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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.

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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 <u>**NOT**</u> 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!"

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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

		Have read and u	inderstand comple	te OPTIMUM ANA	ABOLICS ebook			
Equipment		•	omplete with the Operation of the operat		s Workout			
Check		Sports watch for timing rest periods and workout length						
			<b>noulders Speciali</b> binder at the app					
Physical	pro gro	ogram, be sure that	g any <b>Specializatio</b> at you have proper you have complete <b>polics Workout</b> .	ly "primed" your bo	ody for targeted			
Preparation	reparation If you have, then use the following workout routine at the beginning of a Progressive Load Cycle to jumpstart new growth in your SHOULDERS							
	At the end of this 3-week cycle, return to your normal <b>Hyper-Adaptive</b> <b>Cycle</b> and core <b>Optimum Anabolics Workout</b> .							
	<u> </u>	Week 1 – 3	SHOULDERS Spe	cialization				
Day 1		Day 2	Day 3	Day 4	Day 5			
Shoulders		Arms/Shoulders	Legs/Shoulders	Back/Shoulders	Chest/Shoulders			
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		Week 2 – 3	SHOULDERS Spe	cialization				
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	Legs Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER	Back Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER	Chest/Abs Same Sets, Reps, and Rest Periods as core workout; NO SHOULDER			
		EXERCISES Week 3 – 5	EXERCISES SHOULDERS Spe	EXERCISES cialization	EXERCISES			
Day 1		Day 2	Day 3	Day 4	Day 5			
Shoulders		Arms/Shoulders	Legs/Shoulders	Back/Shoulders	Chest/Shoulders			
Same Sets, Reps, and Re Periods as co workout	st	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables			

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		Day 1 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Shoulders	SPECIALIZATION				
		Exercise	Set	Weight		ps Actual	Rest Periods
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		Day <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	2 / Week 13 Micro-Burst High Protein Arms / Shoulders	SPECIALIZATION				
		E	Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
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		Day 3 <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	3 / Week 13 Micro-Burst High Protein Legs/Shoulders	<b>SPECIALIZATION</b>				
		E	xercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 11 Table 12			1 2 3 1 2 3		12 10 8_ 12 12 10 8		
Superset 2	Table 13 Table 14			1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 2 – – Table 4			1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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		Day 4 <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	4 / Week 13 Micro-Burst High Protein Back/Shoulders	SPECIALIZATION				
		E	xercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 15 — — Table 16			1 2 3 1 2 3		12 10 8_ 12 12 10 8		
Superset 2	Table 15 Table 16			1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
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		Day <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	5 / Week 13 Micro-Burst High Protein Chest/Shoulders	SPECIALIZATION				
		E	Exercise	Set	Weight		ps Actual	Rest Periods
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Superset 2	Table 17 Table 18			3 1 2 3 1 2 3 3		8 12 10 8 12 10		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 1  Table 2			3 1 2 3 1 2 3		8 12 10 8 12 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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		Day 1 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Shoulders) <u>Diet</u> : High Protein <u>Bodypart</u> : Abs/Cardio (Optional)					
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		Day 4 <u>Cycle</u> : <u>Diet</u> : Bodypart:	I / Week 15 Micro-Burst High Protein Back/Shoulders		SH SPEC		DERS LATI	
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		Day <u>Cycle</u> : <u>Diet</u> : Bodypart:	5 / Week 15 Micro-Burst High Protein Chest/Shoulders		SH SPEC		DERS LATI	
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#### **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 a 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**

