getting back into shape after being off for a while, then this is the first routine for you. SHAPE-UP is a basic four-day-per-week schedule that works your whole body twice. In this Period, you will not be timing your rest periods, but you must finish your workout within the hour. This routine will begin to condition your body and prepare you for the other Periods to come. In this program we specify which exercises to use. In all the other Periods, except for Target Blast and Multi-Angle Mass Attack, the selection will be left up to you. Base your choices from the exercise criteria that we have outlined for you.

During Shape-Up, do not take your sets to failure. You want to push hard but not use any Overload techniques at this point. Focus on working the muscles thoroughly, concentrating on proper exercise technique and on getting a good pump.

SHAPE-UP + 4 WEEKS		
DAY	BODYPARTS	SETS/REPS
Monday & Thursday	THIGHS: Squats or Leg Press CHEST: Bench Press BACK Chin-ups or Machine Pulldowns CALVES: Standing Calf Raise	3 X 10-12 3 X 10-12 3 X 10-12 2 X 12-15
Tuesday & Friday	DELTS: Standing Military Press BICEPS: Barbell Curl TRICEPS: Laying Tricep Extension ABS: Incline Sit-ups	3X 10-12 2X 10-12 3 X 10-12 3 X 25-50
	NOTE: Wednesdays and Weekends OFF.	

MASS BUILDER

MASS BUILDER is designed to develop overall strength and muscle size. It works your whole body three times a week. Rep ranges drop to seven in the Peak phase and five in the Maintenance phase to allow you to lift as heavy as possible.

MASS BUILDER + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (3)- CHEST (3)- BICEP (3) CALF (3)- FOREARMS (2)	13-15
Tuesday	DELTS (3)- TRICEPS (3) THIGHS (4)- ABS (3)	13-15
Wednesday	CHEST (3)- BACK (3)- BICEP (3) CALF (3)- FOREARMS (2)	10-12
Thursday	DELTS (3)- TRICEPS (3) THIGHS (3) - ABS (3)	10-12
Friday	BACK (3)- CHEST (3)- CALF (3) BICEP (3)- FOREARMS (2)	7-9
Saturday	DELTS (3)- TRICEPS (3) THIGHS (3)- ABS (3)	7-9
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MASS BUILDER + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (4)- CHEST (4)- BICEP (4) CALF (4)- FOREARMS (2)	13-15
Tuesday	DELTS (4)- TRICEPS (4) THIGHS (4)- ABS (4)	13-15
Wednesday	CHEST (4)- BACK (4)- BICEP (4) CALF (4)- FOREARMS (2)	10-12
Thursday	DELTS (4)- TRICEPS (4) THIGHS (4) - ABS (4)	10-12
Friday	BACK (4)- CHEST (4)- CALF (4) BICEP (4)- FOREARMS (2)	7-9
Saturday	DELTS (4)- TRICEPS (4) THIGHS (4)- ABS (4)	7-9
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MASS BUILDER + 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (5)- CHEST (5) - BICEP (5) CALF (5) - FOREARMS (3)	13-15
Tuesday	DELTS (5) - TRICEPS (5) THIGHS (5) - ABS (4)	13-15
Wednesday	CHEST (5) - BACK (5) - BICEP (5) CALF (15) - FOREARMS (3)	10-12
Thursday	DELTS (5) -TRICEPS (5) THIGHS (5) - ABS (4)	10-12
Friday	BACK (5) - CHEST (5) -CALF (5) BICEP (5) - FOREARMS (3)	7-9
Saturday	DELTS (5) -TRICEPS (5) THIGHS (5) - ABS (4)	7-9
REST TIMES	1-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MASS BUILDER + 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (3)- CHEST (3) - BICEP (3) CALF (3) - FOREARMS (2)	10-12
Tuesday	DELTS (3) - TRICEPS (3) THIGHS (3) - ABS (4)	10-12
Wednesday	CHEST (3) - BACK (3) - BICEP (3) CALF (3) - FOREARMS (2)	8-10
Thursday	DELTS (3) -TRICEPS (3) THIGHS (3) - ABS (4)	8-10
Friday	BACK (3) -CHEST (3) -CALF(3) BICEP (3) - FOREARMS (2)	5-7
Saturday	DELTS (3) -TRICEPS (3) THIGHS (3) - ABS (4)	5-7
REST TIMES	3 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

FIBER ZONE

FIBER ZONE trains the major bodyparts every single day for five days. It stimulates the larger muscle groups frequently, allowing minimal recuperation. By the end of the week you will have provided stress to the deepest muscle fibers.

FIBER ZONE + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (3) -CHEST (3)- BICEP (3) THIGHS (3) -CALF (3)	13-15
Tuesday	CHEST (3) - BACK (3) - TRICEP (3) THIGHS (3) - ABS (3)	13-15
Wednesday	BACK (3)- CHEST (3)- BICEP (3) THIGHS (3) -CALF (3)	10-12
Thursday	CHEST (3) - BACK (3) - TRICEP (3) THIGHS (3) - ABS (3)	10-12
Friday	BACK (3) -CHEST (3) - BICEP (3) THIGHS (3) -CALF (3)	7-9
Saturday	CHEST (3) - BACK (3) - TRICEP (3) THIGHS (3) - ABS (3)	7-9
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

FIBER ZONE + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (3) - CHEST (4) - BICEP (3) THIGHS (3) - CALF (3)	13-15
Tuesday	CHEST (3) - BACK (4) - TRICEP (3) THIGHS (3) - ABS (3)	13-15
Wednesday	BACK (3) - CHEST (4)- BICEP (3) THIGHS (3)- CALF (3)	10-12
Thursday	CHEST (3) - BACK (4)- TRICEP (3) THIGHS (3) - ABS (3)	10-12
Friday	BACK (3) - CHEST (4) -BICEP (3) THIGHS(3) - CALF (3)	7-9
Saturday	CHEST (3) - BACK (4) - TRICEP (3) THIGHS (3) - ABS (3)	7-9
RESTTIMES	1-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

FIBER ZONE • 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (4)- CHEST (5)- BICEP (3) THIGHS (4) - CALF (4)	13-15
Tuesday	CHEST (4)- BACK (5)- TRICEP (3) THIGHS (4) - ABS (3)	13-15
Wednesday	BACK (4)- CHEST (5)- BICEP (3) THIGHS (4)- CALF (4)	10-12
Thursday	CHEST (4)- BACK (5)- TRICEP (3) THIGHS(4) - ABS (3)	10-12
Friday	BACK (4) - CHEST (5)- BICEP (3) THIGHS (4) - CALF (4)	7-9
Saturday	CHEST (4) - BACK (5)- TRICEP (3) THIGHS (4) - ABS (3)	7-9
REST TIMES	1 minute between sets. NOTE: Abdominal reps bet..veen 25-50.	PEAK

