

Cliff Hanger – A Four Week Walk On The Edge

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Introduction

The principles within this article are listed in part one of the series. In particular I will address the actual workouts that will be used, lay out sample daily plans for their execution, and lay out a full monthly schedule for their utilization.

Below is an outline. It will allow you easy access to whatever aspect of the article you seek to check, instantaneously.

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Keys To Recuperation

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We have discussed several factors, which are vital to your recuperation. We have also addressed the fact, that this split will be one of the more frequent combinations possible. That is where the edge comes into play. It is therefore vital that each athlete takes the proper precautions to make sure that his or her body is always in top condition to train at 100 percent capacity.

It is for this reason, that I would recommend you to view your body as a finely tuned machine. Training, and diet are certainly not sufficient for this process. You need to mentally replenish yourself, as well as physically help to mend your battle wounds. I therefore have the following recommendations:

1. You should take a nap each and everyday. I would refer you to [slumber dynamic I](#) and [part II](#) for this process. Both articles discuss the keys and vitality of proper

sleep. It is a fact, that a nap will drastically increase endocrine function(i.e. the secretion of anabolic hormones such as GH). Slumber Dynamic part I discusses in depth how hormone efficiency is improved. For direct questions, such as how much sleep you should get per night, I would refer you to part two. To directly read the section on when to take a nap, [click here](#)

2. Old School recommends a minimum of 8.5 to 9 hours of shut eye a night. However, he also has discussed, what I feel is the most ingenious way ever to learning how to " customize " your sleeping patterns. To read about this, [click here](#)

3. If you have access to a significant other, such as your spouse, or a friend who can do this for you, I would recommend getting a massage at least once a week. As an alternative, you can massage areas yourself. Such as your forearms, calves, biceps, and almost any body part. This improves circulation, and eliminates scar tissue as well.

4. Going deeper into this, I would recommend examining your body. Is there any aspects that seem to have a hard time getting circulation, or are always stiff? If so, they may, and probably do have adhesions. To eliminate these adhesions, you need to work them out. I describe how to perform this in my article entitled X-Ray Vision. You can read the exact part by [clicking here](#). Scar tissue will hinder growth, and nervous system function.

5. One aspect I would like to emphasize is not only a proper warm up, but also a proper cool down. Obviously getting a good sweat is important. However, when the workout is done, I would like you to flex and pose for five minutes, and stretch the target muscle groups worked. This will promote better circulation, and bring more nutrient rich blood to your damaged muscle tissue.

6. If possible, I would like you to visualize once a day. It could be before your nap, or before bed. In essence I want you to program yourself for victory. The apostle Paul once stated to dwell on whatever was good. The same principle applies to the hypertrophy athlete. Unnecessary stress is very catabolic. For this period, I would prefer that you stay away from negative situations that will hinder your progress. Do not think of past negative events that will destroy your mindset. In fact, to understand the bodybuilding mindset I would refer you to my article entitled: " So You Want to Be Freaky " to learn how to visualize, [Click Here](#).

7. Another aspect that athletes need to emphasize is a post workout session in the Jacuzzi, or hot tub. If you do not have one, that's just fine, take a super hot bath, or preferably a hot shower with the massage aspect of the shower head turned on. It is a fact, that this increases GH release as well.

Aside from this, I would again emphasize my [dietary check list](#), and the advice I

gave in part one of this series.

Cliff Hanger Workouts Expelled!

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Extremely high frequency. This, is one of the opponents you will be asked to war with for the following thirty days. I am going to ask you to maintain the integrity of your focus, and will power for each workout presented. The cycle per body part will come in waves. Which is to say that workouts will be progressive, or step like. My intentions are to create three specific workouts per body part. The first will be comparatively easy going, where as the third will be an all out explosion of undeniable pain and anguish! Strap yourself in.

Note - Each Exercise listed will have a hyperlink, or a description provided for its use

Recommended Articles, Courtesy of Old School To Study For Shocking Methods

1. [How To Shock Your Body Out Of The Comfort Zone Part One](#)
2. [How To Shock Your Body Out Of The Comfort Zone Part Two](#)

And of course, there are several others to study in our workouts section of the site.