			•	ete OPTIMUM AN				
Equipment		•	omplete with the <b>C</b> s and <b>Daily Work</b>	)ptimum Anabolio out Log Sheets	cs Workout			
Check		Sports watch for	or timing rest perio	ds and workout le	ngth			
		□ The enclosed <b>Arms Specialization</b> routine printed out and inserted in 3-ring binder at the appropriate start point (see below)						
Physical Preparation	pro gro co	ogram, be sure the owth by ensuring y re <b>Optimum Ana</b>	at you have prope you have complete bolics Workout.	i <b>on Routine</b> into y rly "primed" your b ed <u>AT LEAST 12 \</u> rkout routine at the	ody for targeted <b>NEEKS</b> of the			
rioparation				new growth in you	<b>U</b>			
			week cycle, return i <b>mum Anabolics</b>	to your normal <b>Hy</b> Workout.	vper-Adaptive			
		Week <sup>2</sup>	1 – ARMS Specia	lization				
Day 1		Day 2	Day 3	Day 4	Day 5			
Shoulders/Arr	ns	Arms/Abs	Legs/Arms	Back/Arms	Chest/Arms			
Same Sets, Reps, and Re Periods as co workout but <u>different</u> Exercise Tabl	<b>st</b> re	Same Sets, Reps, and Rest Periods as core workout	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables			
		Week 2	2 – ARMS Specia	lization				
Day 1		Day 2	Day 3	Day 4	Day 5			
Shoulders		Abs Only	Legs	Back	Chest/Abs			
Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES		Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO ARM EXERCISES			
		Week	3 – ARMS Specia	lization				
Day 1		Day 2	Day 3	Day 4	Day 5			
Shoulders/Arr	ns	Arms/Abs	Legs/Arms	Back/Arms	Chest/Arms			
Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables		Same Sets, Reps, and Rest Periods as core workout	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables			

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		Day <sup>/</sup> <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	1 / Week 13 Micro-Burst High Protein Shoulders/Arms		SPEC	ARM IALIZ		ON
		E	xercise	Set	Weight		eps Actual	Rest Periods
2 Superset 1	Table 1 Table 3 Table			1 2 3 1 2 3 1 2 3		12 10 8_ 12 10 8 12		etween <u>exercises</u> between <u>supersets</u>
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Superset 3	Table 5 — — Table 6			1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t 2 minutes

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		Day 2 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Arms / Abs		SPEC	ARM IALIZ		ON
		Exercise	Set	Weight		ps Actual	Rest Periods
Superset 2 Superset 1	Table 5 Table 6 Table 7 Table 8		1 2 3 1 2 3 1 2 3 1 2 3 1 2 2		12 10 8 12 10 8 12 10 8 12 10 8 12 10		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 9 — — Table 10		3 1 2 3 1 2 3 3		8 12 10 8 12 10 8		<u>1 minute</u> 2 minute

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		Day 3 / Week 13Cycle:Micro-BurstDiet:High ProteinBodypart:Legs/Arms		SPEC	ARM IALIZ		ON
		Exercise	Set	Weight	Re Target	eps Actual	Rest Periods
Superset 1	Table 11 Table 12		1 2 3 1 2 3		12 10 _8_ 12 10 8		<u>sxercises</u> supersets
Superset 2	Table 13 Table 14		1 2 3 1 2 3		12 10 8 12 10 8		between <u>e</u> between
Superset 3	Table 7 — — Table 8		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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		Day 4 / Week 13 <u>Cycle</u> : Micro-Burst <u>Diet</u> : High Protein <u>Bodypart</u> : Back/Arms		SPEC	ARM IALIZ		ON
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
Superset 1	Table 15 Table 16		1 2 3 1 2 3		12 10 8 12 10 8		exercises supersets
Superset 2	Table 15 Table 16		1 2 3 1 2 3		12 10 _8_ 12 10 		between <u>e</u> between
Superset 3	Table 5 — — Table 6		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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		Day 5 / Week 13 <u>Cycle</u> : Micro-Burst <u>Diet</u> : High Protein <u>Bodypart</u> : Chest/Arms		SPEC	ARM IALIZ		ON
		Exercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 17 Table 18		1 2 3 1 2 3 3		12 10 8_ 12 12 10 8		ຸ ທ
Superset 2	Table 17 Table 18		1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 7 – – Table 8		1 2 3 1 2 3 3		12 10 8_ 12 10 8		<u>1 minute </u> t 2 minutes