FIBER ZONE + 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (4) - CHEST (4)- BICEP (4) CALF (4)	13-15
Tuesday	DELTS (4) - TRICEP (4) THIGHS (4) - ABS	13-15
Wednesday	CHEST (4) - BACK (4)- BICEP (4) CALF 14I	10-12
Thursday	THIGHS (4) - DELTS (4) TRICEP (4)- ABS 14)	10-12
Friday	BACK (4)- CHEST (4) - BICEP (4) CALF (4)	7-9
Saturday	DELTS (4)- TRICEP (4) THIGHS (4) - ABS (4)	7-9
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

BODY PUMP

BODY PUMP incorporates rep ranges from thirty-five down to five during a single week. It provides stress to all your energy systems and muscle fiber-types. Your muscles will be over-loaded from the variety of stimulation supplied.

BODY PUMP + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (2) - BACK (2) - BICEP (2) THIGHS(2)	25-35
Tuesday	DELTS (2)- TRICEP (2) CALF (2)- ABS (3)	25-35
Wednesday	BACK (3)- CHEST (3)- BICEP (3) THIGHS (3)	15-20
Thursday	CALF (3)- DELTS (3)- TRICEP (3) ABS (3)	15-20
Friday	THIGHS (4)- CHEST (4) BACK (4) - BICEP (4)	5-7
Saturday	DELTS (4)- TRICEP (4) CALF (4)- ABS (3)	5-7
REST TIMES	4 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

BODY PUMP + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (3) - BACK (3)- BICEP (3) THIGHS(3)	25-35
Tuesday	DELTS (3)- TRICEP (3) CALF (3)- ABS (4)	25-35
Wednesday	BACK (4)- CHEST (4)- BICEP (4) THIGHS (4)	15-20
Thursday	CALF (4)- DELTS (4)- TRICEP (4) ABS (4)	15-20
Friday	THIGHS (5)- CHEST (5) BACK (5) - BICEP (5)	5-7
Saturday	DELTS (5)- TRICEP (5) CALF (5)- ABS (4)	5-7
REST TIMES	3 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

BODY PUMP + 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (3) - BACK (3) - BICEP (3) THIGHS (3)	25-35
Tuesday	DELTS (3) - TRICEP (3) CALF (3) - ABS (4)	25-35
Wednesday	BACK (4)- CHEST (4)- BICEP (4) THIGHS (4)	15-20
Thursday	CALF (4) - DELTS (4)-TRICEP (4) ABS (4)	15-20
Friday	THIGHS (5) -CHEST (5) BACK (5) - BICEP (5)	5-7
Saturday	DELTS (5) - TRICEP (5) CALF (5) - ABS (4)	5-7
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

BODY PUMP + 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (4) - BACK (4) - BICEP (4) THIGHS (4)	13-15
Tuesday	DELTS (4) - TRICEP (4) CALF (4) - ABS (4)	13-15
Wednesday	BACK (5)- CHEST (5)- BICEP (5) THIGHS (5)	8-10
Thursday	CALF (5) - DELTS (5)-TRICEP (5) ABS (5)	8-10
Friday	THIGHS (4) -CHEST (4) BACK (4) - BICEP (4)	5-7
Saturday	DELTS (4) - TRICEP (4) CALF (4) - ABS (4)	5-7
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

LOAD I

LOAD I is the first target overload program. Your body is trained once per week but with a higher number of sets per bodypart. As the weeks progress, the rep ranges are lowered, to enable you to lift heavier and develop your strength.

LOAD I + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	THIGHS (8)- ABS (4)	13-15
Tuesday	CHEST (8)- BICEPS (4)	13-15
Wednesday	BACK (8)- TRICEPS (4)	13-15
Thursday	DELTS (8)- ABS (4)	13-15
Friday	CALF (4)- FOREARMS (4)	13-15
Saturday	REST	
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD I + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	THIGHS (8)- ABS (4)	10-12
Tuesday	CHEST (8)- BICEPS (4)	10-12
Wednesday	BACK (8)- TRICEPS (4)	10-12
Thursday	DELTS (8) - ABS (4)	10-12
Friday	CALF (4)- FOREARMS (4)	10-12
Saturday	REST	
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD I + 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	THIGHS (8)- ABS (4)	6-8
Tuesday	CHEST (8) - BICEPS (5)	6-8
Wednesday	BACK (8) -TRICEPS (5)	6-8
Thursday	DELTS (8)- ABS (4)	6-8
Friday	CALF (5)- FOREARMS (5)	6-8
Saturday	REST	
REST TIMES	1-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD I + 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	THIGHS (8) - ABS (4)	8-12
Tuesday	CHEST (8) - BICEPS (3)	8-12
Wednesday	BACK (8) - TRICEPS (3)	8-12
Thursday	DELTS (8) - ABS (4)	8-12
Friday	CALF (3) - FOREARMS (3)	8-12
Saturday	REST	
REST TIMES	3 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

LOAD II

LOAD II is your second target overload program. The sets per bodypart are increased and the rep ranges drop down to five. You will be hitting each muscle group with more sets and more weight than before.

LOAD II + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (10) - ABS (2)	10-12
Tuesday	THIGHS (10)	10-12
Wednesday	CHEST (10)- ABS (2)	10-12
Thursday	BICEP (5)- TRICEP (5)	10-12
Friday	DELTS (10)- ABS (2)	10-12
Saturday	FOREARMS (5) – CALVES (5)	10-12
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD II + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (10) - ABS (2)	8-10
Tuesday	THIGHS (10)	8-10
Wednesday	CHEST (10) - ABS (2)	8-10
Thursday	BICEP (5) - TRICEP (5)	8-10
Friday	DELTS (10)- ABS (2)	8-10
Saturday	FOREARMS (5) – CALVES (5)	8-10
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD II + 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (12) - ABS (2)	5-7
Tuesday	THIGHS (12)	5-7
Wednesday	CHEST (12) - ABS (2)	5-7
Thursday	BICEP (6) - TRICEP (6)	5-7
Friday	DELTS (12) - ABS (2)	5-7
Saturday	FOREARMS (6) - CALVES (6)	8-10
REST TIMES	1-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD II + 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	BACK (10) - ABS (3)	8-12
Tuesday	THIGHS (10)	8-12
Wednesday	CHEST (10) - ABS (3)	8-12
Thursday	BICEP (5) - TRICEP (5)	8-12
Friday	DELTS (10) - ABS (3)	8-12
Saturday	FOREARMS (5) - CALVES (5)	8-12
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

LOAD III – THE BLITZ

LOAD III-THE BLITZ is the final target overload program. One bodypart is trained per day with as many as sixteen sets. The focus is to completely exhaust the muscle tissue and force it to adapt and grow. Additional protein is recommended.

