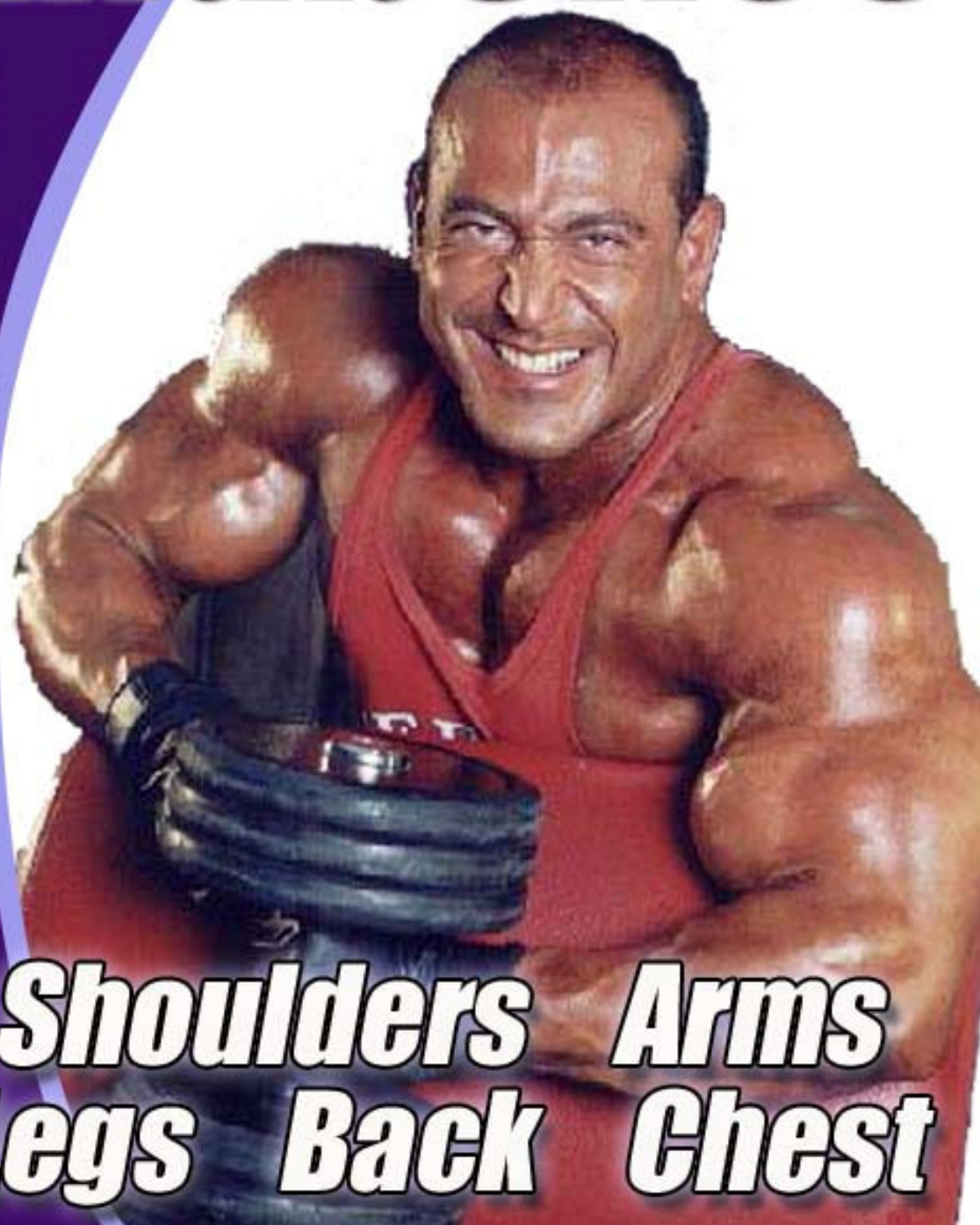


Optimum Anabolics

*Specialization
in Weightlifting*



*Shoulders Arms
Legs Back Chest*

NOTICE

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Hold it...Not So Fast There Sparky!

My “Muscle Nerd” spies who I’ve secretly imbedded in covert locations throughout the world (and you thought that was a new bush you’re neighbor planted next to your window, eh?) report to me that exactly 34.76% of you have just signed on to the **OPTIMUM ANABOLICS** program will completely **BYPASS** the OA ebook **AND** the **OPTIMUM ANABOLICS WORKOUT GUIDE** and dive straight into one of these bonus **SPECIALIZATION** programs!

But here are my words of **WARNING**...

If you’ve just purchased the **OPTIMUM ANABOLICS PROGRAM** solely because you saw that there was a “**SPECIAL BONUS WORKOUT**” that allowed you to build up that stubborn body part of yours and you thought you could just open up this section and...# - **POOF** - #...your biceps, chest, back or **WHATEVER** would magically respond with a surge of new growth...it’s time for a **REALITY CHECK!**

No matter **HOW MUCH** or **HOW HARD** you train a body part, if you’re not addressing each and every factor I cover in the **OPTIMUM ANABOLICS** program, you’re **NOT** going to reach your goals!