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		Day 1 / Week 14Cycle:Core OA Workout (Minus Arms)Diet:High ProteinBodypart:Shoulders		SPEC	ARM IALIZ		ON
		Exercise	Set	Weight		ps	Rest
				•	Target	Actual	Periods
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		Day 2 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Arms) <u>Diet</u> : High Protein <u>Bodypart</u> : Abs/Cardio (Optional)		SPECI	ARM IALIZ	-	ON
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
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	(Optional)	20-Minute Op (High-Intensity Iı (	nterv				

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		Day 3 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Arms) <u>Diet</u> : High Protein <u>Bodypart</u> : Legs	ARMS SPECIALIZATION				
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
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		Day 4 / Week 14Cycle:Core OA Workout (Minus Arms)Diet:High ProteinBodypart:Back	ARMS SPECIALIZATION			ON	
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
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		Day 5 / Week 14Cycle:Core OA Workout (Minus Arms)Diet:High ProteinBodypart:Chest/Abs	ARMS SPECIALIZATION				
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		Day <sup>/</sup> <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	1 / Week 15 Micro-Burst High Protein Shoulders/Arms	ARMS SPECIALIZATION				
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		Day 2 / <u>Cycle</u> : <u>Diet</u> : Bodypart:	Week 15 Micro-Burst High Protein Arms / Abs		SPEC	ARM IALIZ		ON
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		Day 3 / ' <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Legs/Arms		SPEC	ARM IALIZ		ON
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		Day 4 / ' <u>Cycle</u> : <u>Diet</u> : Bodypart:	Week 15 Micro-Burst High Protein Back/Arms		SPEC	ARM IALIZ		ON
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		Day 5 / <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Chest/Arms		SPEC	ARM IALIZ		ON
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## 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..."

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## LEGS SPECIALIZATION CHECKLIST

		Have read and u	nderstand comple	te OPTIMUM ANA	BOLICS ebook				
Equipment		-	mplete with the <b>O</b> and <b>Daily Work</b>	ptimum Anabolics out Log Sheets	s Workout				
Check		□ <b>Sports watch</b> for timing rest periods and workout length							
		□ The enclosed <b>Legs Specialization</b> routine printed out and inserted in 3-ring binder at the appropriate start point (see below)							
Physical	pro gro	gram, be sure tha	t you have proper ou have complete	on Routine into yo ly "primed" your bo d <u>AT LEAST 12 W</u>	dy for targeted				
Preparation If you have, then use the following workout routine at the beginning of <b>Progressive Load Cycle</b> to jumpstart new growth in your <b>LEGS</b> .									
		the end of this 3-w cle and core Opti		to your normal <b>Hyp</b> Norkout.	er-Adaptive				
		Week 1	– LEGS Special	ization					
Day 1		Day 2	Day 3	Day 4	Day 5				
Shoulders/Le	egs	Arms/ Legs	Legs	Back/ Legs	Chest/ Legs				
Same Sets Reps, and Re Periods as co workout but <u>different</u> Exercise Tab	ore t	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables				
		Week 2	2 – LEGS Special	ization					
Day 1		Day 2	Day 3	Day 4	Day 5				
Shoulders		Arms/Abs	Abs Only	Back	Chest/Abs				
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		Week 3	8 – LEGS Special	ization					
Day 1		Day 2	Day 3	Day 4	Day 5				
Shoulders/ Le	egs	Arms/ Legs	Legs	Back/ Legs	Chest/ Legs				
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		Day 1 <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	/ Week 13 Micro-Burst High Protein Shoulders/Legs		SPEC	LEG IALIZ		ON
		E	xercise	Set	Weight		eps Actual	Rest Periods
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Superset	13  Table 14			2 3 1 2 3		10 8 12 10 		<u>1 m</u> 2 m

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		Day 2 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Arms / Legs		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight		eps Actual	Rest Periods
Superset 1	Table 5 — — Table 6		1 2 3 1 2 3		12 10 8 12 12 10 8		rcises persets
Superset 2	Table 7 Table 8		1 2 3 1 2 3		12 10 _8_ 12 10 _8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 11 – – Table 12		1 2 3 1 2 3	<b>_ _ _</b>	12 10 8 12 10 8		<u>1 minut</u> 2 minut