LOAD III - THE BLITZ + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (8)	10-12
Tuesday	THIGHS (8)	10-12
Wednesday	BACK (8)	10-12
Thursday	TRICEP (6)	10-12
Friday	BICEP (6)	10-12
Saturday	DELTS (8)	10-12
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD III - THE BLITZ + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (12)	8-10
Tuesday	THIGHS (12)	8-10
Wednesday	BACK (12)	8-10
Thursday	TRICEP (8)	8-10
Friday	BICEP (8)	8-10
Saturday	CALVES (8)	8-10
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD III- THE BLITZ + 3RD WEEK

DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (16)	6-8
Tuesday	THIGHS (16)	6-8
Wednesday	BACK (16)	6-8
Thursday	TRICEP (10)	6-8
Friday	BICEP (10)	6-8
Saturday	DELTS (16)	6-8
REST TIMES	1-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

LOAD III - THE BLITZ + 4TH & 5TH WEEKS

DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (8)- ABS (3)	8-12
Tuesday	THIGHS (8)	8-12
Wednesday	BACK (8) - ABS (3)	8-12
Thursday	TRICEP (6)	8-12
Friday	BICEP (6) - ABS (3)	8-12
Saturday	DELTS (8) -CALVES (6)	8-12
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

MULTI-ANGLE MASS ATTACK

MULTI-ANGLE MASS ATTACK stimulates the major muscle groups at each critical angle for full development. Included in the angles are the compound, stretched and contracted positions.

MULTI-ANGLE MASS ATTACK • 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST: Incline Press (3) - Incline Flys (2) BICEP: Pull Ups (3)- D.B. Incline Curl (3)	12-15
Tuesday	BACK: Bent Over Rows (3) -Pullovers (2) TRICEP: Cl. Grip Bench (2) - Pushdowns (2)	12-15
Wednesday	CHEST: Flat Press (3) - Bar Dips (2) BICEP: Preacher Curl (2) – Concentration Curl (2) THIGHS: Squat (3) - Leg Ext. (2)	12-15
Thursday	BACK: Pulldowns (3)- T-Bar Rows (2) TRICEP: Laying Ext. (2) - Kickbacks (2) CALF: Stand Calf Raise (2)- Seated Calf (2)	12-15
Friday	THIGHS: Leg Press (3) - Hack Squats (2) DELTS: Military Press (3) - Laterals (2)	12-15
REST TIMES	3 minutes between sets. NOTE: Train abdominals on Mon, Wed and Fri and keep reps between 25-50.	PEAK

MULTI-ANGLE MASS ATTACK • 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST: Incline Press (4)- Incline Flys (2) BICEP: B.B. Curl (3)- D.B. Incline Curl (2)	10-12
Tuesday	BACK: Bent Over Row (4)- Pullovers (2) TRICEP: Close Grip Bench (3) - Pushdowns (2)	10-12
Wednesday	CHEST: Flat Press (4) - Bar Dips (2) BICEP: Preacher Curl (3)- Concentration Curl (2) THIGHS: Squat (4)- Leg Ext. (2)	10-12
Thursday	BACK: Pulldowns (4) - T-Bar Rows (2) TRICEP: Laying Ext. (3)- Kickbacks (2) CALF: Stand Calf Raise (3)- Seated Calf (2)	10-12
Friday	THIGHS: Leg Press (4)- Hack Squats (2) DELTS: Military Press (4) - Laterals (2)	10-12
REST TIMES	2 minutes between sets. NOTE: Train abdominals on Mon, Wed and Fri and keep reps between 25-50.	PEAK

MULTI-ANGLE MASS ATTACK • 3RD WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST: Decline Press (5) - Flat Flys (3) BICEP: Pull Ups (3)- D.B. Incline Curl (3)	6-8
Tuesday	BACK: Pulley Rows (5) -Chin Ups (3) TRICEP: Overhead Ext. (3) - Pushdowns (3)	6-8
Wednesday	CHEST: Incline Press (5) - Bar Dips (3) BICEP: Preacher Curl (3) - Concentration Curl (3) THIGHS: Squat (5) - Leg Ext. (3)	6-8
Thursday	BACK: Pulldowns (5) - T-Bar Rows (3) TRICEP: Laying Ext. (3) - Kickbacks (3) CALF: Donkey Raise (3)- Seated Calf (3)	6-8
Friday	THIGHS: Leg Press (5) - Hack Squats (3) DELTS: Military Press (5) - Upright Rows (3)	6-8
REST TIMES	1 minutes between sets. NOTE: Train abdominals on Mon, Wed and Fri and keep reps between 25-50.	PEAK

MULTI-ANGLE MASS ATTACK • 4TH & 5TH WEEKS		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST: Incline Press (2)- Incline Flys (2) BICEP: B.B. Curl (2)- D.B. Incline Curl (1)	12-15
Tuesday	BACK: Bent Over Row (2)- Pullovers (2) TRICEP: Close Grip Bench (2) - Pushdowns (1)	12-15
Wednesday	CHEST: Flat Press (2) - Bar Dips (2) BICEP: Preacher Curl (2)- Concentration Curl (1) THIGHS: Squat (2)- Leg Ext. (2)	12-15
Thursday	BACK: Pulldowns (2) - T-Bar Rows (2) TRICEP: Laying Ext. (2)- Kickbacks (1) CALF: Stand Calf Raise (2)- Seated Calf (1)	12-15
Friday	THIGHS: Leg Press (2)- Hack Squats (2) DELTS: Military Press (2) - Laterals (2)	12-15
REST TIMES	2-1/2 minutes between sets. NOTE: Train abdominals on Mon, Wed and Fri and keep reps between 25-50.	MAINTENANCE

TARGET BLAST (Pre-Exhaust)

TARGET BLAST is engineered to stress the target muscles with an isolation exercise first and then a compound movement immediately after. This technique gives the weak link of the target muscles a strength advantage so the target muscle group can be thoroughly trained and exhausted.