Likewise, the primary **OPTIMUM ANABOLICS WORKOUT** is **ALWAYS** the first place to start when it comes to structuring your exercise sessions at the gym.

The following “**SPECIALIZATION ROUTINE**” is provided **ONLY** as a secondary tactic to help jumpstart muscle groups that are either underdeveloped or have decided they’re just not going to make it that easy for you anymore.

If you skipped ahead to this bonus feature without first reviewing, and **USING**, the primary **OPTIMUM ANABOLICS** program...**STOP! GO BACK** to the **OPTIMUM ANABOLICS** ebook you downloaded and begin on **PAGE 1**. You’ll see exactly why after just a few pages.

A Word From The "Muscle Nerd"...

"Don't take this lightly!



These specialization routines were **NOT** devised to be completely separate workout schedules, but rather **INTEGRATE** with the entire **OPTIMUM ANABOLICS** program under very specific conditions!

Attempting to begin a specialization program without having gone through at least one **12 WEEK CYCLE** of the primary workout schedule will only shortchange your growth!

Start with the core program and then, if desired, experiment with only one **SPECIALIZATION PROGRAM** at a time and only under the structure laid out step-by-step in the program!"

However...if you've already read the entire **OPTIMUM ANABOLICS** manual and understand how **ALL** of the **8 ANABOLIC FACTORS** and **HYPER-ADAPTIVE CYCLING** principles are combined to drive your body's super-growth hormones through the roof, then you're at the **RIGHT PLACE!**

So then what are we waiting for? **LET'S GET STARTED...SHALL WE?**

Ok...**EVERYONE** has a pesky little muscle group that seems to have a mind of its own and simply **REFUSES** to grow despite your best efforts! Most of the time, it's simply due to failure to train the correct way. And that's where the core **OPTIMUM ANABOLICS** program comes in!

However, we can't discount **GENETICS** either and sometimes, no matter how hard we try, our bio-physical makeup just decides to limit us in the development of a certain body part.

Well, in case you haven't been paying attention as you were reviewing the **OPTIMUM ANABOLICS** ebook...

**Busting through wimpy genetics is what
OPTIMUM ANABOLICS is all about!**

That's why I've created the following supplement to your **OPTIMUM ANABOLICS WORKOUT GUIDE** that will help you focus in, with laser-like precision, on any obstinate muscle groups that may be trying to wrestle you for control of just how much you're "allowed" to grow!

Here's how to proceed...

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THE CORE SPECIALIZATION PROGRAM

On your next **PROGRESSIVE LOAD CYCLE** following your first **12 WEEKS** in your initial cycles of the program (again...if you haven't first read the **OPTIMUM ANABOLICS** manual, you'll have no idea what I'm talking about), you'll perform your **FIRST WEEK** of your specialization cycle using the outline that I've outlined for you beginning on the next page. But here's how it looks...

In **WEEK ONE** of your **SPECIALIZATION ROUTINE**, you're going to incorporate what I call a "**MICRO-BURST TRAINING CYCLE**" where you perform exercises for the specific body part **EVERY SINGLE DAY** of your workout week.

Yes, I know this goes against everything I said in the **OPTIMUM ANABOLICS** manual, but there's a method to my madness...

If you'll recall, the body has a sort of "rebound effect" when, in an attempt to recover from stress overload, it will actually **OVERCOMPENSATE** its recovery efforts and end up building more mass in order to better "prepare" for what it perceives as future increased stress loads.

This however is only good for a short period of time so now, we'll switch things up a bit...

In **WEEK TWO** of your **SPECIALIZATION ROUTINE** will be performed the **SAME** as it is in your **OPTIMUM ANABOLICS WORKOUT GUIDE** except that you will **NOT** perform **ANY EXERCISES** for your targeted body part during that week.

A Word From The "Muscle Nerd"...



"That's right...**NO EXERCISES FOR THAT BODY PART WHATSOEVER!**

Nich...Nada...Zilch...Zip...**ZERO!**

You may be tempted to work them out during the week, but you'll only short circuit the 'programming process' so fight the urge!"

Now, in **WEEK THREE** of your cycle, you'll use the same **MICRO-BURST TRAINING CYCLE** format as your **FIRST WEEK**, again incorporating exercises for your targeted body part on **EVERY DAY** of your workout week. It's important to continue to use the same number of target sets, reps, and rest periods as in the **OPTIMUM ANABOLICS WORKOUT GUIDE**. The only difference is that you'll be integrating a shortened period of "**BODY PART-SPECIFIC OVERLOAD**" into your cycle to incorporate a "microburst" of increased intensity followed by a **HYPER-ADAPTIVE CYCLE**.

A Word From The "Muscle Nerd"...

"Ok, wait a minute...before we dive in, here are a couple of thoughts to get you on the right track...



For one, and most importantly, do **NOT** be tempted to do **MORE** than the prescribed number of **SETS**, **REPETITIONS**, or **EXERCISES** at **ANY TIME** during the specialization phase!

I've tested these principles with several of my clients as well as once again placing my own body in "human Guinea Pig" mode and there's a **RIGHT WAY** and a **WRONG WAY** to proceed.

