

PTRAINING



UNIVERSITY

A black and white photograph of a muscular man from the waist up, lifting a dumbbell with his right arm. He is looking down at the weight. The background is dark.

HOW TO BUILD STRONG & LEAN BODYWEIGHT MUSCLE

3

HOW TO BUILD MUSCLE WITH BODYBUILDING.
THE BEST WORKOUT FOR BEGINNERS AND
ADVANCED BODYBUILDERS

FRANCESCO CURRO'

P Training Expert

How To Build Strong & lean Bodyweight Muscle 3

How to build muscle with bodybuilding. The best workouts for beginners and advanced bodybuilders

By Francesco Currò

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ALL RIGHTS RESERVED. No part of this publication may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

I want to thank you and congratulate you for choosing this masterpiece.

This book contains proven steps and strategies on how to build strong & lean bodyweight muscle.

Discover How to increase your strength with few exercises So You Can achieve the body you always dreamed of.

Do you know you can improve your body condition by performing few and simple exercises?

Do you ever wonder why the best athletes in the world train up to 4 hours per day?

Here's the secret: they know that the quality make the difference instead of the quantity.

Let me explain: Most of the books on the bodybuilding make you think that longer and harder is the training, the better.

Bullshits!

Unlike competitors that spend pages and pages with a sermon on the joy of the pain, this book will show a different approach to the training, focusing on few and effective strategies that will help you to increase your strength with less time and better benefits.

And this for an athletes like you means gain more doing less.

The big question on my clients minds is...

how can I became stronger?

Many clients come to me depressed and without seeing a real solution. Maybe you are one of them.

I've been working in this field for so many years and I've seen so many athletes like you that I am positive that my book will help you to come out from the tunnel.

I am Francesco Currò and, even you have never heard about me, I can assure you that my name is a guarantee in Italy for all the

athletes have asked me for help.

It took me more than twenty years to develop the strategies to create the perfect athletes but I have finally perfected my method and want to share my secrets and expertise with you.

Now, you can achieve the same results of my best clients too.

Inside the book, vol. 3 of the Bundle, you'll find you find the annual programming predominant mesocycle of different schools, along with several other tips and exercise, to built your strength and muscles If you are ready to end struggling and become the perfect athletes, get immediate access to this masterpiece today.

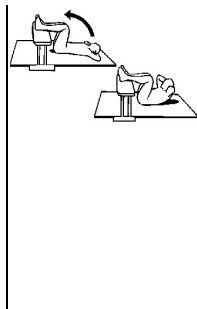
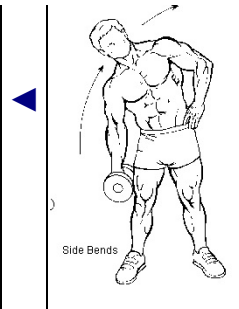
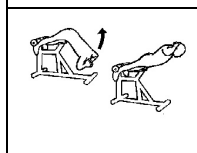
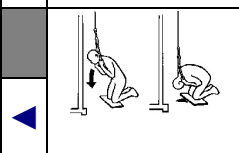
Today, you can choose: you can solve your problem and achieve a result or you can continue to experience frustration.

It's up to you.

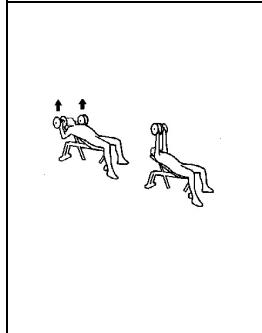
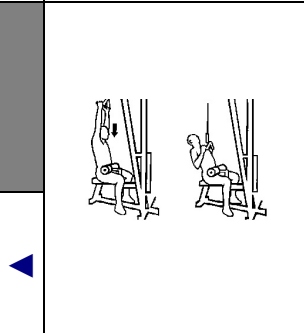
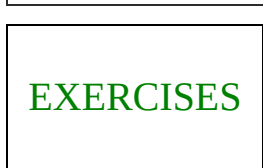
But remember: there is a cost of inaction

Stop thinking about. Jump on it now!

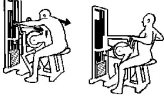
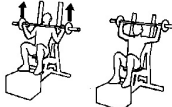


Thanks again for choosing to read this book, I hope you enjoy it!

	<p>Crunch + Side Bend (left side + right side) + Hyperextension + Cable Crunch</p> <p>rest 40-60 seconds between Giant-set</p>	
		

NB: perform one set of Deadlift every 2 set of Squat.

EXERCISES		Schedule B	Set x Reps	Techniques	Rest between the set	EXERCISES
	▶ A	20° inclined bench Dumbbell Press	6 x 6/8	method (9MR- 6 x 6/8)	2'	
	▶ A	Close grip Lat Pulldown	6 x 6/8	method (9MR- 6 x 6/8)	2'	▶
	▶	Standing Calves at the Calf Machine	6 x 6/8	method (9MR- 6 x 6/8)	2'	
		Abdominals and Lumbar as in the Schedule A			▶	

EXERCISES		Schedule C	Set x Reps	Techniques	Rest between the set	EXERCISES
	▶ A	Rowing machine or "wide"	6 x 6/8	method (9MR- 6	1':30"	

		Row		x 6/8)		
	A	Overhead Press	6 x 6/8	method (9MR- 6 x 6/8)	1':30"	◀
	▶ B	60° inclined bench Dumbbell Press	6 x 6/8	method (9MR- 6 x 6/8)	1':30"	
	B	Declined Bench French Press	6 x 6/8	method (9MR- 6 x 6/8)	1':30"	◀
						

- **NOTES AND GENERAL RECOMMENDATIONS :**

- ◆ Before the training set you have to warm up with some set of few repetitions.
- ◆ I indicated the time to rest only for the training series; between the warm up series you can rest less
- ◆ The exercises with the same letter (eg. A and A), must be performed alternating series

- **Notes on the method (9MR - 6 x 6/8) © Copyright 2003-2015 by Francesco Currò © , that you'll perform this way:**

- choose a 9MR (a load for 9 repetitions to failure)
- in the first training try to perform 6 set of 6 repetitions
- if you succeed in performing 6 x 6 ,in the next training the goal will be to increase one rep in the first series and from training to training you'll try to perform 6 series of 8 repetitions with the same load. If you don't succeed in doing this , you don't have to increase the load. Be careful : the most important series is the last of the six !
- Here it is an example of progression (but it is not the only one , there are many alternatives...): Training n° 1 – 6 x (6 6 6 6 6 6), Training n° 2 – 6

x (7 7 7 6 6 6), Training n° 3 – 6 x (8 8 7 7 6 6), Training n° 4 – 6 x (8 8 8 7 7 6), Training n° 5 – 6 x (8 8 8 7 7 7), Training n° 6 – 6 x (8 8 8 8 8 8)

Time Under Tension : x031 ("explosive " concentric phase , no pause in the maximum contraction position , 2 seconds in the "negative" phase , stop for one second in the position of maximum extension)

Enjoy your training


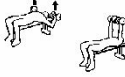


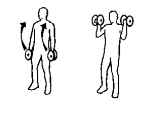
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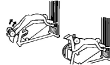




Sig.....

6 weeks mesocycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 e 3
A		B		A			B		A		B			A		B		-			
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4, 5 e 6
A		B		A			B		A		B			A		B		-			

Schedule A				
				

Schedule A	Schedule B
<p>JS A1) Chin up (or Chin up grip Lat Pulldown) 5x7</p> <p>JS A2) Flat Dumbell Press 5x7</p> <p>Exercises JS A1 e JS A2 must be performed alternating set. Rest: 2 minutes between the series</p> <p style="text-align: center;">-----</p> <p>Overhead Presses 5x7 ; Rest: 2 minutes between the series</p> <p style="text-align: center;">-----</p> <p>JS B1) Skull Crushers EZ barbell , declined bench or Triceps " High cable Bent over" (Iput the photo apart) 5x7</p> <p>JS B2) Dumbell Curls 5x7</p> <p>Exercises JS B1 e JS B2 must be performed alternating series. Rest : 1,5 minutes between the series</p>	<p>JS A1) Squat or Leg Press 5x7</p> <p>JS A2) Leg curl 5x7</p> <p>Exercises JS A1 e JS A2 must be performed alternating series. Rest : 2 minutes between the series</p> <p style="text-align: center;">-----</p> <p>Calf Press on the Leg Press Machine 5x7 ; Rest : 2 minutes between the series</p> <p style="text-align: center;">-----</p> <p>Crunch + Hyperextension + Revers Crunch : 2-3 triset (15-20 reps each exercise) , bring the series near to failure; rest 40-60 seconds between the triset</p>

Schedule B				
				

NOTES:come

The programme 5 x 7 is composed of 2 warm up sets (with the 60% and the 80% of the weight you load in the 2 final sets) and 3 training set
For example, if in the 3 last sets you load 100 kg, the progression in the 5 sets is :

I set with 60 Kg, II set with 80 Kg, III set with 100 Kg, IV set with 100 Kg, V set with 100 Kg

When you complete the last 3 sets (training sets) , I mean you perform all the 7 reps you have to do (so , even if you could do more than 7 reps you stop at 7), then in the next training you'll increase the load of 5%.

For example (I refer to a previous record of 100 Kg):

I set with 63 Kg, II set with 84 Kg, III set with 105 Kg, IV set with 105 Kg, V set with 105 Kg

Moreover , if for example in the 3 sets you do 7 - 6 - 5 reps (then in the first set you do 7 reps) ... it's ok ;
you have to use the same weight (for the next workouts) until you complete 7 - 7 - 7 !!

On the contrary , if in the first set with a certain weight you do less than 7 reps, then in the 2 next series you have to decrease a little the load. .

Triceps , Bent over high cable



F.A.Q.

D: the 5 x 7 I use for the training series is 7RM. is it ? Then 60-80-100-100-100%@7RM ?

R: You can start with a 7-9RM because the goal is to perform all the (last 3)

sets of 7 reps.

If you want you can start with a 7RM and you'll succeed in 7 6 5 ... Then step by step your goal is to reach

7 7 6 ... till 7 7 7 ... from now on you'll increase a little the weight...

To perform 7 to 9 RM is ok... infact if you should start with a 8RM you could perform (for exemple): 7 7 5 ... and you'll do 7 7 6 e 7 7 7 ...

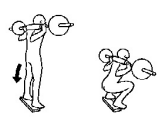

If you start with a 9RM you should do : 7 7 6 and then 7 7 7 ... It is about the speed to get 7 7 7 to increase the weight ...

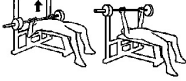
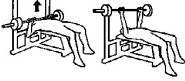
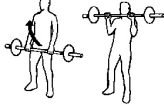
I suggest an 8RM

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5 weeks mesocycle

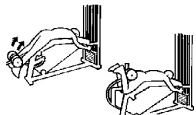
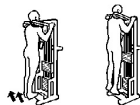
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
P	L	M					P	L	M					P		L		M			1, 2 and 3
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
P	L	M					P	L	M					New programme...						4 and 5	

EXERCISES	"Heavy" schedule	Warm up	Set x Reps	Rest	EXERCISES
	Squat	1 x 5	5 sets x 5 reps with the 60% - 70 % - 80 % - 90 % - 100 % 5RM	3:00	
	Chin up Grip Lat Pulldown	1 x 5	5 sets x 5 reps with the 60% - 70 % - 80 % - 90 % -	2:00	

			100 % 5RM		
	Flat Bench Barbell Press	1 x 5	5 sets x 5 reps with the 60% - 70 % - 80 % - 90 % - 100 % 5RM	2:00	
	Flat Bench Barbell Press Close Grip	1 x 5	4 x 6 → 8	1:30	
	Barbell Curls	1 x 5	4 x 6 → 8	1:30	

- **GENERAL NOTES**
- ◆ I indicated 1 set x 5 reps for warming up, but if you feel the need you can do 2 set to warming up; between the warming up series you can rest less than between the training series.
"Dynamic" execution (1-2 seconds) in the positive phase (concentric) and "slow and controlled" (3-4 seconds) in the eccentric one (negative).

EXERCISES	"Light" scedule	Warm up.	Set x Reps	Rest	EXERCISES
	Chin up Grip Lat Pulldown	1 x 5	5 sets x 5 reps with the 60% - 70 % - 80 % - 80 % - 80 % 5RM	2:00	
	Flat Bench Barbell Press Close Grip	1 x 5	5 sets x 5 reps with the 60% - 70 % - 80 % - 80 % - 80 % 5RM	2:00	
	Leg curl	1 x 5	4 x 6 → 8	1:30	

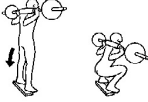

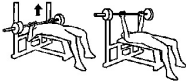
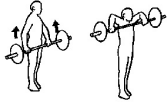
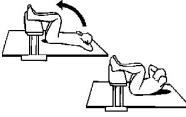
	Calf machine	1 x 5	4 x 6 → 8	1:30	
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◆ **Notes on the method (Bill Starr) , you' ll perform this way :**

- You'll perform some exercises 3 times a week (Squat only once a week) ... one time in the "heavy way" ... the other time in the " light way " and at the end in "medium way" ... and time by time you'll decide the weight to load ... and particularly with the % of the 5RM (maximum load with which you could do 5 reps to failure). For every exercise , **you'll push yourself to failure ONLY in the last set of the "heavy way" (100% 5RM)** ... so this is the set that "determine" all the other % of load
- When in the heavy day, in this set , you'll succeed in more than **5 reps** don't stop at five but go to failure. In the next heavy day you'll increase the load of 5-10%.
- On the contrary , in the light and medium days , you don't have to push to failure the sets but you have to stop at 5 reps, as indicated , even if you could do more.
- Practically you have to " set " your effort during the workouts (heavy, light and medium) to push yourself to failure only once a week.

For exemple, if with a certain exercise - in the "heavy" schedule - you do :
 5 reps with 30 , 35 , 40 , 45 , 50 kg
 In the "light" schedule- you'll do:
 5 reps with 30 , 35 , 40 , 40 , 40 kg
 And in the "medium" schedule:
 5 reps with 30 , 35 , 40 , 45 , 45 kg

EXERCISES	"medium " schedule	Warm up	Set x Reps	Rest	EXERCISES
	Squat	1 x 5	5 set x 5 reps with 60% - 70 % - 80 % - 90 % - 90 %	3:00	

			5RM		
	Chin up Grip Lat Pulldown	1 x 5	5 set x 5 reps with 60% - 70 % - 80 % - 90 % - 90 % 5RM	2:00	
	Flat Bench Barbell Press	1 x 5	5 set x 5 reps with 60% - 70 % - 80 % - 90 % - 90 % 5RM	2:00	
	Upright rows	1 x 5	4 x 6 → 8	1:30	
	Crunch		3 x 12-20 (near to failure)	1:00	

- **Notes on the method (8RM - 4 x 6 → 8)** © Copyright 2003-2012 by Francesco Currò © , you'll perform this way:

- Choose an 8RM (a weight that allows you 8 reps to failure).
- In the first workout, try to perform 4 set x 6 reps
- In the next workout (if in the first workout you have succeeded easily in 4 x 6) the goal will be to increase a little the reps based on a sequence - from training to training - step by step similar to this : **6666 ... 7766 ... 7777 ... 8877 ... 8888**
- Time of reps : x031 ("explosive" concentric phase, don't stop in maximum contraction position , 2 seconds in the "negative" phase , stop 1 second in position of maximum extension)

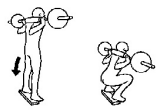
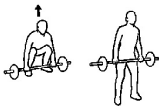
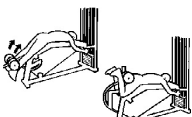
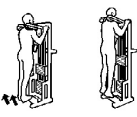
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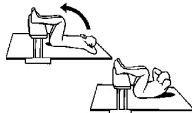


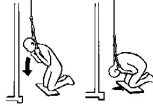
Mr.....

5 weeks mesocycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 e 3
A	B	C					A	B	C					A	B	C					

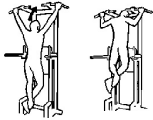

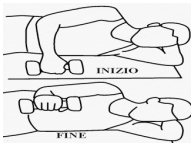
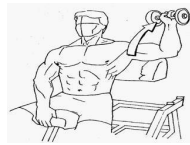
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 e 5
A	B	C					A	B	C					New programme							

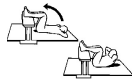

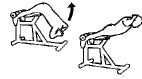


EXERCISES		Schedule A	Set x Reps	Techniques	Rest		EXERCISES
	▶	A Squat	6 x 2-4	" Patient Lifter's" Method	2'		
		A Deadlift	6 x 2-4	" Patient Lifter's" Method	2'	◀	
	▶	Leg curl	3 x 6-8	Series "classical" Method	2'		
		Calf Machine	3 x 6-8	Series "classical" Method	1':30"	◀	

	Crunch	Side Bend	Side Bend	Cable Crunch	Crunch + Side bend (left side + right side) Cable Crunch
Abdominals					Perform 2-3 Giant-rest 40-60 seconds between the Set

• **GEERAL NOTES AND RECCOMANDATIONS:**

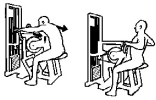
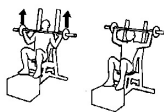
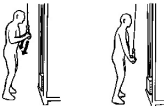
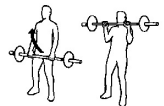
- ◆ Before the training series you have to warm up with some set at low reps and light weight.
- ◆ I indicate time to rest for training series; you can rest less between the warm up series.
- ◆ Exercises with same letter (eg. A e A) must be performed alternating series.

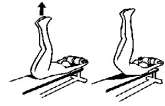
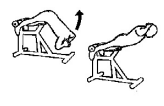
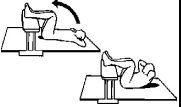
EXERCISES		Schedule B	Set x Reps	Techniques	Rest	EXERCISES	
	▶	A	Front Pull Ups	6 x 2-4	"Patient Lifter's" Method	2'	
		A	Flat Bench Barbell Press	6 x 2-4	"Patient Lifter's" Method	2'	
	▶		Lying external rotation	3 x 10-12 not to failure	30-45" between one side and the other		
			Scott Bench external rotation	3 x 10-12 not to failure	30-45" between one side and the other		

Abdominals + Lumbars	Crunch	Side Bend	Hyperextension
			
	Side Bend	Cable Crunch	
			

Crunch + Side bend (left side) + Hyperextension + Side bend (right side) + Cable Crunch:

Perform 2-3 Giant-Set; rest 40-60 seconds between the Triset

EXERCISES		Schedule C	Set x Reps	Techniques	Rest		EXERCISES
	▶	A	Vertical Row or Wide grip Row	6 x 2-4	"Patient Lifter's" Method	1':30"	
		A	Barbell Shoulder Press	6 x 2-4	"Patient Lifter's" Method	1':30"	
	▶	B	Cable Triceps extension	3 x 4-6	Series "classical" method	1'	
		B	Barbell Curls	3 x 4-6	Series "classical" method	1'	

Abdominals + Lumbars	Revers Crunch	Hyperextension	Crunch	Revers Crunch + Hyperextension + Crunch: Perform 2-3 Giant-Set; rest 40-60 seconds between the Triset
				

• **Notes on the so called "Patient Lifter's Method" ,**

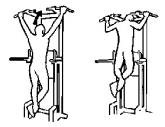
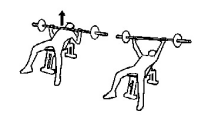
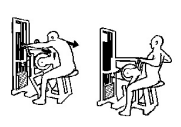
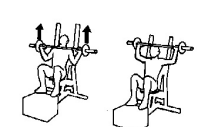
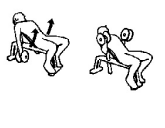
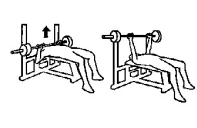
- Choose a weight to do 4 reps
- in the first workout, try to perform 6 set for 2 reps
- in the next workout , the goal will be a 6 x 3 and during the mesocycle , step by step, you'll try to get 6 set x 4 reps with the same weight. If you don't succeed in this , don't increase the weight. Pay attention : the most important of the series is the 6 , the last one.
- Here it is an example of progression (but this is not the only one, there are many alternatives...): Workout n° 1 – 6 x (2 2 2 2 2 2), Workout n° 2 – 6 x (3 3 3 2 2 2), Workout n° 3 – 6 x (4 4 3 3 2 2), Workout n° 4 – 6 x (4 4 4 3 3 3), Workout n° 5 – 6 x (4 4 4 4 4 4)

- Time of reps : 2:01 ("explosive" concentric phase , don't stop in the maximum contraction position, 2 seconds in the "negative" phase , stop 1 second in position of maximum extension)

- Notes on the Series "classical" method :

- Choose a weight for 6 reps
- in the first workout , try to perform 3 set x 4 reps ; in the next workout, the goal will be a 3 x 5 and during the mesocycle , step by step, try to get 3 set x 6 reps with the same weight. If you don't succeed in this , you don't have to increase the weight . Pay attention: the most important of the series is the 6, the last one.
- Here it is an example of progression (but this is not the only one, there are many alternatives...): Workout n° 1 – 3 x (4 4 4), Workout n° 2 – 3 x (5 4 4), Workout n° 3 – 3 x (5 5 5), etc - when you'll get 3 x (6 6 6) ... you'll increase the weight of 5-10% and you'll start again with the sequence.
- I suggest this execution: : about 2 seconds in the phase of contraction , about 4 seconds in the negative phase of the movement.