TARGET BLAST+ 1ST WEEK		
DAY	BODYPARTS (2 SETS EACH)	REPS
Monday Wednesday Friday	CHEST: Incline Flys / Bench Press BACK: D.B. Pullovers / Bent Over Row BICEP: Concentration Curl/ Bar Curl CALVES: Standing Calf Raise / Seated ABS	10-12 10-12 10-12 12-15 25-50
Tuesday Thursday Saturday	THIGHS: Leg Extension / Leg Press DELTS: Side Laterals / Military Press TRICEP: Pulley Pushdown / Close Bench FOREARMS: Hammer Curl/ Wrist Curl	10-12 10-12 10-12 10-12
REST TIMES	3 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

• Remember, both isolation and compound movements are performed with no rest in between. Both exercises are counted as ONE set.

TARGET BLAST + 2ND WEEK		
DAY	BODYPARTS (2 SETS EACH)	REPS
Monday Wednesday Friday	CHEST: Incline Flys / Bench Press BACK: D.B. Pullovers / Bent Over Row BICEP: Concentration Curl/ Bar Curl CALVES: Standing Calf Raise / Seated ABS	8-10 8-10 8-10 12-15 25-50
Tuesday Thursday Saturday	THIGHS: Leg Extension / Leg Press DELTS: Side Laterals / Military Press TRICEP: Pulley Pushdown / Close Bench FOREARMS: Hammer Curl/ Wrist Curl	8-10 8-10 8-10 8-10
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

TARGET BLAST + 3RD WEEK		
DAY	BODYPARTS (3 SETS EACH)	REPS
Monday Wednesday Friday	CHEST: Incline Flys / Bench Press BACK: D.B. Pullovers / Bent Over Row BICEP: Concentration Curl/ Bar Curl CALVES: Standing Calf Raise / Seated ABS	6-8 6-8 6-8 12-15 25-50
Tuesday Thursday Saturday	THIGHS: Leg Extension / Leg Press DELTS: Side Laterals / Military Press TRICEP: Pulley Pushdown / Close Bench FOREARMS: Hammer Curl/ Wrist Curl	6-8 6-8 6-8 6-8
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

TARGET BLAST + 4TH & 5TH WEEKS		
DAY	BODYPARTS (3 SETS EACH)	REPS
Monday Wednesday Friday	CHEST: Incline Flys / Bench Press BACK: D.B. Pullovers / Bent Over Row BICEP: Concentration Curl/ Bar Curl CALVES: Standing Calf Raise / Seated ABS	8-12 8-12 8-12 12-15 25-50
Tuesday Thursday Saturday	THIGHS: Leg Extension / Leg Press DELTS: Side Laterals / Military Press TRICEP: Pulley Pushdown / Close Bench FOREARMS: HammerCurl / Wrist Curl	8-12 8-12 8-12 8-12
REST TIMES	3 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

MATRIX MASS

MATRIX MASS is designed to stimulate the larger and smaller muscle groups everyday for five days. As the weeks progress, the rest times will remain the same but the sets will increase and the rep ranges will drop down to six. Matrix Mass will shock your body and force it to become bigger and stronger.

MATRIX MASS + 1ST WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (2) - BACK (2) -THIGH (2) DELT (2) - BICEP (2) – TRICEP(2)	12-15
Tuesday	CHEST (2) - BACK (2) -THIGH (2) DELT (2) - BICEP (2)- TRICEP (2)	12-15
Wednesday	CHEST (2) - BACK (2) -THIGH (2) DELT (2)- BICEP (2) - TRICEP (2)	12-15
Thursday	CHEST (2) - BACK (2)- THIGH (2) DELT (2) - BICEP (2) - TRICEP (2)	12-15
Friday	CHEST (2)- BACK (2) -THIGH (2) DELT (2) - BICEP (2)- TRICEP (2)	12-15
Saturday	FOREARMS (5) -CALF (5) ABS (5)	12-20
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MATRIX MASS + 2ND WEEK		
DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (3) - BACK (3) -THIGH (3) DELT (3) - BICEP (3) - TRICEP (3)	8-10
Tuesday	CHEST (3) - BACK (3) -THIGH (3) DELT (3) - BICEP (3) - TRICEP (3)	8-10
Wednesday	CHEST (3) - BACK (3) -THIGH (3) DELT (3)- BICEP (3) - TRICEP (3)	8-10
Thursday	CHEST (3) - BACK (3) -THIGH (3) DELT (3)- BICEP (3) - TRICEP (3)	8-10
Friday	CHEST (3) - BACK (3)- THIGH (3) DELT (3) - BICEP (3) - TRICEP (3)	8-10
Saturday	FOREARMS (6) - CALF (6) ABS (5)	12-20
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MATRIX MASS + 3RD WEEK

DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (4)- BACK (4)- THIGH (4) DELT (4)- BICEP (4)- TRICEP (4)	6-8
Tuesday	CHEST (4)- BACK (4)- THIGH (4) DELT (4)- BICEP (4)- TRICEP (4)	6-8
Wednesday	CHEST (4)- BACK (4)- THIGH (4) DELT (4)- BICEP (4)- TRICEP (4)	6-8
Thursday	CHEST (4)- BACK (4)- THIGH (4) DELT (4)- BICEP (4)- TRICEP (4)	6-8
Friday	CHEST (4)- BACK (4)- THIGH (4) DELT (4)- BICEP (4)- TRICEP (4)	6-8
Saturday	FOREARMS (8) -CALF (8) ABS (5)	12-20
REST TIMES	2 minutes between sets. NOTE: Abdominal reps between 25-50.	PEAK

MATRIX MASS + 4TH & 5TH WEEKS

DAY	BODYPARTS (SETS)	REPS
Monday	CHEST (3)- BACK (3)- BICEP (3) CALF (3)	12-15
Tuesday	DELTS (3)- TRICEP (3) THIGHS (3) – ABS (3)	12-15
Wednesday	BACK (3)- CHEST (3) - BICEP (3) CALF (3)	10-12
Thursday	THIGHS (3) - DELTS (3) TRICEP (3) – ABS (3)	10-12
Friday	CHEST (3)- BACK (3)- BICEP (3) CALF (3)	8-10
Saturday	DELTS (3) – TRICEP (3) THIGHS (3) – ABS (3)	8-10
REST TIMES	2-1/2 minutes between sets. NOTE: Abdominal reps between 25-50.	MAINTENANCE

FREESTYLE (INSTINCTIVE)

This is your final phase. After the other Periods, we advise everyone to train **Instinctively** for at least four to eight weeks. The other Periods provided you with many different types and degrees of training stress. The number of sets, resting periods, bodypart sequences, reps and other factors were manipulated to stimulate your physique in every way possible. You now know what these different factors feel like and how you react to them. There are some Periods that gave you greater growth than others, and we recommend going back to them and incorporating them into your long-term training plan. This is how you tune your body into exactly the type of stimulation that gives you the best results.