Don't get me wrong...I'm a firm believer in experimentation! But first you need a base understanding of how your body will respond to what's already been tested and proven effective. Then feel free to adapt the program to your needs"

Don't worry, in the following sections I'll give you a **STEP-BY-STEP** workout plan you can print out and take to the gym. Prior to each workout plan, you'll find a comprehensive checklist outlining the resources you'll need to begin your **MICRO-BURST TRAINING CYCLES** and an overview of the body part training schedule for each of your 3 weeks' workouts

ENJOY THE TRAINING...AND THE RESULTS!

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SHOULDERS SPECIALIZATION...AN OVERVIEW!

The first bodypart is my personal favorite...the **SHOULDERS!**

In my opinion, the shoulders are the most under recognized body part of the entire body and are never given the proper respect they deserve.

A Word From The "Muscle Nerd"...



"A nice set of softball-sized shoulders is the perfect 'cap' to the top of a V-shaped torso AND...they perfectly accent and draw attention to **4 SEPARATE MUSCLE GROUPS:** your **ARMS, CHEST, BACK,** and **TRAPS!**

Add to this that as the perfect 'cap' to the top of a V-shaped torso, the larger and wider your shoulders are, the slimmer your **WAIST** will look as well!

Now what other single muscle group can make **THESE** claims?!"

Often dismissed as a "secondary" muscle group, the shoulders' exercises are mostly thrown in as an afterthought to "arms day", thinking that a couple of sets of military presses will do the job.

Not a chance!

To effectively target the shoulders, you need to hit it from a variety of angles and this is one of the reasons why they receive their own day in the **OPTIMUM ANABOLICS** program!

Only by hitting the front, median, and rear deltoids as well as the trapezius muscles, using a combination of pushing and pulling movements, can you ever hope to fully develop the perfect "crown" on your upper body!

So are you ready to achieve some **REALLY INTENSE GROWTH** with my personal favorite **SHOULDERS SPECIALIZATION PROGRAM?**

Then let's get started...

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SHOULDERS SPECIALIZATION CHECKLIST

Equipment Check	<input type="checkbox"/> Have read and understand complete OPTIMUM ANABOLICS ebook <input type="checkbox"/> 3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing rest periods and workout length <input type="checkbox"/> The enclosed Shoulders Specialization routine printed out and inserted in 3-ring binder at the appropriate start point (see below)			
Physical Preparation	<p>Prior to incorporating any Specialization Routine into your exercise program, be sure that you have properly “primed” your body for targeted growth by ensuring you have completed <u>AT LEAST 12 WEEKS</u> of the core Optimum Anabolics Workout.</p> <p>If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your SHOULDERS.</p> <p>At the end of this 3-week cycle, return to your normal Hyper-Adaptive Cycle and core Optimum Anabolics Workout.</p>			
Week 1 – SHOULDERS Specialization				
Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders Same Sets, Reps, and Rest Periods as core workout	Arms/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables
Week 2 – SHOULDERS Specialization				
Day 1	Day 2	Day 3	Day 4	Day 5
Cardio Only (Optional) NO SHOULDER EXERCISES	Arms/Abs Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER EXERCISES	Legs Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER EXERCISES	Back Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER EXERCISES	Chest/Abs Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER EXERCISES
Week 3 – SHOULDERS Specialization				
Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders Same Sets, Reps, and Rest Periods as core workout	Arms/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Shoulders Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables

Day 1 / Week 13		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Shoulders						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		<u>1 minute between exercises</u> <u>2 minutes between supersets</u>
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

Notes:

Day 2 / Week 13		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Arms / Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 1	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

Notes:

Day 3 / Week 13		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Legs/Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		

Notes:

Day 4 / Week 13		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Back/Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		

Notes:

Day 5 / Week 13		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Chest/Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 1	1		12		
		2		10		
		3		8		
	Table 2	1		12		
		2		10		
		3		8		

Notes:

		Day 1 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Shoulders) <u>Diet:</u> High Protein <u>Bodypart:</u> Abs/Cardio (Optional)	SHOULDERS SPECIALIZATION					
		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 9		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
			2		10			
			3		8			
			4		8			

	Table 10		1		12			
			2		10			
			3		8			
		4		8				
CARDIO (Optional)		20-Minute Optimum Anabolics HIIT (High-Intensity Interval Training) Program (Optional)						

Notes:

Day 2 / Week 14		SHOULDERS SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Shoulders)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

		Day 3 / Week 14		SHOULDERS SPECIALIZATION					
		Cycle: Core OA Workout (Minus Shoulders)							
		Diet: High Protein							
		Bodypart: Legs							
		Exercise		Set	Weight	Reps		Rest	
						Target	Actual	Periods	
Superset 1	Table 11			1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
				2		10			
				3		8			
				4		8			
	-----				1		12		
	Table 12				2		10		
					3		8		
					4		8		
			4		8				
Superset 2	Table 13			1		12			
				2		10			
				3		8			
				4		8			
	-----				1		12		
	Table 14				2		10		
					3		8		
					4		8		
			4		8				
Superset 3	Table 13			1		12			
				2		10			
				3		8			
				4		8			
	-----				1		12		
	Table 14				2		10		
					3		8		
					4		8		
			4		8				

Notes:

Day 4 / Week 14		SHOULDERS SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Shoulders)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 5 / Week 14		SHOULDERS SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Shoulders)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 1 / Week 15		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Shoulders						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 4	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 2 / Week 15		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Arms / Shoulders						
Superset	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 1	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 3 / Week 15		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Legs/Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 4	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 4 / Week 15		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Back/Shoulders						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 5 / Week 15		SHOULDERS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Chest/Shoulders						
Superset	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 1	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

ARMS SPECIALIZATION...AN OVERVIEW!