Have a good workout

	▶ A	Front Lat Pull Ups	6	3	4	3	5	2	6	2'		
		A	20° Inclined Bench Barbell Press	6	3	4	3	5	2	6	2'	
	▶ B	Vertical Row or Wide grip Row	5	3	4	3	5	2	6	1':30"		
		B	Shoulder Barbell Press	5	3	4	3	5	2	6	1':30"	
	▶ C	60° inclined Bench Dumbbell Curls	4	3	4	3	5	2	6	1'		
		C	Flat Bench Barbell Press close grip	4	3	4	3	5	2	6	1'	

- **Notes on the programme of series and repetitions :**

- choose a weight for 6-7 reps (only for 2 test - workout , to decide how to load)
- in the first workout (A and B), try to perform 6 set x 3 reps.
- in the second workout (A and B), try to perform 6 set x 4 reps
- nella third workout (A and B), try to perform 6 set x 3 reps
- in the fourth workout (A and B), try to perform 6 set x 5 reps
- in the fifth workout (A and B), try to perform 6 set x 2 reps
- in the sixth workout (A and B), try to perform 6 set da 6 reps
- Time of reps: 1031 ("dynamic but controlled" concentric phase , don't stop in the position of maximum contraction, 2 seconds in the "negative" phase, stop 1 second in the position of maximum extension)

Have a good workout


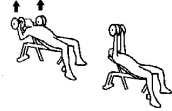


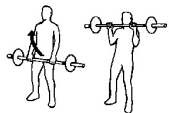
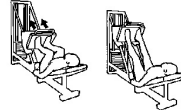
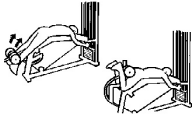

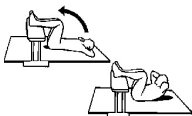
P Training Expert

Mr.

M	T	W	T	F	S	D	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 e 3
H		L		M			H		L		M			H		L		M			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 e 5
H		L		M			H		L		M			<i>New programme</i>							

EXERCISES	"Heavy" schedule	Warm up	Set	Reps	Rest	Notes	EXERCISES
	▶ Chin up grip Lat Pull-down	2 x 5	2	7-9	3:00		

		20-30° inclined Bench Dumbbell Press	2 x 5	2	7-9	2:30		
	▶	Upright Rows	1 x 5	2	7-9	1:30		
		Flat Bench Barbell Press close grip	1 x 5	2	7-9	1:30	▶	
	▶	Barbell Curls	1 x 5	2	7-9	1:30		
		Leg Press	3 x 5	2	7-9	3:00	▶	
	▶	Leg curl	1 x 5	2	7-9	1:30		
		1 leg Standing Calf	1 x 5	2	7-9	0:30*	▶	
	▶	Crunch		2	near to failure	1:00		
							▶	

*The asterisk * indicates the rest between one side and the other in the same exercise.*

NOTES :


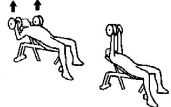


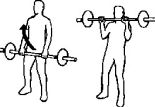
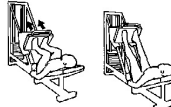
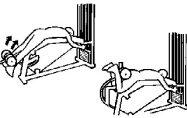


- you have to warm up with some set of 5 reps increasing the weight gradually; the time to rest between the warm up series is shorter than between the training series.
- ◆ "dynamic" execution (1-2 seconds) in the positive phase (concentric) and "slow and controlled" (3-4 seconds) in the eccentric

one (negative).





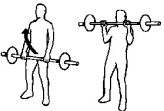

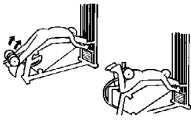

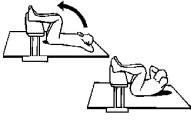

- When in the heavy day , in the training series, you can perform 9 reps , don't stop at 9 but go to failure. In the next heavy workout you'll increase the load of 10%.
- ◆ On the contrary, in the medium and light days you don't have to push the set to failure but you have to stop as indicated at 7-9 reps even if you could do more; in the "light" days you'll decrease of 20% the weight you used in the previous heavy day, meanwhile in the "medium" days you'll decrease of 10 % the weight you used in the previous heavy day.

Practically you have to "set" your effort during the workouts (heavy , light , medium) to push yourself to failure only once a week . For example, if you perform the Leg Press with 100 Kg, you succeed (pushing to failure) in 7 reps in the first training set and 5 reps in the second training set (I put less reps because in the second set you are more fatigued than in the first one), you'll do this way:

HEAVY DAY: 7 reps with 100 Kg 5 reps with 100 Kg	LIGHT DAY: 7 reps with 80 Kg 5 reps with 80 Kg	MEDIUM DAY: 7 reps with 90 Kg 5 reps with 90 Kg
--	--	---

EXERCISES	"Light" schedule	Warm up.	Set	Reps	Rest	Notes	EXERCISES
	▶ Chin up grip Lat Pulldown	2 x 5	2	7-9	1:30	Decrease the weight of 20%	
	20-30° inclined Bench Dumbbell Press	2 x 5	2	7-9	1:30	◀	
	▶ Upright Rows	1 x 5	2	7-9	1:00		
	Flat Bench Barbell Press close grip	1 x 5	2	7-9	1:00	◀	
	▶ Barbell Curls	1 x 5	2	7-9	1:00		
	Leg Press	3 x 5	2	7-9	1:30	◀	
	▶ Leg curl	1 x 5	2	7-9	1:00		
	1 leg Standing Calf	1 x 5	2	7-9	0:30*	◀	
	▶ Crunch		2	near to failure	1:00		
						◀	

Have a good workout

EXERCISES	"Medium" schedule	Warm up	Set	Reps	Rest	Notes	EXERC
	▶ Chin up grip Lat Pulldown	2 x 5	2	7-9	2:00	Decrease the weight of 10%	
		20-30° inclined Bench Dumbbell Press	2 x 5	2	7-9	2:00	
	▶ Upright Rows	1 x 5	2	7-9	1:30		
		Flat Bench Barbell Press close grip	1 x 5	2	7-9	1:30	
	▶ Barbell Curls	1 x 5	2	7-9	1:30		
		Leg Press	3 x 5	2	7-9	2:30	
	▶ Leg curl	1 x 5	2	7-9	1:30		
		1 leg Standing Calf	1 x 5	2	7-9	0:30*	
	▶ Crunch		2	near to failure	1:00		

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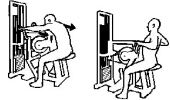
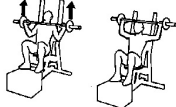
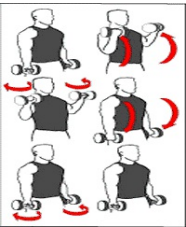

Mr.

9 weeks mesocycle " GVT x the force 543-543 advanced"

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 e 3
<i>First microcycle</i>								<i>Second microcycle</i>													
5	5		5	5			5	5		4	4			4	4		4	4			
A1	B1		C1	A2			B2	C2		A1	B1			C1	A2		B2	C2			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4, 5 e 6
<i>Third microcycle</i>								<i>Fourth microcycle</i>													
3	3		3	3			3	3		5	5			5	5		5	5			
A1	B1		C1	A2			B2	C2		A1	B1			C1	A2		B2	C2			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 7, 8 e 9
<i>Fifth microcycle</i>								<i>Sixth microcycle</i>													
4	4		4	4			4	4		3	3			3	3		3	3			
A1	B1		C1	A2			B2	C2		A1	B1			C1	A2		B2	C2			

EXERCISES		Schedule B1	Set and Reps	"Time"	Rest		EXERCISES
	▶ 1	Wide Grip Seated Rows , "external" elbows , Barbell to the chest.	10 x 5 → 3	x 0 3 0	90		
	1	Overhead Presses (standing too)	10 x 5 → 3	x 0 3 0	90	◀	
	▶ 2	"Zottman" Curl	3 x 6- 8 MS	x 0 4 0	60		
	2	Declined Bench EZ Barbell French press	3 x 6- 8 MS	x 0 4 0	60	◀	

Notes :

- exercises with the same number (eg. 1 and 1 , or 2 and 2) must be performed alternating series;
- (x 0 3 0) is the time to execute the reps : "explosive" in the positive phase, 0 seconds at "the end of the movement" (maximum contraction), 3 seconds in the negative phase, 0 seconds in extension position(or the starting position).

Mode: choose a weight for a set of 9-10 reps and try to perform 10 series x 5 reps (first microcycle) ... then increase the load of about 6% and do 10 series x 4 reps (second microcycle) ... then (in the third microcycle) increase again the load of about 6% and do 10 series x 3 reps... then (in the fourth microcycle) put the weight of the second microcycle and do 10 series x 5 reps... again (in the fifth microcycle) put the weight of the third microcycle and do 10 series x 4 reps and at the end (in the sixth microcycle) increase one more time the weight of about 6% and do 10 series x 3 reps.

- Here it is an example about the way to increase (of 6%) and at the same time modify the reps
- ◆ (I suppose - for a certain exercise - to succeed in 10 reps with 80 Kg):

Microcycle 1: perform 10 series x 5 reps with 80 Kg

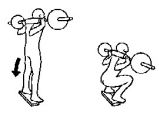
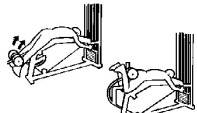
Microcycle 2: perform 10 series x 4 reps with 85 Kg

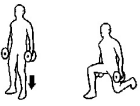
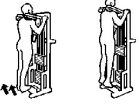
Microcycle 3: perform 10 series x 3 reps with 90 Kg

Microcycle 4: perform 10 series x 5 reps with 85 Kg

Microcycle 5: perform 10 series x 4 reps with 90 Kg

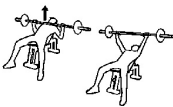
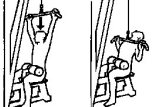
Microcycle 6: perform 10 series x 3 reps with 95 Kg


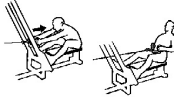

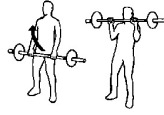

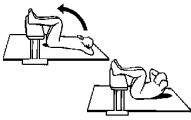
EXERCISES		Schedule C1	Set and reps	"Time"	Rest		EXERCISES
	▶	1 Squat or Leg Press	10 x 5 → 3	x 0 3 0	90		
		1 Leg curl	10 x 5 → 3	x 0 3 0	90	▶	

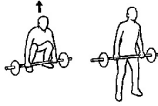
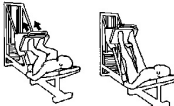
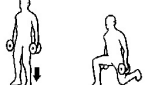
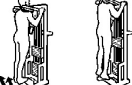
	▶	Walking Lunges	3 x 6-8 step MS	----	120		
		Calf machine or Calf at the Leg Press	5 x 6-8 MS	x 0 4 0	90	◀	

◆ **Notes on the series "classical" method (MS) :**

- choose a weight for 8 reps
- in the first workout try to perform 3 set x 6 reps (5 set for calves and shoulders , but the goals are the same)
- in the next workout, the goal will be a 3 x 7 and during the mesocycle , step by step , try to get 3 set x 8 reps with the same weight : until you don't do this , don't increase the weight. Pay attention : the most important of the set is the last one , the 6.
- Here is an example of progression (this is not the only one , there are many alternatives...): Workout n° 1 - 3 x (6 6 6), Workout n° 2 - 3 x (7 6 6), Workout n° 3 - 3 x (7 7 7), etc - when you'll get 3 x (8 8 8) ... you'll increase the weight of 5-10% and will start again with the sequence.

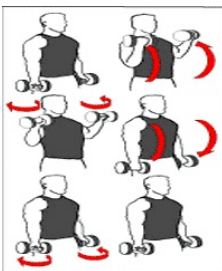
TEXERCISES		Schedule A2	Set and reps	"Time"	Rest		EXERCISES
	▶	1 20°inclined Bench Barbell Press	10 x 5 → 3	x 0 3 0	90		
		1 Wide Grip Lat Pulldown	10 x 5 → 3	x 0 3 0	90	◀	
	▶	2 Dip or Declined Bench Dumbell Press	3 x 6- 8 MS	x 0 4 0	90		

							
		2 Low Pulley	3 x 6-8 MS	x 0 4 0	90	◀	
EXERCISES		Schedule B2	Set and reps	"Time"	Rest		EXERCISES
	▶ 1	Flat Bench Barbell Press close grip (slightly less than your shoulders)	10 x 5 → 3	x 0 3 0	75		
		1 Barbell Curls	10 x 5 → 3	x 0 3 0	75	◀	
	▶	Inclined Bench lateral raises	5 x 6-8 MS	x 0 4 0	45 between one side and the other		
		Crunch (not to failure)	4 x 12/15	---	60	◀	

EXERCISES		Schedule C2	Set and reps	"Time"	Rest		EXERCISES
	▶ 1	Deadlift	10 x 5 → 3	x 0 3 0	90		
		1 Leg Press or Squat	10 x 5 → 3	x 0 3 0	90	◀	
	▶	Walking Lunges	3 x 6-8 step MS	----	120		
		Calf machine or	5 x 6-8	x 0 4 0	90	◀	

Have a good workout

Zottman Curl



Zottman Curl execution :

Standing , take the dumbells, arms near your hips

Flex your right forearm (left) on the right arm (left) bringing (palm facing up) the dumbbell in front of your right shoulder (left).

Rotate the forearm until the palm faces in front of you (back of the hand towards you) so a rotation of the hand of 180° and slowly lower the dumbbell (knuckles facing up) and put again the arms near the hip.

Pay attention: *Your elbows must remain near to your trunk*

Look at this video for the correct movement:

http://www.youtube.com/watch?v=OvM_JUI9pEA

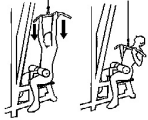
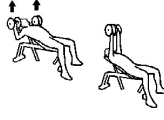
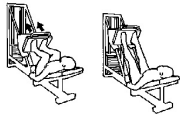
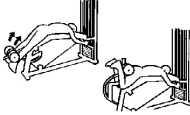
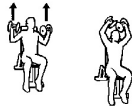
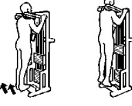
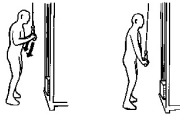
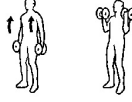
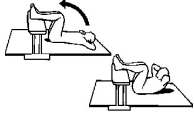
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Sig.

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 e 3	
1a		1b		1a			1b		1a		1b			1a		1b		-				

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4, 5 e 6
1a		1b		1a			1b		1a		1b			1a		1b		-			

EXERCISES	Schedule 1a / 1b	Warm up	Set	Reps	Rest	EXERCISES
	A Front Lat Pulldown (shoulder wide grip)	2-3 x 5	3	5-8 / 9- 12	90 / 60	

							
	20-30° inclined Bench Dumbbell Press	2 x 5	3	5-8 / 9-12	90 / 60	A	
	B Leg Press or Squat	3 x 5	3	5-8 / 9-12	90 / 60		
	Leg curl	1 x 5	3	5-8 / 9-12	90 / 60	B	
	C Overhead Dumbbell Press	1 x 5	3	5-8 / 9-12	60 / 45		
	Calf machine	1 x 5	3	5-8 / 9-12	60 / 45	C	
	D Triceps Pushdown	1 x 5	3	5-8 / 9-12	90 / 60		
	Standing Hammer Curl	1 x 5	3	5-8 / 9-12	90 / 60	D	
	Crunch		3	near to failure	60		

NOTES AND GENERAL RECCOMANDATIONS :

- When in the first set of a certain exercise you can perform more reps than those indicated , in the next workout (of same type) increase the weight of 5-10%
- The Workout with the number 1a have reps and rest indicated in the left column (5-8); The workout with the number 1b have reps (9-12) and rest indicated in the right column.
- Before the training series you have to warm up with same set of few reps (are indicated) increasing the weight step by step; Particulary , before the Chin up you can have a warm up with the

Lat pulldown and before the Dip you can do a few set of Flat Bench.

◆ I indicate time to rest for training series, between the warm up series you can rest less.

- In the training series you have to perform as many reps as possible: so, you don't have to do exactly the reps I indicated; step by step, you get fatigued , but you won't lower the weight; obviously reps will decrease. NB: don't go to failure in the exercises for abdominals, lumbar and rotator cuff .

- "Dynamic" execution (1-3 seconds) in the concentric phase ("positive") and controlled (2-4 seconds) in the "negative"one.

Exercises indicated with the same letters (eg A and A), must be performed alternating series.

Guidelines to plan a training schedule for beginners

:

If you bought the book and you are a beginner I don't suggest you to start with the first training program I wrote in the book. You don't have to exaggerate, because if you get injured you will not get the goals you're looking for !

So , be patient...

It is necessary to go on step by step - most of all at the beginning - so I give you some guidelines about how to plan a training schedule for beginners. I spoke about them in the body building and fitness courses : you have to understand for becoming the trainer of yourself.

1) Don't get hurt: it is necessary to avoid any potentially dangerous exercise or situation. Safety is the first thing you have to keep in mind.

2) At the beginning you have to train "full body" mode : the beginner has to adapt him/herself to the new type of workout ("stress") and he is not able to train at so high intensity for needing many recovery days; he should train 2-3 times a week.

3) Most of all you have to include fundamental exercises with dumbbells and barbells rather than those with apparati. The first activate more muscles in the same time (more synergy), improve the proprioception and the motor coordination, develop the stabilizer muscles and don't create weak points..

MUSCLE GROUP	"FUNDAMENTAL" EXERCISES	"ISOLATION" EXERCISES
LEGS	Squat, Deadlift , Leg Press	Leg extension, Leg curl
LUMBAR	Deadlift, Stiff Legs Deadlift	Hyperextension
GLUTE	Deadlift, Stiff Legs Deadlift	Cable or Apparati Glute Lateral or Back Kicks
BACK	Barbell or Dumbbell Rows, Low Pulley, Pull Ups, Lat Pulldown	Pull-over, "Dip Revers Shrugs" "Cross Cable Flyies, for the Back"
PECTORALS	Flat, Inclined, Declined Barbell Press, Dip	Flat, Inclined, Declined B Flyies Cable Flyies
DELTS	Barbell, Dumbell or Apparati Overhead Press. Upright Rows	Front Raises, Lateral raise 90° Rear delts
BICEPS	Dumbell or Barbell Curl (?) - <i>But does it exist a "" real" fundamental exercise for biceps ?</i>	Barbell, Dumbell or Cable Concentration Curl ; Scott Bench Curl
TRICEPS	Dip, Close Grip Barbell Press, Lying Barbell Extension (?)	Cable Push Down Dumbells Kickbacks
CALVES	Calf machine, Leg Press Calf Raise <i>But does it exist a "real" fundamental exercise for calves ?</i>	One leg Calf Raise or Sea Calf machine

4) "centrifugal" principle: *after the warm up you have to train the abdominals!* Really I think it is not true and useless too... for many reasons it is better to train the abdominals at the end of the workout. I mean that if we train first the abdominals, those muscles "get tired" (they "stabilize" the trunk) and it becomes difficult to perform exercises such as squat and deadlift (and many other) that need a full efficient "abdominal belt". I think the "centrifugal" principle must be reviewed in this way: a beginner has to give more attention in strengthening the "abdominal belt" (abdominals, oblique muscles, lumbar, etc.), with more training series and more training session; however, it doesn't need to train the "abdominal belt", at the beginning of the workout

5) You have to train first the bigger muscles; this is an example of sequence: quadriceps, back, thighs, pectorals, delts, triceps, biceps, calves, abdominals.

6) Begin with a low volume of workout (1/3 set for each exercise and 1-2 exercises for muscle group).

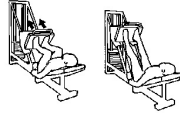
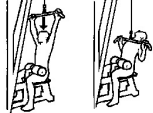

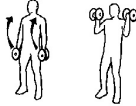
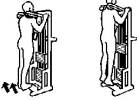
7) Use a medium-high number of reps (12-15).

8) Use relatively low loads and a controlled execution. In this phase you must pay attention to the execution: it must be always perfect. (a wrong motor pattern in this phase will become very difficult to correct in the future).

9) Rest between the sets have to be related to the exercise effort (45"-90")

So, here it is an example of "full-body" schedule for a male beginner lifter (in the same schedule you train the whole body).

EXERCISES		Schedule for male beginner	Warm up	Set	Reps	Rest (sec.)		EXERCISES
	▶	Squat or Leg Press	1-2 x 5	1-3	12-15	90"		

								
	▶	Lat Pulldown	1-2 x 5	1-3	12-15	60"	▶	
		▶	Flat Bench Barbell Press	1-2 x 5	1-3	12-15	60"	
		▶	Upright Rows	1-2 x 5	1-3	12-15	45"	
		▶	Dumbbell Curl (facultative)	1-2 x 5	1-3	12-15	45"	
			▶	Barbell Extension (facultative)	1-2 x 5	1-3	12-15	45"
		▶	Standing Calf Machine	1-2 x 5	1-3	12-15	45"	
			▶	Crunch		1-3	12-15	45"

NB: Before the training set for a muscle group you have to warm up with 1-2 set each exercise with 50-70% of the load you'll use in the first training set. You have to perform the warm up series for each muscle group before (and in sequence) the training sets.

After the first "beginner" phase , which can last from 3 to 6 weeks , it depends on the lifter's adaptation , it needs to plan some strategies to increase the load of working.

- add one exercise for those muscle groups don't stimulate in the previous schedule (remember the "facultative" in the "male beginner" schedule);
- lower (from 12-15 to 8-10) the number of reps of the exercises , and this will increase the load on apparati and the time to rest between the sets.

- increase the sets for the bigger muscle groups (quadriceps, back, pectorals, thighs);
- ◆ add complementary exercises (isolation) for the bigger muscle groups.

5 finally go the the starting cycle of the training programme as described in the book..

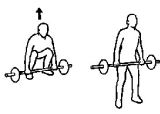
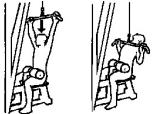
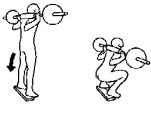
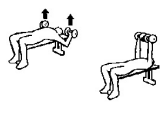
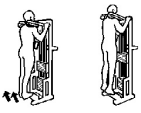
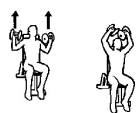
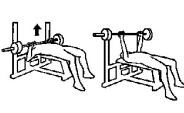
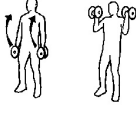
NB: in the points 1, 2, 3 and 4 you need to know that with the various "additions" the schedule don't have to last more than 60-75 minutes


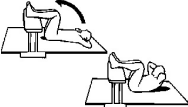
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Beginning Cycle

M	T	W	T	F	S	S	2 workouts a week
Workout			Workout				

EXERCISES	Schedule	Warm up	Set	Reps	Rest	Notes	EXERCISES
	A Deadlift	2-3 x 5	2	7-9	2:00	Jump Set	
	Front Lat Pulldown	2 x 5	2	7-9	1:30		
	B Squat	2 x 5	2	7-9	1:30	Jump Set	
	Flat Bench Dumbbell Press	2 x 5	2	7-9	1:30		
	C Calf machine	1 x 5	3	7-9	1:00	Jump Set	
	Dumbbells Overhead Press	1 x 5	3	7-9	1:00		
	D Close grip Flat Bench Barbell Press	1 x 5	2	7-9	1:00	Jump Set	
	2 Dumbbell Biceps Curl	1 x 5	2	7-9	1:00		
	E Hyperextension		2	near to	1:00		

			failure	Jumps	
Crunch		2	near to	1:00	E
			failure	Set	

NOTES:

- Warm up series must be 5 reps and increasing weights ; time to rest between the warm up series can be shorter than those between the training series.
- "Slow and controlled" execution (2-3 seconds) both in the positive phase (concentric) and (3-4 seconds) in the eccentric one (negative).
- You'll start with weights under your limits for twice a week and step by step you'll try to increase them from training to training
- Exercises with same letters must be performed in jump set (alternating series).

The cycle can last many weeks and it stops when you realize that the weights are near to failure.

P Training Expert

Mr.

TEST TRAINING

In the next cycle, we'll need to know the loads to lift in the different trainings . So we have to "test" our stenght - in the different exercises - with a "Test Schedule" (NB: in the Schedule you find exactly the same exercises you'll use in the next cycle)

Exercise	Warm up	Load	Performed repetitions (around 10)
Low Pulley	2-3 x 5		
20-30° Dumbell Press	2-3 x 5		
Squat	2-3 x 5		
Leg curl	1-2 x 5		

Calf machine	1-2 x 5		
Upright Rows	1-2 x 5		
EZ Barbell French press , declined bench	1-2 x 5		
Scott Curl with Kambered	1-2 x 5		

- Perform 1-3 warm up series with increasing loads and low repetitions (around 5).
- Choose a lift for 10 repetitions "to failure", perform as many repetitions as possible , then not necessarily 10
(if you do 6, or 9, or 12, etc. is good too. Be careful to go to failure). Mark in the corresponding square the load and the performed repetitions.

How to determine the loads related to the repetitions to perform.

Many trainers calculate practically the 1RM with some attempts to find the 1RM an athlete can lift with one repetition. I guess this method could fit for expert athletes. meanwhile for all the others could be dangerous. It is a fact that generally , with a certain percentage of 1RM you succeed in performing an exact number of repetitions (see the related schedule). So with these schedules it is easier to determine the "theoretic" 1RM, without danger ; simply you have to start with a generic number of repetitions performed with some load.

Eg, if you go to failure (of course ,after the warm up) in performing the Calf Machine with 7 repetitions with 92 Kgs, your 1RM is 115 Kgs. Practically, you'll look for the load you lifted in the repetitions column (in the example , the column related to 6-7 repetitions , 92Kgs) and you'll find the related number on the same line, in the column related to the 1RM.

Obviously you can invert the procedure: if you know the 1RM you can calculate the "theoretic" percentages of load ("theoretic" is a must for many

reasons such as the neuromuscular efficiency of the athlete, the percentage distribution of Fast Twitch and Slow Twitch , etc.) related to a determined number of repetitions.

This is a powerful method to determine the "theoretic" 1RM , because it allows you to fit the loads to the repetitions you want to perform (and on the contrary), it depends from the goal you want to reach in that specific period of training. .And most of all you don't need extra useless or dangerous sessions of training to calculate the 1RM.

Schedules to calculate the theoretic 1rm

1RM (Kgs)	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
5	2,5	2,75	3	3,25	3,5	3,75	4	4,25	4,5	4,75
10	5	5,5	6	6,5	7	7,5	8	8,5	9	9,5
15	7,5	8,25	9	9,75	10,5	11,25	12	12,75	13,5	14,25
20	10	11	12	13	14	15	16	17	18	19
25	12,5	13,75	15	16,25	17,5	18,75	20	21,25	22,5	23,75
30	15	16,5	18	19,5	21	22,5	24	25,5	27	28,5
35	17,5	19,25	21	22,75	24,5	26,25	28	29,75	31,5	33,25
40	20	22	24	26	28	30	32	34	36	38
45	22,5	24,75	27	29,25	31,5	33,75	36	38,25	40,5	42,75
50	25	27,5	30	32,5	35	37,5	40	42,5	45	47,5
55	27,5	30,25	33	35,75	38,5	41,25	44	46,75	49,5	52,25
60	30	33	36	39	42	45	48	51	54	57
65	32,5	35,75	39	42,25	45,5	48,75	52	55,25	58,5	61,75
70	35	38,5	42	45,5	49	52,5	56	59,5	63	66,5
75	37,5	41,25	45	48,75	52,5	56,25	60	63,75	67,5	71,25
80	40	44	48	52	56	60	64	68	72	76
85	42,5	46,75	51	55,25	59,5	63,75	68	72,25	76,5	80,75
90	45	49,5	54	58,5	63	67,5	72	76,5	81	85,5
95	47,5	52,25	57	61,75	66,5	71,25	76	80,75	85,5	90,25
100	50	55	60	65	70	75	80	85	90	95
105	52,5	57,75	63	68,25	73,5	78,75	84	89,25	94,5	99,75
110	55	60,5	66	71,5	77	82,5	88	93,5	99	104,5
115	57,5	63,25	69	74,75	80,5	86,25	92	97,75	103,5	109,25
120	60	66	72	78	84	90	96	102	108	114
125	62,5	68,75	75	81,25	87,5	93,75	100	106,25	112,5	118,75
130	65	71,5	78	84,5	91	97,5	104	110,5	117	123,5
135	67,5	74,25	81	87,75	94,5	101,25	108	114,75	121,5	128,25
140	70	77	84	91	98	105	112	119	126	133
145	72,5	79,75	87	94,25	101,5	108,75	116	123,25	130,5	137,75
150	75	82,5	90	97,5	105	112,5	120	127,5	135	142,5
155	77,5	85,25	93	100,75	108,5	116,25	124	131,75	139,5	147,25
160	80	88	96	104	112	120	128	136	144	152
165	82,5	90,75	99	107,25	115,5	123,75	132	140,25	148,5	156,75
170	85	93,5	102	110,5	119	127,5	136	144,5	153	161,5
175	87,5	96,25	105	113,75	122,5	131,25	140	148,75	157,5	166,25
180	90	99	108	117	126	135	144	153	162	171
185	92,5	101,75	111	120,25	129,5	138,75	148	157,25	166,5	175,75

190	95	104,5	114	123,5	133	142,5	152	161,5	171	180,5
195	97,5	107,25	117	126,75	136,5	146,25	156	165,75	175,5	185,25
200	100	110	120	130	140	150	160	170	180	190
	20-18	17-16	15-14	13-12	11-10	9-8	7-6	5-4	3-2	1
	Maximum number of possible repetitions related to the % of the 1RM									

Increasing intensity cycles

The saying "no pain - no gain" isn't so true... in fact , an hard gainer athlete who doesn't use doping and do an hard job, can't make so hard trainings every time he does a workout.

An interesting solution might be the "increasing" intensity training. Probably they come from some powerlifting cycles, in those cycles, you start with a load on the apparati which is less than your own "record" (around the 70-80% of maximum load for that specific number of repetitions , even if the exact percentage depends on the length of the cycle we decide to set up; generally the cycles last 5-8 trainings, but sometimes are longer). From training to training you'll try to reach you own goal and to exceed it too... after the "target" training, **you'll calculate the 1RM again** and you'll repeat the cycle using a different number of repetitions from the previous cycle- this is important to change training stimulations (remember : we are body-builders not powerlifter) - . This is the reason for I use an interesting sequence such as: **10 repetitions in the first cycle (made of 5-6 trainings); 6 repetitions in the second cycle (made of 5-6 trainings); 8 repetitions in the third cycle (made of 5-6 trainings) ; 4 repetitions (+ 2 negative) in the fourth cycle (made of 3 trainings only).**

You could ask why not to do a more "logical" sequence of 10 - 8 - 6 - 4 repetitions in the various cycles. It is because the skills you gained with the repetitions you chose can be lost in a while if you decrease linearmente the repetitions, in the third cycle, might be we could loose the skills we had in the first cycle.

There are many choices but I chosed to start with the 80% of the "record" for the number of repetitions we decided to use and to last the cycle for 5 trainings, step by step decreasing the frequency.

Training 1	Training 2	Training 3	Training 4	Training 5
80%	85%	90%	95%	100%

Eg on how to set up the trainings, for 5 cycles of training.

In this way the 18 trainings which totally are 4 cycles (exactly they are 3 cycles and 1/2) are gradually distributed with less frequency when, step by step, the intensity of the training grows up.

Cycle of around 7 weeks (+ 1 recovery)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18					1, 2 and 3
																						4, 5 and 6
																						7 and 8

To understand better how to manage the schedules, here it is a "real" example of a schedule I set up for the first 6 trainings (I did this programme time ago for an athlete, then the load I indicated are only an example). Practically, first of all you evaluate the maximum load you can lift for 10 repetitions - indirectly too, using the **Schedules to calculate the maximum loads** - and then - using simple percentage calculations you'll set up the loads you'll lift from training to training (you can be faster setting up an electronic sheet). *Yes, you need to use 15 minutes, but only in this way you'll know "exactly" how much to load every time on the apparatus.*

The repetitions of the first 4 trainings are prearranged too (in this case are 10), but in the fifth training you have to go to failure.

First 5 trainings Exercise	Warm up	Training series & repetitions	Load vs Training						
			1	2	3	4	5		
							Kgs	Reps	
Squat	2-3 x 5	2 x 10	103	110	116	123	129	12	
Low Pulley	2-3 x 5	2 x 10	52	55	59	62	65	11	
Declined Bench Dumbell Press	2-3 x 5	2 x 10	14	14	15	16	17	12	
Leg curl	1-2 x 5	1 x 10	32	34	36	38	40	11	
Calf machine	1-2 x 5	2 x 10	70	74	79	83	88	14	
Lying on one side, 1 arm lateral raise	1-2 x 5	2 x 10	6	6	6	7	7	13	

Declined bench EZ barbell French press	1-2 x 5	1 x 10	16	17	18	19	20	12
60°inclined bench dumbbell curl	1-2 x 5	1 x 10	11	12	13	13	14	12
Crunch	-	2 series near to failure						

NB: in the training n° 5 you don't have to stop at 10 repetitions, but you have to go to failure ; so, mark the repetitions you performed in the training n° 5.

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



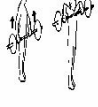




Mr.

First part of a 7 weeks cycle (+ 1 recovery)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks	
1	2	3	4	5			6		7		8											1, 2 and 3
9		10					11	12	13		14						15					4, 5 and 6
16		17					18	Recovery				You start again...or change schedule						7 and 8				

10 repetitions Cycle (trainings 1-5)

--	--	--	--

Exercise	Warm up	Training series & repetitions	80%	85%	90%	95%	100 %			
			1	2	3	4	5			
			Kgs	Kgs	Kgs	Kgs	Kgs	Reps		
	a)Low Pulley	2-3 x 5	2 x 10							
	a) Falt bench barbell press	2-3 x 5	2 x 10							
	Squat	2-3 x 5	2 x 10							
	Leg curl	1-2 x 5	1 x 10							
	Calf machine	1-2 x 5	2 x 10							
	Upright Rows	1-2 x 5	2 x 10							
	b) French press	1-2 x 5	2 x 10							
	b) Scott Curl	1-2 x 5	2 x 10							
	c) Hyperextension	2 near to failure								
	c) Crunch	2 near to failure								

NOTES

- You have to warm up with some series of around 5 repetitions, increasing loads.
- "Slow and controlled" execution (2-3 seconds) in the positive phase (concentric) and in the eccentric one (negative 3-5 seconds)
- Concerning the loads to lift, in the first training you'll lift the 80% del 10RM, in the second training you'll lift the 85% of the 10RM, in the third training you'll lift the 90% of the 10RM, in the fourth training you'll lift the 95% of the 10RM and in the fifth training you'll lift the 100% of the 10RM. Be careful with the training n° 5 : you don't have to stop at 10 repetitions, but you have to go to failure ; then mark the repetitions you made in the training




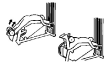






n° 5. From the repetitions and the loads you used, consulting the tables, you'll calculate the sequence of the loads you'll have to lift in the next cycle.

- Exercises with the same letters must be performed alternating series.
- Time to rest between the series are individual ; you need to rest till your breath becomes normal.

Second part of a 7 weeks Cycle (+ 1 recovery)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	1, 2 and 3
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	4, 5 and 6
16	17	18	Recovery					You start again...or change schedule										7 and 8				

6 repetitions Cycle (trainings 6-10)

Exercise	Warm up	Training series & repetitions	80%	85%	90%	95%	100 %			
			6	7	8	9	10			
			Kgs	Kgs	Kgs	Kgs	Kgs	Reps		
	a) Low Pulley	2-3 x 5	3 x 6							
	a) Flat bench Barbell Press	2-3 x 5	3 x 6							
	Squat	2-3 x 5	3 x 6							
	Leg curl	1-2 x 5	2 x 6							
	Calf machine	1-2 x 5	3 x 6							
	Upright Rows	1-2 x 5	3 x 6							
	b) French press	1-2 x 5	2 x 10							
	b) Scott Curl	1-2 x 5	2 x 10							
	c) Hyperextension	2 series near to failure								
	c) Crunch	2 series near to failure								




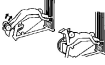





NOTE:


- You have to warm up with some series of around 5 repetitions , increasing loads.
- "Slow and controlled" execution (2-3 seconds) in the positive phase (concentric) and in the eccentric one (negative 3-5 seconds).
- Concerning the loads to lift, in the first training you'll lift the 80% of the 10RM, in the second training you'll lift the 85% of the 6RM, in the third training you'll lift the 90% of the 6RM, in the fourth training you'll lift the 95% of the 6RM and in the fifth training you'll lift the 100% of the 6RM. Be careful with the training n° 10 you don't have to stop at 10 repetitions , but you have to go to failure; then mark the repetitions you made in the training n° 10. From the repetitions and the loads you used, consulting the tables, you'll calculate the sequence of the loads you'll have to lift in the next cycle.
- Exercises with the same letters must be performed alternating series.
- Time to rest between the series are individual; you need to rest till your breath becomes normal.

Third part of an around 7 weeks Cycle (+ 1 recovery)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
1		2		3			4			5				6		7		8			1, 2 and 3
9			10				11		12		13			14			15				4, 5 and 6
16			17				18	Recovery					You start again...or you change schedule					7 and 8			

8 repetitions Cycle (trainings 11-15)

Exercise	Warm up.	Training series & repetitions	80%	85%	90%	95%	100 %		
			11	12	13	14	15		
			Kgs	Kgs	Kgs	Kgs	Kgs	Reps	
	a) Low Pulley	2-3 x 5	3 x 8						
	a) Falt bench barbell press	2-3 x 5	3 x 8						
	Squat	2-3 x 5	3 x 8						
	Leg curl	1-2 x 5	1 x 8						
	Calf machine	1-2 x 5	3 x 8						
	Upright Rows	1-2 x 5	3 x 8						
	b) French press	1-2 x 5	2 x 8						
	b) Scott Curl	1-2 x 5	2 x 8						
	c) Hyperextension	2 series near to failure							

									
	c) Crunch	2 series near to failure							





NOTE:


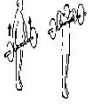



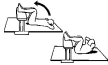
- You have to warm up with some series of around 5 repetitions , increasing loads.
- "Slow and controlled" execution (2-3 seconds) in the positive phase (concentric) and in the eccentric one (negative 3-5 seconds).
- Concerning the loads to lift, in the first training you'll lift the 80% of the 10RM, in the second training you'll lift the 85% of the 8RM, in the third training you'll lift the 90% of the 8RM, in the fourth training you'll lift the 95% of the 8RM and in the fifth one you'll lift the 100% del 8RM. Be careful with the training n° 15 : you don't have to stop at 10 repetitions but you have to go to failure. Then mark the repetitions you made in the training n° 15. From the repetitions and the loads you used , consulting the tables , you will calculate the sequence of the loads you'll have to lift in the next cycle
- Exercises with the same letters must be performed alternating series.
- Time to rest between the series are individual; you have to rest till your breath becomes normal.

Fourth part of an around 7 weeks Cycle (+ 1 recovery)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks	
1		2		3			4			5				6		7			8			1, 2 and 3
9			10				11	12	13					14				15				4, 5 and 6
16			17				18	Recovery			You start againor change schedule						7 and 8					

4 repetitions Cycle (trainings 16-18)

Exercise		Warm up	Training set & repetitions	100 % del 4RM						
				16		17		18		
				Kgs	Reps	Kgs	Reps	Kgs	Reps	
	a) Low Pulley	2-3 x 5	2 x 4 + 2 Negative							
	a) Flat bench barbell press	2-3 x 5	2 x 4 + 2 Negative							
	Squat	2-3 x 5	2 x 4 + 2 Stripping							
	Leg curl	1-2 x 5	1 x 4 + 2 Negative							

	Calf machine	1-2 x 5	2 x 4 + 2 Stripping							
	Upright Rows	1-2 x 5	2 x 4 + 2 Stripping							
	b) French press	1-2 x 5	1-2 x 4 + 2 Negative							
	b) Scott Curl	1-2 x 5	1-2 x 4 + 2 Stripping							
	c) Hyperextension	1-2 series near to failure								
	c) Crunch	2 series near to failure								

NOTE:

- Are the same for the previous cycle. The only difference is for the loads to lift : this time for all the three trainings you'll lift the 100% of the 4RM and you'll go to failure (and over , because there are intensity techniques).
- At the end of this cycle, you'll need an extra week of total rest.

P Training Expert

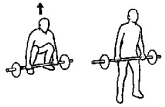
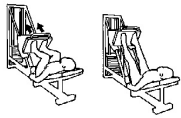
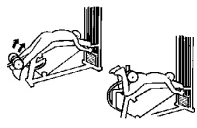
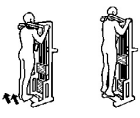
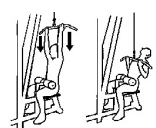
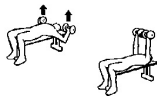

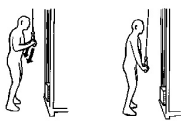

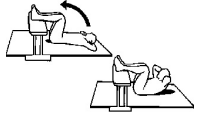
Mr.

"high intensity" Cycles . Cicle 4-5-5 (M, F ,T)

M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1 and 2
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---------------

1				2					3r				
---	--	--	--	---	--	--	--	--	----	--	--	--	--

M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 3 and 4
1				2					3r					

EXERCISES		Schedule	Warm up	Set	Reps	Rest		EXERCISES
	▶	Deadlift	2-3 x 5	2 (3)	7-9 (6)	3:30 (2:30)		
		Leg Press	1-2 x 5	2 (3)	7-9 (6)	2:30 (2:00)	◀	
	▶	Leg curl	1 x 5	2 (2)	7-9 (6)	1:30 (1:00)		
		Calf machine	1 x 5	3 (4)	7-9 (6)	1:00 (1:00)	◀	
	A	Revers grip Lat pulldown	2 x 5	2 (3)	7-9 (6)	2:00 (1:30)		
		Flat bench Dumbbell press	2 x 5	2 (3)	7-9 (6)	2:00 (1:30)	A	
	▶	Inclined bench 1 side lateral raise	1 x 5	3 (4)	7-9 (6)	30" between one side and the other		
		Triceps pushdown	1 x 5	1 (2)	7-9 (6)	1:00 (0:45)	B	
	B	60° inclined bench Dumbbell Curl	1 x 5	1 (2)	7-9 (6)	1:00 (0:45)		
		Crunch		2 (2)	quasi al	1:00 (1:00)	◀	

NOTE:

- You have to warm up with a few series of 5 repetitions , increasing loads; between the warm up series you can rest less than between the training series .
- ◆ "Dynamic" execution (1-2 seconds) in the positive (concentric) phase and "slow and controlled" (3-4 seconds) in the eccentric (negative) one.
- When (trainings 1 and 2 "to failure") in the training series,you perform more than 9 repetitions ,you don' t have to stop at 9 but you have to go to failure. In the next training (type 1 or 2) you have to increase the loads of 10%.
- Exercises with the same letters, must be performed alternating series.
- The exercises will be the same in the 3 training days , but you'll alternate 2 different mode for what concern the series, the repetitions and the time to rest too. In the trainings 1 and 2 (“to failure”) you'll use what is written outside the brackets in the columns of the schedules and you'll go to failure ; conversely in the trainings 3 (“recovery”training) you'll do what is written in brackets: you'll perform some series more , you'll rest less between the series and – be careful – even if you'll use the same load of the previous training , you'll perform only 6 repetitions even if you could do more repetitions (so, the series are not to failure).

P Training Expert

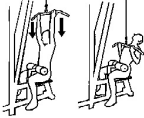
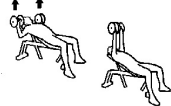


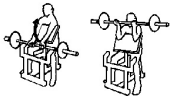
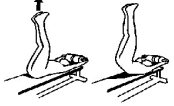
Mr.

"high intensity" Cycle 5-5-5-6

M	T	W	T	F	S	M	T	W	T	F	S	M	T	W	T	F	S	Weeks 1, 2 and 3
Fail					Fail				Fail				rec					

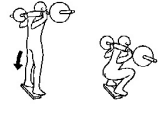
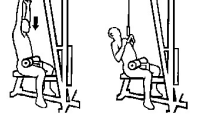
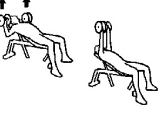
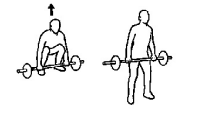
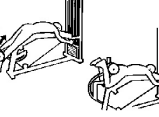
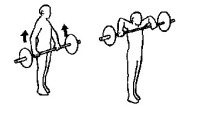
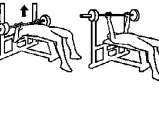
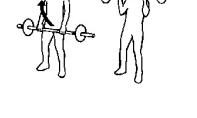
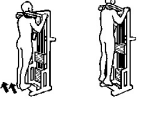
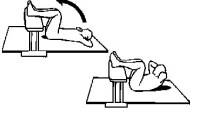
M	T	W	T	F	S	M	T	W	T	F	S	M	T	W	T	F	S	Weeks 4, 5 and 6
Fail					Fail				Fail				rec					

ESERCIZI		Schedule	Warm up	Set	Reps	Rest		EXERCISES
	▶	Squat	2-3 x 5	2 (3)	7-9 (6)	3:30 (2:30)		
		Deadlift	1-2 x 5	2 (3)	7-9 (6)	2:30 (2:00)	◀	
	▶	Leg curl	1 x 5	2 (2)	7-9 (6)	1:30 (1:00)		
		Calf machine	1 x 5	3 (4)	7-9 (6)	1:00 (1:00)	◀	
	A	Pull ups or Front Lat	2 x 5	2 (3)	7-9 (6)	2:00 (1:30)		

		pull-down						
		30° bench Dumbbell Press	2 x 5	2 (3)	7-9 (6)	2:00 (1:30)	A	
		20° Incline bench one side lateral raise	1 x 5	3 (4)	7-9 (6)	30” between one side and the other		
		E Z barbell French press	1 x 5	1 (2)	7-9 (6)	1:00 (0:45)	B	
	B	Scott Curl	1 x 5	1 (2)	7-9 (6)	1:00 (0:45)		
		Revers Crunch		2 (2)	Near to failure	1:00 (1:00)	◀	

NOTE:

- You have to warm up with some series of 5 repetitions, increasing loads; the times to rest between the warm up series are shorter than those between the training series.
 - ◆ "Dynamic" execution (1-2 seconds) in the positive (concentric) phase and "slow and controlled" (3-4 seconds) in the eccentric (negative) one.
- When (trainings 1, 2 and 3, type "to failure") in the training series, you perform more than 9 repetitions, don't stop at 9 but go to failure. In the next training (type 1 or 2 or 3) you'll increase the loads of 10%.
- Exercises with the same letters must be performed alternating series.
 - ◆ The exercises will be the same for all the for all the 4 trainings, but you'll need to alternate different mode concerning the series, the repetitions and the times to rest too. In the trainings 1, 2 and 3 (type "to failure") you'll use what is written outside the brackets in the columns of the tables and you'll go to failure; conversely, in the training 4 ("recovery" training) you'll use what is written in the brackets: you'll

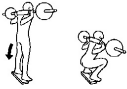

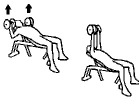

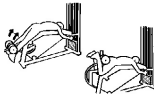

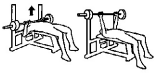

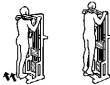

EXERCISES		"Heavy" schedule	Warm up	Series	Reps	Rest	Notes		EXERCISES
	▶	Squat	3 x 5	2	7-9	3:30			
		Close grip Pulldowns	2 x 5	2	7-9	3:00		◀	
	▶	20-30° inclined bench Dumbbell Press	2 x 5	2	7-9	2:30			
		Deadlift	2 x 5	2	7-9	3:30		◀	
	▶	Leg curl	1 x 5	2	7-9	1:30			
		Upright Rows	1 x 5	2	7-9	1:30		◀	
	▶	Flat bench Close grip Barbell Press	1 x 5	2	7-9	1:30			
		Barbell Curl	1 x 5	2	7-9	1:30		◀	
	▶	Standing Calves	1 x 5	2	7-9	1:00			
		Crunch		2	Near to failure	1:00		◀	

NOTE:


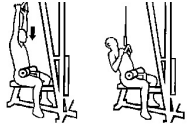
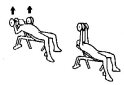
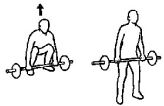
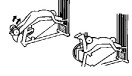
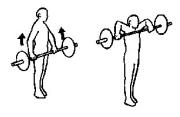
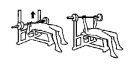
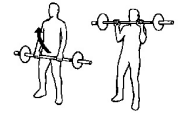
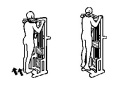
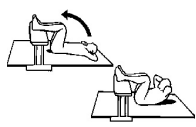
- You have to warm up with same series of 5 repetitions , increasing loads ; the times to rest between the warm up series are shorter than those between the training series.
- "Dynamic" execution (1-2 seconds) in the positive (concentric) phase and "slow and controlled" (3-4 seconds) in the eccentric (negative) one.
- When you perform more than 9 repetitions in the Heavy training during the training series , don't stop at 9 but go to failure .In the next

- Heavy training you'll increase the loads of 10%..
- In the Light and Medium trainings you don't have to go to failure , you have to stop (as indicated) at 7-9 repetitions , even if you could do more repetitions ; in the "Light" trainings you'll decrease the load of 20% compared to that of the previous Heavy training ; in the "Medium" trainings you'll decrease the load of 10% compared to that you lifted in the previous Heavy training.
 - Practically you have to "set up" your strain during the trainings (Heavy, Light and Medium) to go to failure only once every 7 days . Eg., if you do 7 repetitions of squat with 100 Kgs (to failure) in the first training set and 5 repetitions (obviously they're less repetitions because you are tired for the first set) in the second training set , you'll do this way:

HEAVY TRAINING :	LIGHT TRAINING :	MEDIUM TRAINING:
7 repetitions with 100 Kg	7 repetitions with 80 Kg	7 repetitions with 90 Kg
5 repetitions with 100 Kg	5 repetitions with 80 Kg	5 repetitions with 90 Kg

EXERCISES	"Light" schedule	Warm up.	Series	Reps	Rest	Notes	EXERCISES
	A Squat	2 x 5	2	7-9	1:30	Decrease the load of 20%	
	Close grip Latpulldowns	2 x 5	2	7-9	1:30	"	
	B 20°-30° inclined bench Dumbbell Press	2 x 5	2	7-9	1:30	"	
	Hyperextension		2	Near to failure	1:30		
	C Leg curl	1 x 5	2	7-9	1:00	Decrease the load of 20%	
	Upright Rows	1 x 5	2	7-9	1:00	"	
	D Flat bench Close grip Barbell Press	1 x 5	2	7-9	1:00	"	
	Barbell Curl	1 x 5	2	7-9	1:00	"	
	E Standing Calves	1 x 5	2	7-9	1:00	"	
	Crunch		2	Near to failure	1:00		

NB: in the "Light" schedule, the exercises with the same letters must be performed alternating series..

EXERCISES	"Medium" Schedule	Warm up	Series	Reps	Rest	Notes	EXERCISES
	▶ Squat	2 x 5	2	7-9	3:00	Decrease the load of 10%	
	Close grip Latpulldowns	2 x 5	2	7-9	2:30	“	
	▶ 20-30° inclined bench Dumbbell Press	2 x 5	2	7-9	2:30	“	
	Deadlift	2 x 5	2	7-9	3:00	“	
	▶ Leg curl	1 x 5	2	7-9	1:30	“	
	Upright Rows	1 x 5	2	7-9	1:30	“	
	▶ Flat bench Close grip Barbell press	1 x 5	2	7-9	1:30	“	
	Barbell Curl	1 x 5	2	7-9	1:30	“	
	▶ Standing Calves	1 x 5	2	7-9	1:00	“	
	Crunch		2	Near to failure	1:00		

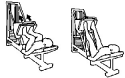

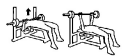

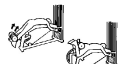



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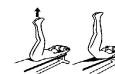
Mr.

Heavy - Light - Medium Cycle (HLM) 8,4

6 WEEKS CYCLE (the duration means the time it needs for the arrangement of the single training for coming back to the beginning) with a "diluted" frequency compared to the previous cycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
H			L		M			H				L		M			H			L	1, 2 and 3
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	D	4, 5 and 6
	M			H			L		M			H			L			M			

EXERCISES		“Heavy” schedule	Warm	Series	Reps.	Rest	Notes		EXERCISES
	▶	Leg Press	3 x 5	2	7-9	3:30			
		Pull ups or Front Lat Pulldown	2 x 5	2	7-9	3:00		◀	
	▶	Flat Bench Barbell Press	2 x 5	2	7-9	2:30			
		Deadlift	2 x 5	2	7-9	3:30		◀	
	▶	Leg curl	1 x 5	2	7-9	1:30			
		Upright Rows	1 x 5	2	7-9	1:30		◀	
	▶	E Z Barbell French Press	1 x 5	2	7-9	1:30			
		60° inclined bench Dumbbell Press	1 x 5	2	7-9	1:30		◀	
	▶	Standing Calves	1 x 5	2	7-9	1:00			

								
		Revers Crunch		2	Near to limit	1:00		

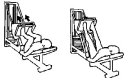

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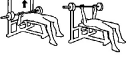

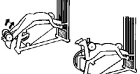





~ You have to warm up with some series of 5 repetitions , increasing the loads ; the times to rest between the warm up series are shorter than those between the training series.

- "Dynamic" execution (1-2 seconds) in the positive (concentric) phase and "slow and controlled" (3-4 seconds) in the eccentric (negative) one.
- When you perform more than 9 repetitions in the training series of the Heavy day ,don't stop at 9 but you have to go to failure. In the next heavy training you'll increase the loads of 10%.
- In the medium and light training you don't have to go to failure but you have to stop ,as indicated , at 7-9 repetitions even if you could do more repetitions ; in the "Light" trainings you'll decrease the load of 20% compared to that you lifted in the previous heavy training ; in the "medium" training you'll decrease the load of 10% compared to that you lifted in the previous heavy training.
- Practically you have to "set up " your strain during the trainings (heavy, light and medium) to go to failure only once every 7 days. Eg, if in the first training set of squat you perform 7 repetitions (to failure) with

100 Kgs and 5 repetitions in the second training set (I guess there are less repetitions because you are tired for the previous set) you'll do this way:

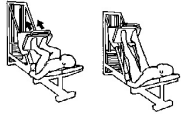
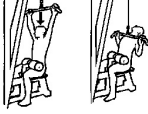
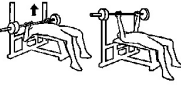
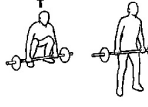
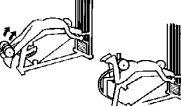
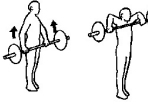


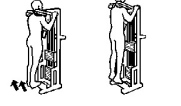
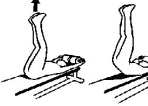
HEAVY TRAINING : 7 repetitions with 100 Kg 5 repetitions with 100 Kg	LIGHT TRAINING : 7 repetitions with 80 Kg 5 repetitions with 80 Kg	MEDIUM TRAINING : 7 repetitions with 90 Kg 5 repetitions with 90 Kg
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EXERCISES	"Light" schedule	Warm up	Series	Reps	Rest	Notes	EXERCISES
	A Leg Press	2 x 5	2	7-9	1:30	decrease the load of 20%	
	Pull ups or Front Lat	2 x	2	7-9	1:30	" A	

		Pulldown	5					
	B	Flat bench Barbell Press	2 x 5	2	7-9	1:30	"	
		Hyperextension		2	Near to failure	1:30		B
	C	Leg curl	1 x 5	2	7-9	1:00	Decrease the load of 20%	
		Upright Rows	1 x 5	2	7-9	1:00	"	C
	D	E Z Barbell French Press	1 x 5	2	7-9	1:00	"	
		60° inclined bench Dumbbell Curl	1 x 5	2	7-9	1:00	"	D
	E	Standing Calves	1 x 5	2	7-9	1:00	"	
		Revers Crunch		2	Near to failure	1:00		E

NB: in the "Light" schedule , exercises with the same letters must be performed alternating series.

EXERCISES		"Medium" schedule	Warm up	Series	Reps	Rest	Notes	EXERCISES
	▶	Leg Press	2 x 5	2	7-9	3:00	decrease the load of 10%	

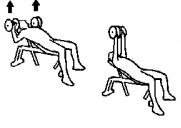
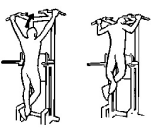
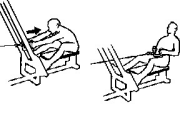
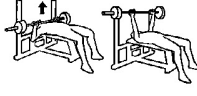


								
	Pull ups or Front Lat Pulldown	2 x 5	2	7-9	2:30	“	▶	
	▶ Flat Bench Barbell Press	2 x 5	2	7-9	2:30	“		
	Deadlift	2 x 5	2	7-9	3:00	“	▶	
	▶ Leg curl	1 x 5	2	7-9	1:30	“		
	Upright Rows	1 x 5	2	7-9	1:30	“	▶	
	▶ E Z Bar French press	1 x 5	2	7-9	1:30	“		
	60°inclined bench Dumbbell Curl	1 x 5	2	7-9	1:30	“	▶	
	▶ Standing Calves	1 x 5	2	7-9	1:00	“		
	Revers Crunch		2	Near to failure	1:00		▶	



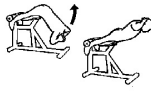


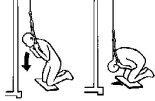
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Mr.....

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 and 3
-		A		B			c		d		A			B		c		d			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 and 5
A		B		c			d		A		B			New Programme...							

EXERCISES	Schedule A	Warm up	Set	Reps	Rest (sec.)	EXERCISES
	1 20° inclined Bench Dumbbell Press	3 x 5	4	8	90	
	1 Wider Shoulder Grip Pull ups	3 x 5	4	8	90	
	2 Low Pulley	1-2 x 5	4	8	75	
	2 Flat bench Barbell Press	1-2 x 5	4	8	75	
	3 Declined Bench Kambered French Press	1-2 x 5	4	8	60	
	3 Inclined Bench 2 Dumbells Curl	1-2 x 5	4	8	60	

Abdominals + Lumbar + Aerobics	Crunch	Side Bend	Hyperextension	Tapis roulant
				
	Side Bend	Cable Crunch		
				

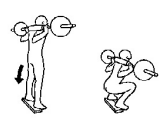
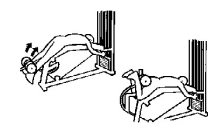
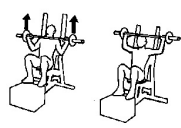
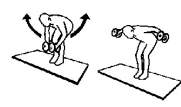
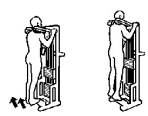
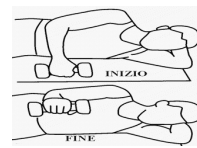
Crunch + Side Bend (left side) + Hyperextension + Side Bend (right side) + Cable Crunch	Perform 3 - 4 Giant-set (12-20 repetitions each exercise); rest 40-60 seconds between the Giant-sets
Cyclette or Tapis roulant	5 minutes Warm up at low intensity + 20/25 minutes at 65% of Maximum Heart Beat Rate + 5 minutes Cool down at low intensity

NOTES

- Before the training sets you have to warm up with a few set (those indicated) at low reps, increasing the loads;
- I indicated the time to rest between the training sets, you can rest less between the Warm up sets.;
- ◆ This is a phase of "**accumulation**", then you have to choose a load which brings you to failure only in the last set of the exercise ; so - if for example the sets are three - the first set will be a little easy ,the second set will be havier and the third will be to failure.
- Exercises with the same number must be performed alternating series.
- ◆ **(procedure 4 x 8 or 5 x 8) - Choose a 10 RM (a load for 10**

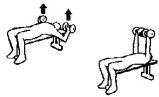
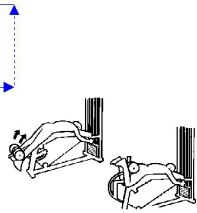
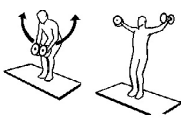
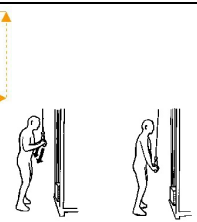

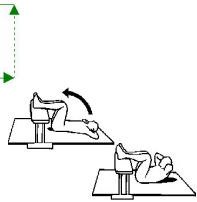
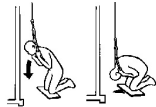
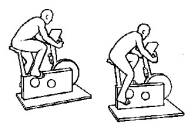
repetitions to failure) and perform 8 reps. The first sets will be easier but step by step, when you get fatigued those will become heavier and when you'll don't succeed in doing 8 reps... don't decrease the weight but do as many reps as possible.

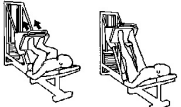
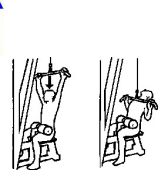
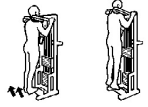


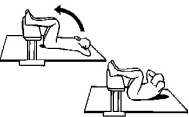
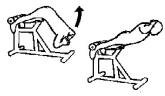
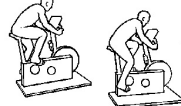
- ◆ **SYSTEMATICALLY IN THE NEXT MICROCYCLES** (there are 7 microcycles AB), you'll increase every time the load of 3-5% and will do sets again the programme trying to succeed in doing 8 repetitions etc.

Exercises	Schedule B	Warm up	Set	Reps	Rest (sec.)	EXERCISES	
	1	Squat or Leg Press	3 x 5	5	8	90	
	1	Leg Curl	3 x 5	5	8	90	
	2	Overhead Barbell Press (standing too)	1-2 x 5	5	8	75	
	2	90° Rear Delt Raises	1-2 x 5	5	8	75	
	3	Standing Calves	1-2 x 5	4	8	45	
	3	External rotations		4	10-12	30 between one side and the other	

Abdominals (NOT aerobics) are the same for Schedule A

Enjoy your training

EXERCISES	Schedule d	Warm up	Set	Reps	Rest (sec.)	EXERCISES
	1 Flat Bench Dumbbell Press	1-2 x 5	3	8 10 12	60 45 45	
	Leg curl	1-2 x 5	3	8 10 12	60 45 45	
	3 Lateral Raises	1 x 5	3	8 10 12	60 45 30	
	Triceps Pushdown	1 x 5	3	8 10 12	60 45 30	
	5 Tapis roulant (Fast walk , not running)	3 minutes warm up at low intensity+ + 8/12 minutes at 60-65% of Maximum Heart Beat Rate				
	Crunch		3	Near to failure	30	
	7 Cable Crunch		3	Near to failure	30	
	Cyclette or Tapis roulant	8/12 minutes at 60-65% of Maximum Heart Beat Rate + + 5 minutes cool down at low intensity				

EXERCISES	Schedule e	Warm up	Set	Reps	Rest (sec.)	EXERCISES
	1 Leg press or Squat	1-2 x 5	3	10 12 15	60 60 45	
	Front Lat Pulldown	1-2 x 5	3	8 10 12	60 45 45	
	3 Standing Calves	1 x 5	3	8 10 12	60 45 30	
	Dumbbell Curl (con prono/supinazione)	1 x 5	3	8 10 12	60 45 30	
	5 Tapis roulant (fast walk , not running)	3 minutes warm up at low intensity+ + 8/12 minutes at 60-65% of Maximum Heart Beat Rate				
	Crunch		3	Near to failure	30	
	7 Hyperextension		3	Near to failure	30	
	Cyclette or Tapis roulant	8/12 minutes at 60-65% of Maximum Heart Beat Rate + + 5 minutes cool down at low intensity				

NOTES:

- Before the training sets you have to warm up (the series are indicated) with a few set with light load, then you'll increase the load.
- I indicated the time to rest for training sets; between the warm up sets you can rest less.
- Training sets have to be tough enough (**but not to failure**), then from

training to training you'll increase the loads to get around the repetitions I indicated (1-2 before the failure).

- **BE CAREFUL** : from set to set you have to change the repetitions (as in the sequences: 8 10 15) and the time to rest too (see for eg. the sequences : 60 60 45). Obviously, repetitions increase step by step so you'll need to decrease the loads. Then you'll start with a heavy load (which allows you around 6/8 repetitions) and you'll finish with a light load (which allows you 12/15 repetitions).
- **Slow and controlled execution: 2 seconds in the positive phase and 4 seconds in the negative one, no bounces**

(it is possible only in the last repetition if you need to do it).

BE CAREFUL Exercises 1 and 2, (the same for exercises 3 and 4 and for exercises 5 and 6) must be performed alternating series; so you'll perform the first set of exercise 1 , then you'll rest and after you'll perform the first set of exercise 2 , then you'll rest again and you will perform the second set of exercise 1 , you'll rest again and then you'll perform the second set of exercise 2 , etc, etc.-

P Training Expert

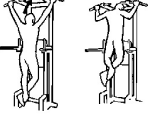

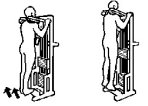
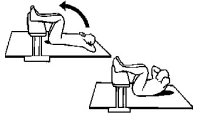
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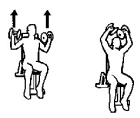
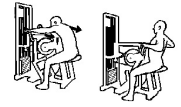
5 weeks Mesocycle


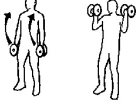
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A		B		C			A		B		C			A		B		C			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 and 5
A		B		C			A		B		C			New Programme...							

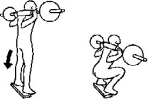
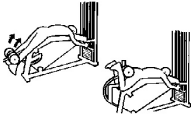

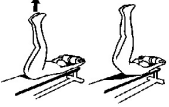
EXERCISES	Schedule A	Set	Reps	Rest (sec.)	EXERCISES
	▶ Chin up - Pull ups	7-5-3-6-4	6-8	90	

							
	▶	30° inclined Dumbbell Press	5-7-3-4- 6	6-8	90	▶	
		▶	7-5-3-6- 4	6-8	60		
		Crunch	5-7-3-4- 6	15- 20	60	▶	

EXERCISES		Schedule B	Set	Reps.	Rest (sec.)		EXERCISES
	▶	Dumbbell Overhead Press	7-5- 3-6-4	6-8	60		
		Rowing machine	5-7- 3-4-6	6-8	60	▶	
	▶	Kambered French Press	7-5- 3-6-4	6-8	60		

						
		2 Dumbbell Curls	5-7-3-4-6	6-8	60	



EXERCISES		Schedule C	Set	Reps.	Rest (sec.)		EXERCISES
	▶	Squat or Leg Press	7-5-3-6-4	6-8	120		
		Leg Curl	5-7-3-4-6	6-8	90	▶	
	▶	Side bend	6-4-5-6-4	8-12	30 between one side and the other		
		Revers Crunch	4-6-5-4-6	15-20	60	▶	

NOTES AND RECCOMENDATIONS

- You have to warm up with a few set at low reps before the training sets;
 - ◆ ALL THE SETS ARE TO FAILURE (except those of warm up); when you don't succeed in doing the reps indicated, decrease the load of 10-20%;
- If in the first set of an exercise you succeed in performing more repetitions of those indicated, in the next workout increase the load of 5-10%.
 - ◆ The sets column 7-5-3-6-4 (and similar combinations) indicates that – for the specific exercise - the first week you'll perform 7 sets, the second week you'll perform 5 sets, the third week you'll perform 3 sets, etc etc. –
Sometimes the training might seem too short and with few sets ... you'll need it for a better recovery.

Enjoy your training

P Training Expert


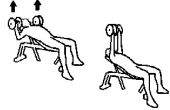

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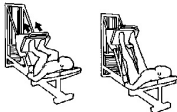
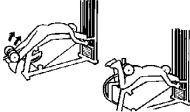
5 weeks Mesocycle

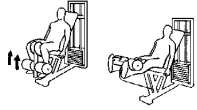
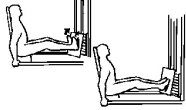
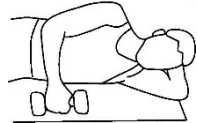
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A		B		C			A		B		C			A		B		C			

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 and 5
A		B		C			A		B		C			New Programme...							

EXERCISES		Schedule A	Warm up.	Set	Reps	Rest(sec.)	EXERCISES
	▶ A	Chin up Grip Lat	3 x 5	6	6-10 ↓	60	

		Pulldown						
	A	20-30° inclined bench Dumbbell Press	3 x 5	6	6-10 ↓	60	▶	
		Inclined bench , lying on one side, 1 arm lateral raise	1-2 x 5	6	6-10 ↓	45 (between one side and the other)		
	▶	Abdominals and Lumbar the same for schedule C						

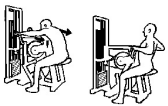
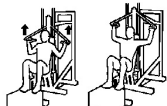
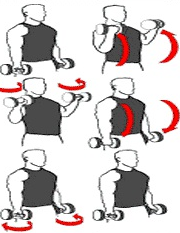
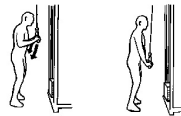
EXERCISES		Schedule B	Warm up	Set	Reps	Rest	Time Under Tension	EXERCISES
	B1	Leg Press	1-2 x 5	5	6 8 10 12 15	60"	3030	
	B1	Leg curl	1-2 x 5	5	6 8 10 12	60"	3230	



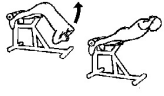

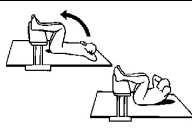
					15			
	B1	Leg extension	1-2 x 5	5	6 8 10 12 15	60"	2230	
		Leg Press Calf Raise	1 x 5	5	6 8 10 12 15	60"	x141	
<p>NB: Exercises with same initials (eg B1 B1 B1) must be performed alternating series 6 8 10 12 15 means that in the first set you'll use a load for around 6 repetitions (to failure); in the second set you'll decrease a little the load to perform 8 repetitions; in the third set you'll decrease again the load to succeed in doing 10 repetitions, etc</p>								
		Dumbbell external rotation		4	12-15	30" (between one side and the other)		

NOTES AND GENERAL RECCOMENDATIONS

- Before the training series you have to warm up with a few set at low repetitions.
- ◆ The series are to failure; when you don't succeed in doing the indicated repetitions , lower the weight of 10-20%;
- ◆ In the schedules, exercises with same letters must be performed alternating series.
- ◆ Time Under Tension is: "dynamic" in the contraction phase (about 1-2 seconds) and slow and controlled (about 4-5 seconds) in the negative phase of the movement.
- M = (Max Contr) means that in every repetition you'll stay in maximum contraction position for 2 seconds.
- 6-10 ↓ means that you'll start with a load for 6-10 repetitions (to failure) and you'll lower the load of around 10-15% in every set to stay

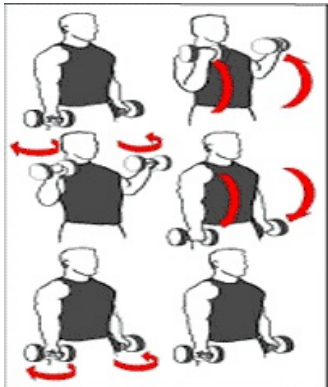
with the same number of repetitions or to increase them compared to the previous set.

EXERCISES		Schedule C	Warm up.	Set	Reps	Rest (sec.)	EXERCISES
	▶	A Rowing machine	3 x 5	5	6-10 ↓ M	60	
		A Overhead Dumbbell Press or Shoulder press	3 x 5	5	6-10 ↓	60	
	▶	B Curl "Zottman"	3 x 5	5	6-10 ↓	60	
		B Triceps Pushdown	3 x 5	5	6-10 ↓	60	

Abdominals And Lumbars	Revers Crunch	Woodchop	Hyperextension	Woodchop
				
	Crunch			
				

Revers Crunch + Woodchop (left side) + Hyperextension + Woodchop (right side) + Crunch	Perform 2-4 Giant-set (12-20 repetitions each exercise); rest 40-60 seconds between the Giant-set
--	---

Enjoy your training

Zottman Curl	
	<p data-bbox="901 982 1177 1024" style="text-align: center;">Zottman Curl</p> <p data-bbox="722 1077 1356 1119" style="text-align: center;"><i>Standing with dumbbells near your hips.</i></p> <p data-bbox="657 1171 1421 1308"><i>Flex the right forearms (left) on the right arm (left) and turn the dumbbell in front of the right (left) shoulder (palm facing up)</i></p> <p data-bbox="657 1360 1421 1581"><i>Do rotate the forearm till the palm of your hand is facing you (back of your hand facing you) so a 180° rotation of the hand and slowly bring down the dumbbell (hand knuckles facing up) bringing the arm near your hip.</i></p> <p data-bbox="657 1633 1421 1707"><i>Be careful:</i> elbows must stay always near your trunk.</p> <p data-bbox="657 1770 1421 1801">Here it is a video that shows you the movement:</p> <p data-bbox="771 1854 1307 1896" style="text-align: center;">http://www.youtube.com/watch?</p>

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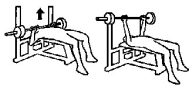

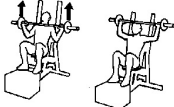


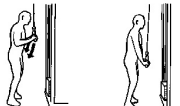
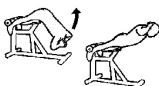
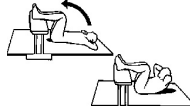
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6 weeks Mesocycle

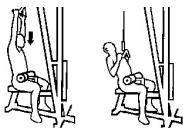
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P		3q		D			1p		Q		2d			P		3q		D			

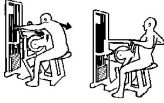
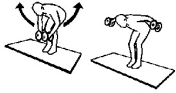

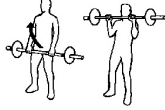
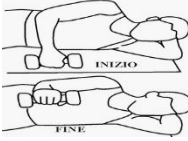
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4, 5 and 6
1p		Q		2d			P		3q		D			1p		Q		2d			

EXERCISES	Schedule P	Set	Reps	Rest(sec.)	EXERCISES
	Flat Bench Dumbell or	4-	7+Mf	180	

	Barbell Press	5			
	Declined Bench Flyes	2	10 (s)	90	
	Overhead Press (standing too)	3-4	7+Mi	150	
	Inclined Bench one side lateral raise	2-3	10 (s)	45 between one side and the other	
	Declined Bench EZ Barbell French Press	2-3	7+3+2	150	
	Triceps Pushdown	2	10 (s)	90	
	Hyperextension	2 sets near to failure of 12-20 repetitions not to failure; 45" rest between the sets			
	Crunch	2 sets near to failure of 12-20 repetitions not to failure ; 45" rest between the sets			

Enjoy your training

EXERCISES	Schedule D	Set	Reps.	Rest (sec.)	EXERCISES
	Close grip Latpulldowns	4-5	7+3+2	180	
	Latpulldown Adduction Straight arms	2	10 (s)	60	
	Rowing machine	3-	7+3+2	120	

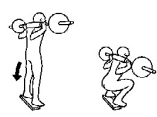
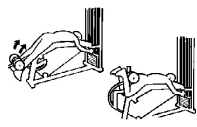
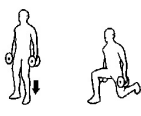
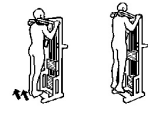
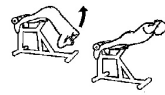
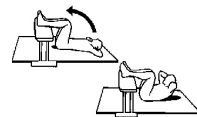
	or Face pull	4			
	90° Lateral raise	2	10 (s)	60	
	Inclined Bench Dumbbell Curl	2-3	7+3+2	120	
	Barbell Curl	2	10 (s)	60	
	External rotation	3-4	10	30 between one side and the other	

NOTES AND GENERAL RECCOMENDATIONS

- Before the training series you have to warm up with a few set at low reps.
- ◆ Time Under Tension: about 2-3 seconds in the contraction phase and about 4-5 seconds in the negative phase of the movement.
- Time to rest are indicated for the training series ; you can rest less between the warm up series.
- ◆ 7+3+2 means that you have to perform the Rest-Pause method ("Power Bodybuilding"): choose a load for 7 repetitions and go to failure; rest for 20 seconds and then perform as many repetitions as you can (eg. 3); rest 20 seconds more and perform as many reps as you can (eg 2). So, you'll perform about 5 extra repetitions in every set **7+M means : choose a load for about 7 repetitions and go to failure; when you don't succeed any more in performing repetitions with a full range of motion , go on performing 3-4 half repetitions more**
- Moreover, **Mi = you have to perform the half repetitions at the beginning of the arch of movement; Mf = you have to perform the half repetitions at the end of the arch of the movement.**
- Step by step you'll get fatigued , but you'll don't decrease the load ; obviously the repetitions will decrease.
When **in the first set** of a certain exercise, you'll succeed in performing

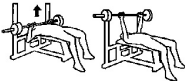
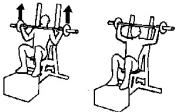

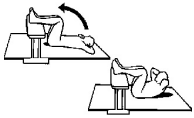
more repetitions of those indicated (generally 7 repetitions, because you have to consider these of the first mini set but not those extra of the Rest-Pause) in the next training you can increase the load of 5-10%

- In the "light" trainings 1p, 2d , 3q (yellow coloured), you'll lift the SAME load for the heavy days (about 7 repetitions to failure), but you'll NOT go to failure and you'll stop at 4 repetitions.
- (s) in the last two sets you have to perform the stripping decreasing the load for 2 times of 15-20%
- In the column of the training series, 4-5 (or similar writings) indicates that you can perform 4 or 5 series, it depends from your energy and from the time you have at your disposal...

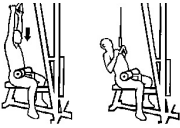
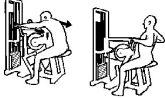

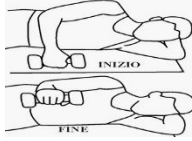
EXERCISES	Schedule Q	Set	Reps.	Rest (sec.)	EXERCISES
	Squat or Leg Press	4-5	7+3+2	180	
	Leg Curl	4-5	7+3+2	120	
	Walking Lunges	2	12-16 steps	90	
	Calf Machine	3-4	7+3+2	75	
	Hyperextension	2 sets near to failure of 12-20 repetitions not to failure ; 45" rest between the sets			
	Crunch	2 sets near to failure of 12-20 repetitions not to failure; 45" rest between the sets			

I put a bigger picture of..... Latpulldowns Adduction straight arms.

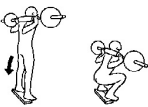
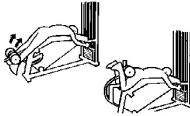
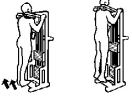



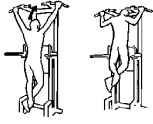
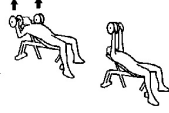
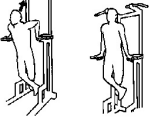
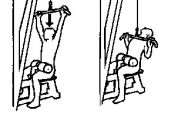

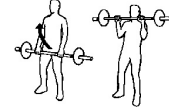
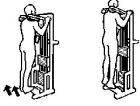
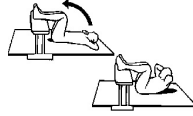

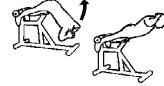

EXERCISES	Schedule 1p	Set	Rep.	Rest (sec.)	EXERCISES
	Flat Bench Barbell or Dumbbell Press	9	4	90	
	Overhead Press (standing too)	7	4	75	
	Declined Bench EZ Barbell French Press	6	4	60	
	Crunch	2 sets near to failure of 12-20 repetitions not to failure ; 45" rest between the sets.			

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EXERCISES	Schedule 2d	Set	Reps.	Rest (sec.)	EXERCISES
	Close grip Latpulldowns	9	4	90	
	Rowing machine or Face pull	7	4	60	
	Inclined Bench Dumbbell Curl	6	4	75	
	External rotation	3	10	30 between one side and the other	

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EXERCISES	Schedule 3q	Set	Reps	Rest (sec.)	EXERCISES
	Squat or Leg Press	9	4	90	
	Leg Curl	6	4	75	
	Calf Machine	7	4	60	
	Hyperextension	2 sets near to failure of 12-20 repetitions not to failure ; 45" rest between the sets			

	▶ A	Chin up Grip Lat Pulldown (and/or Pull ups)	6	3 8 3 8 3 8	90		
		A 20° Incline Bench (dumbbell or barbell.)	6	3 8 3 8 3 8	75	◀	
	▶ B	Parallele	2-3	7-10	60		
		B Front B Latpulldowns (wide grip)	2-3	7-10	60	◀	
	▶ C	Declined Bench EZ Barbell French press	3	7-10	60		
		C Barbell Curl	3	7-10	60	◀	
	▶	Calf Machine	3	7-10	90		
	▶	Crunch + Side Bend (left side) +	Perform 3 - 4 Giant-set (12-20 repetitions each exercise); Rest 40-60 seconds between the Giant-sets			◀	
	▶	Hyperextension + Side Bend (right side) + Cable Crunch					



NOTES AND GENERAL RECCOMENDATIONS :

- Before the training series you have to warm up with a few set at low repetitions.
- ◆ Time Under Tension : about 2-3 seconds in the contraction phase , about 4-5 seconds in the negative phase of the movement.
- ◆ Time to rest are for training series; you can rest less between the warm up series.
- Procedure 3 8 3 8 3 8 : choose a 4-5RM (a load for 4-5 repetitions) and a 9-10RM (load for 9-10 repetitions). perform the first set of 3 repetitions with 4-5RM ; (after having rest and alternate the other exercise , etc.) perform a set of 8 repetitions with 9-10RM; increase a little the load (0,5 - 2 Kg ; it depends from the load you lifted before or how did you "feel" in the previous set ...) at 4-5RM and perform 3 repetitions more; in the same way, increase a little the load (0,5 - 2 Kg it depends from the load you lifted before or how did you "feel" in the previous set ...) at 9-10RM and perform 8 repetitions more;increase again the load a little (0,5 - 2 Kg) at 4-5RM and perform 3 repetitions more; in the same way, increase again the load a little (0,5 - 2 Kg) al 9-10RM and perform 8 repetitions more. If all it's ok and you succeeded in performing all the series and the repetitions indicated, you can start in the next training with the load you lifted in the second "wave"...

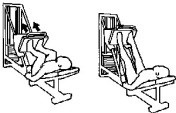
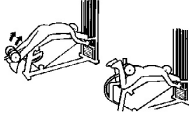

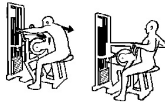
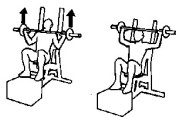

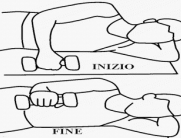
Eg: 1 workout- squat: 3 with 200, 8 with 140, 3 with 202, 8 with 142, 3 with 204, 8 with 144.

2 workout- squat: 3 with 202, 8 with 142, 3 with 204, 8 with 144, 3 with 206, 8 with 146.

3 workout - squat: 3 with 204, 8 with 144, 3 with 206, 8 with 146, 3 with 208, 8 with 148.

- The series of 7-10 repetitions must be performed to failure. When **in the last set** of an exercise you succeed in performing more repetitions of those indicated, in the next training increase the load of 5-10%..

- ◆ In the column of the series, 2-3 (and similar) means that YOU will decide to perform 2 or 3 series - it depends from your energy and the time you have..

EXERCISES		Schedule B	Set	Reps	Rest(sec.)		EXERCISES	
	▶	A Leg press	6	7-10	90			
		A Leg Curl	6	7-10	60	◀		
	▶	Adductors	2	12-15	60			
		B Rowing machine or "wide grip" Row to chest	6	3 8 3 8 3 8	60	◀		
	▶	B Overhead Press (standing too)	6	3 8 3 8 3 8	60			
		Inclined bench one side Lateral Raise	2	7-10	45 between one side and the other	◀		
	▶	External rotation lying on a side on a flat bench	2-3	12 (non al limite)	45 (between one side and the other)			
		Abdominals and Lumbars : see						

Schedule A

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If the workload is too high and you need more recovery, add more rest days
in your schedule.

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 and 3
A		B		A			B		-		A			B		A		B			

NB: the slash means an extra rest day.


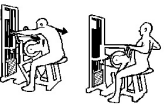

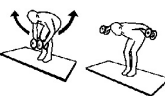

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 and 5
-		A		B			A		B		-			<i>New schedule</i>							

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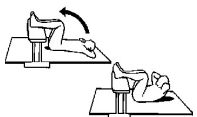
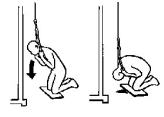
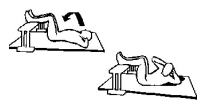

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 1, 2 and 3
A	B		C	A			B		C		A			B		C		A	B		

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks 4 and 5
C		A		B			C		A		B		C		<i>New Programme...</i>						

A	A	B	B
			
			

Schedule A	Warm up	Set	Reps	Rest
			(around)	(seconds)
A Flat Bench Dumbbell Press	3 x 5	4	6-8	90
A Rowing machine	2-3 x 5	4	6-8 MC	60
B 20-30° inclined Bench Flyes	1 x 5	3	10-12	90
B 2 Dumbbells 90° Lateral Raises	1 x 5	3	10-12 MC	60
Inclined Bench , Lying on one side Lateral Raise	1 x 5	6	7-9	30 (between one side and the other)

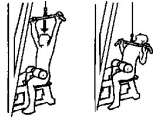
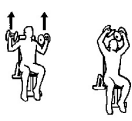

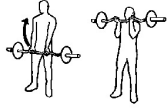
Abdominals:	Triset : Crunch, Cable Crunch and Crunch with rotation: Perform 4 triset of 12-15 repetitions each exercise; rest 40-60 seconds between the triset
Reclined Cyclette	5 minutes low intensity warm up + 15/20 minutes at 60% of Maximum Heart Beat Rate + 5 minutes low intensity cool down

Crunch	Cable Crunch	Crunch with rotation	Reclined Cyclette
			

NOTES AND GENERAL RECCOMENDATIONS:

- Before the training set you have to warm up with a few series at low repetitions .

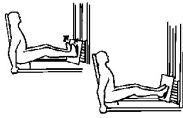
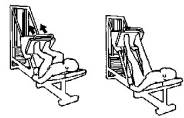
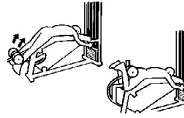
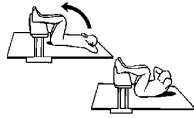
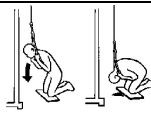
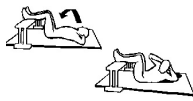
- In the schedules, exercises with the same letters must be performed alternating series. Eg, in the first workout, do the warm up for the flat bench , then the one for the rowing; after you'll perform the first set of flat bench and rest 90 seconds; then you'll perform the first set of rowing and rest 60 seconds; then again you'll perform the second set at the flat bench ; rest 90 seconds; perform the second set at rowing, and so on
 - ◆ time to rest is indicated for the training series; you can rest less between the warm up series.
 - ◆ In the training series (only in the **HEAVY days**) you have to perform as many repetitions as possible (those written are indicative) ; if in a certain set you don't succeed in performing the number of repetitions as indicated, in the next set decrease the load of 10-20%
 - ◆ when in the first set of an exercise you succeed in performing more repetitions of those indicated, in the next (**HEAVY**) training increase the load of 5-10%
 - ◆ slow and controlled execution: 2 seconds in the positive phase and 4 in the negative one, no rushes (eventually only in the last repetition).
 - ◆ What's the difference between the **HEAVY** and the **light** trainings ? Well , in the HEAVY days you have to bring the series to failure, while in the light ones you have to decrease the load of 10% and to do the same repetitions of the previous training (when the load was "light" and so the set was not to failure).
 - ◆ MC means that in every repetition you have to stay in the position of maximum contraction for 2-3 seconds
 - to "make" a declined bench you can put 2 plates of 10 kgs or a 5 cm thick wooden board, under a flat bench, in the opposite position of your head
-

A	A	B	B
			

	Schedule B	Warm up	Set	Reps	Rest
				(around)	(seconds)
A	Front Latpulldown (or Pull up): the first 4 series pronate and wider shoulder grip , the other 3 series chin up grip and narrow than shoulder	3 x 5	7	6-8	90
A	Dumbell Overhead Press	2-3 x 5	6	6-8	60
B	EZ Barbell French Press , lying on a declined bench (1)	1-2 x 5	5	6-8	60
B	Standing Curl EZ Barbell	1-2 x 5	5	6-8	60

Abdominals	Triset : Crunch, Cable Crunch and Crunch with rotation : Perform 4 triset of about 12-15 repetitions each exercise; rest 40-60 seconds between the triset
Cyclette	5 minutes low intensity warm up + 15/20 minutes at 60% of Maximum Heart Beat Rate+ 5 minutes low intensity cool down

(for aerobics and abdominals exercises photos , see Schedule A)

Calf raise at the Leg Press	Leg Press	Leg Curl	Crunch
			
Cable Crunch	Crunch with rotation		
			

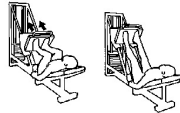
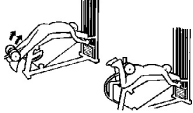
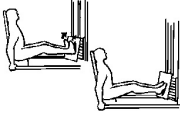
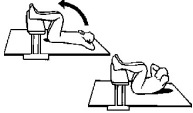
Schedule C	Warm up	Set	Reps	Rest
			(around)	(seconds)
Calf raise at the Leg Press (perform the Stripping in the last set , decreasing the load for 2 times of 10 %) ; it would be better on a 45-60° Leg Press	2-3 x 5	6	6-8 MC	60
45-60° Leg Press	3 x 5	7	10-12	180
Leg curl	2-3 x 5	5	6-8 MC	90
<p style="text-align: center;">Triset : Crunch, Cable Crunch and Crunch with rotation: Perform 4 triset , about 12-15 repetitions each exercise ; rest 40-60 seconds between the triset</p>				

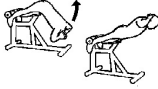
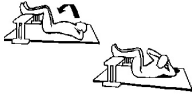
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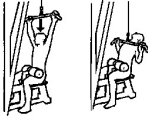
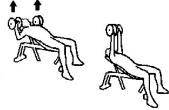
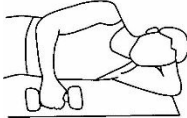
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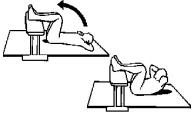
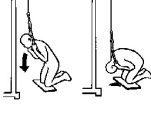
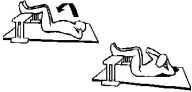

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	A			B		C	A				B	C			A	B		1, 2 and 3
C		A		B			C	A		B	C			New Programme						4, 5 and 6	

EXERCISES		Schedule A	Set	Reps	Rest(sec.)		EXERCISES
	▶	A Leg Press	10	10	90		
		A Leg Curl	10	10	60	◀	
	▶	Leg Press Calf Raise (better the 45° Leg Press)	10	10	75		
	T	Crunch	Triset : Crunch, Hyperextension and Crunch with rotation			◀	

	▶	T	Hyperextension	Perform 4 triset (around 12-15 repetitions each exercise); rest 40-60 seconds between the triset	▶	
			T			

EXERCISES			Schedule B	Set	Reps	Rest (sec.)		EXERCISES
	▶	A	Front Latpulldown	4-5	5+5	60		
		A	20° Inclined Bench (Dumbells)	4-5	5+3 half	60	▶	
	▶		External Rotation	4-5	10	30 between one side and the other		
Abdominals, Giant set : Crunch, Side bend (left side), Cable Crunch, Side bend (right side), Crunch with rotation, perform 3-4 Giant set around 12-15 repetitions each exercise; rest 40-60 seconds between the triset								

Crunch		Cable Crunch	
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	Side bend		Side bend
Crunch with rotation	Reclined Cyclette		
			

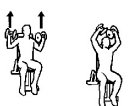
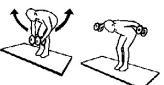

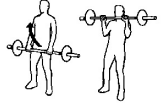
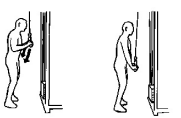
Reclined Cyclette : 5 minutes low intensity Warm up + 15/20 minutes at 60% of Maximum Heart Beat Rate + 5 minutes low intensity Cool down.

NOTES AND GENERAL RECCOMENDATIONS:

- Before the training series you have to warm up with a few set with low repetitions.
- ◆ Time Under Tension : around 2-3 seconds in the contraction phase and around 4-5 seconds in the negative one.
- ◆ The times to rest are indicated for the training series; between the warm up series you can rest less.
- 5+5 means that you have to perform the Rest-Pause method ("Power Bodybuilding"): choose a load for around 5 repetitions and go to failure; rest for 15-20 seconds and perform as many repetitions as possible (eg. 3); rest for 15-20 seconds and perform as many repetitions as you can (eg 2). So, you'll perform around 5 extra repetitions in every set.
- From set to set you'll get tired, but you won't decrease the load on the apparati; obviously the repetitions will decrease.
- When **in the first** set of a certain exercise, you'll succeed in doing more repetitions of those indicated (generally 5 repetitions, because you have to consider the first miniset but not the extra set of the Rest-Pause), in the next training you'll increase the load of 5-10%
- ◆ In the "recovery" trainings (in yellow) you have to perform only 2 series for each exercise (for the legs you'll perform 5 series with the same loads of the previous training and you won't go to failure) ; you'll stay with the same intensity and the same exercises for abdominals too.
- 5+3half means that you'll choose a load for around 5 repetitions to

failure ; when you'll don't succeed in performing the complete range of movement, you'll perform 3 extra repetitions in the easier position of the movement (in the flat bench press is when you have nearly straight arms ; in the dumbbell overhead press is the lower position of the movement , near to chest).

- the **10 x 10** (training for the legs) is an "accumulation" phase, then you have to choose a load for going to failure only in the last set (or in the latest series) of the exercise (because you get tired from the previous series...) ; practically the first series will be medium-easy, then step by step they'll become harder... and the last will be challenging! You'll start with a load for around 15 repetitions , if the first set would be to failure.

EXERCISES		Schedule C	Set	Reps	Rest (sec.)		EXERCISES
	▶ A	2 Dumbbell Overhead Press	3-4	5+3half	60		
	A	90° Lateral Raises	3-4	5+5	60	◀	
	▶	Inclined Bench lying on one side lateral raise	3-4	5+5	45 between one side and the other		
	B	Barbell Curl	3-4	5+5	60	◀	
	▶ B	Triceps Pushdown	3-4	5+5	60		<p style="text-align: center;">Abdominals and Aerobics as in Schedule B</p>
						◀	

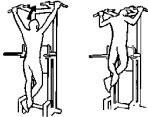
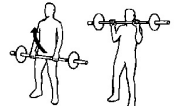

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Mr.

Restart Mesocycle ABCD

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B	C					D	A	B					C	D	-					I, II and III

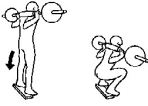
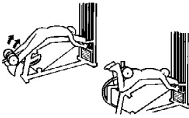
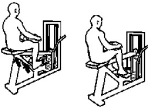
EXERCISES	Schedule A	Warm up.	Training Series	Eps	Rest between the set (sec.)	Notes
	1	Pull ups or Lat Pulldown	2 x 5	7	9	90
	2	Barbell or Dumbbells Curl	1 x 5	6	9	60
	3	Crunch		6	15	60

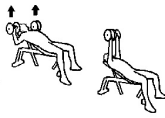
NOTES AND GENERAL RECOMMENDATIONS :

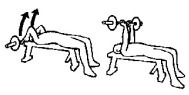
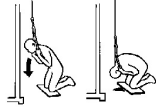
- Before the training series you have to warm up with same series (those

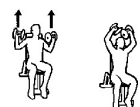
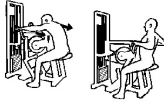
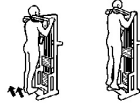
written) of few repetitions.

- You have to perform 7 series (or those written in the series column) of 7 repetitions (or 15 reps).
- This is a restart cycle with an accumulation mode ... so , you DON'T HAVE TO GO TO FAILURE; choose a load to perform easily the first series, meanwhile the last series with the same load will be near to failure.

EXERCISES	Schedule B	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1 Squat or Leg Press	2 x 5	7	9	120	
	2 Leg Curl	2 x 5	7	9	90	
	3 Seated Calf or Calf raises at the Leg Press	1 x 5	6	15	60	

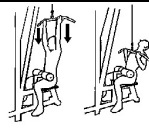
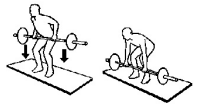
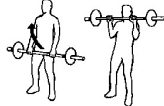

EXERCISES	Schedule C	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1 30° inclined bench Barbell or Dumbbells Press	2 x 5	7	9	90	

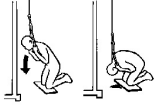
	2	Narrow grip Flat Bench Press or French Press	1 x 5	6	9	60	
	3	Cable Crunch		6	15	60	

EXERCISES	Schedule D	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1	Lateral Raises or Overhead Dumbbell Press	2 x 5	7	9	60
	2	90° cable rear delts or Rowing machine	1 x 5	7	9	60
	3	Standing Calves at the Calf Machine	1 x 5	6	15	60

An Annual Simple Cycle : Ipertrophy Mesocycle ABCD

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	D			A	B		C	D			-	-		A	B			I, II and III
C	D		A	B			C	D		-	-										IV and V

1	2	3	4
			

5			
			

	Schedule A	Warm up	Training Series	Reps	Rest between the set (min.)	Notes
1	Chin up Lat Pulldown	3 x 5	3	4-7	3	
2	Barbell Row or Low Pulley		3	9-12	2	
3	Barbell Curl	2 x 5	3	5-8	2	
4	Inclined Bench Barbell Press		3	9-12	1,5	
5	Cable Crunch		4	Near to failure	1	

NOTES :


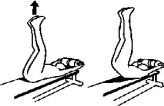
- ◆ Before the training series you have to warm up with same series of few repetitions, increasing loads ;
- ◆ I indicated the times to rest for the training series; you can rest less between the warm up series;

- ◆ In the training series you have to perform as many repetitions as possible: those written are only an example .
If in a set you don't perform the number of repetitions indicated in that interval , in the next set decrease the load of 10-20%
- ◆ When in the first set of an exercise you succeed in performing more repetitions than those indicated in the related interval , in the next training increase the load of 5-10%
- ◆ Slow and controlled execution : 2 seconds in the positive phase of the movement and 4 in the negative one , no rushes (or only in the last repetition).


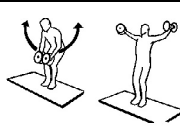
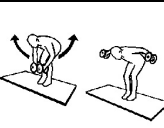
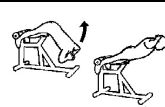
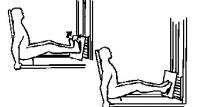
1	2	3	4
5			

	Schedule B	Warm up	Training Series	Reps	Rest between the set (min.)	Notes
1	Squat	3 x 5	3	4-7	3,5	
2	Leg press		4	9-12	2,5	
3	Nearly stiffed legs Deadlift	3 x 5	3	5-8	2,5	
4	Leg curl	1 x 5	3	9-12	2	
5	Standing Calves at the Calf machine	2 x 5	4	5-8	1,5	

1	2	3	4

5	6		
			

	Schedule C	Warm up.	Training Series	Reps	Rest between the set (min.)	Notes
1	Flat Bench Barbell Press	3 x 5	3	4-7	3	
2	Inclined Bench Barbell Press (also with dumbbells)		4	9-12	2	
3	Narrow grip Barbell Press	2 x 5	2	5-8	2,5	
4	Triceps Pushdown		3	9-12	2	
5	Crunch		3	Near to failure	1	
6	Cable or Reverse Crunch		3	Near to failure	1	

1	2	3	4
			
5			
			

8	Schedule D	Warm up.	Training Series	Reps	Rest between the set (min.)	Notes
1	Upright Rows	2 x 5	3	5-8	1,5	
2	Lateral Raises	1 x 5	3	9-12	1	
3	90° Lateral Raises	1 x 5	3	9-12	1	
4	Hiperextension		4	Near to failure	2	
5	Seated Calf or Calf raises at the Leg Press	2 x 5	4	9-12	2	


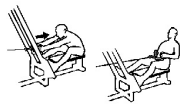
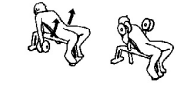
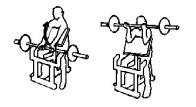
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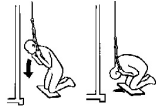
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Mr.

A Simple Annual Cycle : Strenght Mesocycle ABCD

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	D			-	A		B	C			D	-		A	B			I, II and III
C	D		-	A			B	C		D	-										IV and V

EXERCISES	Schedule A	Warm up	Training Series	Reps.	Rest between the set (sec.)	Notes
	1 Chin up Lat Pulldown or Chin ups (also with extra load)	3 x 5	5	3-6	3	
	2 Barbell Row or Low Pulley		2	7-10	2	
	3 60°inclined bench Dumbbell Curl	2 x 5	4	4-7	3	
	4 Scott Bench EZ Curl reverse grip Curl		2	7-10	2	
	5 Cable Crunch		4	Near to failure	1	

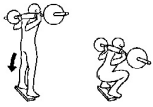
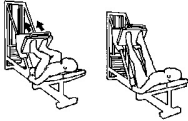

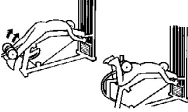
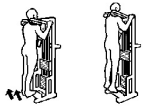
						
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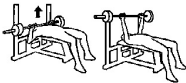



NOTES :


- Before the training series you have to warm up with same series (those indicated) of few repetitions, increasing loads;
- I written the times to rest for the training series ; you can rest less between the warm up series;
- In the training series you have to perform as many repetitions as possible : those written are an example.

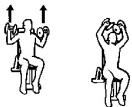


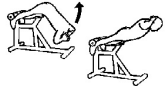
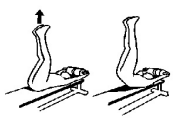
If in a set you don't succeed in performing the number of repetitions indicated in the related interval, in the next set decrease the load of 10-20%

- When in the first set of an exercise you perform more repetitions than those indicated in the related interval , in the next training increase the load of 5-10%
- Slow and controlled execution : 2 seconds in the positive phase of the movement and 4 in the negative one. No rushes (or only in the last repetition).

EXERCISES	Schedule B	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1 Squat	3 x 5	5	3-6	3,5	
	2 Leg press		2	7-10	2,5	
	3 Nearly stiffed legs Deadlift	3 x 5	4	4-7	3	
	4 Leg curl	1 x 5	2	7-10	2	
	5 Standing calves at the Calf machine	2 x 5	5	4-7	2	

EXERCISES	Schedule C	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1 Flat Bench Barbell Press	3 x 5	5	3-6	3	
	2 Inclined Bench Dumbbell Press		2	7-10	2	
	3 Close grip Flat Bench Press	2 x 5	4	4-7	3	
	4 Inclined Bench EZ barbell French Press or Triceps Pushdown		2	7-10	2	
	5 Crunch		3	Near to	1	

				failure	
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EXERCISES	Schedule D	Warm up	Training Series	Reps	Rest between the set (sec.)	Notes
	1 Barbell or Dumbbell Overhead Press	2 x 5	4	4-7	3	
	2 Upright Rows	1 x 5	2	7-10	2	
	3 Wide grip and elbows Barbell Row or Rowing machine	2 x 5	3	4-7	2	
	4 Hiperextension		4	Near to failure	2	
	5 Reverse Crunch		3	Near to failure	1	

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Mr.

6 weeks Mesocycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B	C					1	2	3					A	B	C					I, II and III

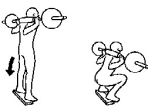
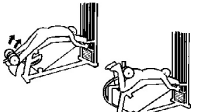
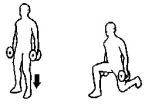
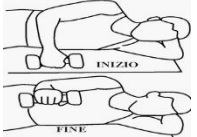
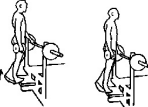
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M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
1	2	3					A	B	C					1	2	3					IV, V and VI

EXERCISES		Schedule A	Training Series	Reps	Rest between the set (sec.)		EXERCISES
	▶	A	Chin ups	4-5	7+3+2	60	
		A	20° inclined bench Dumbbell Press	4-5	7+3M	60	◀
	▶		Lying on a side Lateral Raises	4-5	10 (s)	45 between one side and the other	
			(s) in the last two series perform the stripping , decreasing two times the load of 15-20%				◀
			Abdominals : look at the other schedule				

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EXERCISES		Schedule B	Training Series	Reps.	Rest between the set		EXERCISES
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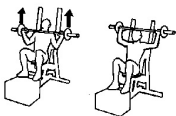
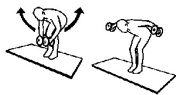
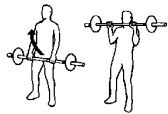

					(sec.)	
	▶	Squat or Leg Press	4-5	7+3+2	150	
		Leg Curl	3	7-10	60	
	▶	Walking Lunges	2-3	12-16 steps	75	
		External Rotation	3-4	10	30 between one side and the other	
	▶	1 Dumbbell calf raise, on a step.	4-5	7+3+2	45 between one side and the other	◀



NOTES AND GENERAL RECOMMENDATIONS :

- Before the training series you have to warm up with same series of light load and few repetitions ;
- ◆ Time Under Tension : around 2-3 seconds in the positive phase and 4-5 seconds in the negative phase of the movement
- I indicated times to rest for the training series; you can rest less between the warm up series.
- ◆ 7+3+2 means that you have to use the Rest-Pause Method ("Power Bodybuilding): choose a load for around 5 repetitions and go to failure ; rest 20 seconds and perform as many repetitions as possible (eg 3); rest

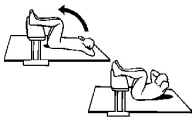

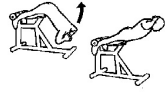
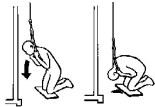
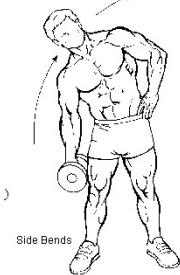
20 seconds more and perform again as many repetitions as possible (eg 2). So, you'll perform around 5 extra repetitions in every set .


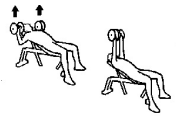
- ◆ 7+3M means that you have to perform the series to failure and then you'll add 3 half repetitions in the easier range of the movement : near straight legs or arms (eg in the Bench Press); in the Overhead Press the 3 half reps are in the range near to chest (so ,NOT in the range of straight arms)
- From set to set you'll get fatigued but you'll not decrease the load , obviously the repetitions will decrease.
- ◆ When **in the first set** of an exercise , you'll succeed in performing more repetitions than those indicated (generally 7 repetitions, because you have to calculate these of the first mini set and not those extra of the Rest-Pause), in the next training you can increase the load of 5-10%
- ◆ In the series column , 4-5 (and similar) means that you have to choose if perform 4 or 5 series : it depends on the time at your disposal and how is your level of strenght that day.
- ◆ when it is written "light" (**the yellow one**) you'll perform the schedules A, B and C but you won't do the intensity techniques. So in the Rest-pause you'll stop at the first mini (the one with 7 repetitions) and you'll perform **ONE REPETITION LESS THAN** the failure of the previous training amento . Practically : if in the previous training , in the first mini set you performed 7 repetitions to failure, now you'll stop at 6 repetitions. Same thing for the stripping: stop at 1-2 repetitions before the failure without decreasing load. In the Deadlift perform 3 repetitions less than the heavy training .Same procedure also with the half repetitions : stop at one repetition less than the previous training and don't perform the half repetitions.
- Don't go to failure in the exercise for the abdominals and the rotator cuff.


EXERCISES		Schedule C	Training Series	Reps.	Rest between the set (sec.)		EXERCISES
	▶	A	Overhead Press (also standing)	4-5	7+3M	60	
		A	90° Lateral Raises(also seated)	4-5	7+3+2	60	
	▶	B	Scott Bench Barbell Curl	2-3	7+3+2	60	
		B	Declined Bench EZ Barbell French press	2-3	7+3+2	60	

	▶ C	Inclined Bench Dumbbell Curl	2	10 (s)	60	
		Seated C French Press	2	10 (s)	60	◀
		Abdominals : look at the other schedule.				

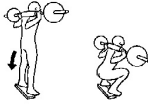
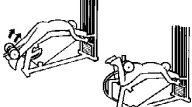
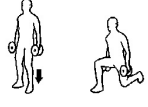
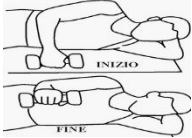
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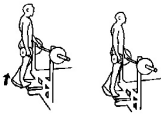
Abdominals and Lumbars	Crunch	Side Bend	Hyperextension
			
Cable Crunch	Side Bend		
			
Crunch + Side Bend (left side) + Hyperextension + Side Bend (right side) + Cable Crunch		Perform 3 - 4 Giant-set; rest 40-60 seconds between the Giant-set	

EXERCISES		Schedule 1	Training Series	Reps	Rest between the set (sec.)	EXERCISES
	▶ A	Chin ups	4-5	6	60	
	A	20° inclined bench Dumbbell Press	4-5	6	60	
	▶	Lying on a side Inclined bench Lateral Raises	4-5	8	45 between one side and the other	

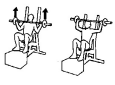
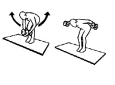
							
		Abdominals : look at the other schedule					

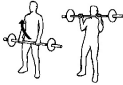



Enjoy your training

EXERCISES		Schedule 2	Training Series	Reps	Rest between the set (sec.)		EXERCISES
	▶	Squat or Leg Press	4-5	6	150		
		Leg curl	3	5-8	60	◀	
	▶	Walking Lunges	2-3	8-12 steps	75		
		External Rotations	3-4	9	30 between one side and the other	◀	
	▶	1 Dumbbell Calf raises	4-5	6	45 between one side and the		

		, on a step			other	
						▶

Enjoy your training

ESERCIZI			Tabella 3	Serie Effettive	Ripet.	Riposo tra i set (sec.)		ESERCIZI
	▶	A	Overhead Press (also standing)	4-5	6	60		
		A	90° Lateral Raises (also seated)	4-5	6	60	▶	
	▶	B	Scott Bench Barbell	2-3	6	60		

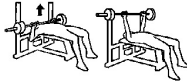

		Curl					
	B	Declined Bench EZ Barbell French Press	2-3	6	60	▶	
	▶	C Inclined Bench Dumbbell Curl	2	8	60		
		C Seated French Press	2	8	60	▶	
		Abdominals : look at the other schedule					

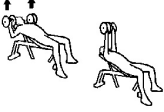
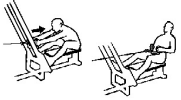
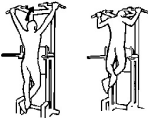
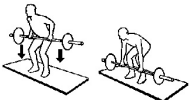
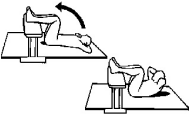
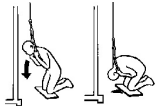
P Training Expert

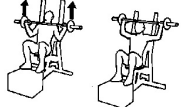
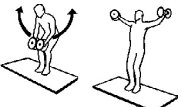
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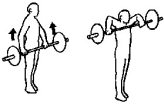
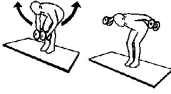
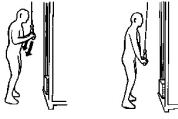



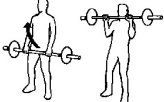
5 weeks Mesocycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks	
A	B	C					A	B	C					a		b		c				1, 2 and 3
A		B		C				A		B		C			New schedule					4 and 5		

EXERCISES	Schedule A	Set	Reps	% load	Rest	Time Under Tension	EXERCISES
		Intensity Techniques					
	Flat Bench 1 Barbell Press	Procedure " Heavy Efforts Method"				2 0 4 1	
		(see the following page)					
	10-20° inclined Bench Cable Flyes	2	Max	80	1,5'	2 3 3 0	
		+ 1 Neg. in the last set					
	20-30°inclined 3 Bench Dumbbell Press	2	Max	80 - 72	2'	2 0 4 0	
		In every set decrease the load of 10 %					

	Low Pulley	3	Max	80	2,5'	2 2 4 0		4	
	5 Pull ups	2	Max	Body weight	3'	3 1 4 0		6	
	Barbell Row	3	Max	80 - 72 - 65	1,5'	3 2 4 0			
		+ 2 Neg. in the last set							
		In every set decrease the load of 10 %							
	7	Crunch, Cable Crunch , Reverse Crunch , Crunch with rotation						8	
	Choose 2-3 exercises between those indicated and perform 3 - 5 superset; rest 40-60 seconds between the superset								

EXERCISES	Schedule B	Set	Reps.	% load	Rest	Time Under Tension	EXERCISES	
		Intensity Techniques						
	1 Overhead Barbell Press	Procedure " Heavy Efforts Method "					2 0 3 1	

		(see the following page)					
	Lateral Raises	2	Max	75	1,5'	x 1 4 0	2
		+ 2 Neg.in the last set					
	3 Upright Row	2	Max	80 - 72	2'	3 1 4 0	
		In every set decrease the load of 10 %					
	90° Lateral Raises	4	Max	75	1,5'	3 1 4 0	4
	5 Triceps Pushdown	2	Max	80	2'	2 0 4 0	
	Declined Bench French Press	3	Max	80 - 72 - 65	1'	2 0 3 0	6
		In every set decrease the load of 10 %					
	60°inclined Bench Dumbbell Curl	3	Max	80	2'	3 1 4 0	
		+ 1 Neg.in the last set					
	Barbell Curl	3	Max	80 - 72 - 65	1'	3 0 4 0	8
		In every set decrease the load of 10 %					

Heavy efforts Method

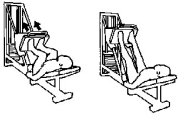
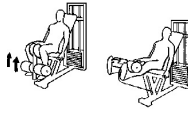
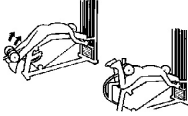
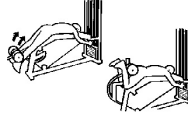

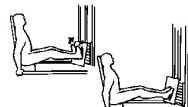
	Load to lift (related to the 1 MR)	Repetitions	Series	Rest between the series
Warm up	50 %	5	1	60"
	60 %	4	1	
	70 %	3	1	
Phase of neuromuscular stimulation	80 %	2	1	2'30"
	90 %	1	1	
	95 %	1	1	
	90 %	2	2	
Hypertrophy	80 %	3 - 5	3 - 6	90"

- This is a period of "accumulation" : in the section of "Hypertrophy" the repetitions must be not more than 5 (even if you could perform more) and not less than 3 (if you perform less , stop the exercise : that's why you have to perform 3-6 series).
- You can go to failure only in the last set (so, if you can , perform more than 5 repetitions).
- ◆ When you'll succeed in performing more than 6 series of 5 repetitions in the section Hypertrophy, in the next training you'll have to increase the load

GENERAL NOTES

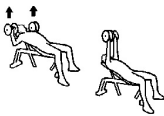
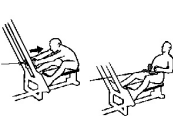
- ◆ In the tables are indicated only the training series to bring to failure ; you have to perform some warm up series with few repetitions .
- ◆ Time Under Tension - eg (x 2 4 1) - means : positive phase as fast as possible , 2 seconds in the contraction phase, 4 seconds in the negative phase, stay 1 second in the position of maximum extension. Be careful : Time Under Tension is a suggestion, so you don't have to count the time in every repetition for not loosing your concentration and the connection mind - muscle.
- ◆ The third week you have to do a "partial recovery": it is written in the schedule below.

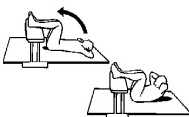
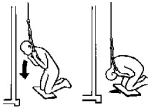
						Rest			
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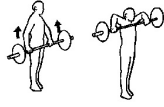
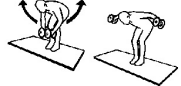
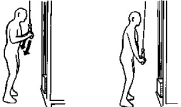
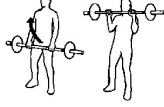
EXERCISES	Schedule C	Warm up	Set	Reps.	between the set (sec.)	Time Under Tension	EXERCISES
	▶ Leg press	2-3 x 5	3	8-12	90	2040	
	▶ Leg extension	-	2	12-15	60	2230	
	▶ Leg press	1 x 5	3	15-20	90	2040	
	▶ Leg curl	1-2 x 5	3	8-12	60	2230	
	▶ Adductor Machine	1 x 5	3	8-12	60	2230	
	▶ Calf raises at the Leg Press	1 x 5	5	8-12	60	x141	

Abdominals as in schedule A

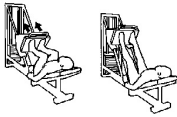
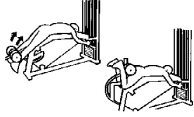
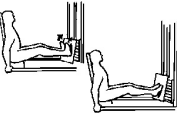
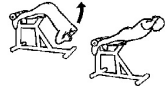
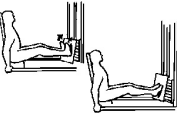
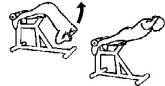
Third week : partial recovery training

EXERCISES	Schedule a	Set	% load	Rest	Time	EXERCISES
		Intensity Techniques			Under Tension	
	20-30° inclined Bench Dumbbell Press	5	60	2'	2 0 3 0	
	▶ Low Pulley	5	60	2'	2 1 3 0	
	Crunch, Cable Crunch , Reverse Crunch , Crunch with rotation					
	Choose 2-3 exercises between those indicated and					

	<p>perform 2 - 4 superset; rest 40-60 seconds between the superset</p>	
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EXERCISES	Schedule b	Set	% load	Rest	Time Under Tension	EXERCISES
		Intensity Techniques				
	Upright Rows	5	60	1,5'	x 1 3 0	
		Stop always at 2 repetitions before to failure				
	90° Lateral Raises	3	60	1,5'	x 1 3 0	
	Stop always at 2 repetitions before to failure					
	Triceps Pushdown	4	60	1,5'	2 0 3 0	
	Stop always at 2 repetitions before to failure					

Barbell Curl	4	60	1,5'	2 0 3 0
	Stop always at 2 repetitions before to failure			

EXERCISES	Schedule c	Set	% load	Rest	Time Under Tension	EXERCISES
		Intensity Techniques				
	Leg Press	5	60	2'	2 0 3 0	
	Stop always at 2 seconds before to failure					
	Leg curl	4	60	1,5'	2 1 3 0	
	Stop always at 2 seconds before to failure					
	Calf raises at the Leg Press	4	60	1'	x 1 2 0	
	Fermati sempre due ripetizioni prima del limite					
	Hiperextension	3	60	1'	3 1 3 0	
Stop always at 2 seconds before to failure						

Enjoy your training

Tables to calculate the teorical maximum

1MR (Kg)	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
5	2,5	2,75	3	3,25	3,5	3,75	4	4,25	4,5	4,75

	20-18	17-16	15-14	13-12	11-10	9-8	7-6	5-4	3-2	1
	Maximum repetitions related to the % of the 1 MR									
1MR (Kg)	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%

P Training Expert

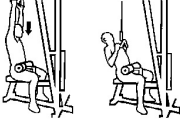
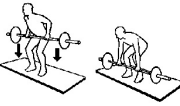
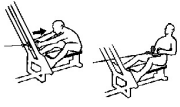

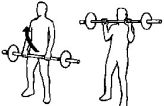
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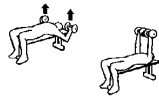





6 weeks Mesocycle :

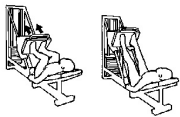
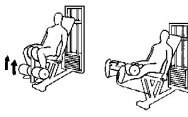

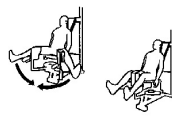
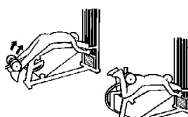
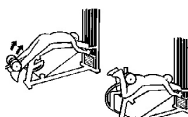
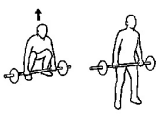
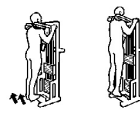
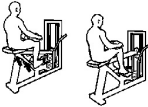
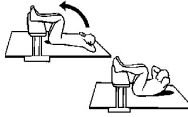
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	D			1	2		A	B			C	D		1	2			I, II and III

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	D			1	2		A	B			C	D		1	2			IV, V and VI

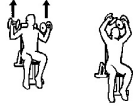
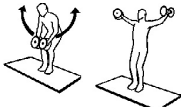
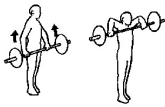

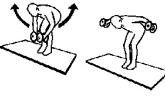
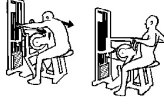
EXERCISES	Schedule A	Warm up	Training Series	Rest	Rest between the set (sec.)	EXERCISES
	Close grip Lat Pulldown	3 x 5	2	4-6	3	

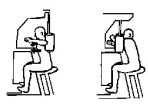
							
		Barbell Row	(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum contraction [Rest 2']				▶
	▶	Low Pulley	1 x 5	2	8-10	2	
		Wide grip Lat Pulldown		2	12-15	2	▶
	▶	60° inclined bench Dumbbell Curl	2 x 5	2	6-8	3	
		Scott Bench at the vertical side Barbell Curl	(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum contraction [Rest 2']				▶
	▶	Barbell Curl	1 x 5	2	10-15	2	
							

		Abdominals and lumbar (look at the other schedule)					▶
EXERCISES		Schedule B	Warm up.	Training Series	Reps	Rest between the set (sec.)	EXERCISES
	▶	Flat bench Barbell Press (also with Dumbbell)	3 x 5	2	4-6	3	
		Pectoral machine	(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum contraction [Rest 2']				
	▶	30° inclined Bench Dumbbell Press	1 x 5	2	8-10	2	
		30° inclined Bench Flyes		2	12-15	2	
	▶	Flat or declined Bench EZ Barbell French Press	2 x 5	2	6-8	3	
		1 Dumbbell	(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum contraction [Rest 45" between one arm and the other]				

EXERCISES		Schedule C	Warm up.	Traaining Series	Reps.	Rest between the set (sec.)		EXERCISES
	▶	Leg press	3 x 5	2	4-6	3		
		Leg extension	(Warm up 1 x 5) - 2 series of 1 reps with a 30" maximum contraction [Rest 2']					
	▶	Walking Lunges with Dumbbells	1 x 5	2	8-10 Steps	2		
		Adductor machine		2	15-20	2		
	▶	Leg curl	2 x 5	2	6-8	3		
		Leg curl	(Warm up 1 x 5) - 2 series of 1 repetition with 30" maximum contraction [Rest 2']					
	▶	Deadlift	1 x 5	2	10-15	2		
		Standing Calves	2 x 5	3	4-7	3		
	▶	Seated calves or Calf raises at the Leg Press		2	9-12	2		
		Crunch		3	Near to failure	1		

Enjoy your training

EXERCISES	Schedule D	Warm up.	Training Series	Reps.	Rest between the set (sec.)	EXERCISES
	▶ Overhead Dumbbell or Barbell Press	3 x 5	2	4-6	3	
	Lateral Raises	(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum contraction [Rest 2']				◀
	▶ Upright Rows	1 x 5	2	8-10	2	
	Inclined bench lying on one side lateral raise		2	12- 15	30" between one side and the other	◀
	▶ 90° dumbbells rear delts	2 x 5	2	6-8	3	
		(Warm up 1 x 5) - 2 series of 1 repetition with a 30" maximum				

		Rowing machine	contraction [Rest 2']				▶	
	▶	Cable or machine 90° rear delts	1 x 5	2	10-15	2	▶	
		Abdominals and lumbar (look at the other schedule)					▶	

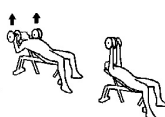
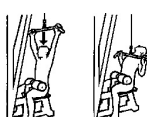
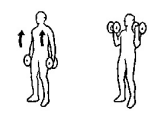
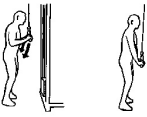
NOTES :

- Before the training series you have to warm up with some series (those indicated) with few repetitions, increasing load;
- ◆ I indicated the times to rest for the training series ; you can rest less between the warm up series;
- In the training series you have to perform as many repetitions as possible : those written are only indicative; if in a set you don't succeed in performing the number of repetitions related to that interval, in the next set decrease the load of 10-20%
- ◆ If in the first set of an exercise you succeed in performing more repetitions than those indicated , in the next training increase the load of 5-10%
- In the series of 4-6 (or 6-8) repetitions, the execution must be “dynamic but controlled” (around 1-2 seconds) in the positive phase of the movement and “controlled” (around 2-3 seconds) in the negative phase ; in the high repetitions series , the execution must be “medium -slow” (around 2-3 seconds) and controlled in the positive phase and “slow and controlled” (around 3-4 seconds) in the negative phase ; obviously no rushes (or only in the last repetition).
- ◆ The series with 1 repetition and 30” maximum contraction must be

performed this way: take a load ; bring the apparatus in the position of maximum contraction ; stay in this position for around 30 seconds; come back to the start position (this is a set).. Rest as indicated and go on to the next set or to the next exercise.

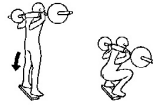
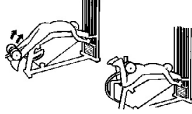

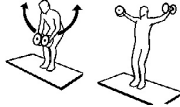
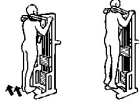
Enjoy your training

Abdominals and lumbers : look at the other schedule.



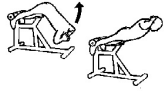

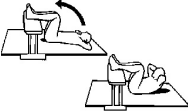
EXERCISES		Schedule 1	Set x Reps.	Techniques	Rest between the set		EXERCISES
	▶	A 20° inclined Bench Dumbbell Press	4-5 x 9	Not to failure : use the 12MR	1':30"		
		A Grip wider than shoulders Front Lat Pulldown	4-5 x 9		1':30"	◀	
	▶	B Hammer Curl	3-4 x 9		1':15"		
		B Triceps Pushdown	3-4 x 9	1':15"	◀		

◆ General Notes :

- Before the training series you have to warm up with some series of few repetitions ;
- I indicated the times to rest for the training series ; you can rest less between the warm up series;
- The exercises with the same letters (eg A and A), must be performed alternating series ;
- Choose a 12MR (a load for about 12 repetitions to failure) and perform some series of around 9 repetitions that won't be to failure

EXERCISES		Schedule 2	Set x Reps	Techniques	Rest between the set		EXERCISES
	▶	A Squat	4-5 x 9	Not to failure Use the 12RM	2'		
		A Leg curl	4-5 x 9		2'	▶	
	▶	90° dumbbells rear delts (also seated)	3-4 x 9		1':15"		
		B Lateral raises	3-4 x 9		1':15"	▶	
	▶	Standing Calves	4-5 x 9	1':30"			
		Abdominals and lumbar : look at the other schedule			▶		

Enjoy your training

Abdominals and lumbar	Reverse Crunch 	Side lying 	Hyperextension 
Side lying 	Crunch 		

Reverse Crunch + Side lying trunk and leg raises (left side) + Hyperextension + Side lying trunk and leg raises (right side) + Crunch	Perform 2-4 Giant-set (around 12-20 repetitions each exercise); rest 40-60 seconds between the Giant-set
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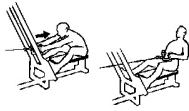
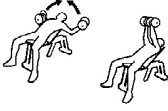



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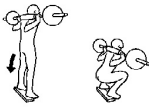
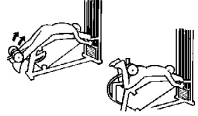

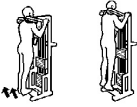
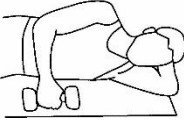
Mr.

6 WEEKS PROGRAMME

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	B		C	@			A	B		C	@			A	B			@			1, 2 and 3
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
C	@		A	B			C	@		A	B			C	@			@			4, 5 and 6

EXERCISES			Schedule A	Warm up.	Training series	Reps.	Rest between the set		EXERCISES
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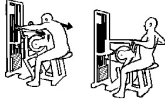

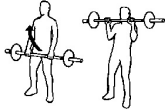
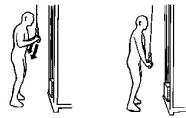
							(sec.)	
	▶ A	Lat Pulldown or Chin up	2-3 x 3-5	2-3	Clv	120		
		A Dip	2-3 x 3-5	2-3	Clv	120	▶	
	▶ B	Low Pulley	1 x 5	2-3	8-10	90		
		Inclined bench B Flyes (around 10-20°)	1 x 5	2-3	8-10	90	▶	
	▶ C	Hammer Curl	1 x 5	2-4	Clv	75		
		Narrow grip Barbell Press	1 x 5	2-4	Clv	75	▶	
	▶	<p style="text-align: center;">Tapis roulant or Cyclette or a cardio machine or jogging :</p> <p style="text-align: center;">5-10 minutes warm up + 5 cycles of 40 seconds jogging + 20 seconds HIIT + 15 minutes jogging + 5-10 minutes cool down</p>						
EXERCISES		Schedule B	Warm up	Training series	Reps	Rest between the set (sec.)		EXERCISES

	▶	A Squat or Leg Press	2-3 x 3-5	3-4	Clv	120		
		A Leg Curl	1-2 x 3-5	3-4	Clv	120	◀	
	▶	Calf raises at the Leg Press	1-2 x 5	3	7-9	75		
		Standing Calf		2	10 (s)	60		
	▶	External Rotation		4	10	30 between one side and the other		
		Abdominals : look at the schedule apart.						

NOTES AND GENERAL RECOMMENDATION :

- Before the training series you have to warm up with some series (those indicated) of few repetitions; before the Pull ups you can do some set at the Lat machine and before the Dip you can do some Flat Bench Barbell Press or Push up or Half repetitions Dip.
- ◆ You have to go to failure (unless otherwise written); if you can't perform the number of repetitions indicated , don't lower the load ... perform as many repetitions as you can.
- ◆ In the schedules , exercises with the same letters must be performed alternating series;
- I suggest this Time Under Tension: "dynamic" in the contraction phase (around 1-2 seconds) and slow and controlled (around 4-5 seconds) in the negative phase of the movement
 - (s) in the last two series you have to perform the stripping, decreasing two times the load of 15-20%
 - Don't go to failure with the exercises for the abdominals and the rotators cuff.
 - In the series column 2-3 (or 2-4) means that YOU have to choose to do 2 or 3 series (or 2 or 4 series) of that pecific exercise ; it depends on your energy or on the time at your disposal.

EXERCISES		Schedule C	Warm up.	Training series	Reps.	Rest between the set (sec.)	EXERCISES
	▶ A	Overhead Barbell Press (also standing)	2-3 x 3-5	3-4	Clv	75	

								
	A	Rowing machine or 90° Rear delt	1-2 x 3-5	3-4	Clv	75	▶	
	▶	Inclined bench lying on one side lateral raises	1 x 5	3	10 (s)	45 between one side and the other		
	B	Barbell Curl	1-2 x 5	2-4	Clv	75	▶	
	▶	B Triceps Pushdown	1-2 x 5	2-4	Clv	75		
	Abdominals : look at the schedule apart							

***** PROCEDURE OF THE CUMULATIVES REPETITIONS (Clv) *****

The cumulatives repetitions are based on the same principle of the Rest-Pause method;

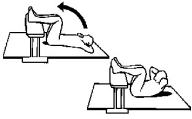

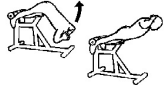

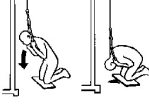

You have to apply the method this way :

- 75% of 1 MR (a load for around 8-9 repetitions to failure)
- Perform only one rep with this load and rest for 10 seconds ;
- Lift the same load for two reps more and rest for 10 seconds ;
- Lift the same load for three reps more and rest for around 10 seconds ;
- Lift the same load for four reps more and rest for around 10 seconds ;
- etc.

So, you have to increase one rep each time till you don't succeed in increasing

the reps , this is the end of a set .. For example, if you succeed in performing 6 cycles and you fail with the seventh cycle performing only 4 repetitions (and not the 7 you would have done) at the end – thanks to the 10 seconds intervals rest– you will perform 25 (1 + 2 + 3 + 4 + 5 + 6 + 4 stop) repetitions with a load that you could have lifted not more than 9 repetitions.

Schedule @

Abdominals + Lumbars + Aerobic	Crunch	Side Bend	Hyperextension
			
Side Bend	Cable Crunch	Tapis roulant	
			
Crunch + Side Bend (left side) + Hyperextension + Side Bend (right side) + Cable Crunch		Perform 3 - 4 Giant-set (around 12-20 repetitions each exercise); rest 40-60 seconds between the Giant-set	
Cyclette or Tapis roulant		5 minutes warm up at low intensity + 30/45 minutes at 65% of the Maximum Teorical Heart Beat Rate + 5 minutes cool down at low intensity	

Abdominals at the end of the Schedules B and C

- ▶ 4 exercises Circuit :
toes to sky (around 12-5 repetitions) , side plank (around 30 seconds isometry each side), Reverse Crunch (around 12-15 repetitions) and plank (around 30 seconds isometry).
- ▶ You have to perform this way: 2-3 circuits; rest around 20-30 seconds

between one exercise and the other ; rest 60-75 seconds between one circuit and the other.

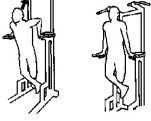
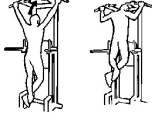

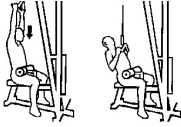
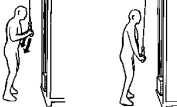
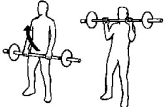


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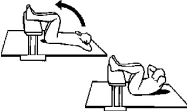

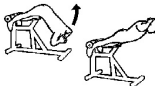

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9 weeks Cycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
A	@		B	C			A	@		B	C			A	@		B				I, II and III
C	@		A	B			C	@		A	B			C	@		A				IV, V and VI
B	C		@	A			B	C		@	A			B	@		C				VII, VII and IX

EXERCISES	Schedule A	Warm up.	Training Series	Reps.	Rest between the set (sec.)	EXERCISES
	Dip or Flat Bench	3 x 5	2-3	8 → 15	120	

	barbell Press				(*)		
	A Chin ups	3 x 5	2-3	8 → 15 (*)	120		
	20-30 ° inclined bench Flyes		2	8 ext 10"	75		
	Close grip Lat Pulldown		2	8 ext 10"	75		
	B Triceps Pushdown	1-2 x 5	2	8 → 15 (*)	75		
	B Barbell Curl	1-2 x 5	2	8 → 15 (*)	75		
	Declined Bench EZ barbell French Press		2	8 ext 10"	60		
	Inclined Bench Dumbbell Curl		2	8 ext 10"	60		

Abdominals and Lumbars	Crunch	Side Bend	Hyperextension	Reverse Crunch
				
Reverse				

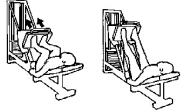
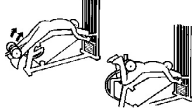
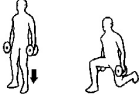
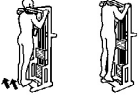
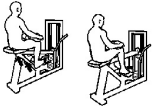
Twist				
				

Crunch + Side Bend (left side + right side) + Hyperextension + Revers Crunch + Revers Twist	Perform 3 - 4 Giant-set (12-15 repetitions each exercise); rest 40-60 seconds between the Giant-set
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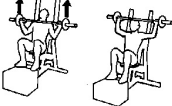

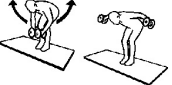

NOTES :

- Before the training series you have to warm up with some set of few repetitions , increasing loads ;
- ◆ I indicated times to rest for the training series ; you can rest less between the warm up series ;
- The letters A and A or B and B , etc. means that you have to train alternating series ;
- ◆ In the training series you have to do **as many repetitions as possible** : those indicated are for instance purpose ; if in a set you don't succeed in performing the repetitions indicated in that interval , in the next set decrease the load of 10-20%
- When in the first set of an exercise you'll succeed in performing more repetitions than those indicated for the first set , in the next training you'll increase the load of 5-10%
- ◆ "dynamic"(but controlled) execution in the positive phase of the movement : around 1-2 seconds ; slow and controlled in the negative phase : around 3-4 seconds ; no rushes.
- ◆ The asterisk 8 → 15 (*) indicates the Rest-pause “dog crapp” technique. You' ll perform it this way :
- load a 8 RM weight (a load to lift only 8 reps and bring the series to failure. Let the load down and rest for 15 seconds ; lift the load again and do as many repetitions as possible ; let the load down again and rest for 15 seconds more ; ets etc...till you'll complete 15 repetitions.
- (8 ext 10") means :
- Do the first set of around 8 repetitions to failure ; then you' ll rest as indicated and decrease a little the load
- From the second set on , stay in the position of maximum extension for around 5-10 seconds in every repetition ; BE CAREFUL to NOT EXCEED in the extension ... you have to take control of the movement doing it safety.

EXERCISES	Schedule B	Warm up.	TrainingSeries	Reps	Rest between the set (sec.)	EXERCISES
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	A	Leg Press or Squat	2-3 x 5	2-3	8 → 15 (*)	120	
	A	Leg Curl	1-2 x 5	2-3	8 → 15 (*)	90	
		Walking Lunges 14-20 (7-10 each leg)		3	14-20 steps	90	
		Calf raises at the Calf machine	1-2 x 5	2-3	8 → 15 (*)	90	
		Seated Calf or Calf raise at the Leg Press		2	8 ext 10"	60	
	Abdominals and Lumbars as in Schedule A						

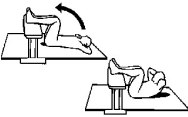

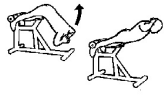

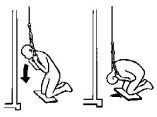

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EXERCISES	Schedule C	Warm up.	Training Series	Reps	Rest between the set (sec.)	EXERCISES
	Overhead Press (also standing)	1-2 x 5	3	8 → 15 (*)	120	
	Inclined Bench lying on one side lateral raise		3	8 all 10"	45 between one side and the other	
	90° lateral raise or Rowing machine or Wide grip row	1-2 x 5	3	8 → 15 (*)	90	
	External rotation		3	10-12	30 between one side and the other	
Abdominals and Lumbar as in Schedule A						

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Enjoy your training

Schedule @

Abdominals + Lumbars + Aerobic	Crunch 	Side Bend 	Hyperextension 
Cable Crunch	Tapis roulant	Side Bend 	
			

Crunch + Side Bend (left side) +	Perform 3 - 4 Giant-set (12-20 repetitions)
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Hyperextension + Side Bend (right side) + Cable Crunch	each exercise); rest 40-60 seconds between the Giant-set
Cyclette or Tapis roulant	5 minutes warm up at low intensity + 30/45 minutes at 65% of Maximum Theoretical Heart Beat Rate + 5 minutes Cool Down at low intensity

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P Training Expert

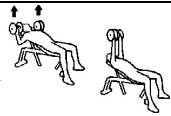
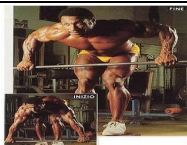

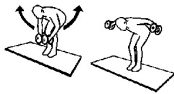

Mr.

6 weeks variable intensity Mesocycle

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Weeks
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A #	B C	A #	B C	A #	B C	1, 2 and 3
Heavy		Light		Heavy		

L M M G V S D	L M M G V S D	L M M G V S D	Weeks			
A #	B C	A #	B C	A #	B C	4, 5 and 6
Light		Heavy		Light		

A	A	B	B
			
			

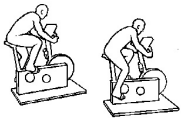
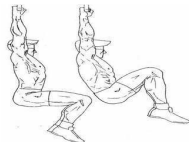


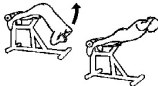
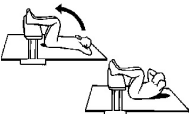

	Schedule A	Warm up	Series	Repetitions	Tecniques	Rest
				(around)		(seconds)
A	20-30° inclined bench Dumbbell press	2-3 x 5	4	5-7	Rp	90
A	Rear Delts Row: wide grip, elbows wide	2-3 x 5	4	7-9	MC , Rp	75
B	Declined bench Dumbbell Press	1 x 5	3	7-9		90
B	90° lateral raises	1 x 5	3	9-11	MC	60
Inclined bench lying on one side lateral raise : after performing 3 series , change the bench inclination and perform 3 series more (repetitions change too)			3	6-8	30 (between one side and the other)	
			3	10-12		

Abdominals + Lumbar+ Aerobics: look at the Schedule @

NOTES AND GENERAL RECOMMENDATIONS (schedule A and B) :

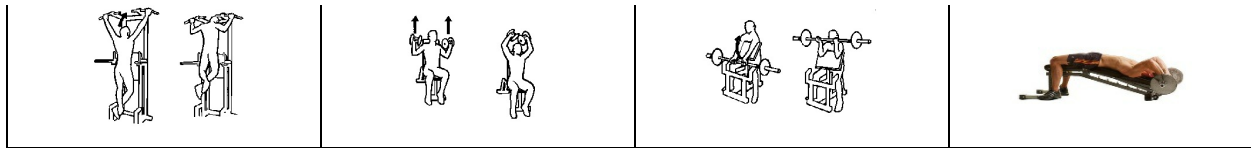
- Before the training series you have to warm up with some set of few repetitions.
 - In the schedules , exercises with the same letters must be performed alternating series.
 - The times to rest are for the training series ; between the warm up series you can rest less.
 - ◆ In the column TECHNIQUES : MC means that in each repetition you have to stay 2 - 3 seconds in the position of maximum contraction ; Rp indicates the technique "Rest-pause" (to perform **ONLY in the last set** of that specific exercise and **ONLY** if you have energy enough to do that) ; you'll perform the Rest - pause this way : bring the set to failure ; let the load down and rest for 15 seconds ; lift the load again and perform as many repetitions as possible.
 - ◆ In the training series (only in the **HEAVY DAYS**) you have to perform **as many repetitions as possible** : those indicated are for instance purpose ; if in a set you don't succeed in performing that number of repetitions , in the next set decrease the load of 10-20%
 - ◆ When in the first set of an exercise you'll succeed in performing more repetitions than those indicated , in the next (**HEAVY**) training increase the load of 5-10%
 - ◆ Slow and controlled execution : 2 seconds in the positive phase of the movement and 4 in the negative one , and no bounces (or only in the last repetition).
 - ◆ But what's the difference between the **HEAVY** and the **light** days ? In the **HEAVY DAYS** you have to bring all the series to failure (even over if indicated) in the light days you'll decrease the load of 10% performing the same repetitions of the previous training (the load will be lighter so the repetitions won't be to failure). In the **light days** you **WON'T PERFORM INTENSITY TECHNIQUES**
 - You'll train the Back with 6 series of 3 exercises (2 series each exercise): you'll perform alternating series the exercises for the Back and the Overhead dumbbell presses.
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Schedule # - Aerobics + Abdominals + Lumbars + Aerobics

Cyclette	Pull up Crunch	Woodchop	Woodchop
			
Hyperextension	Crunch	Tapis roulant	
			

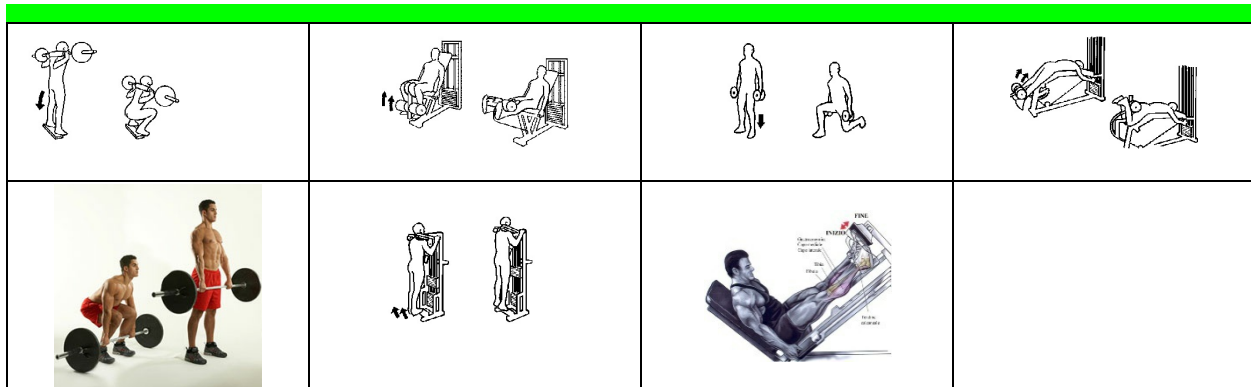
Cyclette or Tapis roulant	5 minutes warm up at low intensity + 20/25 minutes at 65% of the Maximum Heart Beat Rate
Pull up Crunch + Woodchop (left side) + Woodchop (right side) + Hyperextension + Crunch	Perform 3 - 4 Giant-set (around 12-20 repetitions each exercise); rest for 40-60 seconds between the Giant-set
Cyclette or Tapis roulant	20/25 minutes at 65% of the Maximum Heart Beat Rate + 5 minutes cool down at low intensity

A	A	B	B



	Schedule B	Warm up	Series	Repetitions	Tecniques	Rest between the set
				(around)		(seconds)
A	Wide grip Pull ups	3 x 5	2	6-8	Rp	90
	Chin ups Front Pull ups		2			
	Close grip Lat Pulldown		2			
A	Overhead Dumbbell Press	2-3 x 5	6	6-8	Rp	60
B	Scott bench EZ barbell Curl	1-2 x 5	5	6-8		60
B	Declined bench EZ barbell French press	1-2 x 5	5	6-8		60

Abdominals + Lumbar + Aerobics: look at the Schedule @



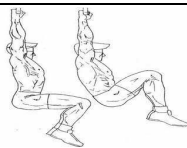

Schedule C		Warm up	Heavy series
Quadriceps	Squat	3 set x 5 reps	2 x 4-7 or 8-12 or 15-20
	Leg extension	1 set x 5 reps	2 x 4-7 or 8-12 or 15-20


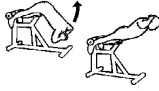
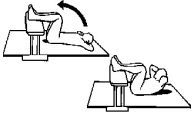

	Lunges	1 set x 5 reps	2 x 4-7 or 8-12 or 15-20
Hamstring	Leg curl	1 set x 5 reps	2 x 4-7 or 8-12 or 15-20
	Deadlift	1 set x 5 reps	2 x 4-7 or 8-12 or 15-20
Calves	Standing calves at the Calf machine	1 set x 5 reps	2 x 4-7 or 8-12 or15-20
	Calf raises at the Leg Press	- - -	2 x 4-7 or 8-12 or 15-20

Abdominals : Triset of Crunch, Hyperextension and Crunch with rotation : perform 4 triset (around 12-15 repetitions each exercise); rest for 40-60 seconds between the triset (the exercises are in the photos of the schedule A)

- **NOTES AND GENERAL RECOMMENDATIONS FOR THE SCHEDULE C :**
 - Before the "heavy" series you have to warm up with some set (those you need to feel warm) with few repetitions.
 - # The times to rest are a " mental rest ": after each set you have to feel ready to do another one.
 - Bring to failure the "heavy" set.
 - For the legs, the week 1 perform series of 4-7 repetitions, the week 2 perform series of 8-12 repetitions and the week 3 perform series of 15-20 repetitions.....and then start again with the cycle for the weeks 4, 5 and 6

Schedule @ - Abdominals + Lumbars + Aerobics

Pull up Crunch	Woodchop	Woodchop	Hyperextension
			

			
Crunch	Tapis roulant		
			
Pull up Crunch + Woodchop (left side) + Woodchop (right side) + Hyperextension + Crunch		Perform 3 - 4 Giant-set (around 12-20 repetitions each exercise); rest for 40-60 seconds between the Giant-set	
Cyclette or Tapis roulant		5 minutes low intensity warm up + 20/25 minutes at 65% of the Maximum Heart Beat Rate + 5 minutes low intensity cool down	



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