Before beginning the **Instinctive Period**, make sure that you are recuperated fully from the previous Matrix Mass Period. Take a week off if you feel the need. Make journal entries noting your bodyweight and the supplements that you are taking. Maintain your diet with little changes, making sure that you are consuming enough quantity for repair and growth. Do not experiment with any new supplements at this time.

Attempt to train six days a week, but no fewer than five. Keep your workouts to one hour or less. Do not time your rest periods. Keep a steady pace and perform each set when you feel ready. Work any bodyparts that you would like each day. Keep in mind that you will want to train each muscle at least once a week. The number of sets and reps is up to you. Use any of the Overload techniques that you feel work best and try to train your bodyparts that are a little weaker more often. This is a good time to catch up. Achieve a good pump for the muscles that you are working that day.

Every four or five days, weigh yourself and objectively check your bodyfat. If you would like more accurate bodyfat percentages, then purchase skin calipers to help you keep consistent records. Skin calipers are inexpensive and reasonably accurate if you caliper your skin from the same area of your body each time. Most calipers come with a bodyfat chart that will indicate what your condition is for your weight and age group. A good pair of calipers will cost you \$20-\$30. If you start to lose weight and size, then you know that your volume may not be high enough or that your intensity may be too low. Making these corrections will be left up to you. This is a learning phase that will indicate how well you absorbed the knowledge that the other Periods provided you. We understand that some people like to follow the routines we have given. You can go back to them, but we want you to train instinctively for at least four weeks first. If anything, use the time to refresh your motivation.

Some bodybuilders find this time very exciting because they find themselves making good gains in strength and size. The other Periods will have conditioned you to know which methods will give you a good response. These experiences will help you make the right choices concerning the exercises and the pace at which you will move.

LISTEN TO YOUR BODY.

This is what **this Period** is all about. You will be progressing from the intermediate to the advanced stages in your training knowledge and development.

FINAL ANALYSIS

THE ROAD AHEAD

The **Matrix** Mass System incorporates the latest technological advances in bodybuilding. We feel that we have developed the most comprehensive, direct path to helping you develop a muscular physique. Our program is based on scientific research, practical application and years of experience."Our goal has been to develop a series of workouts that, as a whole, stimulate every physiological facet involved in muscular growth.

Working through each Period will not only help you develop physically but mentally as well. Each phase is a different cycle with a *completely* different set of stress parameters. You will experience how each level stimulates your body in a different way. In the future, it is **this** knowledge that will help you assemble a specific training strategy to suit your particular needs. Once you go through the whole program, each Period can be used over and over again until you feel that your body has adapted to that particular type of stress. Adaptation is indicated by no further progress in size or strength.

We have cut through much of the nonsense that surrounds modern bodybuilding today. Old myths have been tossed aside and current scientific knowledge and data has taken its place. You now know that waiting 72 hours before training a muscle again is counter- productive, that 2-hour marathon workouts actually put your body into a catabolic state, that strapping yourself into an isolation type of machine does not really build any significant muscle at all, that constantly trying to lift 4-5 reps of heavy weights year after year stagnates your progress, and that constantly "carb-ing-up" on pasta and potatoes for extra energy will most likely just make you FAT!

Our research is on-going. We do not pretend to know it all. But what we do know has been proven and is being applied in gyms throughout the country. In our quest for more knowledge and advanced lifting methods, we do not accept any "fact" on face value. The proof is in the results and practical application. Some ideas and theories look good on paper and never quite produce the outcome expected.

Our system **WORKS** and will give you incredible results. It is designed so that, after the Instinctive phase, you can go back and choose four or five of the Periods that produced the most growth and use them over and over again. Or you can design a

workout of your own, staying within our guidelines. It is up to you. In either case, you are off on a bodybuilding adventure that will change not only your physique but your whole life! We are here, ready to assist you and answer any questions on our program that may arise.

Train hard and smart!

MATRIX SYSTEMS

EXERCISE DESCRIPTIONS

BACK

CHIN-UPS

Grip a chin-up bar wider than shoulder width with your palms facing away from you. Pull yourself up and touch your upper chest to the bar and lower yourself slowly. Do not let your body swing. As you fatigue, you can touch your chin to the bar. Attach a weight when needed.

BENT OVER ROWS

Bend at the waist and grab a barbell with a grip that is wider than shoulder width. Pull the bar just below your chest level and squeeze your lats at the top of the movement. Keep your knees bent and try to maintain your body from rocking up and down. You can use a palms-up (reverse) or a palms-down grip. We have had good results with the reverse grip because it allows you to really contract your lats at the top of the movement. Use straps for this exercise.

DEADLIFTS

Stand shoulder width apart with a bar in front of you. Squat down and using an over-under grip grasp the bar with your hands outside your legs. Inhale, keep your back flat and your head up and stand erect. At the top of the movement, pull your shoulders back but do not lean back. Lower the bar slowly. Use straps for this exercise. Make sure, in the initial part of the move, that your thighs are driving the weight up.

SEATED PULLEY ROWS

Adjust the pulley on the machine so that it is in the low position. Grip a straight bar about shoulder width apart with your palms facing down. Use straps for a secure grip. Sit down and pull the bar to your stomach, squeezing your lats and arching your chest forward. Release slowly and stretch but only slightly. Do not let the weight pull you forward so that your back bends excessively. Make sure on contraction your elbows are pulled straight back.

ONE ARM ROWS

Grab a dumbbell, bend over at the waist and with the opposite hand and knee, brace yourself on a bench. With the dumbbell hanging straight down, pull the weight to your outside chest, keeping your palm facing toward your body and slowly lower back down. Feel the stretch at the bottom of the movement.

T-BAR ROWS

Grip the bar with your palms facing down or inward at an angle and your torso bent 45

degrees at the waist. Bend your knees slightly, to take the stress off your lower back. Driving your elbows straight back, pull the weight to your lower chest and slowly release. Straps will also be helpful for this movement. Use different grips on the bar to hit different parts of your back.