Now let's be honest...when you get out of the shower in the morning and pass by the bathroom mirror, which body part is it that you just simply **HAVE** to flex with all you might to give yourself that first jolt of self confidence for the day?

Your calves? I don't think so!

You're constantly searching for a Schwarzenegger-like peak on that right bicep that will prove to you that all of your hard work in the gym is paying off...right?

Well, you're not alone! I mean let's face it...your arms, more than any other muscle group, are the easiest muscles to show off (when clothed) and therefore (and unfortunately), they're also the muscles that may get the most scrutiny if they're underdeveloped.

But despite all of your hard work, there **IS** a reason why your guns simply aren't firing the caliber ammunition you want them to.

You see, **ARMS**, being a relatively **SMALL** muscle group, are **ALSO** the most **OVERTRAINED** of all your body parts. And as you learned in the **OPTIMUM ANABOLICS** program, overtraining a muscle is a surefire way to stall, or even **LOSE** muscle mass!

Additionally, your arms, since they're used in so many upper body exercises, get hit with higher stress levels and therefore have a harder time getting the "support" they need to effectively recover and stimulate new muscle growth.

A Word From The "Muscle Nerd"...

"Is it sinking in why when in the past you noticed you weren't seeing the size you wanted and decided to push even **HARDER** on your arm exercises, that the growth **STILL** didn't come?"



Well, don't worry...there's **GOOD NEWS** here as well...

Since your arms **ARE** a smaller muscle group when compared with other parts of your body, this also makes them relatively **EASY** to bring back on track when you use the right combination of **ANABOLIC FACTORS**.

Try this training program on for **SIZE...**"

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ARMS SPECIALIZATION CHECKLIST

Equipment Check	<input type="checkbox"/> Have read and understand complete OPTIMUM ANABOLICS ebook <input type="checkbox"/> 3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing rest periods and workout length <input type="checkbox"/> The enclosed Arms Specialization routine printed out and inserted in 3-ring binder at the appropriate start point (see below)
------------------------	---

Physical Preparation	<p>Prior to incorporating any Specialization Routine into your exercise program, be sure that you have properly “primed” your body for targeted growth by ensuring you have completed <u>AT LEAST 12 WEEKS</u> of the core Optimum Anabolics Workout.</p> <p>If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your ARMS.</p> <p>At the end of this 3-week cycle, return to your normal Hyper-Adaptive Cycle and core Optimum Anabolics Workout.</p>
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Week 1 – ARMS Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/Abs Same Sets, Reps, and Rest Periods as core workout	Legs/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables

Week 2 – ARMS Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Abs Only Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Legs Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Back Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Chest/Abs Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES

Week 3 – ARMS Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/Abs Same Sets, Reps, and Rest Periods as core workout	Legs/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Arms Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables

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Day 1 / Week 13		ARMS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Shoulders/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 5	1		12		
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		

Notes:

Day 2 / Week 13		ARMS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms / Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

Notes:

Day 3 / Week 13		ARMS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Legs/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		

Notes:

Day 4 / Week 13		ARMS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Back/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 5	1		12		
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		

Notes:

Day 5 / Week 13		ARMS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Chest/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		

Notes:

		Day 1 / Week 14 Cycle: Core OA Workout (Minus Arms) Diet: High Protein Bodypart: Shoulders		ARMS SPECIALIZATION			
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

Notes:

		Day 2 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Arms) <u>Diet:</u> High Protein <u>Bodypart:</u> Abs/Cardio (Optional)		ARMS SPECIALIZATION				
		Exercise	Set	Weight	Reps Target Actual		Rest Periods	
Superset 1	Table 9		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
			2		10			
			3		8			
			4		8			

	Table 10		1		12			
			2		10			
			3		8			
		4		8				
CARDIO (Optional)		<p align="center">20-Minute Optimum Anabolics HIIT (High-Intensity Interval Training) Program</p> <p align="center">(Optional)</p>						

Notes:

Day 3 / Week 14		ARMS SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Arms)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 4 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Arms) <u>Diet:</u> High Protein <u>Bodypart:</u> Back		ARMS SPECIALIZATION				
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 5 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Arms) <u>Diet:</u> High Protein <u>Bodypart:</u> Chest/Abs		ARMS SPECIALIZATION				
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 1 / Week 15 Cycle: Micro-Burst Diet: High Protein Bodypart: Shoulders/Arms	<h1 style="margin: 0;">ARMS SPECIALIZATION</h1>
---	---