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		Day 3 / Week 13 <u>Cycle</u> : Micro-Burst <u>Diet</u> : High Protein <u>Bodypart</u> : Legs		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 11 – – Table 12		1 2 3 1 2 3		12 10 8_ 12 12 10 8		cises ersets
Superset 2	Table 13 Table 14		1 2 3 1 2 3		8 12 10 8_ 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 13 — — Table 14		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 4 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Back/ Legs		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight	Re Target	eps Actual	Rest Periods
Superset 1	Table 15 Table 16		1 2 3 1 2 3		12 10 8_ 12 12 10 8		<u>cises</u> oersets
Superset 2	Table 15 Table 16		1 2 3 1 2 3		12 10 _8_ 12 10 8		<u>minute</u> between <u>exercises</u> minutes between <u>supersets</u>
Superset 3	Table 11 Table 12		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 5 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Chest/ Legs		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight	Re Target	eps Actual	Rest Periods
Superset 1	Table 17 – – Table 18		1 2 3 1 2 3		12 10 _8_ 12 10 _8		sxercises supersets
Superset 2	Table 17 Table 18		1 2 3 1 2 3		12 10 _8_ 12 10 		between <u>e</u> between
Superset 3	Table 13 – – Table 14		1 2 3 1 2 3		12 10 _8_ 12 10 _8		<u>1 minute </u> k <u>2 minutes</u>

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		Day 1 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Legs) <u>Diet</u> : High Protein <u>Bodypart</u> : Shoulders		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight		ps	Rest Periods
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		Day 2 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Legs) <u>Diet</u> : High Protein <u>Bodypart</u> : Arms/Abs		SPEC	LEG IALIZ		ON
		Exercise	Set	Weight		ps	Rest Periods
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		Day 3 / Week 14Cycle:Core OA Workout (Minus Legs)Diet:High Protein Bodypart:Bodypart:Abs/Cardio (Optional)		SPEC	LEG IALIZ		ON
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		Day 4 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Legs) <u>Diet</u> : High Protein <u>Bodypart</u> : Back		SPEC	LEG IALIZ		ON
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		Day 4 / V <u>Cycle:</u> <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Back/ Legs		SPEC	LEG IALIZ		ON
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		Day 5 / V <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Chest/ Legs		SPEC	LEG IALIZ		ON
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## **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**

	in 3-ring binder	at the appropriate	on routine printed c start point (see be	low)		
	Prior to incorporatin program, be sure th growth by ensuring core <b>Optimum Ana</b>	at you have prope you have complet	erly "primed" your b	ody for targeted		
Physical Preparation	If you have, then us <b>Progressive Load</b>	e the following wo		0 0		
At the end of this 3-week cycle, return to your normal <b>Hyper-Adaptive</b> <b>Cycle</b> and core <b>Optimum Anabolics Workout</b> .						
	Week 1	– BACK Speciali	zation			
Day 1	Day 2	Day 3	Day 4	Day 5		
Shoulders/Back	Arms/ Back	Legs/ Back	Back	Chest/ Back		
Same Sets, Reps and Rest Periods as core workout but <u>different</u> Exercise Tables	Reps, and Rest Periods as core workout but	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables		
	Week 2	– BACK Speciali	zation			
Day 1	Day 2	Day 3	Day 4	Day 5		
Shoulders	Arms/Abs	Legs	Abs/Cardio Only	Chest/Abs		
Shoulders Same Sets, Reps and Rest Periods as core workout; NO BACK EXERCISES	s, Same Sets, <b>Reps</b> , and <b>Rest</b>	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		
Same Sets, Reps and Rest Periods as core workout; NO BACK	s, Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO BACK	Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO BACK		
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Same Sets, Reps and Rest Periods as core workout; NO BACK EXERCISES	s, Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES Week 3 Day 2 Arms/ Back	Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES – BACK Speciali	Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES zation	Same Sets, Reps, and Rest Periods as core workout; NO BACK EXERCISES		

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		Day ⁄ <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	I / Week 13 Micro-Burst High Protein Shoulders/Back		SPEC	BAC IALIZ		ON
		E	xercise	Set	Weight		ps Actual	Rest Periods
Superset 2 Superset 1	Table 1 Table 3 Table 2 Table 4			1 2 3 1 2 3 1 2 3 1 2 3 1 2		12 10 8 12 10 8 12 10 8 12 10 8 12 10 12 10		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 15 — — Table 16			3 1 2 3 1 2 3 3		8 12 10 8 12 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 2 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Arms / Back		SPEC	BAC IALIZ		ON
		Exercise	Set	Weight		ps Actual	Rest Periods
2 Superset 1	Table 5 Table 6 Table		1 2 3 1 2 3 1		12 10 8 12 10 8 12		<u>sxercises</u> supersets
Superset 2	7 Table 8		2 3 1 2 3		10 _8_ 12 10 		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 15 — — Table 16		1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minu</u> 2 minu

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		Day 3 / Week 13 <u>Cycle</u> : Micro-Burst <u>Diet</u> : High Protein <u>Bodypart</u> : Legs/ Back		SPEC	BAC IALIZ		ON
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
Superset 1	Table 11 Table 12		1 2 3 1 2 3		12 10 8_ 12 12 10 8		cises ersets
Superset 2	Table 13 Table 14		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 15 — — Table 16		1 2 3 1 2 3 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 4 / Week 13 <u>Cycle</u> : Micro-Burst <u>Diet</u> : High Protein <u>Bodypart</u> : Back	otein SPRCIALIZATIO			ON		
		Exercise	Set	Weight		ps Actual	Rest Periods	
Superset 1	Table 15  Table 16		1 2 3 1 2 3		12 10 8_ 12 12 10 8		୍ଦ	
Superset 2	Table 15 Table 16		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>	
Superset 3	Table 15 Table 16		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>	

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		Day 5 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Chest/ Back	BACK SPECIALIZATION			ON	
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
Superset 1	Table 17  Table 18		1 2 3 1 2 3		12 10 8_ 12 12 10 8		rcises oersets
Superset 2	Table 17 Table 18		1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 15 – – Table 16		1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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		Day 1 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Back) <u>Diet</u> : High Protein <u>Bodypart</u> : Shoulders	BACK SPECIALIZATION				
		Exercise	Set	Weight		ps	Rest Periods
				•		Actual	Periods
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	Day 2 / Week 14Cycle:Core OA Workout(Minus Back)Diet:High ProteinBodypart:Arms/Abs			BACK SPECIALIZATION					
		Exercise	Set	Weight		eps Actual	Rest Periods		
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		Day 3 / Week 14Cycle:Core OA Workout (Minus Back)Diet:High ProteinBodypart:Legs		SPEC	BACK IALIZATION			
		Exercise	Set	Weight	Re Target	Reps Rest Target Actual Periods		
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	14		3		8			
			4		8			

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		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	Re Target	ps Actual	Rest Periods
			1		12		<u>si</u>
	Table		2		10		<u>1 minute</u> between <u>exercises</u> 90 seconds between <u>supersets</u>
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CARDIO (Optional)		20-Minute Op (High-Intensity I	nterv				

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		Day 5 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Back) <u>Diet</u> : High Protein <u>Bodypart</u> : Chest/Abs	Le: Core OA Workout (Minus Back) L: High Protein BACK SPECIALIZATIO			TION		
		Exercise	Set	Weight		ps	Rest	
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		Day <sup>z</sup> <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	1 / Week 15 Micro-Burst High Protein Shoulders/ Back		BACK SPECIALIZATION				
		E	xercise	Set	Weight	Re Target	ps Actual	Rest Periods	
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				5		15			

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		Day 2 / V <u>Cycle</u> : <u>Diet</u> : Bodypart:	Week 15 Micro-Burst High Protein Arms / Back		SPEC	BAC IALIZ		ON
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		Day 3 / <sup>1</sup> <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Legs/ Back	BACK SPECIALIZATION				
		Exe	rcise	Set	Weight	Reps Target Actual		Rest Periods
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		Day 4 / V <u>Cycle</u> : <u>Diet</u> : Bodypart:	Veek 15 Micro-Burst High Protein Back		SPEC	BAC IALIZ		ON
		Exer	cise	Set	Weight	Re Target	ps Actual	Rest Periods
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	16			4		8		
				5		15		

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		Day 5 / V <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	Week 15 Micro-Burst High Protein Chest/ Back		SPEC	BAC IALIZ		ON
		Exercise		Set	Weight	Re Target	Reps Target Actual Pe	
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#### **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"

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#### **CHEST SPECIALIZATION CHECKLIST**

	□ Have read and	understand compl	lete OPTIMUM AN	ABOLICS ebook			
Equipment	3-ring binder complete with the Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets						
Check	Sports watch for timing rest periods and workout length						
			i <b>on</b> routine printed start point (see b				
Physical Preparation	Prior to incorporatin program, be sure th growth by ensuring core <b>Optimum Ana</b> If you have, then us	at you have prope you have complet bolics Workout.	erly "primed" your ed <u>AT LEAST 12</u>	body for targeted WEEKS of the			
rioparation	t new growth in yo	•					
At the end of this 3-week cycle, return to your normal <b>Hyper-Adaptive</b> <b>Cycle</b> and core <b>Optimum Anabolics Workout</b> .							
	Week 1 ·	- CHEST Special	ization				
Day 1	Day 2	Day 3	Day 4	Day 5			
Shoulders/Chest	Arms/Chest	Legs/Chest	Back/Chest	Chest/Abs			
Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables		Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout			
	Week 2 ·	- CHEST Special	ization				
Day 1	Day 2	Day 3	Day 4	Day 5			
Shoulders	Arms/Abs	Legs	Back	Abs/Cardio Only			
Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES		Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES	Same Sets, Reps, and Rest Periods as core workout; NO CHEST EXERCISES			
	Week 3 ·	- CHEST Special	ization				
Day 1	Day 2	Day 3	Day 4	Day 5			
Shoulders/Chest		Legs/Chest	Back/Chest	Chest/Abs			
Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables		Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout but <u>different</u> Exercise Tables	Same Sets, Reps, and Rest Periods as core workout			

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		Day <u>Cycle</u> : <u>Diet</u> : <u>Bodypart</u> :	1 / Week 13 Micro-Burst High Protein Shoulders/Chest	in SPRCIALIZATION			ON	
		E	xercise	Set	Weight	Re Target	ps Actual	Rest Periods
Superset 2 Superset 1	Table 1 Table 3 Table 2 Table			1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2		12 10 8 12 10 8 12 10 8 12 10 8 12 10 8 12 10		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	4 Table 17 — — Table 18	<b>- - -</b>		3 1 2 3 1 2 3 3 3		10 8 12 10 8 12 10 8		<u>1 minute b</u> 2 minutes

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		Day 2 / Week 13CHESTCycle:Micro-BurstDiet:High ProteinBodypart:Arms / Chest			ON		
		Exercise	Set	Weight		ps Actual	Rest Periods
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Superset 3	Table 17 – – Table 18		1 2 3 1 2 3	-	12 10 _8_ 12 10 _8		<u>1 minu</u> 2 minut

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		Day 3 / Week 13 <u>Cycle</u> :Micro-BurstDiet:High ProteinBodypart:Legs/Chest	n SPECIALIZATION			ON	
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
Superset 1	Table 11 Table 12		1 2 3 1 2 3		12 10 _8_ 12 10 _8		cises bersets
Superset 2	Table 13 Table 14		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 17 — — Table 18		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 4 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Back/Chest		CHEST SPECIALIZATION			
		Exercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 15 Table 16		1 2 3 1 2 3		12 10 8_ 12 12 10 8		cises ersets
Superset 2	Table 15 Table 16		1 2 3 1 2 3		8 12 10 8_ 12 10 8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 17 – – Table 18		1 2 3 1 2 3		12 10 8_ 12 10 8		<u>1 minute </u> t <u>2 minutes</u>

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		Day 5 / Week 13 <u>Cycle</u> :Micro-Burst <u>Diet</u> :High ProteinBodypart:Chest/Abs	Micro-Burst High Protein				
		Exercise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 17  Table 18		1 2 3 1 2 3		12 10 8_ 12 10 8		N
Superset 2	Table 17 Table 18		1 2 3 1 2 3		12 10 _8_ 12 10 _8		<u>1 minute</u> between <u>exercises</u> 2 minutes between <u>supersets</u>
Superset 3	Table 9 – – Table 10		1 2 3 1 2 3		12 10 8 12 10 8		<u>1 minute</u> k <u>2 minutes</u>

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	Day 1 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Chest) <u>Diet</u> : High Protein <u>Bodypart</u> : Shoulders			CHEST SPECIALIZATI				
		Exercise	Set	Weight		ps	Rest Periods	
				•		Actual	Periods	
	Table		1		12			
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	Table		1		12		<u>1 minute</u> between <u>exercises</u> 90 seconds between <u>supersets</u>	
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	Day 2 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Chest) <u>Diet</u> : High Protein <u>Bodypart</u> : Arms/Abs			SPEC	ST ZATI(	'ION		
		Exercise	Set	Weight	Re Target	ps Actual	Rest Periods	
			1		12	Actual		
	Table		2		10			
-	5	-	3		8			
Superset 1			4		8			
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			1		12		<u>1 minute</u> between <u>exercises</u> 90 seconds between <u>supersets</u>	
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	10		3		8			
			4		8			

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	Day 3 / Week 14 <u>Cycle</u> : Core OA Workout (Minus Chest) <u>Diet</u> : High Protein <u>Bodypart</u> : Legs			SPEC	ST ZATI(	ION	
		Exercise	Set	Weight	Re Target	eps Actual	Rest Periods
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Superset 1			4		_8_		
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			4		8		inu sco
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			/ Week 14 Core OA Workout (Minus Chest) High Protein Back		SPEC	CHES IALIZ		ON
		Ex	ercise	Set	Weight	Re Target	ps Actual	Rest Periods
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,	16			3		8		
				4		8		

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		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	Re Target	ps Actual	Rest Periods
			1		12		S
	Table		2		10		<u>1 minute</u> between <u>exercises</u> 90 seconds between <u>supersets</u>
	9 — — — Table 10		3		8		<u>1 minute</u> between <u>exercises</u> <u>0 seconds</u> between <u>superse</u>
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CARDIO (Optional)		20-Minute Op (High-Intensity I	nterv				

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	Day 1 / Week 15Cycle:Micro-BurstDiet:High ProteinBodypart:Shoulders/Chest				ON			
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	18			4		8		
				5		15		

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	Day 2 / Week 15Cycle:Micro-BurstDiet:High ProteinBodypart:Arms / Chest			CHEST SPECIALIZATION				
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	Day 3 / Week 15Cycle:Micro-BurstDiet:High ProteinBodypart:Legs/Chest			CHEST SPECIALIZATION				
		Exe	rcise	Set	Weight	Re Target	ps Actual	Rest Periods
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	Day 4 / Week 15Cycle:Micro-BurstDiet:High ProteinBodypart:Back/Chest			CHEST SPECIALIZATION				
		Exer	rcise	Set	Weight	Re Target	ps Actual	Rest Periods
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	18			4		8		
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	Day 5 / Week 15Cycle:Micro-BurstDiet:High ProteinBodypart:Chest/Abs			CHEST SPECIALIZATION				
		Exe	rcise	Set	Weight	Re Target	ps Actual	Rest Periods
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