Workout I Series Explained

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Sessions within this block will seem almost therapeutical. I say this, because the athlete's goal is to stimulate a short bout of protein synthesis, while simultaneously isolating the target muscle group. You see, workouts two and three will be quite challenging. Rather than continually inflict each body part, I intend to actually use a workout to escalate its synthetic rate. Think of it as an elixir so to speak, meant to enhance amino acid uptake in skeletal muscle tissue, and increase the mind muscle connection. Your relationship that is, with the body part being stimulated. Moreover it will prepare the muscle for its date with extreme destiny, the third and final blow.

Rep Speed – As you recall, extreme muscular damage is caused on the eccentric portion of the repetition. There are also several other factors which stimulate this, and this will be discussed further into the article. Your goal is not to inflict extreme damage, but only slightly increase MPS. Therefore your rep speed needs to be rhythmic. This calls for no more than a 1 second negative and a 1-2 second concentric contraction. I am giving more leeway on the concentric, because I want you to focus on contracting the muscle being worked. If I include leg extensions, imagine yourself on the stage busting out a quad shot.

Intensity – Sets will be taken to concentric failure, but, they will be few sets, and

again, I do not, even on the last rep want you to focus on the negative. That defeats the purpose of the workout.

Repetitions – Depending on the body part, reps will range from 12-15, and in some cases up to 40. To illustrate my point, your quadriceps workouts can range in the latter end, due to a mounting supply of evidence showing the benefits of higher reps on quads, being incorporated into workouts. Benefits such as increased GH release etc.

Frequency – As was discussed in Cliff Hanger I, each body part is different. And factors effecting recovery, range from size, to fiber makeup. Therefore, I will place the frequency you will work each body part next to its title.

How Repetitions Will Be Shown - In order to show repetitions, I will state the exercise and show repetitions beside it. I.E. Bench Press (10, 8, 6) meaning to choose a weight so as to failure within that specific range, using the specific rhythm(meaning time for eccentric portion of rep, and concentric portion of rep) discussed above(under repetitions). Additionally, the 10 would refer to set one, while the 6 would refer to set three. Again (10, 8, 6) = Set One 10 repetitions, Set Two 8 repetitions, Set Three 6 Repetitions. If I show a set like so (12, 10, 8, 12)

Normally a weight you can lift 12 times, will only be able to be lifted 10 times on your second set. However, when you see the repetition number increase, you know to lower the weight to reach those reps, because you will not be able to lift 12 with the same weight you started out with. This is an extremely older bodybuilding method known as the burn out. Probably the most used method throughout the centuries.

Warm Up - Properly warm up with a few sets of the exercise you will be using, before beginning workout. Its key to note, that the warmup should be quick, because the exercises are not to the levels of workouts 2-3. Just break a sweat with it.

Chest Workout I

6 sets of [decline dumbbell flys](#) (20, 18, 15, 12, 10, 15)

rest between sets - 30-60 seconds

Rest Required - Two Days

Back Workout I

2 sets of [wide grip pulldowns](#) (12, 15)
2 sets [one arm dumbbell rows](#) (12, 15)
2 sets of light [good mornings](#) (20, 20)

rest between sets 60 seconds, however, the only rest needed for one arm dumbbell rows is the time it takes to perform the exercise with one arm, before switching sides.

Rest Required - Three Days

Biceps Workout I

4 sets of [concentration curls](#), (12, 10, 8, 12)

rest between sets - 30-60 seconds

Rest Required - Two Days

Triceps Workout I

5 sets of [Nasser Extensions](#) – 3 X 12 and 2 * 25 (12, 12, 12, 25, 20)

rest between sets - 30-60 seconds

Rest Required - Two Days

Calves Workout I

1 set of one legged calf raises off of a plate (failure with bodyweight)

1 set of seated plate raises raises for the tibialis 50 total reps (failure) Description - Take a seat and Elevate both of your heels onto a 45 pound plate, then place another plate onto the edge of both of your feet. Now perform reverse calf raises in this seated position. For more info on this, [click here](#)

rest - 30-60 between exercises

Rest Required - One Day

Forearms

1 set [squatting dumbbell wrist curls](#) for 50 reps (failure)
1 set squatting dumbbell reverse wrist curls for 50 reps (failure)

Rest Required - One Day

rest - 30-60 between exercises

Shoulders Workout I

2 sets of [side lateral raises](#) – (12, 15)

2 sets of [l-laterals](#) (10, 10)