		Exercise	Set	Weight	Reps		Rest Periods	
					Target	Actual		
Superset 1	Table 1		1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>	
			2		10			
			3		8			
			4		8			
			5		15			
		Table 3		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 2	Table 2		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 4		1		12		
			2		10			
			3		8			
			4		8			
			5		15			
Superset 3	Table 5		1		12			
			2		10			
			3		8			
			4		8			
			5		15			
		Table 6		1		12		
			2		10			
			3		8			
			4		8			
			5		15			

Notes:

Day 2 / Week 15		ARMS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Arms / Abs						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 3 / Week 15		ARMS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Legs/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 4 / Week 15		ARMS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Back/Arms						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 5	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 5 / Week 15		ARMS SPECIALIZATION					
Cycle: Micro-Burst							
Diet: High Protein							
Bodypart: Chest/Arms							
Superset	Exercise	Set	Weight	Reps		Rest Periods	
				Target	Actual		
Superset 1	Table 17	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>	
		2		10			
		3		8			
		4		8			
		5		15			
	Superset 2	Table 18	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3		Table 7	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Superset 3	Table 8	1		12		
			2		10		
			3		8		
			4		8		
			5		15		

Notes:

LEGS SPECIALIZATION...AN OVERVIEW!

Ok...who doesn't **HATE** working legs? I mean, when was the last time you caught yourself flexing your quads in the bathroom mirror?

Besides...working your legs just plain **HURTS!**

Look, we'd all **LOVE** to work on those muscles we know will show off the best on the beach this summer. And that's **EXACTLY** why you should be putting a renewed interest in your **LEG DEVELOPMENT**.

Let the "Muscle Nerd" explain...

While you may think you can build your chest and arms up so big no one will ever notice the toothpicks you're carrying them around on, what people are **REALLY** thinking is "Man, big upper body...but look how skinny his **LEGS** look!".

It's unfortunate that the bigger you get in one area of your body, the smaller it can make other areas look, and that's where people will focus their attention. Therefore, building your legs will actually draw **MORE** attention to your bulging biceps!

A Word From The "Muscle Nerd"...

"One of the most effective secrets of building mass all over your body lies in the cycle you're about to undertake. For the next 3 weeks, I want you to NOT think of each day as the dreaded '**LEG DAY!**'...but from now on it's "**TESTOSTERONE DAY!**"!



Remember, since your legs are such a large muscle group, training them has a **MUCH** larger effect on anabolic (muscle-building) hormones. In fact, the Barbell Squat, while being one of the "hardest" and most excruciating exercises, is actually the best overall exercise for skyrocketing testosterone levels in the body.

Bottom line...**DON'T** think about the pain of doing squats or other leg exercises...think of the **PLEASURE** of what all that testosterone gushing through your body is going to bring in the way of overall muscle growth, fat loss, and sexual desire!

Time to hit the program! Here it is..."

LEGS SPECIALIZATION CHECKLIST

Equipment Check	<input type="checkbox"/> Have read and understand complete OPTIMUM ANABOLICS ebook <input type="checkbox"/> 3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing rest periods and workout length <input type="checkbox"/> The enclosed Legs Specialization routine printed out and inserted in 3-ring binder at the appropriate start point (see below)				
Physical Preparation	<p>Prior to incorporating any Specialization Routine into your exercise program, be sure that you have properly “primed” your body for targeted growth by ensuring you have completed <u>AT LEAST 12 WEEKS</u> of the core Optimum Anabolics Workout.</p> <p>If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your LEGS.</p> <p>At the end of this 3-week cycle, return to your normal Hyper-Adaptive Cycle and core Optimum Anabolics Workout.</p>				
Week 1 – LEGS Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders/Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs Same Sets, Reps, and Rest Periods as core workout	Back/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	
Week 2 – LEGS Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders Same Sets, Reps, and Rest Periods as core workout; NO LEG EXERCISES	Arms/Abs Same Sets, Reps, and Rest Periods as core workout; NO LEG EXERCISES	Abs Only Same Sets, Reps, and Rest Periods as core workout; NO LEG EXERCISES	Back Same Sets, Reps, and Rest Periods as core workout; NO LEG EXERCISES	Chest/Abs Same Sets, Reps, and Rest Periods as core workout; NO LEG EXERCISES	
Week 3 – LEGS Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs Same Sets, Reps, and Rest Periods as core workout	Back/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/ Legs Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	

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Day 1 / Week 13		LEGS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Shoulders/Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 3	1		12		
		2		10		
		3		8		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
	Table 4	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

Notes:

Day 2 / Week 13		LEGS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms / Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 11	1		12		
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		

Notes:

		Day 3 / Week 13		LEGS SPECIALIZATION			
		Cycle:	Micro-Burst				
		Diet:	High Protein				
		Bodypart:	Legs				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 11		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		

Notes:

Day 4 / Week 13		LEGS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Back/ Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 11	1		12		
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		

Notes:

Day 5 / Week 13		LEGS SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Chest/ Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute between exercises</u> <u>2 minutes between supersets</u>
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		

Notes:

		Day 1 / Week 14 Cycle: Core OA Workout (Minus Legs) Diet: High Protein Bodypart: Shoulders		LEGS SPECIALIZATION			
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

