

The Fourth Horseman of the Apocalypse— Workout



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Introduction

The following article will list over 60 individual workouts performed by the author himself over a 31 day time span! In order to understand the techniques used, and access the training split, the reader must first read article one by clicking [Here](#). If you have any questions, feel free to ask in my training journal here, [Venom's Bodybuilding Journal](#). Within, I also discuss my program daily over the 31 day time span, and give in-depth details about my progress. To become a Forum Member, [Click Here](#).

Get ready for war!

Warning!

I would not advise following this program unless you are an advanced weight lifter; however, there are numerous techniques you should be able to tease out of this, and implement into your training regimen. Again, if you have any questions, ask in my journal or email me at Venom@abcbodybuilding.com

Is this Overtraining?

I am just going to answer this in here so I can spare myself time later on.

First, we need to operationally define overtraining, because many people make it

such a mystical event. For example, I have seen many people ask a question such as "I have been performing 30 sets per workout for the last month. I feel great, and have gained muscle, lost fat, and increased my lifts. But am I overtraining?!?" In a word, **no!** Overtraining can briefly be defined as a chronic decrease in performance over time. It is associated with several deleterious side effects such as (JHI, 2005):

- Psychological: Lack of motivation, fatigue, etc.
- Body composition changes: In both loss of total body mass and lean body mass.
- Sleep disturbances.
- Decreased appetite.
- A cold you can't get rid of, and persistent flu like symptoms.
- Increased resting heart rate.
- Increased resting diastolic blood pressure.
- Persistent feelings of muscle soreness and stiffness in muscles and joints.
- Prolonged recover from typical training sessions or competitive events.
- Overuse injuries.

What I do to avoid overtraining is: 1.) I have learned my body pretty well, to where I know when to back off on my volume, so I may just get in and get 20 hard-core heavy sets instead of 30 to 40 one day to avoid overtraining. 2.) I taper very frequently, typically, every 6 weeks; and no longer than 8. 3.) I may skip a cardio session. 4.) I adjust my diet accordingly. For example, increasing my carbohydrate intake on some days. 5.) I use advanced methods of periodization 6.) I use active recovery. 7.) I follow numerous scientific methods on dieting and training, which we have discussed previously in JHR.

If you do this type of split, you can afford no room for error; you must have a perfect diet, sleep, and plenty of time to train. If you can't do that, then don't attempt a split like this.

Without further ado, lets get to the workouts!

Criterion Lifts & Random Practice Explained

For information on this, read the first article.

Delts

[Dumbbell Shoulder Presses](#)

[Upright Rows](#)

Chest

[Dumbbell Incline Bench Press](#)

[Dumbbell Flat Bench Press](#)

Back

[Bodybuilding Dead lifts](#) (whenever I *only* say dead lifts, I am referring to this)

[Bent Over Barbell Rows](#)

Legs

[Squats](#)

Biceps

[Alternate Dumbbell Curls](#)

Forearms

[Reverse Curls](#)

[Behind the Back Wrist Curls](#)

Triceps

[Triceps Extensions \(Lying\)](#) (skull crunchers)

Calves

[Leg Press Calf Raises](#)

Taper

I would highly advise tapering immediately before and after this routine. For information on tapering, refer to the following link, [Here](#).

Questions on Shocking Methods and Exercises Discussed?

If you are unfamiliar with the exercises mentioned in this article, then study the exercise section of our site here, [Animated Exercises](#) and [Slide Show Exercises](#). If you do not understand the shocking methods implemented (i.e. "strip sets") in this program, study the workout section of our site [here](#). If you have difficulty finding any of these exercises, again, just shoot me an email or make a post in our forums.

You should read the following articles on shocking methods, as they will be mentioned throughout this article:

[15-20-25 Method](#) (Scroll down in the article)

[Your Guide to Super Sets](#)

[Power Partial](#)s

[Static Contraction](#)

[Static Strips and Opposite Body Part Supersets](#)

[Descending Sets for a Super Shock \(also known as strip sets or drop sets\)](#)

[Rest Pause Insanity](#)

[Competition Training \(I go you go method\)](#)

Paul strip - during this, do a regular strip set, but have someone take the weight off while you are going and never rest. For example, go to near failure on leg press (say about 2 reps before failure) and have a partner take 2 plates of as you continue to press the weight up. This will allow you to continue the set without any rest!

Wilson blitz - Here, what you do is go to failure, then do partial reps at the bottom of the lift for 30 seconds, then stretch at the bottom for 30 seconds, then strip. I usually do 2-3 drop sets on this.

Day I

Morning or Afternoon Session

Delts Heavy
Biceps Heavy
Forearms Heavy

Note: Most of this workout will be centered around my criterion lifts. For my criterion lifts I performed 3 sets for everything, and random blocks. This will entail performing 2 sets of my criterion lift, 1 set of neck raises, and then 1 more set of my criterion lift.

6 reps or less on everything

2 sets dumbbell shoulder press
1 set of [Lying Face Down Plate Neck Resistance](#) (rear plate neck raises)
1 set dumbbell shoulder press
2 sets behind back barbell wrist curls
1 set rear plate neck raises
1 set behind back barbell wrist curls
2 sets barbell upright rows
1 set side plate neck raises (one on each side)
1 set barbell upright rows
3 sets of [Front Dumbbell Raises](#) (alternating)
2 sets alternating dumbbell curls
1 set side plate neck raises (one on each side)
1 set alternating dumbbell curls
3 sets of [Bent Over Rear Delt Raise](#) (bent over dumbbell raises; the picture shows alternating, but do it with both arms)
3 sets of [Dumbbell Shrugs](#)
2 sets easy curl bar curls
1 set front neck plate raises
1 set easy curl bar curls
2 sets reverse barbell curls
1 set front neck plate raises

1 sets reverse barbell curls

Total: 12 sets delts, 6 sets biceps, 6 sets forearms, 3 sets traps, 6 sets neck, 33 sets total. 1 hour and 40 minutes.

Evening Session

Delts Heavy
Biceps Heavy
Forearms Heavy

Repeat workout 1, but instead of front laterals and bent over laterals, do side laterals and the rear delt machine. And instead of dumbbell shrugs, perform 3 sets of behind the back barbell shrugs.

Day 2

Morning or Afternoon Session

Legs Heavy
Calves Heavy

1-6 reps

2 sets squats

1 set plate shrugs

1 set squats

3 sets leg press

2 sets leg press calve raises

1 set reverse calve raises

1 set leg press calve raises

3 sets lunges

3 sets [old school tibialis raises](#)

3 sets dumbbell hamstring curls (Simply take a dumbbell, place it between your feet (it is best to have a partner place it between your feet) and curl it up with your legs while lying on a flat bench).

3 sets leg extensions

3 sets seated calve raises

Total: 15 sets thighs, 10 sets calves, 1 set traps, 26 sets total. 1 hour and 30 minutes.

Afternoon

30 Minutes cardio active recovery, 65% VO2 max.

Evening Session

Legs Heavy
Calves Heavy

1-6 reps
2 sets squats
1 set plate shrugs
1 set squats
3 sets leg press (change machine from first workout)
2 sets leg press calve raises
1 set reverse calve raises
1 set leg press calve raises
3 sets old school tibialis raises
3 sets lying machine hamstring curls
3 sets leg extensions machine (change machine from first workout)
3 sets seated calve raises

Total: 12 sets thighs, 10 sets calves, 1 set traps, 23 sets total: 1 hour 10 minutes

Day 3

Morning or Afternoon Session

2 sets Incline Dumbbell Bench
1 set plate shrugs
1 set incline dumbbell bench
Double drop set on Bodybuilding dead lifts super setted with a double drop set on bent over rows. On these, you should be able to use the same barbell. So here is what a sample set may look like: 400 pounds dead lifts, 12 reps, 36 dead lifts, 8 reps, 300 dead lifts, 8 reps, then go down to 225 with the same barbell and do 8 reps with bent over rows, 185 12 reps, 135 12 reps. All sets are to failure, or until your form starts to slip. I typically stop just before failure on dead lifts, you do not want to cheat on this exercise. The risk to gain on injuries here is much to steep.
2 sets of Flat Dumbbell Bench Press
1 set plate shrugs
1 sets of Flat Dumbbell Bench Press
Double drop on dumbbell pull-overs, w/wide- pull-ups to failure w/ double drop on seated pull-over machine w/ close grip pull-ups to failure
3 sets pec deck flys
2 sets skull crunchers
1 set plate shrugs

1 set skull crunchers
3 sets seated tricep press-downs

Total: 9 sets pecs, 2 shocks on back, 3 sets traps, 6 sets triceps, 18 sets total. 1 hour and 50 minutes

Evening Session

2 sets Incline Dumbbell Bench
1 set plate shrugs
1 set incline dumbbell bench
Double drop set on dead lifts using shrug machine, w/ hyperextensions. Here, go to a shrug machine, and do dead lifts on it to failure (12 reps) then go to failure on hyperextensions, then go back to dead lifts (12-15 reps), back to failure on hyperextensions, then back to dead lifts, and one more set to failure on hyperextensions. Your lower back will be destroyed after this!
2 sets of Flat Dumbbell Bench Press
1 set plate shrugs
1 sets of Flat Dumbbell Bench Press
15, 20, 25 method on wide grip lat pull downs, with double drop 1 ½ reps on straight arm pull-downs
2 sets skull crunchers
1 set plate shrugs
1 set skull crunchers

Note: on the 1 and ½ reps on straight arm pull-downs, perform a full repetition, then, perform ½ of a repetition at the end of the movement, and repeat.

Total: 6 sets pecs, 3 sets triceps, 2 shocking methods on back, 3 sets shrugs, 12 sets total. 1 hour 20 minutes.

Day 4

Morning or Afternoon Session

8-12+ reps (except for shock)

2 sets dumbbell shoulder press
1 set bent over laterals
1 set dumbbell shoulder press
2 sets upright rows
1 set shrugs
1 set upright rows
3 sets [One Arm Cross Cable Laterals](#) – 12-15 repetitions
2 sets alternating Dumbbell alternating curls
1 set shrugs
1 set alternating dumbbell curls
3 sets one arm side laterals - Begin by placing your feet against an immovable

object. Now, while holding on with one arm, lean away from it. Performing side laterals this way allows for a greater range of motion, and makes it difficult to cheat with other muscle groups. Now control the dumbbell up with your side delts, keeping your palms down as you raise the dumbbells up in semicircles directly to the sides until they are at shoulder height. At the top of the movement, rotate your thumbs slightly downward in a fluid motion. This twist will help isolate stress primarily on the sides of the shoulders.

3 sets preacher curl machine curls

3 sets of machine side laterals – 10-15 repetitions

3 sets of plate loaded machine hammer curls 8-12 repetitions

Forearms Shock: Standing cable reverse wrist curls to failure – static for 30 seconds, partial reps for 30 seconds – perform triple drop set, then repeat with behind the back cable wrist curls. Start with about 12-15 repetitions

Total: 16 sets delts, 2 sets shrugs, 9 sets biceps, shock on forearms, 27 sets total. 1 hour, 20 minutes.

Evening Session

Delts Hypertrophy

Biceps Hypertrophy

3 sets Dumbbell shoulder press – 10-15 repetitions (randomize it after the second set with shrugs)

3 sets upright rows – 10-15 reps (randomize it after second set with shrugs)

3 sets alternating dumbbell curls – 15 reps with each arm (randomize it after the second set with shrugs)

Alternating front dumbbell raises super setted with Overhead laterals – 12-15 repetitions

3 sets incline dumbbell curls

Total: 9 sets delts, 6 sets biceps, 3 sets traps, 18 sets total. 1 hour

Day 5

Morning or Afternoon Session

Legs Hypertrophy

Calves Hypertrophy

Abs

3 sets of squats (40, 20, 15) (perform a set of decline sit-ups with decline crunches after second set)

3 sets of leg press calf raises (perform a set of decline sit-ups with decline crunches after second set)

3 sets of decline sit-ups with decline crunches

3 sets of seated calf raises SS with reverse calf raises – 20-40 repetitions

3 sets of adductor machine supper setted with abductor machine. No rest between sets! Go to failure on one machine, then immediately do the next machine, and then immediately repeat the procedure 3 times total.

3 sets of standing calf raises (20-40 reps)

3 sets of lying leg curls with toes pointed inward

3 sets of GH calve raises SS reverse GH calve raises

Note: For GH calve raises, sit down on any machine where there is a pedestal at the bottom to place your feet (typically on the pressing machines). Put your feet on the pedestal, and do calve raises on it. For reverse GH calve raises, do the same thing, except do reverse calve raises.

Afternoon

30 Minutes cardio active recovery 50% VO2 max

Evening Session

Legs Hypertrophy
Calves Hypertrophy
Abs

2 sets squats (40, 20)

2 set leg press calve raises

1 set decline sit-ups

1 set leg press calve raises

3 sets of abductor machine super setted with the adductor machine

3 sets of 21's on leg extensions

3 sets of old school tibialis raises (15-25 reps)

3 sets lying hamstring curls (use different machine than earlier workout)

3 sets of 21's on cable crunches

Note: 21's means to perform 7 partial reps on the bottom portion of the lift; 7 partial reps on the top portion; and finally, 7 full reps, adding up to 21 reps total. This is a brutal method!

Day 6

Morning or Afternoon Session

Chest Hypertrophy
Triceps Hypertrophy
Back Active Recovery
8-12+ reps. Tended to be around 12-15 reps per set.

3 sets flat dumbbell bench press (perform a set of shrugs after second set)
2 sets dead lifts (20, 20)
1 set of bent over rows (20)
3 sets flat dumbbell bench (perform a set of shrugs after second set)
2 sets wide grip lat pull-downs (20, 20)
3 sets skull of crunchers (perform a set of shrugs after second set)
3 sets decline bench press
3 sets dips super setted with pec dec flys
3 sets rope press downs super setted with straight bar tricep press downs
3 sets incline dumbbell flys (40, 30, 20)

Total: 15 sets pecs, 6 sets triceps, 5 sets back, 2 sets shrugs, 31 sets.

Evening Session

Chest Hypertrophy
Biceps Shock
Triceps Hypertrophy

3 sets of incline dumbbell bench press (perform set of shrugs after second set)
3 sets flat dumbbell bench (perform set of shrugs after second set)
3 sets skull crunchers (perform set of shrugs after second set)
3 sets of cable cross overs
3 sets of overhead single dumbbell [French Presses](#)
biceps shock: perform a double drop set, then get 10 cheat reps with weight you did the last strip to failure on. Then, immediately pick a weight on seated upright dumbbell curls that you can get 20 times, and rest pause to 100 reps.

Total: 1 shock on biceps, 6 sets triceps, 9 sets pecs, 15 sets total

Day 7

Cardio/abs day 1: 30 minutes cardio morning and night, and abs

65% VO2 max on both cardio session.

Morning ab session: 1 Giant set, go to failure on all exercises: 30 second static contraction on static lying leg raises w/ lying leg raises, w/ crunches w/ crunches to both sides w/ crunches with your legs folded up in the air w/ alternating lying leg tucks.

Night ab session: 3 sets of hanging leg raises w/ seated abdominal machine

Day 8

Morning or Afternoon Session

Delts Shock
Abs

Double drop upright rows super setted with military press (go to failure on upright rows, immediately go to failure on standing military press, then strip, then repeat procedure.)

Run the rack on dumbbell shrugs (pick up the heaviest weight you can shrug with, and strip from there, all the way to the lightest weights in your gym).

Strip on dumbbell shoulder press, then strip on over head reverse laterals. This is insane!!! Here would be a sample set:

100 pound dumbbell shoulder press 10 times, 90 pounds 4 times, 80 pounds 6 times, 60 pounds 8 times. Then go down to the 50 pound dumbbells, and change the exercise to reverse over head laterals, and strip down to the 15 pound dumbbells. Your side delts will be destroyed after this!

Double drop set on seated military barbell press super setted with double drop set on dumbbell front laterals (I stayed in the 8-12 rep range, here)

Double drop set on reverse pec dec machine. Go to failure, then perform a static contraction for 30 seconds, then perform partial reps for 30 seconds, then strip the weight down. Repeat procedure twice for a double drop set.

3 giant sets on neck. Do front plate raises, with side plate raises (on both sides of your neck) with rear plate raises.

Evening Session

Calves Shock
Triceps Shock

Strip on skull crunchers

Double drop set on standing calve raises. This is perhaps the most brutal strip set you will ever do! Pick a light weight, you can get about 20 reps with, go to failure, then perform a static contraction (peak at the top) for 30 seconds, perform partial reps at the bottom for 30 seconds, and stretch at the bottom for 30 seconds. Then strip the weight significantly and repeat the procedure. Repeat the procedure twice for a double drop set. Be careful on these strips, because the pump will be humongous. When you set the weight down, do it **very** slowly, and raise the weight up again **very** slowly on each strip set.

3 Giant sets: Seated tricep extension machine, super setted with Nasser extensions, w/ seated behind the back tricep extensions free weight machine, w/ behind the back cable press downs.

Static strip on reverse leg press calve raises. Hold a weight in a static position on reverse leg press calve raises, and hold it until failure, then strip the weight down and repeat. Do this 3 times, for a triple drop set.

Day 9

Morning or Afternoon Session

Back Heavy
Abs

3 sets dead lifts (perform a set of lying leg lifts after second set)
3 sets of bent over rows (perform a set of lying leg raises after second set)
3 sets of dumbbell pull-overs supersetted with flat bench leg raises
3 sets of [Venom Rows](#)
3 sets of close-grip lat pull-downs super setted with wide grip lat pull-downs
3 sets of seated unilateral row machine

Evening Session

Back Heavy
Forearms Shock

2 sets of deadlifts
2 sets of bent over rows
3 sets of free range lat pull downs heavy
3 sets of hammer (neutral) grip pull-ups

Forearms

3 Giant sets: seated wrist curls (20 reps) super setted with moderate weight farmers walk for the whole floor distance, SS with reverse barbell wrist curls (20 reps), with reverse barbell curls (8 reps)

Day 10

Morning or Afternoon Session

Chest Shock
Triceps Heavy

Double drop on incline dumbbell bench press, super setted with double drop set on flat dumbbell bench press, super setted with a double drop set on flat dumbbell fly's. At the end, perform a static contraction (flex your chest) for 60 seconds. Then stretch each side of your pecs for 30 seconds each.

Here would be a sample set:

Incline dumbbell press 100 pounds 10 reps, drop the weight to 85 pounds, drop the weight to 70 pounds, then drop the weight to 60 pounds, but switch the exercise to flat dumbbell press, drop the weight to 45 pounds, then 30 pounds. Then drop the weight to 25 pounds, and perform flat dumbbell fly's, then do one more drop, and do flat dumbbell fly's with the 15 pound dumbbells. Then flex for 60 seconds, and stretch for 60 seconds.

Triple drop set on incline barbell press super setted with a double drop set on decline barbell press. Go high rep on this.

1 static strip set. Do 6 static drops on the vertical free weight chest press machine.

Triceps

3 sets of tricep extensions (1 set of crunches after the second set)

3 sets of heavy one arm dumbbell kickbacks.

Evening Session

Triceps Heavy

Abs

3 sets of tricep extensions (1 set of crunches after the second set)

3 sets of overhead barbell tricep extensions

3 sets of side leg raises

Day 11

Morning Session

Legs Shock

Biceps Strength

Strip set on squats (5 strips)

3 sets of alternating dumbbell curls (perform a set of shrugs after the second set)

Paul strip on leg press (start with the heaviest weight you can, and strip to 1 plate aside!)

3 sets of incline dumbbell curls

Static strip on leg extensions (start with a moderate weight that you could perform 12 reps with, and do 4 static strips)

Strip on one leg stiff legged dumbbell dead lifts (3 strips on each leg)

3 Sets of cable curls

Strip on abductor machine super setted with strip on adductor machine (triple drop on each)

Afternoon

30 Minutes cardio active recovery 65% VO2 max

Evening Session

Biceps Strength

Forearms Hypertrophy

- 3 sets of alternating dumbbell curls (perform a set of shrugs after second set)
- 3 sets of reverse barbell curls (perform a set of shrugs after second set)
- 3 sets of dumbbell concentration curls
- 3 sets of behind the back wrist curls (perform a set of shrugs after second set)
- 3 sets of alternating hammer curls (I go, you go method)
- 3 sets of plate pinchers super setted with behind the back cable curls

Day 12

Morning or Afternoon Session

Calves Strength
Triceps Hypertrophy
Delts Active Recovery

- 3 sets leg press calve raises (perform set of shrugs after second set)
- 3 sets of triceps extensions (perform set of shrugs after second set)
- 2 sets of dumbbell shoulder press (20, 20)
- 3 sets of standing calve raises
- 3 sets of incline dumbbell skull crunchers
- 2 sets of barbell upright rows (20, 20)
- 3 sets of reverse standing calve raises
- 3 sets of old school tricep extensions super setted with close grip bench press

Evening Session

Calves Strength
Triceps Hypertrophy

- 3 sets leg press calve raises (perform set of shrugs after second set)
- 3 sets tricep extensions (perform set of shrugs after second set)
- 3 sets [Squat Raises](#)
- 3 sets decline dumbbell tricep extensions
- 3 sets of cross face dumbbell tricep extensions

Day 13

Morning or Afternoon Session

Back Hypertrophy
Biceps Hypertrophy
Legs Active Recovery

- Deadlifts – 3 sets 8-12 reps (perform set of shrugs after second set)
- Bent over barbell rows – 3 sets 8-12 repetitions (perform set of shrugs after second set)
- 3 sets of wide grip pull downs – 12-15 repetitions
- 3 sets of one arm dumbbell rows – 8-12 repetitions

3 sets of alternating dumbbell curls – 8-12 reps (perform set of shrugs after second set)

3 sets of straight arm pull downs – 10-15 repetitions

2 sets of squats (20, 20)

3 sets of standing easy curl bar curls – 8-15 repetitions

2 sets of leg extensions (20, 20)

3 sets of hammer free plate preacher curls – 8-15 repetitions

Evening Session

Back Hypertrophy

Biceps Hypertrophy

2 sets dead lifts

2 sets bent over rows

2 sets alternating dumbbell curls

3 sets cormier rows

3 sets close grip lat pull-downs

3 sets bicep preacher curl machine

3 sets seated row machine

3 sets double arm bicep cable curls

Day 14

Off

Day 15

Morning or Afternoon Session

Delts Heavy

Triceps Shock

4 sets of dumbbell shoulder presses > 6 reps (1 set behind neck raises after set 1; 1 set after set 3)

Triple drop set on triceps skull crunchers

4 sets of upright rows (1 set front plate neck raises after set 1; 1 set after set 3)

3 sets of calf machine shrugs

3 sets of seated barbell military presses

3 sets of standing shrug machine shrugs

3 sets of heavy cheating side laterals

2 sets of side neck raises

Triple drop set on dumbbell tricep kickbacks

Triple drop set on weighted behind the back dips (on last drop, rest pause, and go to failure again with no weight)

Evening Session

Delts Heavy

Chest Active Recovery

4 sets dumbbell shoulder press (set of reverse plate neck curls after set 1 and 3)

2 sets of incline dumbbell press (20, 20)

4 sets of upright rows (set of front plate neck curls after set 1 and 3)

3 sets of shrugs on the shrug machine

3 sets of incline face forward reverse laterals

3 sets of barbell front laterals

3 sets of incline press machine

Day 16

Morning Session

Legs Heavy, 1/2 back shock

4 sets of squats (perform set of shrugs after set 1 and 3)

15, 20, 25 method on bent over rows

3 sets of leg press

15, 20, 25 method on wide grip lat pull-downs

3 sets of leg extensions

Giant set with incline dumbbell rows (strip set)

3 sets of lying dumbbell hamstring curls

Afternoon

30 Minutes cardio active recovery

Evening Session

Legs Heavy, 1/2 back shock

Abs

3 sets of squats (perform set of shrugs after set 2)

Strip set on bent over dumbbell rows super setted with strip set on bent over laterals

3 sets of leg press (use different machine)

Set wide grip pull-ups to failure, w/ strip set on seated pull-over machine w/ failure

on close grip pull-ups (and or 10 negative reps)
3 sets of adductor machine super setted with abductor machine
3 sets of lying hamstring curls
2 sets dead lifts
Strip set on cable crunches
Strip set on decline crunches

Day 17

Morning or Afternoon Session

Chest Heavy
Biceps Shock

4 sets incline dumbbell press (1 set shrugs after 1st and 3rd sets)
Jump set on alternating dumbbell curls
4 sets flat dumbbell bench press (1 set shrugs after 1st and 3rd sets)
Wilson blitz on preacher curl machine
3 sets of pec dec fly's
3 sets of seated chest press machine

Evening Session

Chest Heavy
Calves Hypertrophy

Incline dumbbell bench – 4 sets (set shrugs after 1st and third set)
3 sets of standing reverse calf raises ss with standing calf raises– 20 repetitions
flat dumbbell bench – 4 sets (set shrugs after 1st and third set)
3 sets of seated reverse calf raises ss with seated calf raises – 20-30 repetitions
Heavy flat dumbbell fly's – 3 sets
3 sets of reverse GH calf raises ss with reverse GH calve raises – 20 reps

Note: For GH calve raises, sit down on any machine where there is a pedestal at the bottom to place your feet (typically on the pressing machines). Put your feet on the pedestal, and do calve raises on it. For reverse GH calve raises, do the same thing, except do reverse calve raises.

Day 18

Morning or Afternoon Session

Delts Hypertrophy
Triceps Heavy

4 sets dumbbell shoulder presses – 8-12 repetitions (set of reverse plate neck curls after 1st and third set)
4 sets of heavy skull crunchers (set of crunches after 1st and third set)
4 sets of upright rows – 8-12 repetitions (set of crunches after 1st and third set)

3 sets of standing dumbbell shrugs SS with lying forward neck curls

4 sets of cable side laterals ss with bent over cable laterals – only rest is switching arms – 8-15 repetitions

3 sets of machine side laterals ss with reverse pec deck flys – 8-12 reps

3 sets of cable upright rows ss with behind the back cable shrugs – 10-15 repetitions

Evening Session

Delts Hypertrophy

Triceps Heavy

Shoulder press – 3 sets (set of front plate neck curls after 1st and second set)

Skull crunchers – 3 sets (set of side plate neck curls after 1st and second set)

Upright rows 3 sets (set of rear plate neck curls after 1st and second set)

Alternating front lateral raises ss with overhead laterals – 3 sets

Dumbbell French Press – 3 sets

Seated side laterals ss with standing side laterals – 3 sets

High rep standing calf raise shrugs ss with cable shrugs – 3 sets

Incline dumbbell tricep extensions 3 sets

Day 19

Morning Session

Legs Hypertrophy

Calves Hypertrophy

3 sets of squats (set of shrugs after 2nd set)

3 sets of dumbbell lunges

3 sets of old school tibialis raises

4 sets of lying hamstring curls super setted with leg extensions

4 sets of stiff legged barbell dead lifts

4 sets of horizontal leg press machine super setted with sissy squats

4 sets of leg press calve raises (set of shrugs after 1st and third set)

4 sets of reverse seated calve raises super setted with seated calve raises

Afternoon

30 Minutes cardio active recovery

Evening Session

Legs Hypertrophy
Calves Hypertrophy
Back Active Recovery

3 sets of squats (set of shrugs after 2nd set)

3 sets of leg press feet high up the pad super setted with lying hamstring curls (change machine)

2 sets of dead lifts

4 sets of seated hamstring curls super setted with leg extensions (change leg extension machine)

4 sets of reverse seated calve raises super setted with seated calve raises

4 sets of abductor machine ss with adductor machine

4 sets of leg extensions (change machine) ss with sissy squats

4 sets of leg press calve raises super setted with standing calve raises

4 sets of squatting calve raises ss with reverse plate tibialis raises

Day 20

Morning or Afternoon Session

Chest Hypertrophy
Triceps Hypertrophy
1/2 forearm shock

3 sets incline dumbbell bench (set of shrugs after 2nd set)

4 sets decline bench

3 sets flat dumbbell bench (set of shrugs after 2nd set)

4 sets skull crunchers (set of shrugs after 1st and 3rd set)

3 sets flat dumbbell flys

4 sets low pulley cable cross overs

4 sets rope tricep press downs ss with straight bar tricep press downs

Strip set on behind the back barbell wrist curls

Strip set on reverse barbell Wrist curls

Evening Session

Chest Hypertrophy
Triceps Hypertrophy
1/2 forearm shock

- 3 sets incline dumbbell bench (set of shrugs after 2nd set)
- 4 sets decline bench
- 4 sets flat smith machine bench
- 4 sets skull crunchers (set of shrugs after 1st and 3rd set)
- 3 sets decline dumbbell fly's
- 4 sets high pulley cable cross overs
- 4 sets Nasser extensions ss with straight bar tricep press downs

Giant set from old school forearm workout:

Part 3: Giant set consisting of Barbell wrist curls supersetted with [Behind-the-back wrist curls](#) supersetted with Cliff Hanger's hold, 3 sets Go heavier on the barbell wrist curls (go for failure at about 8-12 reps), and squeeze hard at the top after each rep. immediately after failure, grab a light bar and perform behind-the-back wrist curls. I usually just use a barbell with no weight. The idea here is to go until the pain becomes unbearable! I mean UNBEARABLE! Keep curling until you can't even move the bar a fraction of a millimeter! Then after utter failure, hold the barbell in a contracted position to engorge the forearms with blood!

Now Grab onto a pull-up bar and pull yourself up only half way. Hold yourself in this position until your grip totally gives out. If you are really advanced you'll do these a different way. As you are dangling shift all your weight from one arm to the other. Once you can't hold yourself up with one arm shift to the other. Then finally hold yourself there with both arms until failure.

Day 21

Cardio/abs day 1: 30 minutes cardio morning and night, and abs

Day 22

Morning or Afternoon Session

Back Heavy
Biceps Heavy
Chest active recovery

- 3 sets dead lifts
- 2 sets incline dumbbell bench press
- 3 sets bent over rows
- 3 sets wide grip pull-ups
- 3 sets alternating dumbbell Curls
- 3 sets of seated pull-over machine
- 3 sets of barbell curls

Evening Session

Back Heavy
Biceps Heavy

Abs

- 3 sets dead lifts (1 set of lying leg raises after 2nd set)
- 3 sets bent over rows (1 set of lying leg raises after 2nd set)
- 3 sets close grip pull-ups
- 3 sets alternating dumbbell Curls (1 set of lying leg raises after 2nd set)
- 3 sets of barbell pull-overs
- 3 sets of incline dumbbell curls

Day 23

Morning or Afternoon Session

Delts Shock
Forearms Hypertrophy

Instinctive training - do whatever you want! But train within the framework of shock and hypertrophy workouts.

Evening Session

Triceps Shock
Forearms hypertrophy

Strip on skull crunchers
Double drop set on 21's tricep cable press downs
Strip set on dumbbell french presses

3 sets of behind the back wrist curls ss with reverse barbell curls

3 sets of barbell wrist curls ss with reverse barbell wrist curls

3 sets of incline hammer curls ss with behind the back wrist curls

Day 24

Morning or Afternoon Session

Legs Shock
Biceps Hypertrophy

Instinctive training - do whatever you want! But train within the framework of shock and hypertrophy workouts.

Afternoon

30 Minutes cardio active recovery

Evening Session

Biceps Hypertrophy
Calves Shock
Abs

Calves

Giant Set - 100 rep method on leg press calf machine, supersetted with failure on standing reverse calf raises, supersetted with seated 100 rep method on seated calf raise machine or seated barbell calf raises, supersetted with standing on a high block bodyweight calf raises for 100 reps, then back to reverse calf raises to failure

This is a one shot deal, so make it count! Again, 100 rep method requires you to chose a weight you can lift 25 times originally, followed by a rest pause to 100 reps.

Rest Required - Three Days

3 sets alternating dumbbell curls ss with barbell curls
3 sets preacher barbell curls ss with standing supination curls
3 sets preacher curl machine curls ss with unilateral curl machine

Giant set abs: 5 sets cable crunches ss w/ hanging leg raises w/ crunches

Day 25

Morning or Afternoon Session

Chest Heavy
Triceps Heavy

3 sets incline dumbbell bench
3 sets flat dumbbell bench
3 sets skull crunchers
3 sets decline bench press
3 sets cable cross overs
3 sets behind the back weighted dips

Evening Session

Chest heavy
Triceps Heavy

3 sets incline dumbbell bench
3 sets flat dumbbell bench
3 sets skull crunchers
3 sets pec dec flys
3 sets vertical chest press machine
3 sets cable tricep extensions

Day 26

Morning or Afternoon Session

Back Hypertrophy
Calves Heavy
Legs Active Recovery

3 sets dead lifts
3 sets bent over rows
2 sets leg extensions
3 sets wide grip lat-pull-downs ss with close grip lat pull-downs
2 sets squats
3 sets leg press calve raises
3 sets cable pull-overs ss with cormier rows
3 sets seated calve raises
4 sets unilateral row machine

Evening Session

Back Hypertrophy
Calves Heavy
Delts Active Recovery

2 sets dead lifts
2 sets shoulder press
2 sets bent over rows
3 sets leg press calve raises
3 sets wide grip pull-ups
3 sets standing calve raises
3 sets one arm dumbbell rows
3 sets reverse old school tibialis calve raises
3 sets seated pull-over machine

Day 27

Morning or Afternoon Session

Chest Shock
Biceps Shock

1 static strip sets on incline dumbbell presses, six drops.
1 triple drop set on alternating dumbbell curls
Static strip set on vertical press machine
Static strip set on cable curls, 6 drops
Double drop set on barbell curls, do 21's on each strip; rest pause if needed
Static strip set on pec dec flys, 6 drops
Wilson blitz on preacher curl machine

Evening Session

Forearms Shock

Triple drop set on reverse barbell curls
4 drop sets on behind the back barbell wrist curls
Triple drop on seated barbell wrist curls
Triple drop on seated reverse barbell wrist curls

Day 28

Cardio/abs day 1: 30 minutes cardio morning and night, and abs

Day 29

Christmas! I took an extra day off here.

Day 30

Morning or Afternoon Session

Delts Heavy
Triceps Hypertrophy

3 sets dumbbell shoulder press (set front neck raises after second set)

3 sets skull crunchers (set rear neck raises after second set)

3 sets barbell upright rows (set rear neck raises after second set)

3 sets dumbbell side laterals

3 sets tricep cable press-downs

3 sets shoulder press machine

3 sets of barbell shrugs

3 sets incline dumbbell tricep extensions

3 sets seated tricep extensions

Evening Session

Delts Heavy
Triceps Hypertrophy

Instinctive training - do whatever you like, within the framework of heavy and hypertrophy workouts.

Day 31

Morning or Afternoon Session

Legs Heavy
Biceps Heavy
Forearms Heavy

- 3 sets squats (1 set shrugs after second set)
- 3 sets alternating dumbbell curls (1 set shrugs after second set)
- 3 sets stiff legged dead lifts
- 3 sets leg extensions
- 3 sets barbell curls
- 3 sets lying hamstring curls
- 3 sets behind the back wrist curls (1 set shrugs after second set)
- 3 sets leg press
- 3 sets reverse barbell curls (1 set shrugs after second set)

Afternoon

30 Minutes cardio active recovery

Evening Session

Legs Heavy
Biceps Heavy
Forearms Heavy

- 2 sets of squats
- 2 sets alternating dumbbell curls
- 15 sets of leg extensions
- 5 sets double bicep cable curls
- 3 sets behind the back wrist curls ss with reverse barbell curls