LAT MACHINE PULLDOWNS

Grip the bar with your palms facing forward. Sit down and pull the bar to your upper chest, slightly arching your back forwards. Your elbows should stay pointing towards the ground. Release slowly and feel the stretch at the top of the movement. Avoid swinging your body to pull the weight down. There are a variety of bars to use for this exercise. Experiment with all of them but avoid using a grip that is wider than your shoulders. Super wide grips stress your shoulder joints excessively and do not provide any additional stimulation.

DUMBBELL PULLOVERS

Lay on a flat bench with your head hanging off one end. Keeping your hips low to the ground, grip a dumbbell with both hands with your palms facing up. With a slight bend in the elbows lower the weight behind your head, stretching your lats and chest and pull the weight back up over your head. It is important to inhale deeply when you begin the lowering portion of this movement so that you can get maximum expansion in your chest

CHEST

DIPS

Grip a dip bar and lock your arms out. Keeping your elbows away from your body and your chest forward and back arched forward, lower yourself slowly. At the bottom of the movement, stretch the pectorals and then drive your body back up. Use a weight belt as soon as you go past your target reps.

BENCH PRESS

Lay on a bench and take a grip that is a couple inches wider than shoulder width. Lower the bar just above your nipple line and push straight up. Keep your elbows out so that your pectorals get most of the stress. Do not lower the bar to your neck. This "tip" will cause you to develop problems with your shoulder joints in no time. Press the weight evenly and do not bounce the bar off your chest

INCLINE BARBELL PRESS

Adjust a bench to about 30 degrees. Grip the barbell wider than shoulder width apart and

lower to your upper chest. Your elbows should remain pointing straight down towards the ground. Drive the bar straight up, being careful to maintain control of the weight. Do not use benches that are too inclined because this puts most of the stress on the front deltoids.

DUMBBELL FLAT PRESS

Grab a pair of dumbbells and lay down on a bench. Start with the weight locked overhead and lower the dumbbells together to the outer portion of your chest with your elbows pointing straight down and drive the dumbbells straight up and together. Your palms are facing your feet throughout the movement. Do not twist your palms in. At the bottom of the movement, feel the stretch in the pectoral muscles.

DUMBBELL INCLINES

Use a 35 degree incline bench. Start with the dumbbells on your knees and drive your knees up, clearing the weights to your shoulders. From your shoulders, press the dumbbells straight overhead, keeping your palms facing forward. It is not necessary to turn your palms towards each other. Make sure to keep your elbows pointing outward and slowly lower the weight. Avoid arching your back during this movement.

INCLINE FLYS

Adjust a bench to 35 degrees and grab a pair of dumbbells and press them overhead. With a slight bend in the elbows and your arms locked in position, lower the dumbbells to shoulder level and pull them back up with the same arm position. Feel the stretch and pull in your pectoral muscles only.

DECLINE BAR PRESS

Grip a loaded bar shoulder width apart after you have positioned yourself onto the decline bench. Lower the bar to your upper chest and press straight up, controlling the weight from swaying through the whole move. Make sure not to lower the bar to the neck area as this will put too much stress on the shoulder joints.

PEC-DECK MACHINE

Sit on the machine and adjust the seat so that your hands can grip the handles at shoulder height. Use a thumbless grip, bend the elbows slightly and lock your arms in position. Stretch them back and drive them forward and together. Keep your upper body pressed against the seat pad and, when your hands come together, squeeze your pectoral muscles tightly.

PUSH UPS

Position yourself with your feet elevated and your hands on a couple of four inch wooden blocks. Lower yourself, with your elbows pointing outward and push straight up. This is a good warm-up exercise before getting into your workout.

DELTS

STANDING MILITARY PRESS

Standing erect, clear a barbell to your neck with a grip that is slightly wider than your shoulders, palms facing forward. Press the bar straight up and lower back down to the neck. Do not lean back excessively.

SEATED MILITARY PRESS

Sit down and grip the bar a little wider than shoulder width apart. Lower the weight to the base of your neck and drive it straight back up. On the upward motion, keep your elbows right underneath your hands and make sure you don't arch your back during the pressing motion. You can press behind your neck but some people find this uncomfortable. You will be able to use more weight in the seated position than in the standing military.

UPRIGHT ROWS

Grip a bar shoulder width apart with your palms facing your body. Standing upright, pull the bar straight up your torso to your chest, keeping your elbows pointing up and out as much as possible and lower slowly. The important point to remember is make sure the grip is shoulder width and not any narrower. A narrower grip will tend to stress the elbow and shoulder joints.

DUMBBELL PRESS

Grab a pair of dumbbells, clear them to your shoulders with your grip facing forward. Press them overhead and together and slowly bring them back down to your shoulders. Keep your elbows under the weight throughout the movement and keep your back straight. You do not need to turn your palms toward each other like you see many people doing. This has no benefit.

LATERAL RAISES

Grab a pair of dumbbells and stand erect with your palms facing each other and in front of your thighs. Raise the dumbbells together to the side with a slight bend in the elbows and the arms locked in position lift up to shoulder level, keeping the dumbbells parallel to the floor and lower slowly. Feel the contraction in the side delt muscle. This is an exercise which you can use relatively light weight and still get a good

burn in the muscle.

BENT OVER LATERALS

Grab a pair of dumbbells; bend over at the waist until your upper body is parallel to the floor. Make sure to keep your knees bent slightly. With a small bend in the elbows, raise the weights until they are head level and then lower them slowly. Keep the arms locked in position so that the rear delt does the work and not the tricep muscle.

REVERSE PEC-DECK MACHINE

Sit backwards, with your chest resting against the pad on the pec-deck machine. Adjust the seat so that your hands grip the bar at shoulder height. Bend your elbows slightly, lock your arms in position and pull them straight behind you and slowly release. Make sure to keep your arms locked to avoid the tricep becoming involved in this movement. You want the rear delts to perform all the work.

FRONT LATERAL RAISES

Grab a pair of dumbbells and stand erect with them in front of your thighs. Position your hands, palms down, raise your arm straight in front of you up to shoulder level and lower slowly. Alternate one arm with the other. Keep a slight bend in the elbow and do not swing the weight up using any momentum. Keeping your knees bent will help take any stress off your lower back.

THIGHS

SQUAT

Take a barbell and position it on your shoulders, right below your trap muscles. Stand with your feet shoulder width apart, with your toes angling slightly outward. For additional balance, place a two inch block under your heels. Take a deep breath and lower yourself all the way down and drive yourself back up, without bouncing at the bottom. Focus straight ahead and keep your body as upright as possible. Your knees should not fold in during the upward portion of this move. Wrap your knees with ace bandages for additional support, use a lifting belt and have someone spot you in case you get stuck. It is important that you perform this movement as strictly as possible to avoid lower back injury.