Notes:

Day 2 / Week 14		LEGS SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Legs)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

		Day 3 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Legs) <u>Diet:</u> High Protein <u>Bodypart:</u> Abs/Cardio (Optional)		LEGS SPECIALIZATION				
		Exercise	Set	Weight	Reps Target Actual		Rest Periods	
Superset 1	Table 9		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>	
			2		10			
			3		8			
			4		8			
	Table 10	-----		1		12		
			2		10			
			3		8			
			4		8			
CARDIO (Optional)		20-Minute Optimum Anabolics HIIT (High-Intensity Interval Training) Program (Optional)						

Notes:

Day 4 / Week 14 Cycle: Core OA Workout (Minus Legs) Diet: High Protein Bodypart: Back		LEGS SPECIALIZATION				
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 5 / Week 14 Cycle: Core OA Workout (Minus Legs) Diet: High Protein Bodypart: Chest/Abs		LEGS SPECIALIZATION				
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 1 / Week 15		LEGS SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Shoulders/ Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 4	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 2 / Week 15		LEGS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Arms / Legs						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 11	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 3 / Week 15		LEGS SPECIALIZATION					
Cycle: Micro-Burst							
Diet: High Protein							
Bodypart: Legs							
	Exercise	Set	Weight	Reps		Rest Periods	
				Target	Actual		
Superset 1	Table 11	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>	
		2		10			
		3		8			
		4		8			
		5		15			
	Superset 2	Table 12	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2		Table 13	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Superset 3	Table 14	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3		Table 13	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Superset 3	Table 14	1		12		
			2		10		
			3		8		
			4		8		
			5		15		

Notes:

Day 4 / Week 15		LEGS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Back/ Legs						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 11	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 5 / Week 15		LEGS SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Chest/ Legs						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

BACK SPECIALIZATION...AN OVERVIEW!

A Word From The "Muscle Nerd"...



“Ok...your chest and shoulders are enough to make heads turn as you walk by on the beach, but when they **DO** turn, it'll be your **BACK** that they're looking at, right?

Yet few guys are actually working their back effectively to produce the width and thickness they need to **KEEP** those heads turned as they walk off leaving everyone in awe.

Time to fix this problem right now!”

Your **BACK** is second only to your **LEGS** as the largest muscle group in the body and sculpting an upper body that's wide at the top and narrow at the bottom requires laser-like precision for all the muscles of the back.

The largest muscles, the latissimus dorsi, wrap around the sides of the upper body just below the arms and are the most noticed of all the back muscles due to the **WIDTH** they offer.

However, developing **THICKNESS** to your middle and upper back requires a whole other approach, integrated precisely with the right exercises at the right time.

The core OA program will get you back on track, but if you've spent too much time on chest and arm development **BEFORE** you discovered **OPTIMUM ANABOLICS**, you may be left with a back that hasn't quite caught up with your other upper body growth.

Let's correct this imbalance!

The **BACK SPECIALIZATION** program that follows will finally allow you to develop a back so wide and thick that it will naturally accent the hard work you've put in on your shoulders while making your waist look even slimmer!

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BACK SPECIALIZATION CHECKLIST

Equipment Check	<input type="checkbox"/> Have read and understand complete OPTIMUM ANABOLICS ebook <input type="checkbox"/> 3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing rest periods and workout length <input type="checkbox"/> The enclosed Back Specialization routine printed out and inserted in 3-ring binder at the appropriate start point (see below)				
Physical Preparation	<p>Prior to incorporating any Specialization Routine into your exercise program, be sure that you have properly “primed” your body for targeted growth by ensuring you have completed <u>AT LEAST 12 WEEKS</u> of the core Optimum Anabolics Workout.</p> <p>If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your BACK.</p> <p>At the end of this 3-week cycle, return to your normal Hyper-Adaptive Cycle and core Optimum Anabolics Workout.</p>				
Week 1 – BACK Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders/Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back Same Sets, Reps, and Rest Periods as core workout	Chest/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	
Week 2 – BACK Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Arms/Abs Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Legs Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Abs/Cardio Only Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Chest/Abs Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	
Week 3 – BACK Specialization					
Day 1	Day 2	Day 3	Day 4	Day 5	
Shoulders/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back Same Sets, Reps, and Rest Periods as core workout	Chest/ Back Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	

		Day 1 / Week 13 Cycle: Micro-Burst Diet: High Protein Bodypart: Shoulders/Back	BACK SPECIALIZATION				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

Notes:

Day 2 / Week 13		BACK SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms / Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

Notes:

		Day 3 / Week 13		BACK SPECIALIZATION			
		Cycle:	Micro-Burst				
		Diet:	High Protein				
		Bodypart:	Legs/ Back				
		Exercise	Set	Weight	Reps		Rest
					Target	Actual	Periods
Superset 1	Table 11		1		12		<u>1 minute between exercises</u> <u>2 minutes between supersets</u>
			2		10		
			3		8		
	Table 12		1		12		
			2		10		
			3		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
	Table 14		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

Notes:

		Day 4 / Week 13		BACK SPECIALIZATION			
		Cycle:	Micro-Burst				
		Diet:	High Protein				
		Bodypart:	Back				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 15		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 2	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		
Superset 3	Table 15		1		12		
			2		10		
			3		8		
	Table 16		1		12		
			2		10		
			3		8		

Notes:

Day 5 / Week 13		BACK SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Chest/ Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		

Notes:

		Day 1 / Week 14 Cycle: Core OA Workout (Minus Back) Diet: High Protein Bodypart: Shoulders		BACK SPECIALIZATION			
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

Notes:

Day 2 / Week 14		BACK SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Back)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

		Day 3 / Week 14 Cycle: Core OA Workout (Minus Back) Diet: High Protein Bodypart: Legs	BACK SPECIALIZATION				
		Exercise	Set	Weight	Reps Target	Actual	Rest Periods
Superset 1	Table 11		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 12		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 13		1		12		
			2		10		
			3		8		
			4		8		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 13		1		12		
			2		10		
			3		8		
			4		8		
	Table 14		1		12		
			2		10		
			3		8		
			4		8		

Notes:

		Day 4 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Back) <u>Diet:</u> High Protein <u>Bodypart:</u> Abs/Cardio (Optional)		BACK SPECIALIZATION			
		Exercise	Set	Weight	Reps Target Actual		Rest Periods
Superset 1	Table 9		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		
CARDIO (Optional)		20-Minute Optimum Anabolics HIIT (High-Intensity Interval Training) Program (Optional)					

Notes:

		Day 5 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Back) <u>Diet:</u> High Protein <u>Bodypart:</u> Chest/Abs		BACK SPECIALIZATION			
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 17		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 17		1		12		
			2		10		
			3		8		
			4		8		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 9		1		12		
			2		10		
			3		8		
			4		8		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		

Notes:

Day 1 / Week 15		BACK SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Shoulders/ Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 1	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 3	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 2	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 4	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 2 / Week 15		BACK SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Arms / Back						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 3 / Week 15		BACK SPECIALIZATION					
Cycle: Micro-Burst Diet: High Protein Bodypart: Legs/ Back							
	Exercise	Set	Weight	Reps		Rest Periods	
				Target	Actual		
Superset 1	Table 11	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>	
		2		10			
		3		8			
		4		8			
		5		15			
	Superset 2	Table 12	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2		Table 13	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Superset 2	Table 14	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3		Table 15	1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Superset 3	Table 16	1		12		
			2		10		
			3		8		
			4		8		
			5		15		

Notes:

Day 4 / Week 15		BACK SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Back						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 5 / Week 15		BACK SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Chest/ Back						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

CHEST SPECIALIZATION...AN OVERVIEW!

While your **ARMS** may be the most likely body part people seek to increase in size (mostly because it's the most **VISIBLE** of your muscle groups), the **CHEST** is by far the most **TRAINED** muscle group as well as the **HARDEST** to properly develop.

This is often due to the genetic "shape" of your chest muscles which may leave you with sub-standard **OUTER**, **INNER**, **UPPER**, or **LOWER** development, seemingly no matter what you do.

Well, we're going to work on that right now with the **OPTIMUM ANABOLICS CHEST SPECIALIZATION ROUTINE** and our exclusive **MICRO-BURST TRAINING CYCLES!**

Now, the first thing you want to do, is take a good hard look in the mirror to see exactly which are of the chest you want to focus on. Of course you **WILL** use all of the various chest exercises in your **OA WORKOUT TABLES** to "mix up" your training, however for your **MICRO-BURST TRAINING CYCLES**, it will be very helpful to focus on those exercises that are specifically targeted to the area you most want to develop (the **FORM NOTES** in the OA program will help you determine which exercises to use).

A Word From The "Muscle Nerd"...

"Especially when it comes to **CHEST TRAINING**, I have to warn you that the amount of **WEIGHT** you have on the bar means **ABSOLUTELY NOTHING** as long as you're hitting muscular exhaustion at or about your target reps.



Ignore all of those 'How much can you bench?!' high-pressure questions...they come from mislead knuckle-draggers who will **NEVER** develop their chest to the proportions you will with half the weight!

Focus on **FORM** and all of the other **FACTORS** from the OA program, and you'll blow all of these guys out of the water with a chest to brag about"

CHEST SPECIALIZATION CHECKLIST

Equipment Check	<input type="checkbox"/> Have read and understand complete OPTIMUM ANABOLICS ebook <input type="checkbox"/> 3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets <input type="checkbox"/> Sports watch for timing rest periods and workout length <input type="checkbox"/> The enclosed Chest Specialization routine printed out and inserted in 3-ring binder at the appropriate start point (see below)
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Physical Preparation	<p>Prior to incorporating any Specialization Routine into your exercise program, be sure that you have properly “primed” your body for targeted growth by ensuring you have completed <u>AT LEAST 12 WEEKS</u> of the core Optimum Anabolics Workout.</p> <p>If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your CHEST.</p> <p>At the end of this 3-week cycle, return to your normal Hyper-Adaptive Cycle and core Optimum Anabolics Workout.</p>
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Week 1 – CHEST Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Abs Same Sets, Reps, and Rest Periods as core workout

Week 2 – CHEST Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Arms/Abs Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Legs Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Back Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Abs/Cardio Only Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES

Week 3 – CHEST Specialization

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Arms/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Legs/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Back/Chest Same Sets, Reps, and Rest Periods as core workout but different Exercise Tables	Chest/Abs Same Sets, Reps, and Rest Periods as core workout

		Day 1 / Week 13		CHEST SPECIALIZATION			
		Cycle:	Micro-Burst				
		Diet:	High Protein				
		Bodypart:	Shoulders/Chest				
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		1 minute between exercises 2 minutes between supersets
			2		10		
			3		8		
	Table 3		1		12		
			2		10		
			3		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
	Table 4		1		12		
			2		10		
			3		8		
Superset 3	Table 17		1		12		
			2		10		
			3		8		
	Table 18		1		12		
			2		10		
			3		8		

Notes:

Day 2 / Week 13		CHEST SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms / Chest						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 6	1		12		
		2		10		
		3		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
	Table 8	1		12		
		2		10		
		3		8		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		

Notes:

Day 3 / Week 13		CHEST SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Legs/Chest						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 12	1		12		
		2		10		
		3		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
	Table 14	1		12		
		2		10		
		3		8		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		

Notes:

Day 4 / Week 13		CHEST SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Back/Chest						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
	Table 16	1		12		
		2		10		
		3		8		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		

Notes:

Day 5 / Week 13		CHEST SPECIALIZATION				
<u>Cycle:</u> Micro-Burst						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Chest/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		1 minute between exercises 2 minutes between supersets
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
	Table 18	1		12		
		2		10		
		3		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
	Table 10	1		12		
		2		10		
		3		8		

Notes:

		Day 1 / Week 14		CHEST SPECIALIZATION			
		Cycle: Core OA Workout (Minus Chest)					
		Diet: High Protein					
		Bodypart: Shoulders					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>1 minute</u> between <u>exercises</u> <u>90 seconds</u> between <u>supersets</u>
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
Superset 3	Table 2		1		12		
			2		10		
			3		8		
			4		8		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		

Notes:

Day 2 / Week 14		CHEST SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Chest)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Arms/Abs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 3 / Week 14		CHEST SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Chest)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Legs						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 13	1		12		
		2		10		
		3		8		
		4		8		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		

Notes:

Day 4 / Week 14		CHEST SPECIALIZATION				
<u>Cycle:</u> Core OA Workout (Minus Chest)						
<u>Diet:</u> High Protein						
<u>Bodypart:</u> Back						
Exercise		Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
Superset 3	Table 15	1		12		
		2		10		
		3		8		
		4		8		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		

Notes:

		Day 5 / Week 14 <u>Cycle:</u> Core OA Workout (Minus Chest) <u>Diet:</u> High Protein <u>Bodypart:</u> Abs/Cardio (Optional)		CHEST SPECIALIZATION			
		Exercise	Set	Weight	Reps Target Actual		Rest Periods
Superset 1	Table 9		1		12		<u>1 minute between exercises</u> <u>90 seconds between supersets</u>
			2		10		
			3		8		
			4		8		
	Table 10		1		12		
			2		10		
			3		8		
			4		8		
CARDIO (Optional)		20-Minute Optimum Anabolics HIIT (High-Intensity Interval Training) Program (Optional)					

Notes:

		Day 1 / Week 15		CHEST SPECIALIZATION			
		Cycle: Micro-Burst					
		Diet: High Protein					
		Bodypart: Shoulders/Chest					
		Exercise	Set	Weight	Reps		Rest Periods
					Target	Actual	
Superset 1	Table 1		1		12		<u>30 seconds</u> between exercises <u>1 minute</u> between supersets
			2		10		
			3		8		
			4		8		
			5		15		
	Table 3		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 2	Table 2		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 4		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
Superset 3	Table 17		1		12		
			2		10		
			3		8		
			4		8		
			5		15		
	Table 18		1		12		
			2		10		
			3		8		
			4		8		
			5		15		

Notes:

Day 2 / Week 15		CHEST SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Arms / Chest						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 5	1		12		<u>30 seconds between exercises</u> <u>1 minute between supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 6	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 7	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 8	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 3 / Week 15		CHEST SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Legs/Chest						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 11	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 12	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 13	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 14	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 4 / Week 15		CHEST SPECIALIZATION				
Cycle: Micro-Burst Diet: High Protein Bodypart: Back/Chest						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 15	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 15	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 16	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes:

Day 5 / Week 15		CHEST SPECIALIZATION				
Cycle: Micro-Burst						
Diet: High Protein						
Bodypart: Chest/Abs						
	Exercise	Set	Weight	Reps		Rest Periods
				Target	Actual	
Superset 1	Table 17	1		12		<u>30 seconds</u> between <u>exercises</u> <u>1 minute</u> between <u>supersets</u>
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 2	Table 17	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 18	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
Superset 3	Table 9	1		12		
		2		10		
		3		8		
		4		8		
		5		15		
	Table 10	1		12		
		2		10		
		3		8		
		4		8		
		5		15		

Notes: