

Advanced Mass Building



Workout Guide

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Advanced Mass Building Program Checklist

Preparation & Equipment Check	<input type="checkbox"/> Get clearance from your doctor to perform this exercise program <input type="checkbox"/> 3-ring binder for Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing exercise sessions and rest periods <input type="checkbox"/> The AMB Exercise Tables and Daily Workout Log Sheets printed out and inserted in 3-ring binder						
<u>3 Workouts Per Week</u>							
<ul style="list-style-type: none"> Only use the 3 days per week program if your schedule doesn't allow you to START with the 5 day program OR...if you've completed at least one "1 Week Off Test Period" and were directed to switch to this 3 day program. 							
3 Days/Week	Shoulders / Arms	Off	Legs	Off	Back / Chest	Off	Off
<u>6 Workouts Twice Per Week (3 Day Workout x 2)</u>							
<ul style="list-style-type: none"> Only use the 6 days per week advanced program if you've completed at least one "1 Week Off Test Period" and were directed to switch to this program. Perform your first "3 Day Workout" followed by ONE day off, then the exact same "3 Day Workout" again. After the 6th day, IMMEDIATELY do the next week's superset structure (no day off) using that week's program TWICE, and so on; or...if you feel you need the extra day off, take it and go into the next 6 Day cycle after your day off. The Daily Workout Logs will provide you with more direction for the adjustments for exercise choices. 							
6 Days/Week	Shoulders / Arms	Legs	Back / Chest	Off	Shoulders / Arms	Legs	Back / Chest
<p>Note: The days to workout listed above are only suggestions based upon my experience of what works best for a 3- and 6-day workout schedule. However, feel free to adjust the actual days you workout based upon your own schedule.</p>							

Introduction



Well, here we are again and I have to start off with a WARNING...

If you've decided to 'skip ahead' to this **WORKOUT GUIDE** thinking that you didn't need to read the full "Advanced Mass Building" manual, then you've got a lot to learn!

A true "advanced" lifter needs to UNDERSTAND the process you're about to take your body through.

You need to know WHY you're training the way you are because people are going to ASK YOU "why" you're training the way you are!

It's going to happen!

So if you haven't read every word of my mass building manual, go back and try again, ok?

You'll get more out of the training and gain more mass by doing so.

Now for those of you who DID follow my instructions, get ready...

I've got one HELL of a workout routine planned for you over the next 4 weeks!

Sure, it's going to be TOUGH...but "tough" in THIS program is going to revive that sense of FUN you felt when you first got started in the gym.

In short...I LOVE these workouts!

I know you will too!

So let's get started by letting me share with you yet ONE MORE ADVANCED TIP that will cover an area that no self-respecting bodybuilder would ever forget...

Combat Abs!

Since this is a true “MASS BUILDING” program, you’ll find that there’s little emphasis on the smaller muscle groups.

CALVES are left out...as are your FOREARMS.

Don’t let this worry you...they’ll still get stimulation in the other LEG and ARM exercises you do, but they’re just not “front line soldiers” in your mass building goals.

However, there IS one muscle group that no self-respecting bodybuilder would be caught DEAD ignoring...your ABS!

Getting a set of shredded 6-PACK ABS is the Holy Grail for every serious bodybuilder, right?

Well, the truth is that you DO already have a “6-pack” (actually it’s an “8-pack”, but who’s counting)...it’s just hidden under a few layers of flab for most guys.

But when you finally get to the point where you’re ready to “lean down” and get down to single digit body fat levels with my Combat The Fat “shredder” program (www.combatthefat.com), the more muscle mass you have on your abs, the quicker you’ll SEE them...and the more DEFINITION you’ll have for women to uncontrollably stare at.

Now while I see LOTS of guys knocking out hundreds of situps and crunches, the fact is that if you want to build some serious canyons in your midsection, you need to train your abs like your other muscles...with HEAVIER WEIGHTS than just what allows you to knock out 50-100 situps.

To do this as part of this program, I’ve found a special little place for your ab training...AND I’m introducing you to yet ONE MORE ADVANCED TRAINING TECHNIQUE set aside especially for getting you that 6-pack you long for...

Advanced Training Tactic: “Tri-Sets”

“TRI-SETS” are a variation of the supersets with the addition of one more exercise.

Basically, you’ll be performing 3 EXERCISES back to back to back with VERY LITTLE REST in between each set.

This type of training works best for muscle groups with different “heads” or distinct areas such as shoulders, back, and chest...but ESPECIALLY well for your ABS!

And here’s how you’ll be using it in your program to carve out YOUR “combat abs”...

You’ll be performing just 1 TRI-SET for your abs at the very END of your workouts on DAYS 1, 3, and 5.

For the exercises, you’ll be focusing on 3 specific choices that each target overall ab development, but ALSO focus in on distinct areas of your abs in decreasing difficulty.

I’m talking about Hanging Leg Raises (target LOWER ABS)...Full Rotation Knee Raise (targets TOTAL ABS and OBLIQUES)...and the Hanging Knee Raise (targets TOTAL ABS).

Now you’ll be performing each of these exercises in the order shown to FULL EXHAUSTION and with only 1 MINUTE REST in between.

Because your FIRST exercise is the hardest to perform and the subsequent ones are increasingly EASIER, by the time you’ve reached muscular exhaustion on your Hanging Leg Raises and take your 1 minute rest, you’ll have enough power to push through to your Full Rotation Knee Raises.

AND...once you’ve reached exhaustion on THESE and have taken you short rest, you’ll STILL have just enough energy to knock out as many reps as possible of your standard Knee Raises.

That’s it!

Just ONE INTENSE TRI-SET to completely annihilate your abs!

Done 3 times during the week, it’s just enough to add this all-important muscle group to your routine WITHOUT detracting from your REAL “MASS BUILDER” WORKOUTS for your other major muscle groups!

Exercise Tables

Table 1
Standing Barbell Raise
Lying Cable Pullover
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise

Table 2
Bent Over Rear Dumbbell Lateral Raise
Reverse Flyes
Back Flyes With Bands
Back Flyes With Towel

Table 3
Cable Hammer Curls With Rope
Overhead Cable Curl
Seated Dumbbell Curl
Incline Dumbbell Curl

Table 4
Rope Push-Down
Reverse-Grip Cable Push-Down
Cross Cable Tricep Extension
Seated 2-Arm Dumbbell Kickbacks

Table 5
Leg Extensions
Sissy Squat
Braced Leg Squat

Table 6
Lying Leg Curls
Seated Leg Curls
Smith Machine Stiff DL's

Table 7
Straight Arm Pulldown
Straight Arm Side Pulldown

Table 8
Straight Arm Row
Seated Dumbbell Straight Arm Row

Table 9
Incline Dumbbell Flye
Dumbbell Front Lateral Raise (Palms Up)
Low Cross Cable Raise (Palms Up)

Table 10
Dumbbell Flye
Decline Dumbbell Flye
Cable Crossover

Table 11
Standing Barbell Military Press
Standing Dumbbell Military Press
Standing Arnold Press

Table 12
Dumbbell Shrugs
Barbell Shrugs
Cable Row To Neck
Barbell Incline Shoulder Raise
Upright Row

Exercise Tables (Cont'd)

Table 13
Barbell Curl
Close Grip Chin Up
Body Drag Curl
Hammer Curl

Table 14
Close Grip Bench Press
Overhead Rope Extension
Smith Machine Reverse Grip Bench Press
Weighted Dips
Hammer Negatives

Table 15
Barbell Squat
Leg Press (Feet Low)

Table 16
Dumbbell Deadlift
Shrug Machine Deadlift
Leg Press (Feet High)

Table 17
Pull Up
Wide-Arm Lat Pull Down
Close-Grip Lat Pull Down
Diagonal Cable Pull Down
Underhand Pull Down

Table 18
Wide Grip Row
Close Grip Row
Bent Over Barbell Row
Jockey Row

Table 19
Weighted Incline Push Up
Smith/Dumbbell Press To Neck
Incline Dumbbell Press
Dumbbell Pullover

Table 20
Bench Press
Dumbbell Press
Weighted Dips
Decline Bench Press
Decline Dumbbell Press

Max Weight Tracking Log


Use the chart below to help you keep a running log of the last weight you started with on a specific exercise in a specific week. Use this to plan out your training so you can start off with the correct weight on the first set based upon what you lifted during previous workouts. (Use a pencil so you can reflect future strength increases.

Exercise	Week 1	Week 2	Week 3	Week 4
Shoulders				
Standing Barbell Raise				
Lying Cable Pullover				
Side Dumbbell Lateral Raise				
Cross Cable Lateral Raise				
Bent Over Rear Dumbbell Lateral Raise				
Reverse Flyes				
Back Flyes With Bands				
Back Flyes With Towel				
Standing Barbell Military Press				
Standing Dumbbell Military Press				
Standing Arnold Press				
Dumbbell Shrugs				
Barbell Shrugs				
Cable Row To Neck				
Barbell Incline Shoulder Raise				
Upright Row				
Arms				
Cable Hammer Curls With Rope				
Overhead Cable Curl				
Seated Dumbbell Curl				
Incline Dumbbell Curl				
Cable Push-Down				
Reverse-Grip Cable Push-Down				

Exercise	Week 1	Week 2	Week 3	Week 4
Arms (Cont'd)				
Cross Cable Tricep Extension				
Seated 2-Arm Dumbbell Kickbacks				
Barbell Curl				
Close Grip Chin Up				
Body Drag Curl				
Hammer Curl				
Close Grip Bench Press				
Overhead Rope Extension				
Smith Reverse Grip Bench Press				
Weighted Dips				
Hammer Negatives				
Legs				
Leg Extensions				
Sissy Squat				
Braced Leg Squat				
Lying Leg Curls				
Seated Leg Curls				
Smith Machine Stiff DL's				
Barbell Squat				
Leg Press (Feet Low)				
Dumbbell Deadlift				
Shrug Machine Deadlift				
Leg Press (Feet High)				
Back				
Straight Arm Pulldown				
Straight Arm Side Pulldown				
Straight Arm Row				
Dumbbell Straight Arm Row				

Exercise	Week 1	Week 2	Week 3	Week 4
Back (Cont'd)				
Pull Up				
Wide-Arm Lat Pull Down				
Close-Grip Lat Pull Down				
Diagonal Cable Pull Down				
Underhand Pull Down				
Wide Grip Row				
Close Grip Row				
Bent Over Barbell Row				
Jockey Row				
Chest				
Incline Dumbbell Flye				
Dumbbell Front Lateral Raise				
Low Cross Cable Raise				
Dumbbell Flye				
Decline Dumbbell Flye				
Cable Crossover				
Weighted Incline Push Up				
Smith/Dumbbell Press To Neck				
Incline Dumbbell Press				
Dumbbell Pullover				
Bench Press				
Dumbbell Press				
Weighted Dips				
Decline Bench Press				
Decline Dumbbell Press				

1 Rep Max Reference Chart

How To Determine Your 1-Rep Max										
	Number of Reps Until Muscular Failure									
	2	3	4	5	6	7	8	9	10	
55	58	60	61	63	65	67	69	71	72	
65	69	71	73	75	77	79	81	83	86	
75	79	81	84	86	88	91	94	96	99	
85	90	92	95	98	100	103	106	109	112	
95	100	103	106	109	112	115	118	122	125	
105	111	114	117	121	124	127	131	135	138	
115	122	125	128	132	136	139	143	147	152	
125	132	136	140	144	147	152	156	160	165	
135	143	147	151	155	159	164	168	173	178	
145	153	157	162	166	171	176	181	186	191	
155	164	168	173	178	183	188	193	199	204	
165	174	179	184	189	195	200	206	212	217	
175	185	190	195	201	206	212	218	224	231	
185	196	201	206	212	218	224	231	237	244	
195	206	212	218	224	230	236	243	250	257	
205	217	223	240	247	253	261	268	276	283	
215	227	233	240	247	253	261	268	276	283	
225	238	244	251	258	265	273	281	288	297	
235	248	255	262	270	277	285	293	301	310	
245	259	266	273	281	289	297	306	314	323	
255	270	277	285	293	301	309	318	327	336	

Advanced Mass Building Battle Plan: Week 1

CODE NAME:	"OPERATION HORMONE SURGE"
Mission:	<ul style="list-style-type: none"> Naturally elevate growth hormone levels Naturally elevate testosterone levels Condition ligaments and tendons for heavier workload
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> Isolation exercises supersetted with isolation exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> Type 1 (Slow Twitch): Primary Type 2 (Fast Twitch): Secondary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> High activation Primary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> High Repetitions Low Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> No rest between exercises and supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> "Lactic Acid Training"

<p>Day 1 / Week 1</p> <p>Muscle Groups Shoulders / Arms</p> <p>Operation "Hormone Surge"</p> <p>Superset Structure Isolation Tri-Set</p>	<p>Mission: Naturally increase anabolic hormone levels (GH & "Test")</p> <p>Workout Notes:</p> <ul style="list-style-type: none"> • For second superset (arms), choose either biceps OR triceps. • If doing advanced "3 Days TWICE A Week" option, choose one Table one week and the other for your second workout that week. • Use the same weight for each exercise for all of your sets • No rest at all between any of your exercises or sets...keep moving • AMAP = "as many as possible"; go to absolute failure on every set without worrying about how many reps you can do 				
<p>Exercise 1 Table 1 or 2</p>	<p>Weight</p>	<p>Exercise 2 Table 3 or 4</p>	<p>Weight</p>	<p>Set</p>	<p>Target Reps</p>
				1	~ 50
				2	AMAP
				3	AMAP
				4	AMAP
				5	AMAP
				6	AMAP
				7	AMAP
				8	AMAP
				9	AMAP
				10	AMAP
				11	AMAP
				12	AMAP
<p>Training Notes</p>					
<p></p>					

<p>Day 2 / Week 1</p> <p>Muscle Group Legs</p> <p>Operation "Hormone Surge"</p> <p>Superset Structure Isolation - Isolation</p>	<p>Mission: Naturally increase anabolic hormone levels (GH & "Test")</p> <p>Workout Notes:</p> <ul style="list-style-type: none"> • If doing advanced "3 Days TWICE A Week" option, choose one Table one week and the other for your second workout that week. • Use the same weight for each exercise for all of your sets • No rest at all between any of your exercises or sets...keep moving • AMAP = "as many as possible"; go to absolute failure on every set without worrying about how many reps you can do 				
<p>Exercise 1 Table 5</p>	<p>Weight</p>	<p>Exercise 2 Table 6</p>	<p>Weight</p>	<p>Set</p>	<p>Target Reps</p>
				1	~ 50
				2	AMAP
				3	AMAP
				4	AMAP
				5	AMAP
				6	AMAP
				7	AMAP
				8	AMAP
				9	AMAP
				10	AMAP
				11	AMAP
				12	AMAP
<p>Training Notes</p>					
<p></p>					

<p>Day 3 / Week 1</p> <p>Muscle Group Back / Chest</p> <p>Operation "Hormone Surge"</p> <p>Superset Structure Isolation - Isolation</p>		<p>Mission: Naturally increase anabolic hormone levels (GH & "Test")</p> <p>Workout Notes:</p> <ul style="list-style-type: none"> • If doing advanced "3 Days TWICE A Week" option, choose one Table one week and the other for your second workout that week. • Use the same weight for each exercise for all of your sets • No rest at all between any of your exercises or sets...keep moving • AMAP = "as many as possible"; go to absolute failure on every set without worrying about how many reps you can do 			
Exercise 1 Table 7 or 8	Weight	Exercise 2 Table 9 or 10	Weight	Set	Target Reps
				1	~ 50
				2	AMAP
				3	AMAP
				4	AMAP
				5	AMAP
				6	AMAP
				7	AMAP
				8	AMAP
				9	AMAP
				10	AMAP
				11	AMAP
				12	AMAP
Training Notes					

Advanced Mass Building Battle Plan: Week 2

CODE NAME:	"OPERATION TANGLE FOOT"
Mission:	<ul style="list-style-type: none"> Bypass inherent workout obstacles to strike deep into your major muscle groups to hit as many fibers as possible Avoid "supporting muscle" fatigue that prevents you from really hitting your target muscles
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> Isolation exercises supersetted with compound exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> Type 1 (Slow Twitch): Shared Primary Type 2 (Fast Twitch): Shared Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> Moderate-to-high activation Secondary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> High Repetitions/Low Weight Followed By... Low Repetitions/High Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> Increased rest after first exercise Little rest between supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> "Pre-Exhaustion Training"

Day 1 / Week 2

Muscle Group
Shoulders / Arms

Operation
"Tangle Foot"

Superset Structure
Isolation - Compound

Mission: "Pre-exhaust" major muscles

Workout Notes:

- For **second** superset (arms), choose either biceps OR triceps.
- Adjust the weight you use to hit failure at target reps on every set
- For each superset, rest 2 minutes after your first exercise (isolation), and 1 minute after your second (compound)
- If doing advanced "**3 Days TWICE A Week**" option, choose one Table one week and the other for your second workout that week.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
WU	Table 11		1		12-15 (Stop just short of failure)		1 Min
Superset 1	Table 1 or 2		1		12-15		2 minutes after <u>isolation</u> exercises (first exercise) 1 minute after <u>compound</u> supersets (second exercise)
			2		12-15		
			3		12-15		
			4		12-15		
	Table 11 or 12		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
Superset 2	Table 3 or 4		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		
	Table 13 or 14		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		

