

Anti-Bodybuilding Hypertrophy I

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/findArticle.do?article=244anti2>

Day 1 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 9 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 17 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
Flat BB Bench Presses	10 x 3	60 sec.			Flat BB Bench Presses	10 x 4	60 sec.			Flat BB Bench Presses	10 x 5	60 sec.		
BB Rows	10 x 3	60 sec.			BB Rows	10 x 4	60 sec.			BB Rows	10 x 5	60 sec.		
Day 3 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 11 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 19 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
BB Front Squats	5 x 10	60 sec.			BB Front Squats	5 x 10	60 sec.			BB Front Squats	5 x 10	60 sec.		
Hanging Pikes	5 x 10	60 sec.			Hanging Pikes	5 x 10	60 sec.			Hanging Pikes	5 x 10	60 sec.		
Standing Calf Raises	5 x 10	60 sec.			Standing Calf Raises	5 x 10	60 sec.			Standing Calf Raises	5 x 10	60 sec.		
Day 5 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 13 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 21 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
Dips	5 x 10	60 sec.			Dips	5 x 10	60 sec.			Dips	5 x 10	60 sec.		
Chin-Ups	5 x 10	60 sec.			Chin-Ups	5 x 10	60 sec.			Chin-Ups	5 x 10	60 sec.		
Day 7 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 15 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 23 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
Deadlifts	10 x 3	60 sec.			Deadlifts	10 x 4	60 sec.			Deadlifts	10 x 5	60 sec.		
Seated Calf Raises	10 x 3	60 sec.			Seated Calf Raises	10 x 4	60 sec.			Seated Calf Raises	10 x 5	60 sec.		
Decline Sit-Ups	10 x 3	60 sec.			Decline Sit-Ups	10 x 4	60 sec.			Decline Sit-Ups	10 x 5	60 sec.		

Day 25 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 33 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 41 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
Dips	10 x 3	60 sec.			Dips	10 x 4	60 sec.			Dips	10 x 5	60 sec.		
Chin-Ups	10 x 3	60 sec.			Chin-Ups	10 x 4	60 sec.			Chin-Ups	10 x 5	60 sec.		
Day 27 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 35 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 43 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
Deadlifts	5 x 10	60 sec.			Deadlifts	5 x 10	60 sec.			Deadlifts	5 x 10	60 sec.		
Seated Calf Raises	5 x 10	60 sec.			Seated Calf Raises	5 x 10	60 sec.			Seated Calf Raises	5 x 10	60 sec.		
Decline Sit-Ups	5 x 10	60 sec.			Decline Sit-Ups	5 x 10	60 sec.			Decline Sit-Ups	5 x 10	60 sec.		
Day 29 (60% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 37 (65% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 45 (70% of 1RM)	Sets/Reps	Rest	1RM	Weight
Flat BB Bench Presses	5 x 10	60 sec.			Flat BB Bench Presses	5 x 10	60 sec.			Flat BB Bench Presses	5 x 10	60 sec.		
BB Rows	5 x 10	60 sec.			BB Rows	5 x 10	60 sec.			BB Rows	5 x 10	60 sec.		
Day 31 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 39 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight	Day 47 (80% of 1RM)	Sets/Reps	Rest	1RM	Weight
BB Front Squats	10 x 3	60 sec.			BB Front Squats	10 x 4	60 sec.			BB Front Squats	10 x 5	60 sec.		
Hanging Pikes	10 x 3	60 sec.			Hanging Pikes	10 x 4	60 sec.			Hanging Pikes	10 x 5	60 sec.		
Standing Calf Raises	10 x 3	60 sec.			Standing Calf Raises	10 x 4	60 sec.			Standing Calf Raises	10 x 5	60 sec.		

Anti-Bodybuilding Hypertrophy II

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/findArticle.do?article=307hyper2>

Day 1	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight	Day 17	Sets/Reps	Rest	Weight
Flat DB Bench Press	3 x 5 @ 7RM	60 sec.		Flat DB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%	Flat DB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%
Decline BB Bench Press	3 x 5 @ 7RM	60 sec.		Decline BB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%	Decline BB Bench Press	3 x 5 @ 7RM	60 sec.	+2.5%
Seated Cable Rows	3 x 5 @ 7RM	60 sec.		Seated Cable Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Seated Cable Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Bentover BB Rows	3 x 5 @ 7RM	60 sec.		Bentover BB Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Bentover BB Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Day 3	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight	Day 19	Sets/Reps	Rest	Weight
Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.		Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.	+2.5%	Partial BB Deadlifts	4 x 12 @ 15RM	60 sec.	+2.5%
Standing Cable Crunches	4 x 12 @ 15RM	60 sec.		Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%	Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%
Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.		Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%	Leg Press Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%
Day 5	Sets/Reps	Rest	Weight	Day 13	Sets/Reps	Rest	Weight	Day 21	Sets/Reps	Rest	Weight
Standing Military Press	3 x 12 @ 15RM	75 sec.		Standing Military Press	3 x 12 @ 15RM	75 sec.	+2.5%	Standing Military Press	3 x 12 @ 15RM	75 sec.	+2.5%
Chin-Ups	3 x 12 @ 15RM	75 sec.		Chin-Ups	3 x 12 @ 15RM	75 sec.	+2.5%	Chin-Ups	3 x 12 @ 15RM	75 sec.	+2.5%
Triceps Dips	3 x 12 @ 15RM	75 sec.		Triceps Dips	3 x 12 @ 15RM	75 sec.	+2.5%	Triceps Dips	3 x 12 @ 15RM	75 sec.	+2.5%
Upright Rows	3 x 12 @ 15RM	75 sec.		Upright Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Upright Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Day 7	Sets/Reps	Rest	Weight	Day 15	Sets/Reps	Rest	Weight	Day 23	Sets/Reps	Rest	Weight
Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.		Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.	+2.5%	Back Squats w/ full ROM	6 x 5 @ 7RM	60 sec.	+2.5%
Standing Cable Crunches	6 x 5 @ 7RM	60 sec.		Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%	Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%
Donkey Calf Raises	6 x 5 @ 7RM	60 sec.		Donkey Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%	Donkey Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%

Day 25	Sets/Reps	Rest	Weight	Day 33	Sets/Reps	Rest	Weight	Day 41	Sets/Reps	Rest	Weight
Standing Military Press	3 x 5 @ 7RM	60 sec.		Standing Military Press	3 x 5 @ 7RM	60 sec.	+2.5%	Standing Military Press	3 x 5 @ 7RM	60 sec.	+2.5%
Chin-Ups	3 x 5 @ 7RM	60 sec.		Chin-Ups	3 x 5 @ 7RM	60 sec.	+2.5%	Chin-Ups	3 x 5 @ 7RM	60 sec.	+2.5%
Triceps Dips	3 x 5 @ 7RM	60 sec.		Triceps Dips	3 x 5 @ 7RM	60 sec.	+2.5%	Triceps Dips	3 x 5 @ 7RM	60 sec.	+2.5%
Upright Rows	3 x 5 @ 7RM	60 sec.		Upright Rows	3 x 5 @ 7RM	60 sec.	+2.5%	Upright Rows	3 x 5 @ 7RM	60 sec.	+2.5%
Day 27	Sets/Reps	Rest	Weight	Day 35	Sets/Reps	Rest	Weight	Day 43	Sets/Reps	Rest	Weight
Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.		Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.	+2.5%	Back Squats w/ full ROM	4 x 12 @ 15RM	60 sec.	+2.5%
Standing Cable Crunches	4 x 12 @ 15RM	60 sec.		Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%	Standing Cable Crunches	4 x 12 @ 15RM	60 sec.	+2.5%
Donkey Calf Raises	4 x 12 @ 15RM	60 sec.		Donkey Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%	Donkey Calf Raises	4 x 12 @ 15RM	60 sec.	+2.5%
Day 29	Sets/Reps	Rest	Weight	Day 37	Sets/Reps	Rest	Weight	Day 45	Sets/Reps	Rest	Weight
Flat DB Bench Press	3 x 12 @ 15RM	75 sec.		Flat DB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%	Flat DB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%
Decline BB Bench Press	3 x 12 @ 15RM	75 sec.		Decline BB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%	Decline BB Bench Press	3 x 12 @ 15RM	75 sec.	+2.5%
Seated Cable Rows	3 x 12 @ 15RM	75 sec.		Seated Cable Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Seated Cable Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Bentover BB Rows	3 x 12 @ 15RM	75 sec.		Bentover BB Rows	3 x 12 @ 15RM	75 sec.	+2.5%	Bentover BB Rows	3 x 12 @ 15RM	75 sec.	+2.5%
Day 31	Sets/Reps	Rest	Weight	Day 39	Sets/Reps	Rest	Weight	Day 47	Sets/Reps	Rest	Weight
Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.		Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.	+2.5%	Partial BB Deadlifts	6 x 5 @ 7RM	60 sec.	+2.5%
Standing Cable Crunches	6 x 5 @ 7RM	60 sec.		Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%	Standing Cable Crunches	6 x 5 @ 7RM	60 sec.	+2.5%
Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.		Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%	Leg Press Calf Raises	6 x 5 @ 7RM	60 sec.	+2.5%

Strength Focused Mesocycle

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=485341>

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
A1 - Good Mornings	3 x 5 @ 7RM	90 sec.		A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%
A2 - Dips	3 x 5 @ 7RM	90 sec.		A2 - Dips	3 x 5 @ 7RM	90 sec.	+2.5%
B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.		B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%
B2 - Front Squats	3 x 5 @ 7RM	90 sec.		B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 2	Rest	Rest	Rest	Day 9	Rest	Rest	Rest
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.		A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.	+2.5%
A2 - Box Squats	3 x 8 @ 10RM	120 sec.		A2 - Box Squats	3 x 8 @ 10RM	120 sec.	+2.5%
B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.		B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.	+2.5%
B2 - Seated Rows	3 x 8 @ 10RM	120 sec.		B2 - Seated Rows	3 x 8 @ 10RM	120 sec.	+2.5%
Jumping Jacks - 5 Minutes				Jumping Jacks - 5 Minutes			
Day 4	Rest	Rest	Rest	Day 11	Rest	Rest	Rest
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
A1 - Power Cleans	3 x 3 @ 5RM	90 sec.		A1 - Power Cleans	3 x 3 @ 5RM	90 sec.	+2.5%
A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.		A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.	+2.5%
B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.		B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.	+2.5%
B2 - Lunges	3 x 3 @ 5RM	90 sec.		B2 - Lunges	3 x 3 @ 5RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 6	Rest	Rest	Rest	Day 13	Rest	Rest	Rest
Day 7	Rest	Rest	Rest	Day 14	Rest	Rest	Rest
Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%	A1 - Good Mornings	3 x 5 @ 7RM	90 sec.	+2.5%
A2 - Dips	3 x 5 @ 7RM	90 sec.	+2.5%	A2 - Dips	3 x 5 @ 7RM	90 sec.	+2.5%
B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%	B1 - Chin-Ups	3 x 5 @ 7RM	90 sec.	+2.5%
B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%	B2 - Front Squats	3 x 5 @ 7RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 16	Rest	Rest	Rest	Day 23	Rest	Rest	Rest
Day 17	Sets/Reps	Rest	Weight	Day 24	Sets/Reps	Rest	Weight
A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.	+2.5%	A1 - St. BB Military Presses	3 x 8 @ 10RM	120 sec.	+2.5%
A2 - Box Squats	3 x 8 @ 10RM	120 sec.	+2.5%	A2 - Box Squats	3 x 8 @ 10RM	120 sec.	+2.5%
B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.	+2.5%	B1 - Glute Ham Raise	3 x 8 @ 10RM	120 sec.	+2.5%
B2 - Seated Rows	3 x 8 @ 10RM	120 sec.	+2.5%	B2 - Seated Rows	3 x 8 @ 10RM	120 sec.	+2.5%
Jumping Jacks - 5 Minutes				Jumping Jacks - 5 Minutes			
Day 18	Rest	Rest	Rest	Day 25	Rest	Rest	Rest
Day 19	Sets/Reps	Rest	Weight	Day 26	Sets/Reps	Rest	Weight
A1 - Power Cleans	3 x 3 @ 5RM	90 sec.	+2.5%	A1 - Power Cleans	3 x 3 @ 5RM	90 sec.	+2.5%
A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.	+2.5%	A2 - Pull-Ups	3 x 3 @ 5RM	90 sec.	+2.5%
B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.	+2.5%	B1 - Rack Lockouts	3 x 3 @ 5RM	90 sec.	+2.5%
B2 - Lunges	3 x 3 @ 5RM	90 sec.	+2.5%	B2 - Lunges	3 x 3 @ 5RM	90 sec.	+2.5%
Jump Rope - 5 Minutes				Jump Rope - 5 Minutes			
Day 20	Rest	Rest	Rest	Day 27	Rest	Rest	Rest
Day 21	Rest	Rest	Rest	Day 28	Rest	Rest	Rest

SOB Training

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=561180>

Day 1	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
BB Bench Press	10 x 3 @ 6RM	75 sec		BB Bench Press	6 x 5 @ 8RM	75 sec	
Chin Ups	10 x 3 @ 6RM	75 sec		Pull Ups	6 x 5 @ 8RM	75 sec	
Deadlift	10 x 3 @ 6RM	75 sec		Good Mornings	6 x 5 @ 8RM	75 sec	
Standing Calf Raises	10 x 3 @ 6RM	75 sec		Sit-ups	6 x 5 @ 8RM	75 sec	
Day 2	GPP or Cardio		15-20 min	Day 10	GPP or Cardio		15-20 min
Day 3	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
BB Squat	2 x 30 @ 34 RM	180 sec		BB Squat	4 x 15 @ 18RM	120 sec	
Laying DB Rows	2 x 30 @ 34 RM	180 sec		BB Rows	4 x 15 @ 18RM	120 sec	
Standing Military DB Press	2 x 30 @ 34 RM	180 sec		Standing Military BB Press	4 x 15 @ 18RM	120 sec	
French Presses	2 x 30 @ 34 RM	180 sec		Standing Hammer Curls	4 x 15 @ 18RM	120 sec	
Day 4	GPP or Cardio		15-20 min	Day 12	GPP or Cardio		15-20 min
Day 5	Sets/Reps	Rest	Weight	Day 13	Sets/Reps	Rest	Weight
Lat pulldown	2 x 30 @ 34 RM	180 sec		Chin-ups (or lat pulldown)	4 x 15 @ 18RM	120 sec	
Romanian Deadlift	2 x 30 @ 34 RM	180 sec		Sumo Deadlift	4 x 15 @ 18RM	120 sec	
DB Bench Press	2 x 30 @ 34 RM	180 sec		DB Bench Press	4 x 15 @ 18RM	120 sec	
Sit-ups	2 x 30 @ 34 RM	180 sec		Donkey Calf Raises	4 x 15 @ 18RM	120 sec	
Day 6	GPP or Cardio		15-20 min	Day 14	GPP or Cardio		15-20 min
Day 7	Sets/Reps	Rest	Weight	Day 15	Sets/Reps	Rest	Weight
Front Squat	10 x 3 @ 6RM	75 sec		Front Squat	6 x 5 @ 8RM	75 sec	
Dips	10 x 3 @ 6RM	75 sec		Dips	6 x 5 @ 8RM	75 sec	
BB Rows	10 x 3 @ 6RM	75 sec		Laying DB Rows	6 x 5 @ 8RM	75 sec	
Standing BB Curls	10 x 3 @ 6RM	75 sec		Close Grip Bench Press	6 x 5 @ 8RM	75 sec	
Day 8 (optional)	GPP or Cardio		15-20 min	Day 16	Rest	Rest	Rest
Day 17	Sets/Reps	Rest	Weight	Day 25	Sets/Reps	Rest	Weight
BB Bench Press	12 x 2 @ 5RM	75 sec		BB Bench Press	10 x 3 @ 6RM	60 sec	
Chin Ups	12 x 2 @ 5RM	75 sec		Pull Ups	10 x 3 @ 6RM	60 sec	
Deadlift	12 x 2 @ 5RM	75 sec		Good Mornings	10 x 3 @ 6RM	60 sec	
Standing Calf Raises	12 x 2 @ 5RM	75 sec		Sit-ups	10 x 3 @ 6RM	60 sec	
Day 18	GPP or Cardio		15-20 min	Day 26	GPP or Cardio		15-20 min
Day 19	Sets/Reps	Rest	Weight	Day 27	Sets/Reps	Rest	Weight
BB Squat	1 x 50 @ 50 RM	180 sec		BB Squat	3 x 20 @ 24RM	120 sec	
Laying DB Rows	1 x 50 @ 50 RM	180 sec		BB Rows	3 x 20 @ 24RM	120 sec	
Standing Military DB Press	1 x 50 @ 50 RM	180 sec		Standing Military BB Press	3 x 20 @ 24RM	120 sec	
French Presses	1 x 50 @ 50 RM	180 sec		Standing Hammer Curls	3 x 20 @ 24RM	120 sec	
Day 20	GPP or Cardio		15-20 min	Day 28	GPP or Cardio		15-20 min
Day 21	Sets/Reps	Rest	Weight	Day 29	Sets/Reps	Rest	Weight
Lat pulldown	1 x 50 @ 50 RM	180 sec		Chin-ups (or lat pulldown)	3 x 20 @ 24RM	120 sec	
Romanian Deadlift	1 x 50 @ 50 RM	180 sec		Sumo Deadlift	3 x 20 @ 24RM	120 sec	
DB Bench Press	1 x 50 @ 50 RM	180 sec		DB Bench Press	3 x 20 @ 24RM	120 sec	
Sit-ups	1 x 50 @ 50 RM	180 sec		Donkey Calf Raises	3 x 20 @ 24RM	120 sec	
Day 22	GPP or Cardio		15-20 min	Day 30	GPP or Cardio		15-20 min
Day 23	Sets/Reps	Rest	Weight	Day 31	Sets/Reps	Rest	Weight
Front Squat	12 x 2 @ 5RM	75 sec		Front Squat	10 x 3 @ 6RM	60 sec	
Dips	12 x 2 @ 5RM	75 sec		Dips	10 x 3 @ 6RM	60 sec	
BB Rows	12 x 2 @ 5RM	75 sec		Laying DB Rows	10 x 3 @ 6RM	60 sec	
Standing BB Curls	12 x 2 @ 5RM	75 sec		Close Grip Bench Press	10 x 3 @ 6RM	60 sec	
Day 24 (optional)	GPP or Cardio		15-20 min	Day 32	Rest	Rest	Rest

Triple Total Training

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=476508>

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight	Day 15	Sets/Reps	Rest	Weight
A1 - Front Squats	6 x 3 @ 5RM	60 sec.		A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%	A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%
A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.		A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.	+2.5%	A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.	+2.5%
B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.		B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.	+2.5%	B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.	+2.5%
B2 - Back Extensions	6 x 3 @ 5RM	60 sec.		B2 - Back Extensions	6 x 3 @ 5RM	60 sec.	+2.5%	B2 - Back Extensions	6 x 3 @ 5RM	60 sec.	+2.5%
C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.		C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.	+2.5%	C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.	+2.5%
C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.		C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%	C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio		Day 16	Cardio	Cardio	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight	Day 17	Sets/Reps	Rest	Weight
A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.		A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.	+2.5%	A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.	+2.5%
A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.		A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.	+2.5%	A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.	+2.5%
B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.		B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.	+2.5%	B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.	+2.5%
B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.		B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.	+2.5%	B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.	+2.5%
C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.		C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.	+2.5%	C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.	+2.5%
C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.		C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%	C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio		Day 18	Cardio	Cardio	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight	Day 19	Sets/Reps	Rest	Weight
A - Box Squats	8 x 3 @ 18RM	60 sec.		A - Box Squats	8 x 3 @ 18RM	55 sec.		A - Box Squats	8 x 3 @ 18RM	50 sec.	
B - Push-Ups	8 x 3 @ 18RM	60 sec.		B - Push-Ups	8 x 3 @ 18RM	55 sec.		B - Push-Ups	8 x 3 @ 18RM	50 sec.	
C - Seated Cable Rows	8 x 3 @ 18RM	60 sec.		C - Seated Cable Rows	8 x 3 @ 18RM	55 sec.		C - Seated Cable Rows	8 x 3 @ 18RM	50 sec.	
D - Sit-Ups	8 x 3 @ 18RM	60 sec.		D - Sit-Ups	8 x 3 @ 18RM	55 sec.		D - Sit-Ups	8 x 3 @ 18RM	50 sec.	
Day 6	Cardio	Cardio		Day 13	Cardio	Cardio		Day 20	Cardio	Cardio	
Day 7	Off	Off		Day 14	Off	Off		Day 21	Off	Off	

Day 22	Sets/Reps	Rest	Weight	Day 29	Sets/Reps	Rest	Weight	Day 36	Sets/Reps	Rest	Weight
A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%	A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%	A1 - Front Squats	6 x 3 @ 5RM	60 sec.	+2.5%
A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.	+2.5%	A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.	+2.5%	A2 - Chin-Ups	6 x 3 @ 5RM	60 sec.	+2.5%
B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.	+2.5%	B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.	+2.5%	B1 - Decline Bench Presses	6 x 3 @ 5RM	60 sec.	+2.5%
B2 - Back Extensions	6 x 3 @ 5RM	60 sec.	+2.5%	B2 - Back Extensions	6 x 3 @ 5RM	60 sec.	+2.5%	B2 - Back Extensions	6 x 3 @ 5RM	60 sec.	+2.5%
C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.	+2.5%	C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.	+2.5%	C1 - DB Side Bends	6 x 3 @ 5RM	60 sec.	+2.5%
C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%	C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%	C2 - Standing Calf Raises	6 x 3 @ 5RM	60 sec.	+2.5%
Day 23	Cardio	Cardio		Day 30	Cardio	Cardio		Day 37	Cardio	Cardio	
Day 24	Sets/Reps	Rest	Weight	Day 31	Sets/Reps	Rest	Weight	Day 38	Sets/Reps	Rest	Weight
A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.	+2.5%	A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.	+2.5%	A1 - Shoulder Presses	2 x 24 @ 26RM	90 sec.	+2.5%
A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.	+2.5%	A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.	+2.5%	A2 - Reverse Lunges	2 x 24 @ 26RM	90 sec.	+2.5%
B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.	+2.5%	B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.	+2.5%	B1 - Tricep Dips	2 x 24 @ 26RM	90 sec.	+2.5%
B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.	+2.5%	B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.	+2.5%	B2 - Standing Upright Rows	2 x 24 @ 26RM	90 sec.	+2.5%
C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.	+2.5%	C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.	+2.5%	C1 - Standing BB Curls	2 x 24 @ 26RM	90 sec.	+2.5%
C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%	C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%	C2 - DB Side Raises	2 x 24 @ 26RM	90 sec.	+2.5%
Day 25	Cardio	Cardio		Day 32	Cardio	Cardio		Day 39	Cardio	Cardio	
Day 26	Sets/Reps	Rest	Weight	Day 33	Sets/Reps	Rest	Weight	Day 40	Sets/Reps	Rest	Weight
A - Box Squats	8 x 3 @ 18RM	45 sec.		A - Box Squats	8 x 3 @ 18RM	40 sec.		A - Box Squats	8 x 3 @ 18RM	35 sec.	
B - Push-Ups	8 x 3 @ 18RM	45 sec.		B - Push-Ups	8 x 3 @ 18RM	40 sec.		B - Push-Ups	8 x 3 @ 18RM	35 sec.	
C - Seated Cable Rows	8 x 3 @ 18RM	45 sec.		C - Seated Cable Rows	8 x 3 @ 18RM	40 sec.		C - Seated Cable Rows	8 x 3 @ 18RM	35 sec.	
D - Sit-Ups	8 x 3 @ 18RM	45 sec.		D - Sit-Ups	8 x 3 @ 18RM	40 sec.		D - Sit-Ups	8 x 3 @ 18RM	35 sec.	
Day 27	Cardio	Cardio		Day 34	Cardio	Cardio		Day 41	Cardio	Cardio	
Day 28	Off	Off		Day 35	Off	Off		Day 42	Off	Off	

Hybrid Hypertrophy by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=580380>

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.		Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
BB Skull Crushers	1 x 12-14 @ 14RM	180sec.		BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%
BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.		BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Front Squats	1 x 12-14 @ 14RM	180sec.		Front Squats	1 x 12-14 @ 14RM	180sec.	+2.5%
Chin-ups	4x3 @ 6,5,3,3RM	75 sec.		Chin-ups	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.		Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
Power Cleans	4x3 @ 6,5,3,3RM	75 sec.		Power Cleans	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
BB Back Squats	1 x 12-14 @ 14RM	240sec.		BB Back Squats	1 x 12-14 @ 14RM	240sec.	+2.5%
Decline sit-ups	4x3 @ 6,5,3,3RM	60 sec.		Decline sit-ups	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
Cable crunches	1 x 12-14 @ 14RM	180sec.		Cable crunches	1 x 12-14 @ 14RM	180sec.	+2.5%
Incline BB Bench Press	4x3 @ 6,5,3,3RM	60 sec.		Incline BB Bench Press	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
Standing DB Military Press	1 x 12-14 @ 14RM	180sec.		Standing DB Military Press	1 x 12-14 @ 14RM	180sec.	+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
Dips	4x3 @ 6,5,3,3RM	60 sec.		Dips	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
French Presses	1 x 12-14 @ 14RM	180sec.		French Presses	1 x 12-14 @ 14RM	180sec.	+2.5%
Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.		Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
DB rear delt side raises	1 x 12-14 @ 14RM	180sec.		DB rear delt side raises	1 x 12-14 @ 14RM	180sec.	+2.5%
Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.		Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Box Squats	1 x 12-14 @ 14RM	240sec.		Box Squats	1 x 12-14 @ 14RM	240sec.	+2.5%
Day 6	Cardio	Cardio		Day 13	Cardio	Cardio	
Day 7	Off	Off		Day 14	Off	Off	

Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Close Grip BB Bench	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%	BB Skull Crushers	1 x 12-14 @ 14RM	180sec.	+2.5%
BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.	+2.5%	BB Deadlift	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Front Squats	1 x 12-14 @ 14RM	180sec.	+2.5%	Front Squats	1 x 12-14 @ 14RM	180sec.	+2.5%
Chin-ups	4x3 @ 6,5,3,3RM	75 sec.	+2.5%	Chin-ups	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.	+2.5%	Strt arm cable pulldowns	1 x 12-14 @ 14RM	75 sec.	+2.5%
Day 16	Cardio	Cardio		Day 23	Cardio	Cardio	
Day 17	Sets/Reps	Rest	Weight	Day 24	Sets/Reps	Rest	Weight
Power Cleans	4x3 @ 6,5,3,3RM	75 sec.	+2.5%	Power Cleans	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
BB Back Squats	1 x 12-14 @ 14RM	240sec.	+2.5%	BB Back Squats	1 x 12-14 @ 14RM	240sec.	+2.5%
Decline sit-ups	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Decline sit-ups	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
Cable crunches	1 x 12-14 @ 14RM	180sec.	+2.5%	Cable crunches	1 x 12-14 @ 14RM	180sec.	+2.5%
Incline BB Bench Press	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Incline BB Bench Press	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
Standing DB Military Press	1 x 12-14 @ 14RM	180sec.	+2.5%	Standing DB Military Press	1 x 12-14 @ 14RM	180sec.	+2.5%
Day 18	Cardio	Cardio		Day 25	Cardio	Cardio	
Day 19	Sets/Reps	Rest	Weight	Day 26	Sets/Reps	Rest	Weight
Dips	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Dips	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
French Presses	1 x 12-14 @ 14RM	180sec.	+2.5%	French Presses	1 x 12-14 @ 14RM	180sec.	+2.5%
Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.	+2.5%	Bent over BB rows	4x3 @ 6,5,3,3RM	60 sec.	+2.5%
DB rear delt side raises	1 x 12-14 @ 14RM	180sec.	+2.5%	DB rear delt side raises	1 x 12-14 @ 14RM	180sec.	+2.5%
Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.	+2.5%	Rack pulls with DB or BB	4x3 @ 6,5,3,3RM	75 sec.	+2.5%
Box Squats	1 x 12-14 @ 14RM	240sec.	+2.5%	Box Squats	1 x 12-14 @ 14RM	240sec.	+2.5%
Day 20	Cardio	Cardio		Day 27	Cardio	Cardio	
Day 21	Off	Off		Day 28	Off	Off	

Waterbury Method

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=534922>

Day 1 (80% of 1 RM OR 6 RM)	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
BB Back Squats	10 x 3	70 sec		BB Back Squats	10 x 3	70 sec	+2.5%
A1 - Dips	4 x 6	60 sec		A1 - Dips	4 x 6	60 sec	+2.5%
A2 - Bent over BB or DB Rows	4 x 6	60 sec		A2 - Bent over BB or DB Rows	4 x 6	60 sec	+2.5%
B1 - Skull Crushers	4 x 6	60 sec		B1 - Skull Crushers	4 x 6	60 sec	+2.5%
B2 - Standing BB Curls	4 x 6	60 sec		B2 - Standing BB Curls	4 x 6	60 sec	+2.5%
Hanging Leg Raises	4 x 6	60 sec		Hanging Leg Raises	4 x 6	60 sec	+2.5%
Day 2	Cardio / GPP			Day 9	Cardio / GPP		
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
BB or DB Bench Press	10 x 3	60 sec		BB or DB Bench Press	10 x 3	60 sec	+2.5%
A1 - Partial DB Deadlift (Rom. DL)	4 x 6	60 sec		A1 - Partial DB Deadlift (Rom. DL)	4 x 6	60 sec	+2.5%
A2 - Standing BB Military Press	4 x 6	60 sec		A2 - Standing BB Military Press	4 x 6	60 sec	+2.5%
B1 - Standing Calf Raise	4 x 6	60 sec		B1 - Standing Calf Raise	4 x 6	60 sec	+2.5%
B2 - Upright Rows	4 x 6	60 sec		B2 - Upright Rows	4 x 6	60 sec	+2.5%
Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec		Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec	+2.5%
Day 4	Cardio / GPP			Day 11	Cardio / GPP		
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
Chin-Ups	10 x 3	70 sec		Chin-Ups	10 x 3	70 sec	+2.5%
A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec		A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec	+2.5%
A2 - Standing Hammer Curls	4 x 6	60 sec		A2 - Standing Hammer Curls	4 x 6	60 sec	+2.5%
B1 - Seated Calf Raises	4 x 6	60 sec		B1 - Seated Calf Raises	4 x 6	60 sec	+2.5%
B2 - Glute/Ham Raise or Leg Curl	4 x 6	60 sec		B2 - Glute/Ham Raise or Leg Cur	4 x 6	60 sec	+2.5%
Lunges or Step-Ups	4 x 6	60 sec		Lunges or Step-Ups	4 x 6	60 sec	+2.5%
Day 6	Cardio / GPP			Day 13	Cardio / GPP		
Day 7	Rest	Rest	Rest	Day 14	Rest	Rest	Rest
Day 15	Sets/Reps	Rest	Weight	Day 22	Sets/Reps	Rest	Weight
BB Back Squats	10 x 3	70 sec	+2.5%	BB Back Squats	10 x 3	70 sec	+2.5%
A1 - Dips	4 x 6	60 sec	+2.5%	A1 - Dips	4 x 6	60 sec	+2.5%
A2 - Bent over BB or DB Rows	4 x 6	60 sec	+2.5%	A2 - Bent over BB or DB Rows	4 x 6	60 sec	+2.5%
B1 - Skull Crushers	4 x 6	60 sec	+2.5%	B1 - Skull Crushers	4 x 6	60 sec	+2.5%
B2 - Standing BB Curls	4 x 6	60 sec	+2.5%	B2 - Standing BB Curls	4 x 6	60 sec	+2.5%
Hanging Leg Raises	4 x 6	60 sec	+2.5%	Hanging Leg Raises	4 x 6	60 sec	+2.5%
Day 16	Cardio / GPP			Day 23	Cardio / GPP		
Day 17	Sets/Reps	Rest	Weight	Day 24	Sets/Reps	Rest	Weight
BB or DB Bench Press	10 x 3	60 sec	+2.5%	BB or DB Bench Press	10 x 3	60 sec	+2.5%
A1 - Partial DB Deadlift (Rom. DL)	4 x 6	60 sec	+2.5%	A1 - Partial DB Deadlift (Rom. DL)	4 x 6	60 sec	+2.5%
A2 - Standing BB Military Press	4 x 6	60 sec	+2.5%	A2 - Standing BB Military Press	4 x 6	60 sec	+2.5%
B1 - Standing Calf Raise	4 x 6	60 sec	+2.5%	B1 - Standing Calf Raise	4 x 6	60 sec	+2.5%
B2 - Upright Rows	4 x 6	60 sec	+2.5%	B2 - Upright Rows	4 x 6	60 sec	+2.5%
Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec	+2.5%	Tricep Pressdowns (or Fr. Press)	4 x 6	60 sec	+2.5%
Day 18	Cardio / GPP			Day 25	Cardio / GPP		
Day 19	Sets/Reps	Rest	Weight	Day 26	Sets/Reps	Rest	Weight
Chin-Ups	10 x 3	70 sec	+2.5%	Chin-Ups	10 x 3	70 sec	+2.5%
A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec	+2.5%	A1 - Decline BB or DB Bench Pr.	4 x 6	60 sec	+2.5%
A2 - Standing Hammer Curls	4 x 6	60 sec	+2.5%	A2 - Standing Hammer Curls	4 x 6	60 sec	+2.5%
B1 - Seated Calf Raises	4 x 6	60 sec	+2.5%	B1 - Seated Calf Raises	4 x 6	60 sec	+2.5%
B2 - Glute/Ham Raise or Leg Curl	4 x 6	60 sec	+2.5%	B2 - Glute/Ham Raise or Leg Cur	4 x 6	60 sec	+2.5%
Lunges or Step-Ups	4 x 6	60 sec	+2.5%	Lunges or Step-Ups	4 x 6	60 sec	+2.5%
Day 20	Cardio / GPP			Day 27	Cardio / GPP		
Day 21	Rest	Rest	Rest	Day 28	Rest	Rest	Rest

Total Body Training (Page 1)

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=508031>

Week 1 (Straight Sets)				Week 3 (Straight Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.	
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.	
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.	
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.	
Week 2 (Antagonistic Sets)				Week 4 (Antagonistic Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
C -	3 x 5	60 sec.		C -	4 x 5	60 sec.	
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.	
SJ -	3 x 5	60 sec.		SJ -	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
C -	3 x 8	90 sec.		C -	4 x 8	90 sec.	
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.	
SJ -	3 x 8	90 sec.		SJ -	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
C -	2 x 15	120 sec.		C -	3 x 15	120 sec.	
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.	
SJ -	2 x 15	120 sec.		SJ -	3 x 15	120 sec.	

Total Body Training (Page 2)

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=508031>

Week 5 (Straight Sets)				Week 7 (Straight Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.	
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.	
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.	
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.	
Week 6 (Antagonistic Sets)				Week 8 (Antagonistic Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
C -	2 x 18	120 sec.		C -	3 x 18	120 sec.	
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.	
SJ -	2 x 18	120 sec.		SJ -	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
C -	2 x 8	60 sec.		C -	3 x 8	60 sec.	
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.	
SJ -	2 x 8	60 sec.		SJ -	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
C -	2 x 12	90 sec.		C -	3 x 12	90 sec.	
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.	
SJ -	2 x 12	90 sec.		SJ -	3 x 12	90 sec.	

Total Body Training (Page 3)

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=508031>

Compound (C) Exercises Master List	Single-Joint (SJ) Exercises Master List
Chest	Biceps
Incline Bench Presses (BB or DB)	BB Curls
Flat Bench Presses (BB or DB)	Hammer Curls
Decline Bench Presses (BB or DB)	Preacher Curls
Wide-Grip Dips	
	Triceps
Back	Lying Tricep Extensions (BB or DB)
Upright or Horizontal Rows	Tricep Press-Downs (Supinated or Pronated Grip)
Pull-Ups or Pull-Downs (Pronated, Supinated or Semi-Supinated Grip)	
	Deltoids
Deltoids	Front DB Raises
Standing Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated Grip)	Side DB Raises
Seated Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated Grip)	Rear DB Raises
Quads	Hamstrings
High-Bar Back Squats	Glute-Ham Raises
Hack Squats	Leg Curls
Front Squats	
	Calves
Lower Back / Hips	Standing Calf Raises
Traditional or Sumo Deadlifts	Seated Calf Raises
Power Cleans or Snatches	Donkey Calf Raises
Good Mornings	

Special Instructions:

- * Choose 4 exercises under the list of compound exercises. Choose 2 exercises under the single-joint exercise list. Don't leave out any major muscle groups.
- * Constantly rotate exercises from each category. In other words, don't always start your session with a chest/back pairing. You must keep rotating the body parts and exercises you begin each session with.
- * Don't perform the same exercise for more than two weeks in a row. For example, if you performed a flat barbell bench press as your chest exercise for Weeks 1 and 2, you must switch to either incline, decline or dumbbell bench presses for another two weeks before switching again.
- * Increase the load 1.25 to 2.5% with each subsequent workout.
- * Perform all three workouts within a seven-day timeframe with 48-72 hours rest between workouts.
- * Be creative! I'm giving you endless options. Just be sure to pick four compound exercises and two single-joint exercises with each session. You can rotate exercises as much as you desire. All you have to do is follow the prescribed parameters.

Total Body Training (Page 1)

Week 1 (Straight Sets)				Week 3 (Straight Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Flat BB Bench Press	3 x 5	60 sec.		C - Sumo – Style Deadlift	4 x 5	60 sec.	
C - Seated Cable Rows	3 x 5	60 sec.		C - Neutral Grip Pull Ups	4 x 5	60 sec.	
C - Squats	3 x 5	60 sec.		C - Incline DB Press	4 x 5	60 sec.	
C - Sumo – Style Deadlift	3 x 5	60 sec.		C - Preacher Curls	4 x 5	60 sec.	
SJ – DB Hammer Curls	3 x 5	60 sec.		SJ – Front Squats	4 x 5	60 sec.	
SJ - Standing Calf Raises	3 x 5	60 sec.		SJ - Seated Calf Raises	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Incline DB Bench Press	3 x 8	90 sec.		C – Squats	4 x 8	90 sec.	
C - DB Upright Rows	3 x 8	90 sec.		C - Seated Cable Rows	4 x 8	90 sec.	
C - Front Squats	3 x 8	90 sec.		C - Glute Ham Raise	4 x 8	90 sec.	
C - Good Mornings	3 x 8	90 sec.		C - Military Press	4 x 8	90 sec.	
SJ - BB Bicep Curls	3 x 8	90 sec.		SJ - DB Curls	4 x 8	90 sec.	
SJ - Dips	3 x 8	90 sec.		SJ - Lying DB Tricep Extensions	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Decline BB Bench	2 x 15	120 sec.		C - Lunges	3 x 15	120 sec.	
C - Chin Ups	2 x 15	120 sec.		C - DB Flat Bench Press	3 x 15	120 sec.	
C - Step Ups	2 x 15	120 sec.		C - Good Mornings	3 x 15	120 sec.	
C - Regular Deadlift	2 x 15	120 sec.		C - Barbell Bicep Curls	3 x 15	120 sec.	
SJ - Seated Calf Raise	2 x 15	120 sec.		SJ - Dips	3 x 15	120 sec.	
SJ - BB Lying Triceps Extensions	2 x 15	120 sec.		SJ - Standing Calf Raises	3 x 15	120 sec.	
Week 2 (Antagonistic Sets)				Week 4 (Antagonistic Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Flat BB Bench Press	3 x 5	60 sec.		C - Sumo – Style Deadlift	4 x 5	60 sec.	
C - Seated Cable Rows	3 x 5	60 sec.		C - Neutral Grip Pull Ups	4 x 5	60 sec.	
C - Squats	3 x 5	60 sec.		C - Incline DB Press	4 x 5	60 sec.	
C - Sumo – Style Deadlift	3 x 5	60 sec.		C - Preacher Curls	4 x 5	60 sec.	
SJ – DB Hammer Curls	3 x 5	60 sec.		SJ – Front Squats	4 x 5	60 sec.	
SJ - Standing Calf Raises	3 x 5	60 sec.		SJ - Seated Calf Raises	4 x 5	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Incline DB Bench Press	3 x 8	90 sec.		C – Squats	4 x 8	90 sec.	
C - DB Upright Rows	3 x 8	90 sec.		C - Seated Cable Rows	4 x 8	90 sec.	
C - Front Squats	3 x 8	90 sec.		C - Glute Ham Raise	4 x 8	90 sec.	
C - Good Mornings	3 x 8	90 sec.		C - Military Press	4 x 8	90 sec.	
SJ - BB Bicep Curls	3 x 8	90 sec.		SJ - DB Curls	4 x 8	90 sec.	
SJ - Dips	3 x 8	90 sec.		SJ - Lying DB Tricep Extensions	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Decline BB Bench	2 x 15	120 sec.		C - Lunges	3 x 15	120 sec.	
C - Chin Ups	2 x 15	120 sec.		C - DB Flat Bench Press	3 x 15	120 sec.	
C - Step Ups	2 x 15	120 sec.		C - Good Mornings	3 x 15	120 sec.	
C - Regular Deadlift	2 x 15	120 sec.		C - Barbell Bicep Curls	3 x 15	120 sec.	
SJ - Seated Calf Raise	2 x 15	120 sec.		SJ - Dips	3 x 15	120 sec.	
SJ - BB Lying Triceps Extensions	2 x 15	120 sec.		SJ - Standing Calf Raises	3 x 15	120 sec.	

Total Body Training (Page 2)

Week 5 (Straight Sets)				Week 7 (Straight Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Squats	2 x 18	120 sec.		C – Dips	3 x 18	120 sec.	
C – BB Lunges	2 x 18	120 sec.		C – Front squats	3 x 18	120 sec.	
C – Bent over BB rows	2 x 18	120 sec.		C – Seated cable rows (wide grip)	3 x 18	120 sec.	
C – Flat DB bench press	2 x 18	120 sec.		C – Step ups BB	3 x 18	120 sec.	
SJ – Standing calf raises	2 x 18	120 sec.		SJ – Preacher curls	3 x 18	120 sec.	
SJ – BB curls	2 x 18	120 sec.		SJ – Standing weighted crunches	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Deadlifts	2 x 8	60 sec.		C – Flat BB bench press	3 x 8	60 sec.	
C – Glute ham raises	2 x 8	60 sec.		C – Romanian Deadlifts	3 x 8	60 sec.	
C – BB upright rows	2 x 8	60 sec.		C – Military Press	3 x 8	60 sec.	
C – BB incline bench	2 x 8	60 sec.		C – Glute Ham Raises	3 x 8	60 sec.	
SJ – Crunches	2 x 8	60 sec.		SJ – Standing side raises	3 x 8	60 sec.	
SJ – Skull crusher	2 x 8	60 sec.		SJ – Leg curls	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Goodmornings	2 x 12	90 sec.		C – Chins	3 x 12	90 sec.	
C – Hack squats	2 x 12	90 sec.		C – DB Lunges	3 x 12	90 sec.	
C – Pull Ups (pronated)	2 x 12	90 sec.		C – Seated military BB press	3 x 12	90 sec.	
C – Decline DB Bench press	2 x 12	90 sec.		C – Sumo style deadlifts	3 x 12	90 sec.	
SJ – Seated calf raises	2 x 12	90 sec.		SJ – Close grip BB bench press	3 x 12	90 sec.	
SJ – Front arm DB raises	2 x 12	90 sec.		SJ – Leg raises	3 x 12	90 sec.	
Week 6 (Antagonistic Sets)				Week 8 (Antagonistic Sets)			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
C – Squats	2 x 18	120 sec.		C – Dips	3 x 18	120 sec.	
C – BB Lunges	2 x 18	120 sec.		C – Front squats	3 x 18	120 sec.	
C – Bent over BB rows	2 x 18	120 sec.		C – Seated cable rows (wide grip)	3 x 18	120 sec.	
C – Flat DB bench press	2 x 18	120 sec.		C – Step ups BB	3 x 18	120 sec.	
SJ – Standing calf raises	2 x 18	120 sec.		SJ – Preacher curls	3 x 18	120 sec.	
SJ – BB curls	2 x 18	120 sec.		SJ – Standing weighted crunches	3 x 18	120 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
C – Deadlifts	2 x 8	60 sec.		C – Flat BB bench press	3 x 8	60 sec.	
C – Gluts ham raises	2 x 8	60 sec.		C – Romanian Deadlifts	3 x 8	60 sec.	
C – BB upright rows	2 x 8	60 sec.		C – Military Press	3 x 8	60 sec.	
C – BB incline bench	2 x 8	60 sec.		C – Glute Ham Raises	3 x 8	60 sec.	
SJ – Crunches	2 x 8	60 sec.		SJ – Standing side raises	3 x 8	60 sec.	
SJ – Skull crusher	2 x 8	60 sec.		SJ – Leg curls	3 x 8	60 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
C – Goodmornings	2 x 12	90 sec.		C – Chins	3 x 12	90 sec.	
C – Hack squats	2 x 12	90 sec.		C – DB Lunges	3 x 12	90 sec.	
C – Pull Ups (pronated)	2 x 12	90 sec.		C – Seated military BB press	3 x 12	90 sec.	
C – Decline DB Bench press	2 x 12	90 sec.		C – Sumo style deadlifts	3 x 12	90 sec.	
SJ – Seated calf raises	2 x 12	90 sec.		SJ – Close grip BB bench press	3 x 12	90 sec.	
SJ – Front arm DB raises	2 x 12	90 sec.		SJ – Leg raises	3 x 12	90 sec.	

Total Body Training (Page 3)

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=508031>

Compound (C) Exercises Master List	Single-Joint (SJ) Exercises Master List
Chest	Biceps
Incline Bench Presses (BB or DB)	BB Curls
Flat Bench Presses (BB or DB)	Hammer Curls
Decline Bench Presses (BB or DB)	Preacher Curls
Wide-Grip Dips	
	Triceps
Back	Lying Tricep Extensions (BB or DB)
Upright or Horizontal Rows	Tricep Press-Downs (Supinated or Pronated Grip)
Pull-Ups or Pull-Downs (Pronated, Supinated or Semi-Supinated Grip)	
	Deltoids
Deltoids	Front DB Raises
Standing Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated)	Side DB Raises
Seated Military Presses (BB or DB, Pronated, Supinated, Semi-Supinated)	Rear DB Raises
Quads	Hamstrings
High-Bar Back Squats	Glute-Ham Raises
Hack Squats	Leg Curls
Front Squats	
	Calves
Lower Back / Hips	Standing Calf Raises
Traditional or Sumo Deadlifts	Seated Calf Raises
Power Cleans or Snatches	Donkey Calf Raises
Good Mornings	

Special Instructions:

- * Choose 4 exercises under the list of compound exercises. Choose 2 exercises under the single-joint exercise list. Don't leave out any major muscle groups.
- * Constantly rotate exercises from each category. In other words, don't always start your session with a chest/back pairing. You must keep rotating the parts and exercises you begin each session with.
- * Don't perform the same exercise for more than two weeks in a row. For example, if you performed a flat barbell bench press as your chest exercise 1 and 2, you must switch to either incline, decline or dumbbell bench presses for another two weeks before switching again.
- * Increase the load 1.25 to 2.5% with each subsequent workout.
- * Perform all three workouts within a seven-day timeframe with 48-72 hours rest between workouts.
- * Be creative! I'm giving you endless options. Just be sure to pick four compound exercises and two single-joint exercises with each session. You can use as many exercises as you desire. All you have to do is follow the prescribed parameters.

Primed For Muscle

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=635888>

Day 1	Sets/Reps	Hold	Rest	Wt.	Day 8	Sets/Reps	Hold	Rest	Wt.
Flat Bench Press	1 x Hold @ 125% of 1RM	5 s	75 s		Flat Bench Press	1 x Hold @ 130% of 1RM	7 s	75 s	
Flat Bench Press	1 x Max Reps @ 85% of 1RM		180s		Flat Bench Press	1 x Max Reps @ 90% of 1RM		180s	
Back	5x5 @ 8RM		60 s		Back	5x5 @ 8RM		60 s	+2.5%
Shoulder	5x5 @ 8RM		60 s		Shoulder	5x5 @ 8RM		60 s	+2.5%
Biceps	5x5 @ 8RM		60 s		Biceps	5x5 @ 8RM		60 s	+2.5%
Triceps	5x5 @ 8RM		60 s		Triceps	5x5 @ 8RM		60 s	+2.5%
Day 2	Sets/Reps	Hold	Rest	Wt.	Day 9	Sets/Reps	Hold	Rest	Wt.
Barbell Back Squat	1 x Hold @ 125% of 1RM	5 s	90 s		Barbell Back Squat	1 x Hold @ 130% of 1RM	7 s	90 s	
Barbell Back Squat	1 x Max Reps @ 85% of 1RM		180s		Barbell Back Squat	1 x Max Reps @ 90% of 1RM		180s	
Hamstrings	8x3 @ 5RM		60 s		Hamstrings	8x3 @ 5RM		60 s	+2.5%
Calves	8x3 @ 5RM		60 s		Calves	8x3 @ 5RM		60 s	+2.5%
Abdominals	8x3 @ 5RM		60 s		Abdominals	8x3 @ 5RM		60 s	+2.5%
Day 3	Cardio				Day 10	Cardio			
Day 4	Sets/Reps	Hold	Rest	Wt.	Day 11	Sets/Reps	Hold	Rest	Wt.
Decline Bench Press	1 x Hold @ 125% of 1RM	5 s	75 s		Decline Bench Press	1 x Hold @ 130% of 1RM	7 s	75 s	
Decline Bench Press	1 x Max Reps @ 85% of 1RM		180s		Decline Bench Press	1 x Max Reps @ 90% of 1RM		180s	
Back	8x3 @ 5RM		60 s		Back	8x3 @ 5RM		60 s	+2.5%
Shoulder	8x3 @ 5RM		60 s		Shoulder	8x3 @ 5RM		60 s	+2.5%
Biceps	8x3 @ 5RM		60 s		Biceps	8x3 @ 5RM		60 s	+2.5%
Triceps	8x3 @ 5RM		60 s		Triceps	8x3 @ 5RM		60 s	+2.5%
Day 5	Cardio				Day 12	Cardio			
Day 6	Sets/Reps	Hold	Rest	Wt.	Day 13	Sets/Reps	Hold	Rest	Wt.
Front Squat	1 x Hold @ 125% of 1RM	5 s	90 s		Front Squat	1 x Hold @ 130% of 1RM	7 s	90 s	
Front Squat	1 x Max Reps @ 85% of 1RM		180s		Front Squat	1 x Max Reps @ 90% of 1RM		180s	
Hamstrings	5x5 @ 8RM		60 s		Hamstrings	5x5 @ 8RM		60 s	+2.5%
Calves	5x5 @ 8RM		60 s		Calves	5x5 @ 8RM		60 s	+2.5%
Abdominals	5x5 @ 8RM		60 s		Abdominals	5x5 @ 8RM		60 s	+2.5%
Day 7	Cardio				Day 14	Cardio			
Day 15	Sets/Reps	Hold	Rest	Wt.	Day 22	Sets/Reps	Hold	Rest	Wt.
Flat Bench Press	1 x Hold @ 135% of 1RM	9 s	75 s		Flat Bench Press	1 x Hold @ 140% of 1RM	10 s	75 s	
Flat Bench Press	1 x Max Reps @ 92.5% of 1RM		180s		Flat Bench Press	1 x Max Reps @ 95% of 1RM		180s	
Back	5x5 @ 8RM		60 s	+2.5%	Back	5x5 @ 8RM		60 s	+2.5%
Shoulder	5x5 @ 8RM		60 s	+2.5%	Shoulder	5x5 @ 8RM		60 s	+2.5%
Biceps	5x5 @ 8RM		60 s	+2.5%	Biceps	5x5 @ 8RM		60 s	+2.5%
Triceps	5x5 @ 8RM		60 s	+2.5%	Triceps	5x5 @ 8RM		60 s	+2.5%
Day 16	Sets/Reps	Hold	Rest	Wt.	Day 23	Sets/Reps	Hold	Rest	Wt.
Barbell Back Squat	1 x Hold @ 135% of 1RM	9 s	90 s		Barbell Back Squat	1 x Hold @ 140% of 1RM	10 s	90 s	
Barbell Back Squat	1 x Max Reps @ 92.5% of 1RM		180s		Barbell Back Squat	1 x Max Reps @ 95% of 1RM		180s	
Hamstrings	8x3 @ 5RM		60 s	+2.5%	Hamstrings	8x3 @ 5RM		60 s	+2.5%
Calves	8x3 @ 5RM		60 s	+2.5%	Calves	8x3 @ 5RM		60 s	+2.5%
Abdominals	8x3 @ 5RM		60 s	+2.5%	Abdominals	8x3 @ 5RM		60 s	+2.5%
Day 17	Cardio				Day 24	Cardio			
Day 18	Sets/Reps	Hold	Rest	Wt.	Day 25	Sets/Reps	Hold	Rest	Wt.
Decline Bench Press	1 x Hold @ 135% of 1RM	9 s	75 s		Decline Bench Press	1 x Hold @ 140% of 1RM	10 s	75 s	
Decline Bench Press	1 x Max Reps @ 92.5% of 1RM		180s		Decline Bench Press	1 x Max Reps @ 95% of 1RM		180s	
Back	8x3 @ 5RM		60 s	+2.5%	Back	8x3 @ 5RM		60 s	+2.5%
Shoulder	8x3 @ 5RM		60 s	+2.5%	Shoulder	8x3 @ 5RM		60 s	+2.5%
Biceps	8x3 @ 5RM		60 s	+2.5%	Biceps	8x3 @ 5RM		60 s	+2.5%
Triceps	8x3 @ 5RM		60 s	+2.5%	Triceps	8x3 @ 5RM		60 s	+2.5%
Day 19	Cardio				Day 26	Cardio			
Day 20	Sets/Reps	Hold	Rest	Wt.	Day 27	Sets/Reps	Hold	Rest	Wt.
Front Squat	1 x Hold @ 135% of 1RM	9 s	90 s		Front Squat	1 x Hold @ 140% of 1RM	10 s	90 s	
Front Squat	1 x Max Reps @ 92.5% of 1RM		180s		Front Squat	1 x Max Reps @ 95% of 1RM		180s	
Hamstrings	5x5 @ 8RM		60 s	+2.5%	Hamstrings	5x5 @ 8RM		60 s	+2.5%
Calves	5x5 @ 8RM		60 s	+2.5%	Calves	5x5 @ 8RM		60 s	+2.5%
Abdominals	5x5 @ 8RM		60 s	+2.5%	Abdominals	5x5 @ 8RM		60 s	+2.5%
Day 21	Cardio				Day 28	Cardio			

Quattro Dynamo

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=459216>

Maximal Strength	Sets / Reps / Load	Rest Period	Weight / Day 1	Weight / Day 8	Weight / Day 15
A1 - Squats	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
A2 - Lying Leg Curls	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
B1 - BB Bench Presses	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
B2 - Seated Cable Rows	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
C1 - Standing BB Curls	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
C2 - Reverse-Grip Tricep Presses-Downs	5 x 3 @ 5RM	60 sec.		+2.5%	+2.5%
Endurance Strength	Sets / Reps / Load	Rest Period	Weight / Day 2	Weight / Day 9	Weight / Day 16
A1 - Seated Behind-the-Neck BB Presses	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
A2 - Shoulder-Width Lat Pull-Downs	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
B1 - BB Back Squats	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
B2 - Lying Leg Curls	2 x 25 @ 27RM	90 sec.		+2.5%	+2.5%
Low-Intensity Cardio	Cardio	Cardio	Cardio / Day 3	Cardio / Day 10	Cardio / Day 17
Hypertrophy/Strength	Sets / Reps / Load	Rest Period	Weight / Day 4	Weight / Day 11	Weight / Day 18
A1 - BB Good Mornings	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
A2 - Hanging Leg Raises	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
B1 - 45-Degree Incline DB Bench Presses	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
B2 - Standing Upright DB Rows	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
C1 - Standing BB Reverse Curl	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
C2 - Lying BB Tricep Extensions (Skull Crushers)	3 x 8 @ 10RM	75 sec.		+2.5%	+2.5%
Low-Intensity Cardio	Cardio	Cardio	Cardio / Day 5	Cardio / Day 12	Cardio / Day 19
Explosive Strength	Sets / Reps / Load	Rest Period	Weight / Day 6	Weight / Day 13	Weight / Day 20
A - Explosive Lunges	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
B - Explosive Sit-Ups	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
C - Explosive BB Bench Presses	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
D - Explosive Supinated Pull-Downs	6 x 3 @ 18RM	60 sec.		+2.5%	+2.5%
Rest, Rest, Rest	Rest Day	Rest Day	Rest / Day 7	Rest / Day 14	Rest / Day 21

Single's Club

by Chad Waterbury

Original Article Can be Found on T-Nation @ [http://www.t-](http://www.t-nation.com)

Day 1	Sets / Reps	Rest	Wt.	Day 8	Sets / Reps	Rest	Wt.
A - BB Back Squats	14 x 1 @ 3RM	60 s		A - BB Back Squats	15 x 1 @ 3RM	60 s	
B - Back Extensions	14 x 1 @ 3RM	60 s		B - Back Extensions	15 x 1 @ 3RM	60 s	
C - Seated Calf Raises	14 x 1 @ 3RM	60 s		C - Seated Calf Raises	15 x 1 @ 3RM	60 s	
Day 2	Cardio			Day 9	Cardio		
Day 3	Sets / Reps	Rest	Wt.	Day 10	Sets / Reps	Rest	Wt.
A1 - Chin-Ups	3 x 18 @ 20RM	60 s		A1 - Chin-Ups	3 x 18 @ 20RM	60 s	+2.5%
A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s		A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s	+2.5%
B1 - BB Curls	3 x 18 @ 20RM	60 s		B1 - BB Curls	3 x 18 @ 20RM	60 s	+2.5%
B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s		B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s	+2.5%
Day 4	Sets / Reps	Rest	Wt.	Day 11	Sets / Reps	Rest	Wt.
A1 - BB Deadlifts	3 x 18 @ 20RM	90 s		A1 - BB Deadlifts	3 x 18 @ 20RM	90 s	+2.5%
A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s		A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s	+2.5%
B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s		B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s	+2.5%
B2 - Hanging Pikes	3 x 18 @ 20RM	90 s		B2 - Hanging Pikes	3 x 18 @ 20RM	90 s	+2.5%
Day 5	Cardio			Day 12	Cardio		
Day 6	Sets / Reps	Rest	Wt.	Day 13	Sets / Reps	Rest	Wt.
A - Incline BB Bench Presses	14 x 1 @ 3RM	60 s		A - Incline BB Bench Presses	15 x 1 @ 3RM	60 s	
B - Chest-Supported Rows	14 x 1 @ 3RM	60 s		B - Chest-Supported Rows	15 x 1 @ 3RM	60 s	
C - Dips	14 x 1 @ 3RM	60 s		C - Dips	15 x 1 @ 3RM	60 s	
Day 7	Rest			Day 14	Rest		

Day 15	Sets / Reps	Rest	Wt.	Day 22	Sets / Reps	Rest	Wt.
A - BB Back Squats	16 x 1 @ 3RM	60 s		A - BB Back Squats	17 x 1 @ 3RM	60 s	
B - Back Extensions	16 x 1 @ 3RM	60 s		B - Back Extensions	17 x 1 @ 3RM	60 s	
C - Seated Calf Raises	16 x 1 @ 3RM	60 s		C - Seated Calf Raises	17 x 1 @ 3RM	60 s	
Day 16	Cardio			Day 23	Cardio		
Day 17	Sets / Reps	Rest	Wt.	Day 24	Sets / Reps	Rest	Wt.
A1 - Chin-Ups	3 x 18 @ 20RM	60 s	+2.5%	A1 - Chin-Ups	3 x 18 @ 20RM	60 s	+2.5%
A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s	+2.5%	A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s	+2.5%
B1 - BB Curls	3 x 18 @ 20RM	60 s	+2.5%	B1 - BB Curl	3 x 18 @ 20RM	60 s	+2.5%
B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s	+2.5%	B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s	+2.5%
Day 18	Sets / Reps	Rest	Wt.	Day 25	Sets / Reps	Rest	Wt.
A1 - BB Deadlifts	3 x 18 @ 20RM	90 s	+2.5%	A1 - BB Deadlifts	3 x 18 @ 20RM	90 s	+2.5%
A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s	+2.5%	A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s	+2.5%
B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s	+2.5%	B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s	+2.5%
B2 - Hanging Pikes	3 x 18 @ 20RM	90 s	+2.5%	B2 - Hanging Pikes	3 x 18 @ 20RM	90 s	+2.5%
Day 19	Cardio			Day 26	Cardio		
Day 20	Sets / Reps	Rest	Wt.	Day 27	Sets / Reps	Rest	Wt.
A - Incline BB Bench Presses	16 x 1 @ 3RM	60 s		A - Incline BB Bench Presses	17 x 1 @ 3RM	60 s	
B - Chest-Supported Rows	16 x 1 @ 3RM	60 s		B - Chest-Supported Rows	17 x 1 @ 3RM	60 s	
C - Dips	16 x 1 @ 3RM	60 s		C - Dips	17 x 1 @ 3RM	60 s	
Day 21	Rest			Day 28	Rest		

Big Boy Basics

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=459533>

Day 1 (Upper Body)	Sets / Reps / Load	Rest Period	Weight / Day 1	Weight / Day 8	Weight / Day 15
BB Bench Presses	8 x 3 @ 5RM	60 sec.			
Seated Rows	8 x 3 @ 5RM	60 sec.			
Pull-Ups	8 x 3 @ 5RM	60 sec.			
Standing DB Shoulder Presses	8 x 3 @ 5RM	60 sec.			
Day 2 (Lower Body)	Sets / Reps / Load	Rest Period	Weight / Day 2	Weight / Day 9	Weight / Day 16
BB Squats	3 x 8 @ 10RM	90 sec.			
Leg Raises	3 x 8 @ 10RM	60 sec.			
DB Deadlifts	3 x 8 @ 10RM	90 sec.			
Decline Bench Sit-Ups	3 x 8 @ 10RM	60 sec.			
Standing Calf Raises	3 x 8 @ 10RM	60 sec.			
Day 3 (Cardio for Recovery)	Cardio	Cardio	Cardio / Day 3	Cardio / Day 10	Cardio / Day 17
Day 4 (Upper Body)	Sets / Reps / Load	Rest Period	Weight / Day 4	Weight / Day 11	Weight / Day 18
45-Degree Incline DB Bench Presses	3 x 8 @ 10RM	90 sec.			
45-Degree DB Rows	3 x 8 @ 10RM	90 sec.			
Standing BB Curls	3 x 8 @ 10RM	60 sec.			
Standing Reverse-Grip Tricep Press-Downs	3 x 8 @ 10RM	60 sec.			
Day 5 (Lower Body)	Sets / Reps / Load	Rest Period	Weight / Day 5	Weight / Day 12	Weight / Day 19
Hack Squats	8 x 3 @ 5RM	60 sec.			
Lying Leg Curls	8 x 3 @ 5RM	60 sec.			
Lying Leg Raises	8 x 3 @ 5RM	60 sec.			
Seated Calf Raises	8 x 3 @ 5RM	30 sec.			
Day 6 (Rest)	Rest	Rest	Rest / Day 6	Rest / Day 13	Rest / Day 20
Day 7 (Rest)	Rest	Rest	Rest / Day 7	Rest / Day 14	Rest / Day 21

The Next "Big Three" Program

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=459914>

Day 1 - Workout #1	Sets/Reps	Rest	Wt.	Day 8 - Workout #1	Sets/Reps	Rest	Wt.	Day 15 - Workout #1	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
Waterbury Walks	3-5 x 3-5	90 s		Waterbury Walks	3-5 x 3-5	90 s	+2.5%	Waterbury Walks	3-5 x 3-5	90 s	+2.5%
Sternum Chin-ups	3-5 x 3-5	90 s		Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
Shoulder Press Squats	3-5 x 3-5	90 s		Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Bent over BB Rows	2-3 x 6-8	90 s		Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%	Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%
Day 2	Cardio			Day 9	Cardio			Day 16	Cardio		
Day 3	Cardio			Day 10	Cardio			Day 17	Cardio		
Day 4 - Workout #2	Sets/Reps	Rest	Wt.	Day 11 - Workout #2	Sets/Reps	Rest	Wt.	Day 18 - Workout #2	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%
B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s	+2.5%
Day 5	Cardio			Day 12	Cardio			Day 19	Cardio		
Day 6	Off			Day 13	Off			Day 20	Off		
Day 7	Off			Day 14	Off			Day 21	Off		
Day 22 - Workout #1	Sets/Reps	Rest	Wt.	Day 29 - Workout #1	Sets/Reps	Rest	Wt.	Day 36 - Workout #1	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
Waterbury Walks	3-5 x 3-5	90 s	+2.5%	Waterbury Walks	3-5 x 3-5	90 s	+2.5%	Waterbury Walks	3-5 x 3-5	90 s	
Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	Sternum Chin-ups	3-5 x 3-5	90 s	
Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	Shoulder Press Squats	3-5 x 3-5	90 s	
Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%	Opt - Bent over BB Rows	2-3 x 6-8	90 s	+2.5%	Opt - Bent over BB Rows	2-3 x 6-8	90 s	
Day 23	Cardio			Day 30	Cardio			Day 37	Cardio		
Day 24	Cardio			Day 31	Cardio			Day 38	Cardio		
Day 25 - Workout #2	Sets/Reps	Rest	Wt.	Day 32 - Workout #2	Sets/Reps	Rest	Wt.	Day 39 - Workout #2	Sets/Reps	Rest	Wt.
A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s		A1 - Running in Place	3 - 5	0 s	
A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s		A2 - Jumping Jacks	3 - 5	0 s	
A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s		A3 - Squat Thrusts	3 - 5	60 s	
B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%	B1 - Waterbury Walks	3-5 x 3-5	90 s	+2.5%
B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%	B2 - Sternum Chin-ups	3-5 x 3-5	90 s	+2.5%
B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%	B3 - Shoulder Press Squats	3-5 x 3-5	90 s	+2.5%
Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s	+2.5%	Opt - Dips	2-3 x 6-8	90 s	+2.5%
Day 26	Cardio			Day 33	Cardio			Day 40	Cardio		
Day 27	Off			Day 34	Off			Day 41	Off		
Day 28	Off			Day 35	Off			Day 42	Off		

The Art of Waterbury

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=693794>

Day 1 (80%of 1RM)	Sets/Reps	Rest	Wt.	Day 7 (80%of 1RM)	Sets/Reps	Rest	Wt.
A1 - Push Press	10 x 3	70 s		A1 - Push Press	10 x 3	70 s	+2.5%
A2 - Chin-ups	10 x 3	70 s		A2 - Chin-ups	10 x 3	70 s	+2.5%
B1 - Good Mornings	10 x 3	70 s		B1 - Good Mornings	10 x 3	70 s	+2.5%
B2 - Standing Calf Raises	10 x 3	70 s		B2 - Standing Calf Raises	10 x 3	70 s	+2.5%
C1 - Dips or Decline Bench	10 x 3	70 s		C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%
C2 - Side Bends	10 x 3	70 s		C2 - Side Bends	10 x 3	70 s	+2.5%
Day 2	Off or Light Cardio			Day 8	Off or Light Cardio		
Day 3 (70% of 1RM)	Sets/Reps	Rest	Wt.	Day 9 (70% of 1RM)	Sets/Reps	Rest	Wt.
Back Squats	3 x 12	90 s		Back Squats	3 x 12	85 s	
Bent over Rows	3 x 12	90 s		Bent over Rows	3 x 12	85 s	
Flat Bench Press	3 x 12	90 s		Flat Bench Press	3 x 12	85 s	
Seated Calf Raises	3 x 12	90 s		Seated Calf Raises	3 x 12	85 s	
Tricep Pressdowns	3 x 12	90 s		Tricep Pressdowns	3 x 12	85 s	
External Rotations	3 x 12	90 s		External Rotations	3 x 12	85 s	
Day 4	Off or Light Cardio			Day 10	Off or Light Cardio		
Day 5 (85% of 1RM)	Sets/Reps	Rest	Wt.	Day 11 (85% of 1RM)	Sets/Reps	Rest	Wt.
A1 - Barbell Hack Squats	4 x 6	75 s		A1 - Barbell Hack Squats	5 x 6	75 s	
A2 - Standing Hammer Curl	4 x 6	75 s		A2 - Standing Hammer Curl	5 x 6	75 s	
B1 - Power Cleans	4 x 6	75 s		B1 - Power Cleans	5 x 6	75 s	
B2 - Skull Crushers	4 x 6	75 s		B2 - Skull Crushers	5 x 6	75 s	
C1 - Incline Bench Press	4 x 6	75 s		C1 - Incline Bench Press	5 x 6	75 s	
C2 - Cable Crunches	4 x 6	75 s		C2 - Cable Crunches	5 x 6	75 s	
Day 6	Off or Light Cardio			Day 12	Off or Light Cardio		

Day 13 (80%of 1RM)	Sets/Reps	Rest	Wt.	Day 19 (80%of 1RM)	Sets/Reps	Rest	Wt.
A1 - Push Press	10 x 3	70 s	+2.5%	A1 - Push Press	10 x 3	70 s	+2.5%
A2 - Chin-ups	10 x 3	70 s	+2.5%	A2 - Chin-ups	10 x 3	70 s	+2.5%
B1 - Good Mornings	10 x 3	70 s	+2.5%	B1 - Good Mornings	10 x 3	70 s	+2.5%
B2 - Standing Calf Raises	10 x 3	70 s	+2.5%	B2 - Standing Calf Raises	10 x 3	70 s	+2.5%
C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%	C1 - Dips or Decline Bench	10 x 3	70 s	+2.5%
C2 - Side Bends	10 x 3	70 s	+2.5%	C2 - Side Bends	10 x 3	70 s	+2.5%
Day 14	Off or Light Cardio			Day 20	Off or Light Cardio		
Day 15 (70% of 1RM)	Sets/Reps	Rest	Wt.	Day 21 (70% of 1RM)	Sets/Reps	Rest	Wt.
Back Squats	3 x 12	80 s		Back Squats	3 x 12	75 s	
Bent over Rows	3 x 12	80 s		Bent over Rows	3 x 12	75 s	
Flat Bench Press	3 x 12	80 s		Flat Bench Press	3 x 12	75 s	
Seated Calf Raises	3 x 12	80 s		Seated Calf Raises	3 x 12	75 s	
Tricep Pressdowns	3 x 12	80 s		Tricep Pressdowns	3 x 12	75 s	
External Rotations	3 x 12	80 s		External Rotations	3 x 12	75 s	
Day 16	Off or Light Cardio			Day 22	Off or Light Cardio		
Day 17 (85% of 1RM)	Sets/Reps	Rest	Wt.	Day 23 (85% of 1RM)	Sets/Reps	Rest	Wt.
A1 - Barbell Hack Squats	6 x 6	75 s		A1 - Barbell Hack Squats	7 x 6	75 s	
A2 - Standing Hammer Curl	6 x 6	75 s		A2 - Standing Hammer Curl	7 x 6	75 s	
B1 - Power Cleans	6 x 6	75 s		B1 - Power Cleans	7 x 6	75 s	
B2 - Skull Crushers	6 x 6	75 s		B2 - Skull Crushers	7 x 6	75 s	
C1 - Incline Bench Press	6 x 6	75 s		C1 - Incline Bench Press	7 x 6	75 s	
C2 - Cable Crunches	6 x 6	75 s		C2 - Cable Crunches	7 x 6	75 s	
Day 18	Off or Light Cardio			Day 24	Off or Light Cardio		

Lift Fast Get Big

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=529331>

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight	Day 15	Sets/Reps	Rest	Weight
Dips	6 x 3 @ 6RM	50 sec.		Dips	6 x 3 @ 6RM	50 sec.	+2.5%	Dips	6 x 3 @ 6RM	50 sec.	+2.5%
Front Squats	6 x 3 @ 6RM	50 sec.		Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%	Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%
Chin-Ups	6 x 3 @ 6RM	50 sec.		Chin-Ups	6 x 3 @ 6RM	50 sec.	+2.5%	Chin-Ups	6 x 3 @ 6RM	50 sec.	+2.5%
Leg Curls	6 x 3 @ 6RM	50 sec.		Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%	Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%
Seated Calf Raises	6 x 3 @ 6RM	50 sec.		Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%	Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%
Day 2	Cardio	Cardio		Day 9	Cardio	Cardio		Day 16	Cardio	Cardio	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight	Day 17	Sets/Reps	Rest	Weight
Flat Bench Press	5 x 5 @ 8RM	60 sec.		Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%	Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%
Deadlift	5 x 5 @ 8RM	60 sec.		Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%	Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%
Bent-Over Rows	5 x 5 @ 8RM	60 sec.		Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%	Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%
Skull Crushers	5 x 5 @ 8RM	60 sec.		Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%	Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%
Donkey Calf Raises	5 x 5 @ 8RM	60 sec.		Donkey Calf Raises	5 x 5 @ 8RM	60 sec.	+2.5%	Donkey Calf Raises	5 x 5 @ 8RM	60 sec.	+2.5%
Barbell Curls	5 x 5 @ 8RM	60 sec.		Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%	Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%
Day 4	Cardio	Cardio		Day 11	Cardio	Cardio		Day 18	Cardio	Cardio	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight	Day 19	Sets/Reps	Rest	Weight
Incline DB Press	4 x 6 @ 9RM	70 sec.		Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%	Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%
Back Squats	4 x 6 @ 9RM	70 sec.		Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%	Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%
Upright Rows	4 x 6 @ 9RM	70 sec.		Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%	Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%
Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.		Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%	Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%
Standing Calf Raises	4 x 6 @ 9RM	70 sec.		Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%	Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%
Preacher Curls	4 x 6 @ 9RM	70 sec.		Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%	Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%
Day 6	Off	Off		Day 13	Off	Off		Day 20	Off	Off	
Day 7	Off	Off		Day 14	Off	Off		Day 21	Off	Off	

Day 22	Sets/Reps	Rest	Weight	Day 29	Sets/Reps	Rest	Weight	Day 36	Sets/Reps	Rest	Weight
Dips	6 x 3 @ 6RM	50 sec.	+2.5%	Dips	6 x 3 @ 6RM	50 sec.	+2.5%	Dips	6 x 3 @ 6RM	50 sec.	+2.5%
Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%	Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%	Front Squats	6 x 3 @ 6RM	50 sec.	+2.5%
Chin-Ups	6 x 3 @ 6RM	50 sec.	+2.5%	Chin-Ups	6 x 3 @ 6RM	50 sec.	+2.5%	Chin-Ups	6 x 3 @ 6RM	50 sec.	+2.5%
Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%	Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%	Leg Curls	6 x 3 @ 6RM	50 sec.	+2.5%
Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%	Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%	Seated Calf Raises	6 x 3 @ 6RM	50 sec.	+2.5%
Day 23	Cardio	Cardio		Day 30	Cardio	Cardio		Day 37	Cardio	Cardio	
Day 24	Sets/Reps	Rest	Weight	Day 31	Sets/Reps	Rest	Weight	Day 38	Sets/Reps	Rest	Weight
Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%	Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%	Flat Bench Press	5 x 5 @ 8RM	60 sec.	+2.5%
Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%	Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%	Deadlift	5 x 5 @ 8RM	60 sec.	+2.5%
Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%	Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%	Bent-Over Rows	5 x 5 @ 8RM	60 sec.	+2.5%
Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%	Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%	Skull Crushers	5 x 5 @ 8RM	60 sec.	+2.5%
Donkey Calf Raises	5 x 5 @ 8RM	60 sec.	+2.5%	Donkey Calf Raises	5 x 5 @ 8RM	60 sec.	+2.5%	Donkey Calf Raises	5 x 5 @ 8RM	60 sec.	+2.5%
Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%	Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%	Barbell Curls	5 x 5 @ 8RM	60 sec.	+2.5%
Day 25	Cardio	Cardio		Day 32	Cardio	Cardio		Day 39	Cardio	Cardio	
Day 26	Sets/Reps	Rest	Weight	Day 33	Sets/Reps	Rest	Weight	Day 40	Sets/Reps	Rest	Weight
Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%	Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%	Incline DB Press	4 x 6 @ 9RM	70 sec.	+2.5%
Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%	Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%	Back Squats	4 x 6 @ 9RM	70 sec.	+2.5%
Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%	Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%	Upright Rows	4 x 6 @ 9RM	70 sec.	+2.5%
Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%	Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%	Close-Grip Bench Press	4 x 6 @ 9RM	70 sec.	+2.5%
Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%	Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%	Standing Calf Raises	4 x 6 @ 9RM	70 sec.	+2.5%
Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%	Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%	Preacher Curls	4 x 6 @ 9RM	70 sec.	+2.5%

Day 27	Off	Off		Day 34	Off	Off		Day 41	Off	Off	
Day 28	Off	Off		Day 35	Off	Off		Day 42	Off	Off	

Perfect 10

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=725763>

Wk 1 - Day 1	Sets/Reps	Rest	Wt.	Wk 2 - Day 1	Sets/Reps	Rest	Wt.
	6 x 3 @ 6RM	70 s			7x3 @ 6RM	70 s	
	6 x 3 @ 6RM	70 s			7x3 @ 6RM	70 s	
Wk 1 - Day 2	Off			Wk 2 - Day 2	Sets/Reps	Rest	Wt.
Wk 1 - Day 3	Sets/Reps	Rest	Wt.		2x25 @ 28RM	180 s	
	3x10 @ 12 RM	120 s			2x25 @ 28RM	180 s	
	3x10 @ 12 RM	120 s		Wk 2 - Day 3	Sets/Reps	Rest	Wt.
Wk 1 - Day 4	Off				4x10 @ 12RM	120 s	
Wk 1 - Day 5	Sets/Reps	Rest	Wt.		4x10 @ 12RM	120 s	
	5x5 @ 8 RM	90 s		Wk 2 - Day 4	Off		
	5x5 @ 8 RM	90 s		Wk 2 - Day 5	Sets/Reps	Rest	Wt.
Wk 1 - Day 6	Off				6x5 @ 8RM	90 s	
Wk 1 - Day 7	Off				6x5 @ 8RM	90 s	
				Wk 2 - Day 6	Off		
				Wk 2 - Day 7	Off		
Wk 3 - Day 1	Sets/Reps	Rest	Wt.	Wk 4 - Day 1	Sets/Reps	Rest	Wt.
	8x3 @ 6RM	70 s			3x3 @ 5RM	70 s	
	8x3 @ 6RM	70 s			3x3 @ 5RM	70 s	
Wk 3 - Day 2	Off			Wk 4 - Day 2	Off		
	2x25 @ 28RM	180 s		Wk 4 - Day 3	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			3x8 @ 12RM	120 s	
Wk 3 - Day 3	Sets/Reps	Rest	Wt.		3x8 @ 12RM	120 s	
	5x10 @ 12RM	120 s		Wk 4 - Day 4	Off		
	5x10 @ 12RM	120 s		Wk 4 - Day 5	Sets/Reps	Rest	Wt.
Wk 3 - Day 4	Off				2x12 @ 15RM	90 s	
Wk 3 - Day 5	Sets/Reps	Rest	Wt.		2x12 @ 15RM	90 s	
	7x5 @ 8 RM	90 s		Wk 4 - Day 6	Off		
	7x5 @ 8 RM	90 s		Wk 4 - Day 7	Off		
Wk 3 - Day 6	Off						
	2x25 @ 28RM	180 s					
	2x25 @ 28RM	180 s					
Wk 3 - Day 7	Off						
Wk 5 - Day 1 - AM	Sets/Reps	Rest	Wt.	Wk 6 - Day 1	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			4x3 @ 5RM	70 s	
	3x3 @ 5RM	70 s			4x3 @ 5RM	70 s	
Wk 5 - Day 1 - PM	Sets/Reps	Rest	Wt.	Wk 6 - Day 1 - PM	Sets/Reps	Rest	Wt.
	3x8 @ 12RM	120 s			4x8 @ 12RM	120 s	
	3x8 @ 12RM	120 s			4x8 @ 12RM	120 s	
Wk 5 - Day 2	Off			Wk 6 - Day 2	Sets/Reps	Rest	Wt.
Wk 5 - Day 3 - AM	Sets/Reps	Rest	Wt.		2x25 @ 28RM	180 s	
	2x12 @ 15RM	90 s			2x25 @ 28RM	180 s	
	2x12 @ 15RM	90 s		Wk 6 - Day 3 - AM	Sets/Reps	Rest	Wt.
Wk 5 - Day 3 - PM	Sets/Reps	Rest	Wt.		3x12 @ 15RM	90 s	
	3x5 @ 8RM	90 s			3x12 @ 15RM	90 s	
	3x5 @ 8RM	90 s		Wk 6 - Day 3 - PM	Sets/Reps	Rest	Wt.
Wk 5 - Day 4	Off				4x5 @ 8 RM	90 s	
Wk 5 - Day 5 - AM	Sets/Reps	Rest	Wt.		4x5 @ 8 RM	90 s	
	2x25 @ 28RM	180 s		Wk 6 - Day 4	Off		
	2x25 @ 28RM	180 s		Wk 6 - Day 5 - AM	Sets/Reps	Rest	Wt.
Wk 5 - Day 5 - PM	Sets/Reps	Rest	Wt.		4x3 @ 6RM	70 s	
	1x12 @ 12 RM	NA			4x3 @ 6RM	70 s	
	1x12 @ 12 RM	NA		Wk 6 - Day 5 - PM	Sets/Reps	Rest	Wt.
Wk 5 - Day 6	Off				1x15 @ 15 RM	NA	
Wk 5 - Day 7	Off				1x15 @ 15 RM	NA	
				Wk 6 - Day 6	Sets/Reps	Rest	Wt.
					2x25 @ 28RM	180 s	
					2x25 @ 28RM	180 s	
				Wk 6 - Day 7	Off		
Wk 7 - Day 1 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 1 - AM	Sets/Reps	Rest	Wt.
	3x8 @ 10RM	90 s			3x5 @ 7RM	70 s	

	3x8 @ 10RM	90 s			3x5 @ 7RM	70 s	
Wk 7 - Day 1 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 1 - PM	Sets/Reps	Rest	Wt.
	2x20 @ 24RM	180 s			2x15 @ 18RM	120 s	
	2x20 @ 24RM	180 s			2x15 @ 18RM	120 s	
Wk 7 - Day 2	Sets/Reps	Rest	Wt.	Wk 9 - Day 2	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 3 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 3 - AM	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			3x3 @ 5RM	70 s	
	3x3 @ 5RM	70 s			3x3 @ 5RM	70 s	
Wk 7 - Day 3 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 3 - PM	Sets/Reps	Rest	Wt.
	3x12 @ 15RM	120 s			2x20 @ 22RM	180 s	
	3x12 @ 15RM	120 s			2x20 @ 22RM	180 s	
Wk 7 - Day 4	Sets/Reps	Rest	Wt.	Wk 9 - Day 4	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 5 - AM	Sets/Reps	Rest	Wt.	Wk 9 - Day 5 - AM	Sets/Reps	Rest	Wt.
	3x3 @ 5RM	70 s			3x10 @ 12RM	120 s	
	3x3 @ 5RM	70 s			3x10 @ 12RM	120 s	
Wk 7 - Day 5 - PM	Sets/Reps	Rest	Wt.	Wk 9 - Day 5 - PM	Sets/Reps	Rest	Wt.
	1x10 @ 10 RM	NA			6x3 @ 5 RM	90 s	
	1x10 @ 10 RM	NA			6x3 @ 5 RM	90 s	
Wk 7 - Day 6	Sets/Reps	Rest	Wt.	Wk 9 - Day 6 - AM	Sets/Reps	Rest	Wt.
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
	2x25 @ 28RM	180 s			2x25 @ 28RM	180 s	
Wk 7 - Day 7	Off			Wk 9 - Day 6 - PM	Sets/Reps	Rest	Wt.
					1x50 @ 50 RM	NA	
					1x50 @ 50 RM	NA	
				Wk 9 - Day 7	Off		

Waterbury High Frequency System

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTopic.do?id=905832>

WHFS Phase 1: Establish Frequency Stimulus

Duration: 2 Weeks

Day 1	Sets/Reps	Rest	Weight	Day 8	Sets/Reps	Rest	Weight
A1 Back Squat	4/6 @ 8 RM	60 sec.		A1 Back Squat	5/6 @ 8 RM	60 sec.	
A2 Bent Over Rows or Seated Cable Rows	4/6 @ 8 RM	60 sec.		A2 Bent Over Rows or Seated Cable Rows	5/6 @ 8 RM	60 sec.	
B1 DB Military Press	4/6 @ 8 RM	60 sec.		B1 DB Military Press	5/6 @ 8 RM	60 sec.	
B2 Lunges	4/6 @ 8 RM	60 sec.		B2 Lunges	5/6 @ 8 RM	60 sec.	
C1 Standing Calf Raises	4/6 @ 8 RM	60 sec.		C1 Standing Calf Raises	5/6 @ 8 RM	60 sec.	
C2 Incline Bench Press	4/6 @ 8 RM	60 sec.		C2 Incline Bench Press	5/6 @ 8 RM	60 sec.	
Day 2	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
A1 Deadlifts	3/12 @ 14 RM	75 sec.		A1 Deadlifts	3/12 @ 14 RM	75 sec.	
A2 Dips or Decline Bench Press	3/12 @ 14 RM	75 sec.		A2 Dips or Decline Bench Press	3/12 @ 14 RM	75 sec.	
B1 Chin-ups or Pulldowns	3/12 @ 14 RM	75 sec.		B1 Chin-ups or Pulldowns	3/12 @ 14 RM	75 sec.	
B2 DB Triceps Extension	3/12 @ 14 RM	75 sec.		B2 DB Triceps Extension	3/12 @ 14 RM	75 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.		C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.	
C2 Reverse Crunch	3/12 @ 14 RM	75 sec.		C2 Reverse Crunch	3/12 @ 14 RM	75 sec.	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			
Day 4	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
A1 Back Squat	3/12 @ 14 RM	75 sec.		A1 Back Squat	4/12 @ 14 RM	75 sec.	
A2 Bent Over Rows or Seated Cable Rows	3/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	4/12 @ 14 RM	75 sec.	
B1 BB Military Press	3/12 @ 14 RM	75 sec.		B1 BB Military Press	4/12 @ 14 RM	75 sec.	
B2 Split Squats	3/12 @ 14 RM	75 sec.		B2 Split Squats	4/12 @ 14 RM	75 sec.	
C1 Standing Calf Raises	3/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	4/12 @ 14 RM	75 sec.	
C2 Incline Bench Press	3/12 @ 14 RM	75 sec.		C2 Incline Bench Press	4/12 @ 14 RM	75 sec.	
Day 5	Sets/Reps	Rest	Weight	Day 12	Sets/Reps	Rest	Weight
A1 Deadlifts	4/6 @ 8 RM	60 sec.		A1 Deadlifts	5/6 @ 8 RM	60 sec.	
A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	5/6 @ 8 RM	60 sec.	
B1 Pull-ups or Pulldowns	4/6 @ 8 RM	60 sec.		B1 Pull-ups or Pulldowns	5/6 @ 8 RM	60 sec.	
B2 BB Skull Crushers	4/6 @ 8 RM	60 sec.		B2 BB Skull Crushers	5/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/6 @ 8 RM	60 sec.	
C2 Swiss Ball Crunches	4/6 @ 8 RM	60 sec.		C2 Swiss Ball Crunches	5/6 @ 8 RM	60 sec.	
Day 6/7	Sets/Reps	Rest	Weight	Day 13/14	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			

WHFS Phase 2: Max Motor Recruitment 1

Duration: 1 Week

Day 1	Sets/Reps	Rest	Weight
Back Squat	Work up to 5 RM	Note	
Bench Press	Work up to 5 RM	Note	
Lying DB Triceps Extension	Work up to 5 RM	Note	
Day 2	Sets/Reps	Rest	Weight
Deadlifts	Work up to 5 RM	Note	
Chin-ups or Pulldowns	Work up to 5 RM	Note	
Hammer Curls	Work up to 5 RM	Note	
Day 3	Sets/Reps	Rest	Weight
OFF			
Day 4	Sets/Reps	Rest	Weight
Front Squat	Work up to 5 RM	Note	
BB Military Press	Work up to 5 RM	Note	
Dips or Decline Bench Press	Work up to 5 RM	Note	
Day 5	Sets/Reps	Rest	Weight
OFF			
Day 6	Sets/Reps	Rest	Weight
Deadlifts	Work up to 5 RM	Note	
Seated or Chest-Supported Rows	Work up to 5 RM	Note	
BB Bicep Curls	Work up to 5 RM	Note	
Day 7	Sets/Reps	Rest	Weight
OFF			

WHFS Phase 3: Augment Frequency Stimulus

Duration: 2 weeks

Day 1 AM	Sets/Reps	Rest	Weight	Day 8 AM	Sets/Reps	Rest	Weight
A1 Back Squat	3/6 @ 8 RM	60 sec.		A1 Back Squat	4/6 @ 8 RM	60 sec.	
A2 Bent Over Rows or Seated Cable Rows	3/6 @ 8 RM	60 sec.		A2 Bent Over Rows or Seated Cable Rows	4/6 @ 8 RM	60 sec.	
B1 DB Military Press	3/6 @ 8 RM	60 sec.		B1 DB Military Press	4/6 @ 8 RM	60 sec.	
B2 Lunges	3/6 @ 8 RM	60 sec.		B2 Lunges	4/6 @ 8 RM	60 sec.	
C1 Standing Calf Raises	3/6 @ 8 RM	60 sec.		C1 Standing Calf Raises	4/6 @ 8 RM	60 sec.	
C2 Incline Bench Press	3/6 @ 8 RM	60 sec.		C2 Incline Bench Press	4/6 @ 8 RM	60 sec.	
Day 1 PM	Sets/Reps	Rest	Weight	Day 8 PM	Sets/Reps	Rest	Weight
A1 Back Squat	2/12 @ 14 RM	75 sec.		A1 Back Squat	3/12 @ 14 RM	75 sec.	
A2 Bent Over Rows or Seated Cable Rows	2/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	3/12 @ 14 RM	75 sec.	
B1 BB Military Press	2/12 @ 14 RM	75 sec.		B1 DB Military Press	3/12 @ 14 RM	75 sec.	
B2 Split Squats	2/12 @ 14 RM	75 sec.		B2 Split Squats	3/12 @ 14 RM	75 sec.	
C1 Standing Calf Raises	2/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	3/12 @ 14 RM	75 sec.	
C2 Incline Bench Press	2/12 @ 14 RM	75 sec.		C2 Incline Bench Press	3/12 @ 14 RM	75 sec.	
Day 2	Sets/Reps	Rest	Weight	Day 9	Sets/Reps	Rest	Weight
A1 Deadlifts	4/6 @ 8 RM	60 sec.		A1 Deadlifts	5/6 @ 8 RM	60 sec.	
A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	5/6 @ 8 RM	60 sec.	
B1 Chin-ups or Pulldowns	4/6 @ 8 RM	60 sec.		B1 Chin-ups or Pulldowns	5/6 @ 8 RM	60 sec.	
B2 DB Triceps Extension	4/6 @ 8 RM	60 sec.		B2 DB Triceps Extension	5/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/6 @ 8 RM	60 sec.	
C2 Reverse Crunch	4/6 @ 8 RM	60 sec.		C2 Reverse Crunch	5/6 @ 8 RM	60 sec.	
Day 3	Sets/Reps	Rest	Weight	Day 10	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			
Day 4	Sets/Reps	Rest	Weight	Day 11	Sets/Reps	Rest	Weight
A1 Front Squat or BB Hack Squat	3/12 @ 14 RM	75 sec.		A1 Back Squat	4/12 @ 14 RM	75 sec.	
A2 Upright Rows	3/12 @ 14 RM	75 sec.		A2 Bent Over Rows or Seated Cable Rows	4/12 @ 14 RM	75 sec.	
B1 DB Side Raise	3/12 @ 14 RM	75 sec.		B1 BB Military Press	4/12 @ 14 RM	75 sec.	
B2 Leg Curls	3/12 @ 14 RM	75 sec.		B2 Split Squats	4/12 @ 14 RM	75 sec.	
C1 Bench Press	3/12 @ 14 RM	75 sec.		C1 Standing Calf Raises	4/12 @ 14 RM	75 sec.	
C2 Barbell Curls	3/12 @ 14 RM	75 sec.		C2 Incline Bench Press	4/12 @ 14 RM	75 sec.	
Day 5 AM	Sets/Reps	Rest	Weight	Day 12 AM	Sets/Reps	Rest	Weight
A1 Deadlifts	3/6 @ 8 RM	60 sec.		A1 Deadlifts	4/6 @ 8 RM	60 sec.	
A2 Dips or Decline Bench Press	3/6 @ 8 RM	60 sec.		A2 Dips or Decline Bench Press	4/6 @ 8 RM	60 sec.	
B1 Pull-ups or Pulldowns	3/6 @ 8 RM	60 sec.		B1 Pull-ups or Pulldowns	4/6 @ 8 RM	60 sec.	
B2 BB Skull Crushers	3/6 @ 8 RM	60 sec.		B2 BB Skull Crushers	4/6 @ 8 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	3/6 @ 8 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	4/6 @ 8 RM	60 sec.	
C2 Reverse Crunch	3/6 @ 8 RM	60 sec.		C2 Swiss Ball Crunches	4/6 @ 8 RM	60 sec.	
Day 5 PM	Sets/Reps	Rest	Weight	Day 12 PM	Sets/Reps	Rest	Weight
A1 Deadlifts	2/12 @ 14 RM	75 sec.		A1 Deadlifts	3/12 @ 14 RM	75 sec.	
A2 DB Bench Press	2/12 @ 14 RM	75 sec.		A2 DB Bench Press	3/12 @ 14 RM	75 sec.	
B1 Pull-ups or Pulldowns	2/12 @ 14 RM	75 sec.		B1 Pull-ups or Pulldowns	3/12 @ 14 RM	75 sec.	
B2 BB Skull Crushers	2/12 @ 14 RM	75 sec.		B2 BB Skull Crushers	3/12 @ 14 RM	75 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	2/12 @ 14 RM	75 sec.		C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.	
C2 Swiss Ball Crunches	2/12 @ 14 RM	75 sec.		C2 Swiss Ball Crunches	3/12 @ 14 RM	75 sec.	
Day 6/7	Sets/Reps	Rest	Weight	Day 13/14	Sets/Reps	Rest	Weight
< 20 min. medium intensity cardio				< 20 min. medium intensity cardio			

WHFS Phase 4: Max Motor Recruitment 2

Duration: 1 week

Day 1	Sets/Reps	Rest	Weight
Back Squat	Work up to 3 RM	Note	
Bench Press	Work up to 3 RM	Note	
Lying DB Triceps Extension	Work up to 3 RM	Note	
Day 2	Sets/Reps	Rest	Weight
Deadlifts	Work up to 3 RM	Note	
Chin-ups or Pulldowns	Work up to 3 RM	Note	
Hammer Curls	Work up to 3 RM	Note	
Day 3	Sets/Reps	Rest	Weight
OFF			
Day 4	Sets/Reps	Rest	Weight
Front Squat	Work up to 3 RM	Note	
BB Military Press	Work up to 3 RM	Note	
Dips or Decline Bench Press	Work up to 3 RM	Note	
Day 5	Sets/Reps	Rest	Weight
OFF			
Day 6	Sets/Reps	Rest	Weight
Deadlifts	Work up to 3 RM	Note	
Seated or Chest-Supported Rows	Work up to 3 RM	Note	
BB Bicep Curls	Work up to 3 RM	Note	
Day 7	Sets/Reps	Rest	Weight
OFF			

WHFS Phase 5: Peak Frequency Stimulus

Duration: 2 weeks

Day 1 AM	Sets/Reps	Rest	Weight	Day 1 AM	Sets/Reps	Rest	Weight
A1 BB Military Press	4/4 @ 6 RM	60 sec.		A1 BB Military Press	5/4 @ 6 RM	60 sec.	
A2 Front Squat	4/4 @ 6 RM	60 sec.		A2 Front Squat	5/4 @ 6 RM	60 sec.	
B1 Chins or Supinated Grip Pulldowns	4/4 @ 6 RM	60 sec.		B1 Chins or Supinated Grip Pulldowns	5/4 @ 6 RM	60 sec.	
B2 Lying DB Triceps Extension	4/4 @ 6 RM	60 sec.		B2 Lying DB Triceps Extension	5/4 @ 6 RM	60 sec.	
C1 Standing Calf Raises	4/4 @ 6 RM	60 sec.		C1 Standing Calf Raises	5/4 @ 6 RM	60 sec.	
C2 Hanging Leg Raise	4/4 @ 6 RM	60 sec.		C2 Hanging Leg Raise	5/4 @ 6 RM	60 sec.	
Day 1 PM	Sets/Reps	Rest	Weight	Day 1 PM	Sets/Reps	Rest	Weight
A1 DB Incline Bench Press	2/12 @ 14 RM	75 sec.		A1 DB Incline Bench Press	3/12 @ 14 RM	75 sec.	
A2 BB Back Squat	2/12 @ 14 RM	75 sec.		A2 BB Back Squat	3/12 @ 14 RM	75 sec.	
B1 Chins or Supinated Grip Pulldowns	2/12 @ 14 RM	75 sec.		B1 Chins or Supinated Grip Pulldowns	3/12 @ 14 RM	75 sec.	
B2 Triceps Pressdown or Overhead DB Extension	2/12 @ 14 RM	75 sec.		B2 Triceps Pressdown or Overhead DB Extension	3/12 @ 14 RM	75 sec.	
C1 Donkey Calf Raises	2/12 @ 14 RM	75 sec.		C1 Donkey Calf Raises	3/12 @ 14 RM	75 sec.	
C2 Reverse Crunch	2/12 @ 14 RM	75 sec.		C2 Reverse Crunch	3/12 @ 14 RM	75 sec.	
Day 2 AM	Sets/Reps	Rest	Weight	Day 2 AM	Sets/Reps	Rest	Weight
A1 Deadlifts	4/3 @ 5 RM	60 sec.		A1 Deadlifts	5/3 @ 5 RM	60 sec.	
A2 Dips	4/3 @ 5 RM	60 sec.		A2 Dips	5/3 @ 5 RM	60 sec.	
B1 Seated Cable or Chest-Supported Rows	4/3 @ 5 RM	60 sec.		B1 Seated Cable or Chest-Supported Rows	5/3 @ 5 RM	60 sec.	
B2 Standing Hammer Curls	4/3 @ 5 RM	60 sec.		B2 Standing Hammer Curls	5/3 @ 5 RM	60 sec.	
C1 Seated Calf Raise	4/3 @ 5 RM	60 sec.		C1 Seated Calf Raise	5/3 @ 5 RM	60 sec.	
C2 External Rotation	4/3 @ 5 RM	60 sec.		C2 External Rotation	5/3 @ 5 RM	60 sec.	
Day 2 PM	Sets/Reps	Rest	Weight	Day 2 PM	Sets/Reps	Rest	Weight
A1 DB Romanian Deadlifts	2/14 @ 16 RM	75 sec.		A1 DB Romanian Deadlifts	3/14 @ 16 RM	75 sec.	
A2 Decline DB Bench Press	2/14 @ 16 RM	75 sec.		A2 Decline DB Bench Press	3/14 @ 16 RM	75 sec.	
B1 Seated Cable or Chest-Supported Rows	2/14 @ 16 RM	75 sec.		B1 Seated Cable or Chest-Supported Rows	3/14 @ 16 RM	75 sec.	
B2 Standing Barbell Curls	2/14 @ 16 RM	75 sec.		B2 Standing Barbell Curls	3/14 @ 16 RM	75 sec.	
C1 Seated Calf Raise	2/14 @ 16 RM	75 sec.		C1 Seated Calf Raise	3/14 @ 16 RM	75 sec.	
C2 External Rotation	2/14 @ 16 RM	75 sec.		C2 External Rotation	3/14 @ 16 RM	75 sec.	
Day 3	Sets/Reps	Rest	Weight	Day 3	Sets/Reps	Rest	Weight
OFF				OFF			
Day 4 PM	Sets/Reps	Rest	Weight	Day 4 PM	Sets/Reps	Rest	Weight
A1 Chins or Supinated Grip Pulldowns	4/3 @ 5 RM	60 sec.		A1 Chins or Supinated Grip Pulldowns	5/3 @ 5 RM	60 sec.	
A2 Triceps Pressdown or Overhead DB Extension	4/3 @ 5 RM	60 sec.		A2 Triceps Pressdown or Overhead DB Extension	5/3 @ 5 RM	60 sec.	
B1 DB Incline Bench Press	4/3 @ 5 RM	60 sec.		B1 DB Incline Bench Press	5/3 @ 5 RM	60 sec.	
B2 BB Back Squat	4/3 @ 5 RM	60 sec.		B2 BB Back Squat	5/3 @ 5 RM	60 sec.	
C1 Donkey Calf Raises	4/3 @ 5 RM	60 sec.		C1 Donkey Calf Raises	5/3 @ 5 RM	60 sec.	
C2 Reverse Crunch	4/3 @ 5 RM	60 sec.		C2 Reverse Crunch	5/3 @ 5 RM	60 sec.	
Day 4 AM	Sets/Reps	Rest	Weight	Day 4 AM	Sets/Reps	Rest	Weight
A1 Chins or Supinated Grip Pulldowns	2/14 @ 16 RM	75 sec.		A1 Chins or Supinated Grip Pulldowns	3/14 @ 16 RM	75 sec.	
A2 DB Skull Crushers	2/14 @ 16 RM	75 sec.		A2 DB Skull Crushers	3/14 @ 16 RM	75 sec.	
B1 DB Military Press	2/14 @ 16 RM	75 sec.		B1 DB Military Press	3/14 @ 16 RM	75 sec.	
B2 Front Squat or Hack Squat	2/14 @ 16 RM	75 sec.		B2 Front Squat or Hack Squat	3/14 @ 16 RM	75 sec.	
C1 Standing Calf Raises	2/14 @ 16 RM	75 sec.		C1 Standing Calf Raises	3/14 @ 16 RM	75 sec.	
C2 Hanging Leg Raise	2/14 @ 16 RM	75 sec.		C2 Hanging Leg Raise	3/14 @ 16 RM	75 sec.	
Day 5 AM	Sets/Reps	Rest	Weight	Day 5 AM	Sets/Reps	Rest	Weight
A1 BB Bench Press	4/4 @ 6 RM	60 sec.		A1 BB Bench Press	5/4 @ 6 RM	60 sec.	
A2 Seated Cable or Chest-Supported Rows	4/4 @ 6 RM	60 sec.		A2 Seated Cable or Chest-Supported Rows	5/4 @ 6 RM	60 sec.	
B1 DB Romanian Deadlifts	4/4 @ 6 RM	60 sec.		B1 DB Romanian Deadlifts	5/4 @ 6 RM	60 sec.	
B2 Standing Reverse Curls	4/4 @ 6 RM	60 sec.		B2 Standing Reverse Curls	5/4 @ 6 RM	60 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	4/4 @ 6 RM	60 sec.		C1 Seated Calf Raise or Donkey Calf Raise	5/4 @ 6 RM	60 sec.	
C2 External Rotation	4/4 @ 6 RM	60 sec.		C2 External Rotation	5/4 @ 6 RM	60 sec.	
Day 5 PM	Sets/Reps	Rest	Weight	Day 5 PM	Sets/Reps	Rest	Weight
A1 DB Bench Press	2/12 @ 14 RM	75 sec.		A1 DB Bench Press	3/12 @ 14 RM	75 sec.	
A2 Seated Cable or Chest-Supported Rows	2/12 @ 14 RM	75 sec.		A2 Seated Cable or Chest-Supported Rows	3/12 @ 14 RM	75 sec.	
B1 Deadlifts	2/12 @ 14 RM	75 sec.		B1 Deadlifts	3/12 @ 14 RM	75 sec.	
B2 Standing BB Bicep Curls	2/12 @ 14 RM	75 sec.		B2 Standing BB Bicep Curls	3/12 @ 14 RM	75 sec.	
C1 Seated Calf Raise or Donkey Calf Raise	2/12 @ 14 RM	75 sec.		C1 Seated Calf Raise or Donkey Calf Raise	3/12 @ 14 RM	75 sec.	
C2 External Rotation	2/12 @ 14 RM	75 sec.		C2 External Rotation	3/12 @ 14 RM	75 sec.	

Day 6/7	Sets/Reps	Rest	Weight	Day 6/7	Sets/Reps	Rest	Weight
OFF				OFF			

General Physical Preparedness (GPP) by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com/readTo>

GPP Exercise	Duration / Rest* (secs)			
Hybrid 1 (Alternate Push-up / Pull-up)	180 / 120	120 / 120	90 / 120	60 / 120
Hybrid 2 (Alternate Sit-up / Jump / Squat)	180 / 120	180 / 120	180 / 120	
Walking Lunges (hands behind head)	120 / 120	120 / 120		

* Reduce rest period by **10** secs every FOURTH workout

) ASAP

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Suggested Order of Programs		Date Posted	Link	Comment
ABBH I	Anti-Bodybuilding Hypertrophy I	16-Jan-03	http://www.t-nation.com/findArticle.do?article=244anti2	Increase size & strength
ABBH II	Anti-Bodybuilding Hypertrophy II	1-Apr-04	http://www.t-nation.com/findArticle.do?article=307hyper2	Increase size & strength
SFM	Strength Focused Mesocycle	10-Aug-04	http://www.t-nation.com/readTopic.do?id=485341	Strength increase
SOB	SOB Training	10-Feb-05	http://www.t-nation.com/readTopic.do?id=561180	Increase size & strength
TTT	Triple Total Training	14-Jul-04	http://www.t-nation.com/readTopic.do?id=476508	Good conditioning
HH	Hybrid Hypertrophy	8-Mar-05	http://www.t-nation.com/readTopic.do?id=580380	Increase size & strength
WM	Waterbury Method	20-Dec-04	http://www.t-nation.com/readTopic.do?id=534922	Increase size & strength
TBT	Total Body Training	11-Oct-04	http://www.t-nation.com/readTopic.do?id=508031	
PFM	Primed For Muscle	19-May-05	http://www.t-nation.com/readTopic.do?id=635888	
QD	Quattro Dynamo	1-Jan-04	http://www.t-nation.com/readTopic.do?id=459216	Strength increase
SC	Singles Club	16-Apr-04	http://www.t-nation.com/readTopic.do?id=459290	
BBB	Big Boy Basics	24-Oct-03	http://www.t-nation.com/readTopic.do?id=459533	
NB3	Next Big Three	13-Dec-01*	http://www.t-nation.com/readTopic.do?id=459914	Fat Loss or in season football, etc
OSC	Outlaw Strength & Conditioning	20-Feb-03	http://www.t-nation.com/readTopic.do?id=459262	Fat Loss & Overall Conditioning
ART	The Art Of Waterbury	18-Jul-05	http://www.t-nation.com/readTopic.do?id=693794	
LFGB	Lift Fast Get Big	6-Dec-04	http://www.t-nation.com/readTopic.do?id=529331	
GPP	General Physical Preparedness	21-Jun-04	http://www.t-nation.com/readTopic.do?id=468125	

* Article date is as shown on T-Nation posting, believed to have been posted during 2004