

The Fourth Horseman of the Apocalypse— Commentary



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Introduction

A bodybuilder's mood can change on a daily, and even hourly bases. Sometimes, we feel incredibly motivated, others, we feel down and depressed. These moods and feelings often dictate how we design our training programs, among other outcomes. The following article consists the comments of Gabriel "Venom" Wilson during his 30 workout training program. The athlete should read these comments on each day they perform a workout. It will help explain why the program was chosen, and perhaps comfort you, in knowing that you are feeling similar symptoms, such as severe DOMS, as Gabriel did during this program.

Day 1 and 2 Commentary

For me, this volume is about moderate to low, which is what I had planned for my heavy days. But each set I put all of my effort into it. Lifting heavy takes a lot of mental effort, and also, I take a lot more rest between sets. So it is hard to go much higher volume on these days. But so far, I am flying through the workouts. I feel great and my energy is through the roof.

Day 3 Commentary

Today was probably the hardest workout in the entire split. I noted this day before hand as a day that conflicted with other body parts and combined 2 large muscle groups. I made it through it, though. On the dead lifts, it is hardest on my lower back; I often find that goes to failure first on strip sets.

The workouts today were great.

My legs are absolutely destroyed! I can barely even walk, and it hurts tremendously to get out of my chair. My glutes hamstrings and quads are all destroyed.

Day 4 Commentary

This was probably my favorite workout of the week. Delts are one of my favorite body part to train. Probably because it is one of the best features on my body. It is very important on this day that you don't lift exceedingly heavy. Evidence suggests that constantly lifting heavy every workout is one of the quickest ways to over train. Hypertrophy days are implemented for this reason, among others. These days are fun! You need to pick a weight that you can do controlled and for several repetitions. I gave a range of 8-12 reps+, but on these days, I tend more towards 12+ reps, than 8. Keep in mind that your muscles are still fatigued from training delts 2 days ago, so you will not be able to lift as heavy, so through your ego out the window on this day and lower the weight!

The pump during this workout was awesome. I had some extremely intense sets. Especially on alternating dumbbell curls. I think I had a time under tension (TUT) of 2 minutes during those sets!

My legs are still absolutely killing me. Most likely, tomorrow I am only going to need a few sets of thighs, and I will really emphasize my calves. I will also hit my abductor/adductor thigh muscles with some isolation exercises.

Today I was very happy with how I was looking. I am much bigger and fuller.

My back is very sore. My pecs are not to sore, however.

Day 5 Commentary

My legs were still destroyed on this day. I could not explode at all on squats. So I just went very light, and controlled, and tried to stimulate some growth hormone release. I got some brutal high rep sets in. I primarily focused in on calves this day, though.

I also was filling pretty fatigued on this day.

Day 6 Commentary

This was a great day. I got an excellent pump in my upper body. It was my first "hypertrophy" day for my upper body, so I really enjoyed it. The bicep shock was incredible! Huge pump after wards. I also notice that my strength is excellent at night for my pec and delt workouts. I don't even have to lower the weight after my first workout.

Day 7 Commentary

I really enjoyed this day off. It makes such a big difference to have a full day off from the weight room. It is a big relief psychologically, and also helps your body to recover.

Day 8 Commentary

My body was looking excellent this morning. I am very happy with my progress, and I feel great. I got an awesome delt workout in.

At night I got an insane calve workout! My calves are destroyed.

Day 9 Commentary

Solid workouts, today. The best part was the forearm workout. That was probably the biggest pump I have gotten on forearms in my entire life!!!

Day 10 Commentary

Awesome pec workout today! The pump was incredible. I was very strong on my incline dumbbell bench. I am going to go up by 10 pounds on each dumbbell during my next heavy workout.

Today, my forearm flexors are destroyed. My back is pretty sore, as well.

Day 11 Commentary

The leg shock workout was insane. The squats were very difficult on my respiratory muscles - they were cramping. My lower back also was hurt, and caused me to go to premature failure on the last strip set.

Day 12 Commentary

I felt a little fatigued today. I was glad I only had to train small muscle groups. I took a 2 hour nap, and also upped my carbs some. I felt good by the end of the day.

I had a really good tricep workout. Excellent mind muscle connection on the exercises I performed.

Day 13 Commentary

Great back workout today. One comment is that my lower back is really fatigued. All these dead lifts and squats are killing me!

Day 14 Commentary

I was a bit fatigued today. The day off helped a lot.

Day 15

Brutal workout today. I improved my shoulder press by 5 reps!

Day 16

Great workout. Probably the hardest workout of the whole split. I improved my squat by 20 pounds! I was amazed at how much I improved.

Day 17

I went up 20 pounds on my incline bench. I got 2 less reps then I did 20 pounds lighter last time, but still impressive.

Day 18

I got a huge pump today. This was the most enjoyable workout of the split so far. I felt really good, so I went pretty high volume, Excellent set of workouts.

Day 19

Pretty sick leg workout today. I am feeling really good. So I went high volume.

Day 20

That giant set for forearms was awesome! The pump was huge.

On another note, I have some tendentious on my pecs. I am trying to rehab it, but it does hinder my performance.

Day 21

I was glad to have this day off from weights, because I was be up.

Day 22

I did not feel to great today, so I went lower volume. But my dead lifts improved by 20 pounds, so that made me very happy.

Day 23

I Felt like going instinctive training today. It was a fun workout! Nice switch up.

Day 24

Another instinctive workout. I went all out and really blasted my quads.

Day 25

I improved my bench, but this injury really hurts. I am going to have to work on it more.

Day 26

Today was an extremely hard workout. I motivated myself by saying I only have a few more days before Christmas, then I get two days off from the weight room!

Day 27

Because I decided not to do back shock today, the workout was probably the easiest one on the split. So I enjoyed it. I was in a rush, so I moved really fast during my bicep workout. I took practically no rest between shocks. The pump was awesome.

Day 28

Just did some light cardio, I was looking forward to Christmas!

Day 29

Christmas! I took an extra day off here.

Day 30

I felt great after 2 days off from the weight room, plus because of the food I ate on Christmas! I had two awesome workouts. I lifted incredibly heavy on delts. I was very happy with my strength improvements.

Day 31

I am so happy this is the last day, because I am destroyed lol. Good job anyone who followed me through this program. Go celebrate!