2 sets of [Old School dumbbell shrugs](#) (20, 20)

rest - 60 between exercises

Rest Required - Two Days

Legs Workout I

2 sets of [leg extensions](#) at 40 reps a piece

2 sets of [leg curls](#) at 12 reps a piece

2 sets of [leg presses](#) at 20 reps a piece

rest - 60-90 between exercises

Rest Required - Three Days

Workout II Series Explained

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The goal within this workout is to stimulate hypertrophy in fast twitch IIB, IIA, and Type I Fibers. This is the set up session for workout III. I will divide workouts into 4 phases, at three sets a piece, unless stated otherwise(in this case an explanation will be provided that is in context).

Intensity - This will require your full concentration. I am asking you to focus on growth here. Each set must be treated as if it were your last!

Phase I - Sets 1-3 constitute the first section of the workout. It is here that our

focus is primarily fast twitch IIB fibers. You will work them heavy and explosive in the 6-10 rep range. When I say explosive, I mean, that you will use momentum! You are not, at all focusing on the eccentric portion of the rep here, but rather concentric explosion! This means, that you will not pause at all on the bottom of the rep. Use elasticity here.

Each rep, you need to focus on exploding like a bullet out of a gun(A Seksi specialty so to speak)! The quicker you can explode the greater the fast twitch IIB recruitment you will stimulate.

To learn more about explosive repetitions and their benefit [click here](#)

Phase II - We will now finish off the IIB fibers, and majorly recruit IIA muscle fibers. Our goal is to stimulate a massive rise in MPS(muscular protein synthesis) in each of the fibers. The goal here is the eccentric portion of the rep! You will still lift in the 8-10 rep range, but sets will last notably longer than phase one. The goal in phase one was to get the rep range as quickly as possible! That was actually known as Compensatory Acceleration. Here however, I want you to go as heavy as possible, but the negative will last longer, and the concentric will be more rhythmic. I expect a 3 second decent on upper body exercises, and a 5 second negative on lower body exercises. The concentric phase will last approximately 1 to 1.5 seconds. On the bottom of each rep, on the stretch, pause for about .5-1 second to lower the effects of momentum, and squeeze on the peak contraction for .5 to 1 second as well. So diagrammatically, it would look like this

- A. Eccentric phase - 3 seconds for upper body, 5 for lower
- B. Bottom Phase - 0.5 to 1 second pause
- C. Concentric Phase - 1 to 1.5 seconds
- D. Peak Contraction or top phase - 0.5 to 1 second pause

Phase III - The goal here is to increase mitochondrial density in the fast twitch IIB fibers, and to finish off the IIA fibers. This is the rhythmic stage of the workout. This is to say that you want to get into a non stop, smooth, fluent motion. Up, down, up, down etc. You will not pause on the bottom or top phase, and the eccentric should last 1 to 2 seconds, and the concentric should last 1 to 1.5. Again, you should feel the flow here. Just pump, that's the key. Reps will be between 8-15

Phase IV - Gas and Nutrient Exchange, is the game plan here. By increasing capillaries(the blood vessels where exchange of nutrients takes place) and mitochondria(the site of fuel production) we will

- A. Increase the size of the muscle group - capillaries and mitochondria have significant size
- B. Increase recovery in all ways shapes and forms

[Click Here](#) to further clarify this

Finally, our goal is to hypertrophy slow twitch type one fibers

This will be accomplished through high rep, constant tension work. When I say constant tension, you will neither lock out, or get a full stretch, unless instructed. When I say not to lock out I mean, stop about an inch short of lock out, and no less than a half inch. This will flush the muscle with extreme amounts of blood, which

will also hypertrophy smooth muscle found in the veins. You see, there are four ways in which venous return of blood to the heart is increased(discussed in further detail latter). One of those ways is smooth muscle in the veins. It has the ability to contract, which is a must, in order to return excess blood to the heart. The veins will be asked to increase this job, through this particular exercise. Reps will be between 20-40. Additionally, the eccentric and concentric should last approximately 2 seconds each.