Training Notes

Day 2 / Week 2		Mission: "Pre-exhaust" major muscles				
Muscle Group Legs		Workout Notes:				
Operation "Tangle Foot"		<ul style="list-style-type: none"> Adjust the weight you use to hit failure at target reps on every set For each superset, rest 2 minutes after your first exercise (isolation), and 1 minute after your second (compound) 				
Superset Structure Isolation - Compound						
		Exercise	Set	Weight	Reps Target Actual	Rest Periods
WU	Table 15		1		12-15 (Stop just short of failure)	1 Min
Superset 1	Table 5		1		12-15	
			2		12-15	
			3		12-15	
			4		12-15	
	Table 15		1		4-6	
			2		4-6	
			3		4-6	
			4		4-6	
Superset 2	Table 6		1		12-15	
			2		12-15	
			3		12-15	
			4		12-15	
	Table 16		1		4-6	
			2		4-6	
			3		4-6	
			4		4-6	
Training Notes						

2 minutes after isolation exercises (first exercise)
1 minute after compound supersets (second exercise)

Day 3 / Week 2 <u>Muscle Group</u> Back / Chest <u>Operation</u> “Tangle Foot” <u>Superset Structure</u> Isolation - Compound		Mission: “Pre-exhaust” major muscles without “supporting” muscle group fatigue Workout Notes: <ul style="list-style-type: none"> • Adjust the weight you use to hit failure at target reps on every set • For each superset, rest 2 minutes after your first exercise (isolation), and 1 minute after your second (compound) • If doing advanced “3 Days TWICE A Week” option, choose one Table one week and the other for your second workout that week. 					
				Exercise	Set	Weight	Reps Target Actual
WU	Table 17		1		12-15 (Stop just short of failure)		1 Min
Superset 1	Table 7 or 8		1		12-15		<u>2 minutes after isolation exercises (first exercise)</u> <u>1 minute after compound supersets (second exercise)</u>
			2		12-15		
			3		12-15		
			4		12-15		
	Table 17 or 18		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
Superset 2	Table 9 or 10		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		
	Table 19 or 20		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
Training Notes							

Advanced Mass Building Battle Plan: Week 3

CODE NAME:	"OPERATION DEEP CELL"
Mission:	<ul style="list-style-type: none"> • Work with heavier weights while muscles are at their strongest • Stimulate hormonal response for the benefit of major muscle groups through "extension sets" • Generate a killer "pump" to finish off your workout and prime your muscles for increased size
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Compound exercises supersetted with isolation exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Shared Primary • Type 2 (Fast Twitch): Shared Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • High activation • Primary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • Low Repetitions/High Weight Followed By... • High Repetitions/Low Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • No rest after first exercise • Extended rest period between supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Cheat Reps" • "Drop Set Power Pumps"

Day 1 / Week 3

Muscle Group
Shoulders / Arms

Operation
“Deep Cell”

Superset Structure
Compound - Isolation

Mission: Tag team “strength” fibers with targeted negatives and end each set with a massive pump.

Workout Notes:

- For **second** superset (arms), choose either biceps OR triceps.
- Be safe! Use a spotter on heavy sets when needed!
- On last 2 sets of each compound exercise, do just one “cheat” rep after reaching failure on regular reps
- Rest 5 sec. then do final 5-rep “pump” at the end of isolation exercises
- If doing advanced “**3 Days TWICE A Week**” option, choose one Table one week and the other for your second workout that week.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
WU	Table 11		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 11 or 12		1		4-6		No rest after <u>compound</u> supersets (first exercise) 2 minutes after <u>isolation</u> exercises (second exercise)
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 1 or 2		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		
Superset 2	Table 13 or 14		1		4-6		
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 3 or 4		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		

Training Notes

Day 2/ Week 3 <u>Muscle Group</u> Legs <u>Operation</u> “Deep Cell” <u>Superset Structure</u> Compound - Isolation	Mission: Tag team “strength” fibers with targeted negatives and end each set with a massive pump. Workout Notes: <ul style="list-style-type: none"> Be safe! Use a spotter on heavy sets when needed! On last 2 sets of each compound exercise, do just one “cheat” rep after reaching failure on regular reps Rest 5 sec. then do final 5-rep “pump” at the end of isolation exercises
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		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
WU	Table 15		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 15		1		4-6		No rest after <u>compound supersets</u> (first exercise) 2 minutes after <u>isolation exercises</u> (second exercise)
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 5		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		
Superset 2	Table 16		1		4-6		
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 6		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		

Training Notes

Day 3 / Week 3 <u>Muscle Group</u> Back / Chest <u>Operation</u> "Deep Cell" <u>Superset Structure</u> Compound - Isolation	<p>Mission: Tag team "strength" fibers with targeted negatives and end each set with a massive pump.</p> <p>Workout Notes:</p> <ul style="list-style-type: none"> • Be safe! Use a spotter on heavy sets when needed! • On last 2 sets of each compound exercise, do just one "cheat" rep after reaching failure on regular reps • Rest 5 sec. then do final 5-rep "pump" at the end of isolation exercises • If doing advanced "3 Days TWICE A Week" option, choose one Table one week and the other for your second workout that week.
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		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
WU	Table 17		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 17 or 18		1		4-6		No rest after <u>compound supersets</u> (first exercise) 2 minutes after <u>isolation exercises</u> (second exercise)
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 7 or 8		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		
Superset 2	Table 19 or 20		1		4-6		
			2		4-6		
		1 Cheat Rep After Failure →	3		4-6		
		1 Cheat Rep After Failure →	4		4-6		
	Table 9 or 10		1		12-15		
			2		12-15		
			3		12-15		
			4		12-15		

Training Notes

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Advanced Mass Building Battle Plan: Week 4

CODE NAME	"OPERATION COPPERHEAD"
Mission:	<ul style="list-style-type: none"> • Build massive amounts of strength • Stimulate growth through fiber-activation cycling • Overload Type 2 fibers through targeted set extensions
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Compound exercises supersetted with Compound exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Secondary • Type 2 (Fast Twitch): Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • Moderate-to-high activation • Secondary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • Low Repetitions/High Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • Extended rest periods between each superset and supercycle
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Super Negatives"

Day 1 / Week 4
Muscle Group
Shoulders / Arms
Operation
“Copperhead”
Superset Structure
Compound - Compound

Mission: Target muscles for massive strength gains

Workout Notes:

- For **second** superset (arms), choose either biceps OR triceps.
- Be safe! Use a spotter on heavy sets when needed!
- Rest a full 2 minutes after each set and go “all out” on every set
- Immediately after last rep of your last sets, drop about 60% of the last weight used and perform your “Super Negative”; consider switching to a bodyweight exercise for this last 60 sec repetition.
- If doing advanced “**3 Days TWICE A Week**” option, choose one Table one week and the other for your second workout that week.

		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
WU	Table 11		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 11 or 12		1		4-6		2 minutes between all sets
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
	THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”				
	Table 13 or 14		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
	THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”				

Training Notes

Day 2 / Week 4 Muscle Group Legs Operation “Copperhead” Superset Structure Compound - Compound		Mission: Target muscles for massive strength gains Workout Notes: <ul style="list-style-type: none"> • Be safe! Use a spotter on heavy sets when needed! • Rest a full 2 minutes after each set and go “all out” on every set • Immediately after last rep of your last sets, drop about 60% of the last weight used and perform your “Super Negative”; consider switching to a bodyweight exercise for this last 60 sec repetition. 					
		Exercise	Set	Weight	Reps		Rest Periods
Target	Actual						
WU	Table 15		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 15		1		4-6		2 minutes between all sets
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
	THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”				
	Table 16		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
	THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”				
Training Notes							

Day 3 / Week 4 <u>Muscle Group</u> Back / Chest <u>Operation</u> “Copperhead” <u>Superset Structure</u> Compound - Compound		Mission: Target muscles for massive strength gains Workout Notes: <ul style="list-style-type: none"> • Be safe! Use a spotter on heavy sets when needed! • Rest a full 2 minutes after each set and go “all out” on every set • Immediately after last rep of your last sets, drop about 60% of the last weight used and perform your “Super Negative”; consider switching to a bodyweight exercise for this last 60 sec repetition. • If doing advanced “3 Days TWICE A Week” option, choose one Table one week and the other for your second workout that week. 					
		Exercise		Set	Weight	Reps	
WU	Table 17		1		12-15 (Stop just short of failure)		1 Minute
			2				
Superset 1	Table 17 or 18		1		4-6		2 minutes between all sets
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
		THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”			
	Table 19 or 20		1		4-6		
			2		4-6		
			3		4-6		
			4		4-6		
		1 Cheat Rep After Failure →	5		4-6		
		1 Cheat Rep After Failure →	6		4-6		
		THEN IMMEDIATELY INTO →		30-60 Sec “Super Negative”			
Training Notes							