HACK SQUATS

Position yourself under the shoulder pads of the hack squat machine. Place your feet about eight inches apart with your toes pointing slightly outward, squat down all the way and drive the weight back up. Wear a belt for this exercise for additional support. You should feel most of the stress of this movement on the front of the thigh muscles. Do not

bounce at the bottom.

LEG PRESS (45 degree)

Sit down and position your feet about shoulder width apart on the leg press pad. Gripping the side handles for stability, take a deep breath, lower the weight as far as you can and drive the rack back up. You can experiment with a variety of foot positions on this exercise. Use a steady pace throughout this movement. You should feel no stress on your lower back.

LEG EXTENSIONS

Adjust the clip on the extension machine, sit down and position your feet under the pads. Brace yourself by holding the the grip bars or the bottom of the seat. Extend your lower legs until your knees lock and flex your quads, then lower your legs slowly.

LEG CURLS

Lay down or stand up, whichever leg curl machine you use, and position your heel under the pad. Keeping your body straight, curl your heel towards your hamstrings and release slowly. Try not to arch your back excessively during this motion. A lighter weight and strict movement will give you a strong contraction.

SMITH MACHINE SQUAT

If you have never performed squats, this is a good exercise to start with. Position the bar on your lower traps and place your feet shoulder width apart, slightly forward, in front of the slide. Squat down completely and drive straight up. Keep looking straight ahead. Position a block under your heels if you find it difficult to go down completely. Inhale as you descend and exhale at the top of the movement. The air in your lungs will help act as a cushion during this motion.

LEG PRESS (flat)

Slide underneath the plate and position your legs shoulder width apart. Make sure your hips are directly under the weight and that your lower back is flat. Take a deep breath and press the weight up and slowly lower it back down. Grip the side bars to help you stabilize yourself. You can experiment with a variety of different foot positions.

CALVES

STANDING CALF RAISE

Position yourself under the pads of a calf machine. With your heels hanging off the end of the plate, raise all the way up and lower your heels all the way down. Keep a slight bend in your knees but make sure that your thighs do not become involved_ in any of the lifting. Tense your calves at the top of each raise for better definition. Using a belt during this move will help protect your lower back.

SEATED CALF RAISE

Sit down and position your knees under the pads. Unlock the machine and lower your calves to a full stretch and drive them up. This exercise allows a full range of motion especially in the stretched (down) position. You can use a variety of foot positions on the pad.

DONKEY CALF RAISES

Bend at the waist, holding your upper body at a right angle. Place your elbows on a table and have your partner sit on your lower back. Raise your heels up and lower all the way down. Use a 2x4 wooden block that you can place your toes on so that you can really stretch and flex your calf muscles.

LEG MACHINE PRESS/FOR CALVES

Sit down and position your toes on the bottom of the leg press pad with your heels hanging off the end. Press your toes forward and release and stretch your calves at the bottom of the motion. Flex your calves in the contracted position tightly.

DUMBBELL CALF RAISE

Grab a dumbbell and with the same side you are working the leg, stand on a wooden block with your heel hanging off the end. Raise your heel, squeeze your calf and then lower, until your heel touches the ground. Feel the stretch at the bottom of the movement. With your free hand hold the wall for stability and keep your body upright.

LEG MACHINE CURLS/FOR CALVES

Lay down on a leg curl machine and place your heels under the pads. To stimulate the calf muscle, you must point your toes straight and perform the leg curl motion which means pulling your heels towards your hamstrings. This technique will stimulate the whole calf muscle particularly in the stretched position.

BICEPS

BARBELL CURLS

Stand upright with a barbell at arms length. Curl the bar up to your shoulders without using any momentum from the body or bouncing the weight off the thighs. During the curling motion, lean slightly forward to keep the tension on the biceps and at the top of the movement squeeze the muscle for a couple of seconds. Make sure that your elbows don't flare out when you're curling the weight.

PULL UPS

Grab a chinning bar shoulder width apart with your palms facing you. Pull yourself to your neck and slowly let yourself down. Do not swing your body during this move and make sure that you start from a full hanging position.

STANDING DUMBBELL CURLS

Standing erect, grip a pair of dumbbells. At the beginning of this move, your palms are facing your body. Curl the weight either together or one at a time and turn your palms towards the ceiling during the move (supinate). When you reach your shoulder, squeeze your biceps for a moment, then lower slowly, twisting your palms back in towards your body.

CONCENTRATION CURLS

Bend at the waist and grab a dumbbell with one hand and brace your other hand on your opposite thigh. Curl the weight to the opposite side of your head, squeeze the muscle and lower slowly. Make sure to rotate your "pinky" towards your ear as much as possible. This will help peak the muscle.

INCLINE DUMBBELL CURLS

Adjust a bench about 45 degrees. Grab a pair of dumbbells and curl them up to your shoulders. As you curl, rotate your hands outward and squeeze at the top of the motion. When you lower the dumbbells you can rotate your palms back in. At the bottom of the motion, feel the stretch in the biceps.

PREACHER CURL

Position yourself on a preacher bench. Grab a barbell about shoulder width apart. Curl the bar up to your chin and lower completely, feeling the stretch at the bottom of the movement. Do not use your body to pull the weight up for you. Keep your torso pressed against the bench. Using an EZ curl bar can take some of the strain away from the wrists.

PULLEY BICEP CURLS

Grip a bar attached to a low pulley. Your hands should be about ten inches apart.

Standing a foot away from the rack, curl the bar up to your chin, squeeze the muscle and slowly lower the bar. This is a good finishing move since it creates continuous tension throughout the motion. Bend your knees slightly and don't lean back. Keep your form strict.

LAYING PULLEY BICEP CURL

Position a bench underneath an overhead pulley. Grip the bar ten inches apart and lay down with the pulley directly over your head. Curl the bar down to your forehead, keeping your elbows pointing straight up and locked in position. Your lower arms are the only part moving. Slowly release. This particular movement is especially good for developing a peak.

TRICEPS

CLOSE GRIP BENCH

Lay on a bench and take a grip that is ten inches apart. Grab the bar without using your thumbs (thumbless grip). When you lower the bar, keep your elbows tucked in, right underneath your wrist. This will keep the tension on the triceps. Do not let your elbows flare out. Press the bar back up to lock-out.