Rest Time For Phases are as follows

Phase I - rest 3-5 minutes between sets
Phase II - rest 1-3 minutes between sets
Phase III - rest 1-3 minutes between sets
Phase IV - rest 30-60 seconds between sets

Chest Workout II

Phase I: [Dumbbell flat bench](#) (8, 6, 10)

Phase II: [Parallel Dips Heavy](#) (12, 10, 8,)

note: perform weighted dips, if your bodyweight is not sufficient to fall within desired range

Phase III: [Incline Dumbbell Bench](#) – (10, 8, 15,)

Phase IV: [Decline Dumbbell Flys](#) – (40, 30, 20,) Note: You will stretch on the bottom of the exercise, but not peak, therefore it will be a partial constant tension style exercise.

Rest Required - Three Days

Back Workout II

Phase I: [T-Bar Rows](#) (8, 6, 10)

note: if you do not have a t-bar row, then use a normal long bar, and load one end with weight, while anchoring the other end.

Phase II: [Close Grip Pullups](#) (12, 10, 8)

note: perform weighted pullups, if your bodyweight is not sufficient to fall within desired range

Phase III: [Bent Over Rows](#) (12, 10, 15) supersetted with [bodybuilding deadlifts](#) (20, 15, 12) On this superset, the 12 in bracket one is to be supersetted with the 20 in bracket one, etc..

Phase IV: [Straight arm pulldowns](#)(perform like link shows, but instead stand straight upwards facing machine) (20, 20, 20) supersetted with [Cormier rows](#) (20, 20, 20) What you will do, is perform 20 reps with the straight arm pulldowns, and using the same weight, immediately perform 20 cormier rows.

The supersets in phase III and IV, allowed us to more fully tax the entire dorsal complex, as it is a more complicated entity.

Rest Required - Four Days

Leg Workout II

Phase I: Shoulder Width Apart Squats 8, 6, 4 explosive as possible, but also controlled.

Phase II: Legg Presses – Close In the center, and toes pointed forward. Again, the feet should be in the middle of the pad (12, 12, 12)

Phase III: Alternating Lunges (15, 12, 10)

These lunges, are alternating. I.E. You will step forward with the left leg, and push back to the starting position. Then repeat with right leg. When I say 15 reps, I mean per leg. The goal here is to work the glute/ hamstring tie in, so push off of the heel, and not the toes!

Phase X: Three Sets of [Hack Squats](#)(shown in the link are free weight hacks, but these can be performed on a machine as well) supersetted with [Sissy Squats](#) 12 on each

This is described as phase X, because it is an addition to the above protocol. The legs are massive, and need a great amount of attention. Our tool of choice is increased volume. The Hack squats and sissy squats will take 3 seconds to lower and 1-2 to raise.

Rest 1-3 minutes between sets

Phase Y: [Dumbbell Leg Curls](#) 10, 8, 6

For phase Y lower in three seconds, and raise in one second

Rest 1-3 minutes

Phase IV: 200 reps of boot strappers - If not in well enough condition, rest pause very briefly.

These are a rather amazing exercise, and will tax you tremendously. I will provide a description of the exercise below:

Boot Strappers

This exercise works the entire lower body, and many regard it as superior to any other bodyweight lower body exercise ever invented. Believe me, your legs will be on fire using this. I prefer using these as a finisher in a superset. For example, squats supersetted with boot strappers.

Implementation: (**A**)The starting position is usually the most difficult for people to visualize. They either have their hands too close to their feet (or fingers under their toes!), too far away to maintain balance or their arms are inside their legs creating potential elbow damage. The starting position is crucial to performing Boot-Strappers correctly, so learn to set yourself up right the first time and keep it up every time! (**B**) Start by squatting down and balancing yourself, momentarily, on your toes and get into position by slowly leaning forward and putting your hands on the ground just forward of your shoulders. Make sure to keep the toes pointed forward with heels off the ground, and that your knees are together. Relax your body and maintain a 60-40% weight distribution between (**C**)From the starting position all you have to do is try to straighten your legs and stop when your heels touch the ground. From there bring your Glutes back down until they touch your heels and you've completed 1 repetition (or half a repetition if you're doing these in 4-count fashion).

Rest Required - Four Days

Biceps Workout II

Phase I: [Alternating Dumbbell Curls](#) – (6, 8, 6)

This is alternating, so 6 reps, stands for 6 on each arm, i.e. 12 total

Phase II: Hands in the close – [preacher curls](#) (10, 8, 6)

Phase III: 3 sets of [21s](#) with [barbell curls](#), rhythmic lifting

Phase IV: Cables, double biceps pose 3 sets of 40 reps

You will stand in between the cable cross over machine and perform double biceps pose curls. If you are at home and only have a cable, then perform one arm at a time. If you do not have either, perform, with very light weight standing or seated [inner biceps curls](#).

Rest Required - Three Days

Triceps Workout II

Phase I: Heavy behind the back Cable Pressdowns – (10, 8, 6)

This exercise, mimics behind the back, bench dips. You simply head over to a cable pressdown machine, or lat pulldown machine. You will use the high pulley here. Turn and face away from the machine, and have your partner pull down the bar and place it so that you can grasp it from behind. From here, simply press downward. Again, this is just like behind the back dips, in the motion that your arms perform that is.

Phase II: [French Presses](#) – (12, 10, 8)

Phase III: [Barbell Old School Extensions](#) (12, 10, 15)

Phase IV: [Dumbbell One Arm Kickbacks](#) – (40, 30, 20)

Rest Required - Three Days

Forearms Workout II

The following workouts are not correspondent to phases. But will be explained clearly

Phase X: [Over the bench barbell wrist curls](#) – 3 Xs 20 supersetted with One minute behind the back holding a barbell. On the second exercise, simply load up a barbell on a rack, and grasp it from behind, as you would behind the back wrist curls. Only, all you will do is grasp the bar, rather than curl it.

A. The wrist curls, will utilize phase two's rhythm of rep speed. B. When I say one minute, I mean you will not count reps, but rather count time. Choose a weight you can get repetitions for one minute with. [Click Here](#) to understand why

Old Schools – [Preacher reverse Curls](#) with Reverse Edge of Preacher Bench Wrist curls - This is by far the most genius superset for forearms I have ever seen! You perform reverse preacher curls with the easy curl bar. After failure, rest your wrists on the edge of the preacher machine, and perform reverse wrist curls to failure.

Reps - Choose a weight you can reverse curl for (15, 12, 10) repetitions. Using this same weight, simply go to failure on normal reverse wrist curls. (for normal description, of normal reverse wrist curls click here)

Rest Required - Two Days

Shoulders and Traps Workout II

Phase I: [Seated Dumbbell Presses](#) (8, 6, 10)

Phase II: [Dumbbell Upright Rows](#) (12, 10, 12)

Phase III: Cable Shoulder Presses (40, 30, 20) - In this exercise you load up the low cable pulley, and sit next to it. Then clean it up to your chest and press it like a military press. I prefer to do this seated.

Phase IV: [Behind The Back Barbell Shrugs](#) (25, 50, 75) supersetted with [Three Sets of Cable Shrugs](#) (25, 50, 75)

Rest Required - Three Days

Calves Workout II

[Donkey Calf Raises](#) (20, 18, 15)

[Standing Calf Raises](#) (25, 20, 18)

[Seated Calf Raises](#) (40, 30, 20)

Seated Tibialis Plate Raises (100, 75, 50) - Explained above in calf workout I

Rest Required - Two Days

Edge Workouts Explained

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An extreme dose of insanity. It is to this concept, to which we make our appeal. The following workouts are overtly hardcore, and are meant to stimulate every other the workout II series did, but in a heightened manner. This is to say that we do not only intend on stimulating each muscle fiber in the area, but to actually force them to grow. Workouts such as this, can increase muscular protein synthesis at far greater rates than can be imagined. In order to accomplish such a notion, the intension is to utilize severe weapons of warfare. And this includes shocking methods to the highest degree of efficiency. Moreover, workouts such as these may stimulate hyperplasia.

On The Edge Back Workout

Phase I: You will begin by performing [Wide Grip pullups](#), with your bodyweight to failure. Your palms will be turned away from you. When this has finished you will **immediately, without rest** use the assist of a bench, or your feet to pull yourself to the top of the bar. When you reach this point, attempt to hold yourself in this position for a full 30 seconds([click here](#)). Upon completion, release your grip on the pullup bar, shake your arms out for about five seconds and then regrasp the bar,

using a close grip spacing with your palms facing you. Now, get as many [close grip pullups](#) as is possible. At this stage, the number for this may amount to zero. That's Ok, because the pain has just begun anyway. Using a bench, or a chair to assist yourself up, lift yourself to the top of the bar(again totally assist the process, you are no longer focusing on the concentric) and perform a slow negative repetition, you will get 10 total slow negatives, unless you reach eccentric failure before the time is up. You aren't done yet!

Go over to the pulldown bar, and choose a weight you get [wide grip pulldowns](#) with, for a total of 12 repetitions, when failure is reached, immediately switch to close grip, [palms facing you](#) and go to failure again. You will then strip down to a weight you can lift 15 reps with, and finally 25 repetitions with.

Overview of Phase I - Wide Grip Chins To Failure(1 second concentric, 1 second eccentric) supersetted with static holds for 30 seconds, supersetted with close grip negative repetitions for 10 reps(as slow as is possible). After completion, immediately head to the pulldown machine, and choose a weight you can perform 12 wide grip pulldowns with(1-1.5 seconds concentric, and 2-3 eccentric) when you fail switch to close grip, then strip down for a set of 15, and finally a set of 20.

No rest between all of phase one exercises. If you are not used to shocking methods, you may stop after the negative repetitions on the pullups.

Phase II: Double drop set on incline facing away from the machine, high cables straight arm Pulldowns (15, 20, 25) Supersetted with barbell or dumbbell [lying straight arm pullovers](#), (15, 20, 25)

rep speed - 3 second negative, 0.5 to 1 second pause on top and bottom, and a 1-2 second concentric phase

rest - 1-3 minutes between successive supersets. I.E. one superset is straight arm pulldowns supersetted with barbell lying pullovers. That's one set. You rest after that 1-3 minutes, then repeat.

Phase III - Double drop superset of [Venom rows](#), supersetted with [Reverse Bench flies](#). This is pure brutality, but will thicken the back like nothing you have ever experienced! There is no rest between sets, but you will switch back and forth between weights. Begin by choosing a weight that causes you to reach failure on Venom rows at approximately 12 repetitions, drop the weight, and perform reverse flies on a bench for 12 repetitions as well. Then go back to Venom rows and reduce the weight by approximately 10-15 pounds, which should allow you to get 12-15 more repetitions, again perform reverse flies for 12-15 reps, then repeat procedure. This is a double drop superset.

When done, immediately perform bodybuilding deadlifts for 15, and 20 repetitions. Therefore you will rep out 15 repetitions, strip the weight and rep out 20.

At this stage, pose, flex, and stretch your muscles. And you need to completely utilize Old School's post workout shake method! This is the key to increasing muscle growth. I cannot, and I repeat cannot emphasize how vital this is to your gains!

Rest Required - Five Days

On The Edge Chest Workout

The following is one huge Giant set. You will perform repetitions, and use repetition speed, as you did in Workouts II. To review see above on instructions for phase 1-4. There is to be NO REST between sets. Therefore when you complete decline bench, immediately perform dips.

[Decline bench](#) – 8 reps

[Parallel Dips](#) to failure – 12 reps to failure (if your bodyweight is not enough, perform weighted to fall within selected range)

[Incline dumbbell bench](#) – 12 reps

Machine Flys – Non peak, 40 reps

repeat three times (rest 3-5 between giant sets)

Rest Required - Four Days

On The Edge Leg Workout

Phase I: The following is again brutally insane Giant Set. Heels Elevated Squats(your feet are shoulder width apart, and heels elevated on a low block) 10 repetitions, once failure is at its brink, set the bar on the rack, then breathe for 5 seconds. Now, kick the low block out of your way, get back under the weight and step back. This time you will spread your feet wider then shoulder width apart, and point your toes at approximately a 45 degree angle outwards. This is a transition superset, in which the same exercise is performed in rapid fire succession, but in

variable manners, however using the same weight. When the set is finished, grasp dumbbells and perform [walking lunges for 100 total yards](#), then drop the dumbbells and walk another 100 yards. This is the most difficult set conceivable, but it is only to be performed once! So make it count.

Phase II: [Leg extensions](#) for 12 reps, followed by 10 assisted negative repetitions, strip to a weight you can get 40 repetitions.

Note: For the 12 repetitions, you should have a 1 second concentric, 1 second peak contraction, and 2 second lowering phase. Once failure is reached, have someone lift the weight to the top position for you, and you will only perform negatives for 10 straight reps. Then strip considerably so as to perform 40 rhythmic repetitions, at approximately the same cadence(lifting speed or rhythm) performed in set one.

Phase III: Double drop on [leg curls](#) 6, 8, 10 and out

Remember, a double drop set, means that you perform a set, then, immediately strip the weight, and then strip it again. Its two strip sets combined. See Old Schools Shocking articles for clarification.

Rep Speed - 3 second negative, followed by 1 second positive

Rest Required - Five Days

On The Edge Shoulders & Traps Workout

Phase I: Double drop set on [upright rows](#) supersetted with [military presses](#) (8, 12, 15)

You are to choose a weight you can upright row for 8 repetitions, upon failure, clean the weight upwards and military press it to failure. As for grip, you will have closer then shoulder width for upright rows, and slightly wider then shoulder width for the military presses. After failure on militaries, strip the weight to what you can upright row for 12 reps, then again clean and press. Continue until double drop is completed.

Phase II: Hack squat or [calf machine](#) shrugs for 50 reps, behind the back cable for 50, and plate shrugs(simply grasp a plate in front of you, and shrug it up and down) to 50

Phase III: Side laterals to failure for double drop set(10, 12, 15), Immediately go back to the original weight that allowed you to perform 10 reps with side laterals, but this time perform [Overhead laterals](#) to failure, and drop the weight down to the weight you were able to get 12 reps with, and finally drop it to the weight that allowed you to get 15 repetitions, then go back and do [Arnold Presses](#) to failure.

I call This The Tri-Factor Shocking Principle!

Phase IV: Dumbbell alternating shrugs start with a weight you can do 12, and drop it by 10 pounds per dumbbell for 6 drop sets straight!
Therefore if you began with 100 pounds, you would end up at 40 pounds. Again, this is alternating, so if I say 12, I mean for 12 reps per left and right aspects of the superior trapezius fibers.

Rest Required - Four Days

Biceps Workout III

Phase I: [Standing Barbell Curls](#) to failure at 10 repetitions with a cadence of 1 second concentric, and 2 seconds for the eccentric portion of the rep. When failure is reached, have someone spot the weight up on the concentric portion of the rep and perform 10 slow negative repetitions.
Upon completion, go to a high flat bench and superset this with [lying dumbbell curls](#) for (12, 15, 20) repetitions. And yes, that stands for a double drop set! So there is no rest at all between this Giant set!

Phase II: [Seated dumbbell](#) 100 rep method - Choose a weight you can lift for 25 repetitions, and rest pause out 100 reps.

Rest Required - Four Days

Triceps Workout III

Giant Set: [Skull crunchers](#) 10, - When you go to failure, bring the weight down to your chest, position hands so that they are close in grip and perform the next exercise
[Close grip bench](#)(failure),
[Behind the back dips](#)(failure),
40 reps [cable press down](#)

Note: Each exercise is to be performed without rest!

repeat three times, one if not used to shocking methods.

Rest Required - Four Days

Forearms Workout III

Giant Set - Steep Incline (65 degrees) [Hammer curls](#)(10) supersetted with [reverse barbell curls](#) (10), supersetted with [behind the back wrist curls](#)(1 minute, choose a weight that causes you to fail in a one minute span), [farmers walk](#) (walk 100 yards), [reverse easy curl wrist curls](#) (40 reps), [normal easy bar wrist curls](#) (40 reps)

Repeat Three Times

Rest Required - Three Days

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

Sample Daily Schedule

[Return To Outline](#)

7:00 - Wake Up - Meal One - Small Whey Protein Shake, 10 grams of glutamine, Vitamins, Slow Burning Protein Source Such as Cottage Cheese, and Large Bowl of Oatmeal. Two glasses of water

8:30 Branched Chain Amino Acids and Water

9:00 Workout

10:00 to 10:30 When Workout is complete, consume part I of post workout meal -

described by clicking her, followed by a trip to the hot tub, or a hot shower

10:30 to 11:30 consume part II of post workout meal, again described in the link above

12:30 - lean meat sandwich, with ice water

1:00 - Nap

3:00 - Slow Burning Meal, such as consumed for breakfast

5:00 - Repeat

6:30 - BCAAs, followed by a mind muscle connection period. I.E. envisioning your workout before hand, and what it will accomplish

7:00 - Train

8:00 to 8:30 - Smaller Post Workout Meal, for latter hours, as described in Old Schools Article

10:30 - small protein shake, with salad, a slow burning carb, like a sweet potato and some brown rice, with very lean steak

11:00 - Sleep

3:00 - Go To Bathroom, before going to bed, mix Old Schools sleep stack, which can be found by clicking here. Keep it cool, and set it next to your bed. Drink and fall back to sleep

Begin again the next day

If you have work or school, meals will be replaced by portable lunch meals. Workouts can be switched to the afternoon, or can be done earlier before work, and after work.

Overview Schedule For The Month

[Return To Outline](#)

The following schedule is based on a six on, one day off split. As I stated, we are pushing your limits here for the next 30 days. You are about to see just how far!

Day I

Morning or Afternoon Session

Back Edge Workout
Biceps Workout I

Evening Session

Chest Workout I
Calves Workout II

Day 2

Morning or Afternoon Session

Legs Edge Workout
Shoulders Workout II

Evening Session

Triceps Workout II
Forearms Workout I

Day 3

Morning or Afternoon Session

Chest Workout II

Evening Session

Biceps Workout II
Forearms Workout II

Day 4

Morning or Afternoon Session

Shoulders Edge Workout

Evening Session

Calves Edge Workout

Day 5

Morning or Afternoon Session

Triceps Edge Workout

Evening Session

Forearms Edge Workout

Day 6

Morning or Afternoon Session

Chest Workout III

Evening Session

Back Workout II

Biceps Edge Workout

Day 7

Off

Day 8

Morning or Afternoon Session

Legs Workout II

Calves Workout II

Evening Session

Shoulders Workout II

Day 9

Morning or Afternoon Session

Triceps Workout II

Evening Session

Forearms Workout II

Day 10

Morning or Afternoon Session

Chest Workout II
Calves I

Evening Session

Back Workout I
Biceps II

Day 11

Morning or Afternoon Session

Shoulders Workout I
Forearms I

Evening Session

Calves II

Day 12

Morning or Afternoon Session

Legs Workout I
Triceps Workout I

Evening Session

Forearms II

Day 13

Morning or Afternoon Session

Chest Workout I
Back Workout II

Evening Session

Shoulders Workout II
Biceps Workout I
Calves Edge Workout

Day 14

Off

Day 15

Morning or Afternoon Session

Chest Workout II
Triceps Workout II
Biceps Workout II

Evening Session

Legs Workout II
Forearms Edge Workout

Day 16

Morning or Afternoon Session

Back Edge Workout

Evening Session

Shoulders Edge Workout

Day 17

Morning or Afternoon Session

Triceps Edge Workout

Evening Session

Calves Workout II

Day 18

Morning or Afternoon Session

Chest Edge Workout

Evening Session

Biceps Edge Workout
Forearms Workout II

Day 19

Morning or Afternoon Session

Legs Edge Workout

Evening Session

Calves Workout I

Day 20

Morning or Afternoon Session

Shoulders Workout II
Calves Workout II

Evening Session

Triceps Workout II
Forearms Workout I

Day 21

Bake Cookies and sleep

Day 22

Morning or Afternoon Session

Back Workout II

Biceps Workout II

Evening Session

Chest Workout II

Forearms Workout II

Day 23

Morning or Afternoon Session

Shoulders Workout I

Evening Session

Triceps Workout I

Day 24

Morning or Afternoon Session

Legs Workout II
Calves Workout II

Evening Session

Forearms Edge

Day 25

Morning or Afternoon Session

Chest Workout I
Shoulders II

Evening Session

Biceps Workout I
Triceps II

Day 26

Morning or Afternoon Session

Back Workout I

Evening Session

Calves Workout I

Day 27

Morning or Afternoon Session

Chest Workout II
Biceps Workout II
Forearms Workout II

Evening Session

Triceps Edge

Calves Workout II
Legs Workout I

Day 28

Catch up on past issues of Beyond Failure Magazine

Day 29

Morning or Afternoon Session

Back Workout II

Calves Edge

Evening Session

Shoulders Edge

Day 30

Morning or Afternoon Session

Chest Edge
Legs Workout II

Evening Session

Biceps Edge
Forearms I

Conclusion

Thirty days of saturated pain. Thrive on it!

Yours In Sport

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