TRICEP REAR BENCH DIPS

Place two benches parallel to each other. Sit between them, with your back to one and feet pointing towards the other. Reach behind you and support yourself with of your palms and place your heels on the other bench. Lower yourself as far as you can go and push yourself back up, placing the stress on the tricep muscle. Once you get stronger you can hold a dumbbell between your legs or have your training partner rest a plate on your thighs.

LAYING TRICEP EXTENSION

Lay down flat on a bench and position a barbell pressed over your chest. Your grip should be eight to ten inches apart. Keeping your upper arms straight up, bend your lower arms back so that the barbell touches either your forehead or the top of your head and drive the bar back up. Make sure your elbows stay pointing straight up and parallel to each other.

OVERHEAD TRICEP EXTENSION

You can grab either a dumbbell or an EZ curl bar. Press the weight overhead and keep

your elbows tucked in close to your ears. Bend your lower arms back, behind your head and drive the weight back up. Keep your elbows pointing towards the ceiling throughout the movement.

PULLEY PUSHDOWNS

Grab a cambered bar with an eight-inch grip, palms facing down. Stand with your feet together and your elbows tucked tightly to your sides. Press your lower arms straight down, flex your triceps and then release back up to your chest. Do not lean into the pulley because this will involve your delt muscles. Keep a steady motion.

DUMBBELL KICKBACKS

Grab a dumbbell and bend over at the waist until your upper body is parallel to the floor. With your upper arm against your torso, locked in position, extend the forearm straight back and squeeze the tricep. The dumbbell should be raised above your torso. With the free hand you can brace yourself against your own thigh or against a bench.

FOREARMS

BAR WRIST CURL/or Dumbbell

Sit down and grip a bar about ten inches apart with your palms facing up. Rest your elbows on your thighs with your upper body sitting on a bench, leaning over the weight. With a thumbless grip, roll the bar towards you and slowly roll back out. Feel the movement directly in the forearm muscles.

REVERSE BARBELL CURL

Grab a bar shoulder width apart with your palms facing down. Standing upright, curl the weight up to your shoulders and lower slowly. Do not swing your body during this move. You can use an EZ curl bar if you find it more comfortable.

DUMBBELL HAMMER CURLS

You perform this movement with dumbbells. Your grip should be vertical, thumbs up and you curl the weight up to your shoulders. When you lower the weight, make sure to maintain the same grip-do not release like on other standard curling moves.

REVERSE BAR WRIST CURL/or Dumbbell

Sit down and grip a bar about ten inches apart with your palms facing toward the ground. Rest your elbows on your inner thighs with your upper body sitting on a bench and leaning over the weight. Roll the bar up and down in a steady motion.

BARBELL OR DUMBBELL ROLLS

Grip a bar with your palms facing your body. Roll your wrist up, squeeze the forearm muscles and slowly let the weight roll down to the end of your finger tips.

ABS

INCLINE SIT-UPS

Slide your feet under the bar or strap of an incline sit-up bench. Keep your knees bent and place your hands over your stomach and curl your shoulders towards your knees and slowly back down. At the top of the movement, tense your abdominals tightly as you exhale all the air out of your lungs.

HANGING LEG RAISES

Hang from a chin-up bar with your legs together and bent slightly at the knees. Raise your legs to parallel and lower slowly. At the top of the movement, squeeze your abs hard. Use straps so that your grip doesn't give out before your abs fatigue. If you find these are too difficult at first, then you can perform knee-ups using the same motion.

PRONE HYPEREXTENSIONS

Your gym will need a bench where you can lock your feet under for stability. Position yourself face down with your hands behind your lower back. Lower yourself towards the floor and then raise up three inches above parallel. Do not raise up any higher because this places too much stress on your lower back.

LAYING LEG RAISES

Lay down on a bench and brace yourself by placing your hands behind your head and holding the bench sides. Place your feet together and hold them six inches above parallel. Raise your legs 45 degrees and lower slowly. Do not raise all the way up, as this will take tension off your lower abs.

CRUNCHES

Lay on the floor with your knees bent and raised up. Place your arms across your stomach and roll your head and upper back off the floor and towards your knees. Contract the ab muscles hard at the top of this movement. While you are curling your body up, pull your knees in towards you as well. Make sure to blow the air out of the lungs when you are contracting the abdominal muscles.

OBLIQUE RAISES (side crunch)

Position yourself sideways on a bench that allows you to slide your feet under some pads that will hold you down. With your torso hanging off the edge, lower your body and raise about four inches above parallel and feel your obliques and intercostals contract. Perform this exercise in a steady motion and make sure to angle your body slightly to fully hit the sides of your abs. You can perform these on the floor with someone holding your legs down – you just will not get the same full range of motion.

MONTHLY PERSONAL RECORD

DATE: _____

WEIGHT: _____

NECK: _____

UPPER ARM (FLEXED): _____

FOREARM (FLEXED): _____

CHEST (RELAXED): _____

UMBILICUS: _____

WAIST: _____

THIGH (FLEXED): _____

CALF (RELAXED): _____

LIFTING NOTES:

MONTHLY PERSONAL RECORD

DATE: _____

WEIGHT: _____

NECK: _____

UPPER ARM (FLEXED): _____

FOREARM (FLEXED): _____

CHEST (RELAXED): _____

UMBILICUS: _____

WAIST: _____

THIGH (FLEXED): _____

CALF (RELAXED): _____

LIFTING NOTES:

MONTHLY PERSONAL RECORD

DATE: _____

WEIGHT: _____

NECK: _____

UPPER ARM (FLEXED): _____

FOREARM (FLEXED): _____

CHEST (RELAXED): _____

UMBILICUS: _____

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THIGH (FLEXED): _____

CALF (RELAXED): _____

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MONTHLY PERSONAL RECORD

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WEIGHT: _____

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UPPER ARM (FLEXED): _____

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LIFTING NOTES:

MONTHLY PERSONAL RECORD

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CHEST (RELAXED): _____

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MONTHLY PERSONAL RECORD

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FOREARM (FLEXED): _____

CHEST (RELAXED): _____

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LIFTING NOTES:

MONTHLY PERSONAL RECORD

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UPPER ARM (FLEXED): _____

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CHEST (RELAXED): _____

UMBILICUS: _____

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CALF (RELAXED): _____

LIFTING NOTES:

MONTHLY PERSONAL RECORD

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UPPER ARM (FLEXED): _____

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CHEST (RELAXED): _____

UMBILICUS: _____

WAIST: _____

THIGH (FLEXED): _____

CALF (RELAXED): _____

LIFTING NOTES:
