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INTRODUCTION

Well, here we are again. Hopefully you've completely reviewed the entire **OPTIMUM ANABOLICS PROGRAM** and you're ready to dig your heels in and start putting on some **MAJOR MUSCLE**!

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

But if you've decided to 'skip ahead' to this **BONUS PROGRAM**, in hopes you were going to find a 'magic' exercise routine, then you just fell into the same **TRAP** that most other bodybuilders fall into...thinking that muscle is made **SOLELY** from the work you do in the **GYM**!

SORRY TO DISAPPOINT YOU!

While the workout I've provided in this bonus program will give you **EXACTLY** the right stimuli for targeting your muscles for growth, **AND** allow you to choose the **MOST EFFECTIVE** exercises custom-tailored to your needs and wants, **AND** provide you with a **STEP-BY-STEP** plan for getting the most from the **OPTIMUM ANABOLICS PROGRAM**, it's going to take far more than the best workout in the world to move you toward your goal of packing on slabs of **ROCK HARD MUSCLE!**

If you haven't read every word of the previous material, then you need to cart your ass right on back to **PAGE 1** of the **OPTIMUM ANABOLICS PROGRAM** and dig in!

A Word From The "Muscle Nerd"...

"Don't take this lightly guys.



Most likely, you've purchased this manual because you were frustrated with the **LACK** of results from your current training program.

You'll be frustrated with **THIS ONE** as well if you don't **FIRST** learn how all of the growth factors are combined into one complete **ASS-KICKING** program!"

For the rest of you...

LET'S GET STARTED!

As I discussed in the **OPTIMUM ANABOLICS PROGRAM**, most bodybuilders are currently trying to grunt their way out of the undertow of **CHRONIC OVERTRAINING** patterns.

If you're currently one of these people, starting the workout portion of this program will just put you **DEEPER** into the dreaded **CATABOLIC ZONE!**

As I directed you earlier, If you've already been busting your ass in the gym for over 2 months, training 3-4 days or more per week...

TAKE A WEEK OFF!

You need to give your body a good break before you can effectively program your body for growth using the first 3-week **PROGRESSIVE LOAD PHASE!**

If you're relatively **NEW** to bodybuilding, or it's been a **WHILE** since you've been in the gym, it's time to simply introduce your body to the elevated stress loads it'll be handling.

A Word From The "Muscle Nerd"...



"If you think you can just jump right into the workout program from a 'cold start' you'll only be setting yourself up for a potential **MAJOR INJURY!**

Your body needs a little time to effectively prepare your muscles, joints and ligaments for the heavier stuff that's coming up."

Now just a couple of thoughts to get you on the right track...

Whether you're beginning with the pre-program workout or, if you're more experienced, going right to the **OPTIMUM ANABOLIICS WORKOUT**, do **NOT** be tempted to do **MORE** than the prescribed number of **SETS**, **REPETITIONS**, or **EXERCISES** during **ANY** of the workout phases!

Each day's workload is **SPECIFICALLY DESIGNED** to support the **HYPER-ADAPTATION** process.

If you're in your **PROGRESSIVE LOAD PHASE** and don't feel like you got enough of a workout from the 3 sets that were prescribed, **DON'T** decide to do **ANOTHER SET!**

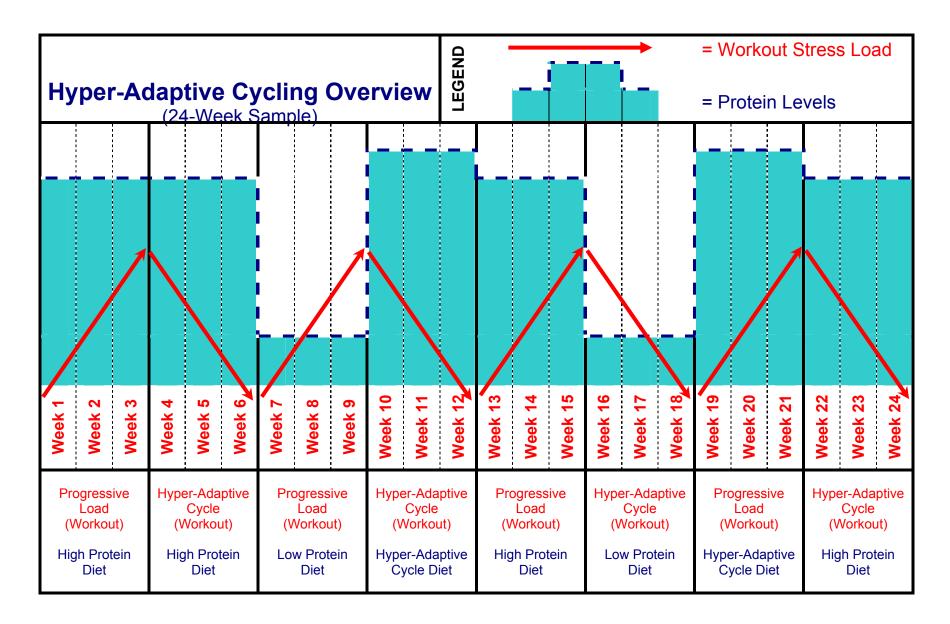
Remember that you're actually **PROGRAMMING** your body to expect **CONTINUED** increases in workloads in order to force a **HYPER-ADAPTIVE** response.

Likewise, if you're into your HYPER-ADAPTIVE CYCLE and going 2 - 3 REPS SHORT of failure seems a little 'odd' to you, DON'T take it upon yourself to decide that MUSCULAR EXHAUSTION is the ONLY way to go and knock out that extra rep!

Bottom line? You'll fall **FAR SHORT** of your goals if you **STRAY** from the master plan...**TRUST ME**!

On the following pages you'll find **4 TOOLS** to get you on your way...

- 1. Another peek at a 24-week example of the **OPTIMUM ANABOLICS PROGRAM'S HYPER-ADAPTIVE CYCLING** process;
- 2. A **CHECKLIST** for getting started;
- 3. An **INSTRUCTIONAL GUIDE** for using this workout log; and
- 4. The **OPTIMUM ANABOLICS EXERCISE TABLES**, **FORM NOTES**, and **WORKOUT LOG**



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OPTIMUM ANABOLICS PROGRAM CHECKLIST

Equipment Check	☐ Have read and understand complete OPTIMUM ANABOLICS ebook	
	□ 3-ring binder for Daily Workout Log Sheets	
	□ Sports watch for timing rest periods and workout length	
	☐ The Optimum Anabolics Workout Exercise Tables and Daily Workout Log Sheets printed out and inserted in 3-ring binder	
Physical Preparation	If you've been following an intense exercise regimen for over 2 months, take a week off in order to be fully prepared for the first PROGRESSIVE LOAD phase.	
	If you're new to bodybuilding or if it's been longer than 6 WEEKS since you've worked out, take the next 2 weeks and complete the following 5-day/week PRE-PROGRAM WORKOUT to get your muscles primed for the first PROGRESSIVE LOAD phase	

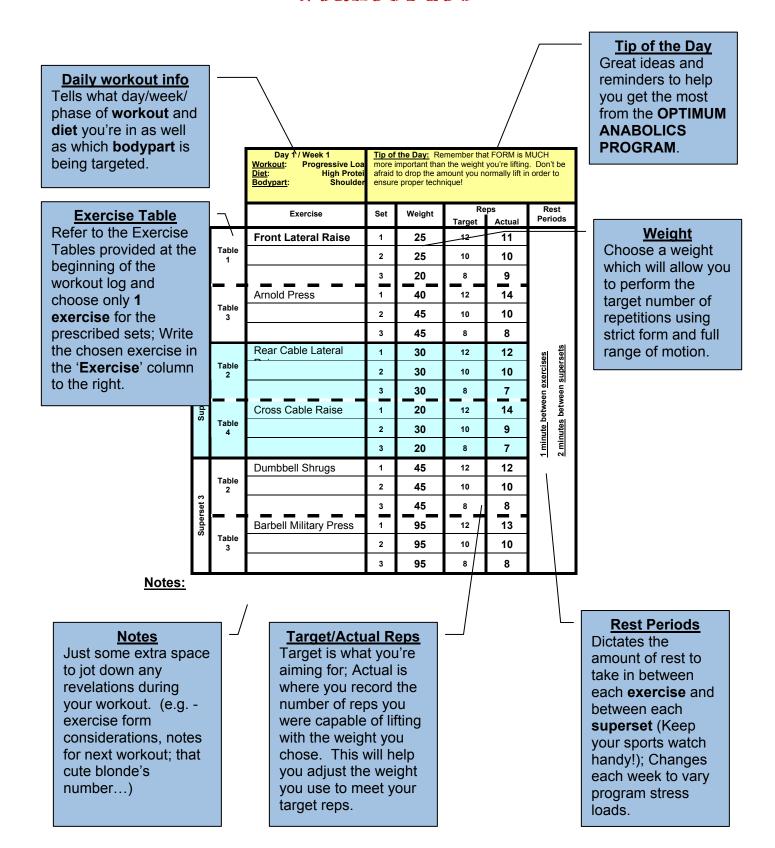
2-Week Pre-Program Workout

- Complete Days 1 5 in Week 1 and Days 6 10 in Week 2
- Perform 4 sets of 12 reps for each exercise
- Rest 1 minute between exercises and 2 minutes between supersets
- **Don't** worry about lifting heavy or going to muscular exhaustion. It's **MUCH** more important to focus on super strict **form** and prepare your body for the work ahead.

Day 1	Day 2	Day 3	Day 4	Day 5
Shoulders	Arms/Abs	Legs	Back	Chest/Abs
(1 superset)	(2 supersets)	(1 superset)	(1 superset)	(2 supersets)
1 exercise from	1 exercise from	1 exercise from	1 exercise from	1 exercise from
Table 1 with 1	Table 5 with 1	Table 11 with 1	Table 15 with 1	Table 17 with 1
exercise from Table 3	exercise from Table 6	exercise from Table 12	exercise from Table 16	exercise from Table 18
Tuble 0	then	14510 12	Tuble 10	then
	1 exercise from			1 exercise from
	Table 9 with 1			Table 9 with 1
	exercise from Table 10			exercise from Table 10
Day 6	Day 7	Day 8	Day 9	Day 10
Day 6 Shoulders	Day 7 Arms/Abs	Day 8	Day 9 Back	Day 10 Chest/Abs
Shoulders	Arms/Abs	Legs	Back	Chest/Abs
Shoulders (1 superset) 1 exercise from Table 2 with	Arms/Abs (2 supersets) 1 exercise from Table 7 with	Legs (1 superset) 1 exercise from Table 13 with	Back (1 superset) 1 exercise from Table 15 with	Chest/Abs (2 supersets) 1 exercise from Table 17 with
Shoulders (1 superset) 1 exercise from Table 2 with 1 exercise from	Arms/Abs (2 supersets) 1 exercise from Table 7 with 1 exercise from	Legs (1 superset) 1 exercise from Table 13 with 1 exercise from	Back (1 superset) 1 exercise from Table 15 with 1 exercise from	Chest/Abs (2 supersets) 1 exercise from Table 17 with 1 exercise from
Shoulders (1 superset) 1 exercise from Table 2 with	Arms/Abs (2 supersets) 1 exercise from Table 7 with 1 exercise from Table 8	Legs (1 superset) 1 exercise from Table 13 with	Back (1 superset) 1 exercise from Table 15 with	Chest/Abs (2 supersets) 1 exercise from Table 17 with 1 exercise from Table 18
Shoulders (1 superset) 1 exercise from Table 2 with 1 exercise from	Arms/Abs (2 supersets) 1 exercise from Table 7 with 1 exercise from Table 8 then	Legs (1 superset) 1 exercise from Table 13 with 1 exercise from	Back (1 superset) 1 exercise from Table 15 with 1 exercise from	Chest/Abs (2 supersets) 1 exercise from Table 17 with 1 exercise from Table 18 then
Shoulders (1 superset) 1 exercise from Table 2 with 1 exercise from	Arms/Abs (2 supersets) 1 exercise from Table 7 with 1 exercise from Table 8	Legs (1 superset) 1 exercise from Table 13 with 1 exercise from	Back (1 superset) 1 exercise from Table 15 with 1 exercise from	Chest/Abs (2 supersets) 1 exercise from Table 17 with 1 exercise from Table 18
Shoulders (1 superset) 1 exercise from Table 2 with 1 exercise from	Arms/Abs (2 supersets) 1 exercise from Table 7 with 1 exercise from Table 8 then 1 exercise from	Legs (1 superset) 1 exercise from Table 13 with 1 exercise from	Back (1 superset) 1 exercise from Table 15 with 1 exercise from	Chest/Abs (2 supersets) 1 exercise from Table 17 with 1 exercise from Table 18 then 1 exercise from

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USING THE OPTIMUM ANABOLICS PROGRAM WORKOUT LOG



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A Word From The "Muscle Nerd"...

"Ok, let's get into the nuts and bolts of your program...

This next page is the beginning of your workout log. Use the **TABLES** provided to choose **ONE EXERCISE** to slip into each workout based upon the **TABLE NUMBER** listed next to each set in your daily workout log.

Then follow the prescribed **REST PERIODS** in between each exercise and between each superset. The following example will help you understand how to interpret each day's program...

Need and example?



Let's see...referring to the first superset for **DAY 1/WEEK 1**, this is what it would look like if you chose the **FRONT DUMBBELL RAISE** and the **ARNOLD PRESS** from the tables you had to choose from. Follow along...

Front Dumbbell Raise...12 reps then rest 1 minute
Arnold Press...12 reps then rest 2 minutes

Front Dumbbell Raise...10 reps then rest 1 minute Arnold Press...10 reps then rest 2 minutes

Front Dumbbell Raise...8 reps then rest 1 minute
Arnold Press...8 reps then rest 2 minutes

Then it's on to Superset 2 with the same rest cycle using new exercises from the tables noted. Just follow the tables **STEP-BY-STEP** and you **CAN'T** go wrong!

Well, the rest is up to you! Work **HARD**, stay **COMMITTED**, and enjoy your **NEW BODY**!"

Table 1 Front Dumbbell Lateral Raise Lying Cable Pullover Internal Dumbbell Rotation

Table 3
Arnold Press
Twisting Dumbbell Military Press
Barbell Military Press

Table 7
Assisted Close-Grip Chin Up
Twisting Dumbbell Curl
Barbell/EZ-Bar Curl
Hammer Curl

Table 9
Exer-Ball Dumbbell Crunch
Bent Leg Crunch
Twisting Crunch
Superman

Table 11
Forward Dumbbell Lunge
Leg Extension
Leg Extension

Table 2
Rear Dumbbell Lateral Raise
Rear Cable Lateral Raise
Dip Bar Shrug
Dumbbell Shrug

Table 4
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise

Table 6
Twisting Dumbbell Kickback
Overhead Cable Extension
Cable Press-Down
Reverse-Grip Cable Press-Down

Table 8
Weighted Dips
Weighted Close-Grip Push Up
Close-Grip Bench Press
Lying Dumbbell French Press

EXERCISE TABLES

Table 10
Full Rotation Knee Raise
Hanging Knee Raise
Hanging Leg Raise
Lying Leg Raise

Table 12
Backward Dumbbell Lunge
Seated Leg Curl
Lying Leg Curl

Table 15
Hanging Row
Twisting Dumbbell Row
Jockey Row
Wide-Arm Cable Row
Close-Grip Cable Row
Straight-Arm Pull Down
Reverse Back Extension

Table 16
Assisted Wide-Arm Chin Up
Wide-Arm Lat Pull Down
Assisted Chin Up
Close-Grip Lat Pull Down
High Pull

Table 17
Incline Dumbbell Flye
Dumbbell Flye
Dumbbell Pullover
Dumbbell Front Lateral Raise (Palms Up)
Low Cross Cable Raise

Table 18
Weighted Incline Push Up
Weighted Dips
Incline Dumbbell Press
Dumbbell Press
Smith/Dumbbell Press To Neck
Incline Bench Press
Bench Press



Arnold Press

- Variation of dumbbell press that hits all 3 deltoid heads
- Start with palms facing you and rotate as you press up, finishing with palms facing out
- DON'T lock out arms at top
- Reverse rotation to starting position

Dip Bar Shrug

- Support yourself on a dip bar with arms almost fully extended, elbows only slightly bent
- "Press" your body up while arms remain in place
- · Pause, then lower to start

Cross Cable Lateral Raise

- Grab low cables opposite to the working arm
- · Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

Rear Dumbbell Lateral Raise

- Kneel on floor supported by non-working hand
- Looking straight ahead, raise dumbbell rapidly to shoulder level
- DON'T allow wrists to travel above elbows

Twisting Dumbbell Military Press

- Start with palms facing each other for better range of motion
- Finish at top with palms facing front
- DON'T lock out arms at top

Dumbbell Shrug

- Hold dumbbells at your side slightly in front of body
- Keep head straight while shrugging shoulders up
- Rotate shoulders back and down to start; change direction half way thru reps

Front Dumbbell Lateral Raise

- · Hold dumbbells at side
- Raise straight arm rapidly to just above shoulder level
- Palms should be turned slightly UP at top position

Rear Cable Lateral Raise

- Kneel on floor supported by non-working hand and with working hand furthest from low cable
- Raise straight arm rapidly to shoulder level
- DON'T allow wrists to travel above elbows

Barbell Military Press

- Hands slightly wider than shoulder width
- · Keep head straight
- NEVER go BEHIND neck!
- DON'T lock out arms at top

Side Dumbbell Lateral Raise

- Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

Lying Cable Pullover

- Lie on ground with feet toward low cable pulley
- Using rope attachment, raise straight arms rapidly over head

Internal Dumbbell Rotation

- From a standing position, hold dumbbell at side
- Rapidly raise slightly bent arm across body until dumbbell touches opposite shoulder
- Try not to "curl" weight, taking stress of shoulder



Assisted Close-Grip Chin Up

- Use an underhand grip, hands about 6-12 inches apart
- Have a partner assist by "hooking" arm under ankles
- Concentrate on contracting biceps, NOT pulling with back
- You MUST fully extend arms at the bottom!
- NEVER swing body for momentum

Close-Grip Bench Press

- Use barbell or EZ-bar with hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- · Lower bar to upper chest
- Explode to full extension and squeeze

Twisting Dumbbell Kickback

- Kneel on bench with working elbow at hip and palm facing forward
- Keep elbow close to body and twist dumbbell on movement until palm facing away and SQUEEZE

Weighted Dips

- Difference between dips for chest and triceps is 'focus'
- For tri's, keep body upright; do NOT lean forward or bring feet up behind you
- Keep elbows close to body
- Lower until elbows at 90°
- Explode up to full extension and squeeze
- Only add weight if able to exceed target reps

Twisting Dumbbell Curl

- Begin with dumbbell at side, palms facing body
- Curl rapidly with upper arms close to side
- Twist dumbbell while curling until pinky turned toward chin at top (supinated)

Dumbbell Concentration Curl

- Seated on bench, let working arm hang down
- Keep upper arm locked and curl rapidly while turning pinky toward chin
- · Squeeze and fully lower

Weighted Close-Grip Push Up

- Hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- Lower body with hands at upper chest level
- Explode up to full extension and squeeze
- Have a partner assist by pushing down on shoulders if able to exceed target reps

Lying Dumbbell French Press

- Lie on flat bench, arms extended, palms facing out
- Keep upper arms locked bending ONLY at elbows
- Lowering dumbbells toward forehead, rotating until palms facing in
- · Reverse, squeezing tri's

Dumbbell Preacher Curl

- Works better if you reverse position on preacher bench by leaning body on pad and hang over edge
- Follow same instructions for Concentration Curl



Overhead Cable Extension

- Grasp high cable with rope attachment
- Face away leaning forward with elbows at temples
- Keep upper arms locked, fully extend and squeeze

Dumbbell Hammer Curl

- Palms always face in toward body (sideways)
- Don't turn wrist or allow elbow to move forward
- · Squeeze at top

Reverse-Grip Cable Press-Down

- Use underhand grip with single-grip attachment, working one arm at a time
- Follow same instructions as Cable Press Down

Barbell / EZ-Bar Curl

- Keep hands slightly closer than shoulder width
- DON'T rock weight for momentum or allow elbows to move forward
- Fully extend at bottom!

Reverse-Grip Barbell Curl

- Grasp bar with hands at shoulder width with palms facing down
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

Reverse-Grip Dumbbell Curl

- Keep palms facing down throughout movement
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

Cable Press-Down

- Use overhand grip with Vbar or rope attachment
- Keep arms close to side and bend only at elbow
- Fully extend and squeeze at bottom
- Don't raise arms beyond 90° at top





Full Rotation Knee Raise

- · Hang from chin-up bar
- Rapidly twist hips to left or right (alternate with each set) bringing knees up toward chin
- Continue rotation by lowering down other side in a circular pattern
- Concentrate on bringing knees up toward chin by rounding back slightly during movement
- DON'T swing body for momentum

Exer-Ball Dumbbell Crunch

- Lie back on exer-ball with feet wide and stable
- Grasp low-weight dumbbell with both hands at upper chest level
- Curl head and shoulders up until back just above horizontal while "pressing" dumbbell up and behind head
- Squeeze hard at top

Twisting Crunch

- Lie on back, legs bent and cross one leg over other so ankle is on other leg
- Put hand opposite bent leg behind head
- Without pulling head, bring elbow toward opposite knee
- Switch sides after target reps

Hanging Knee Raise

- · Hang from chin-up bar
- Rapidly kick knees up toward chin, rounding back slightly during movement
- Hold and squeeze at the top
- DON'T swing body for momentum

Lying Leg Raise

- Lie on back with hands grabbing sturdy equipment or furniture behind head
- Raise legs rapidly to 90° with body
- Squeeze abs for 3-count and slowly lower legs to floor

Superman

- Lie on stomach with hands fully stretched out to front
- Raise arms, shoulders and legs off ground at same time
- Squeeze and hold for 3count

Hanging Leg Raise

- Hang from chin-up bar with back slightly rounded and toes pointing forward
- Raise legs up to horizontal position until at 90° with body
- · Keep toes pointing up
- · Hold and squeeze
- DON'T swing body for momentum

Bent Leg Crunch

- Lie on back with legs bent
- Keep hands at ears or crossed on chest
- Raise only head and shoulder blades off ground
- Don't pull head up with arms
- Contract abs at top



Barbell Squat

- Keep bar on traps, 1-2 inches below back of neck
- Feet shoulder width turned out slightly
- Keep back straight, maintaining lumbar curve and head up
- Squat until thighs parallel to floor – NO DEEPER
- Explode up in controlled manner
- DON'T lock out legs at top

Backward Dumbbell Lunge

- With dumbbells at side, step backward with one leg
- Touch back knee lightly to floor
- Maintain sight of front leg's big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

Lying Leg Curl

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

Seated Calf Raise

- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower weight slowly while contracting calf

Deadlift

- Keep feet parallel and shoulder width
- Grasp bar with overhand grip, slightly wider than shoulder width
- Keep back straight, maintaining lumbar curve and head up
- Stick out chest while straightening legs
- DON'T "hunch" back, let shoulders slump, or arms bend

Leg Extension

- Don't lock out knees at full extension
- Keep toes pointed up and out throughout movement
- · Squeeze quads at top

Standing Calf Negatives

- Keep back straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower body slowly while contracting calf

Forward Dumbbell Lunge

- With dumbbells at side, step forward with one leg
- Touch back knee lightly to floor
- Maintain sight of big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

Seated Leg Curl

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

Donkey Calf Negatives

- Keep legs straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower weight slowly while contracting calf



Assisted Wide-Arm Chin Up

- Keep grip wide with palms facing away
- Have a partner assist by "hooking" arm under ankles
- ALWAYS start each rep fully extended at bottom
- Use hands as "hooks" and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

Wide-Arm Lat Pull Down

- Keep grip wide with palms facing away
- ALWAYS start each rep fully extended at top
- Use hands as "hooks" and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

Assisted Chin Up

- Keep grip at shoulder width with palms facing away
- Have a partner assist by "hooking" arm under ankles
- ALWAYS start each rep fully extended at bottom
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

Close-Grip Lat Pull Down

- Use close-grip attachment with palms facing each other
- ALWAYS start each rep fully extended at top
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

Hanging Row

- Grab barbell resting above ground about 3' (such as on lowest setting of squat rack)
- Elevate feet on exer-ball or other structure so feet are about the same height as har
- Keep body straight and raise body to bar at nipple line
- Add weighted belt or vest when possible

Twisting Dumbbell Row

- Fully extend arm at bottom with palms facing to rear
- Pull dumbbell to armpit area while twisting dumbbell until palms facing toward body
- Keep head up and back straight
- Squeeze back at top of movement



Jockey Row

- Hold a low, close-grip cable while leaning body back in a "V" shape – legs straight, head down, and arms fully stretched to front
- Pull handle into chest while moving into a "horse jockey" position – head up, legs parallel to floor
- Squeeze shoulder blades together and return to start

Straight-Arm Pull Down

- Stand facing cable machine gripping lat bar attachment at shoulder width
- Keeping arms straight but not locked, pull bar down to upper thigh
- Focus on using back muscles as much as possible

Wide-Arm Cable Row

- Use wide-arm attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull bar to upper chest with elbows turned out
- Squeeze shoulder blades together and return to start

High Pull

- This is a variation of the deadlift, only use light weight on the barbell to avoid being a "leg exercise"
- Keep back straight and feet parallel just over shoulder width
- Raise bar rapidly to shoulder level, with arms only very slightly bent
- Arms should be only very slightly bent so bar is suspended AWAY from body
- Lower slowly to start

Close-Grip Cable Row

- Use close-grip attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull handle to lower chest, pulling shoulders down and back
- Squeeze shoulder blades together and return to start

Reverse Back Extension

- Lay face down on flat bench (the higher the better) with legs off bench
- Grasp onto sides of bench for support
- Keeping legs straight, raise as one unit to just above buttocks level
- Hold for 1-2 count before lowering



Weighted Incline Push Up

- · Elevate feet on bench
- Use push up bars or dumbbells to allow deep stretch at bottom
- Keep body straight throughout movement
- Have a partner assist by pushing down on shoulders if able to exceed target reps

Weighted Dips

- Difference between dips for chest and triceps is 'focus'
- For chest, let body lean forward and bring feet up behind you with legs bent
- Lower until elbows at 90°
- Keep focus on chest and explode up
- · DON'T lock elbows at top
- Add weight if able to exceed target reps

Incline Dumbbell Press

- Keep bench incline below 30° to avoid using shoulders
- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- DON'T lock out arms at top

Dumbbell Press

- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- · DON'T lock out arms at top

Smith/Dumbbell Press To Neck

- ALWAYS use Smith machine or dumbbells for safety...NEVER use a straight bench press!!!
- With shoulder-width position, lower bar or dumbbells to neck
- Keep elbows pointing out and raise quickly
- DON'T lock out arms at top

Incline Bench Press

- Keep bench incline below 30° to avoid using shoulders
- Lower bar down high on chest
- Raise bar keeping elbows out
- · DON'T lock out arms at top

CHEST

Bench Press

- Keep hands slightly wider than shoulder width
- Lower bar to just above nipple line
- Never bounce weight off chest
- · DON'T lock out arms at top

Incline Dumbbell Flye

- Keep bench incline below 30°
- · Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

Dumbbell Flye

- · Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

Dumbbell Pullover

- Start with dumbbell held vertical over chest with both hands
- Keep arms rigid with elbows at 45°
- Lower to good stretch of chest and ribcage
- Squeeze chest while raising weight back to start

Dumbbell Front Lateral Raise (Palms Up)

- Stand holding dumbbells with palms facing forward and arms at sides
- Keep arms straight and raise both hands to shoulder level, palms facing ceiling
- · Squeeze chest at top

Low Cross Cable Raise (Palms Up)

- Grab handles of low pulleys with both hands
- Keep arms straight and raise both hands to shoulder level, palms facing ceiling and nearly touching each other
- · Squeeze chest at top

A Word From The "Muscle Nerd"...



"Oh yeah...I thought I would slip in a copy of the **Optimum Anabolics 20-Minute High-Intensity Interval Training (HIIT) Workout** as well just to **REALLY** turn up the thermostat of your **FAT BURNING** furnace on those 'off days'.

And don't be afraid be creative with the exercises you train with. (Refer to page 60 in the Optimum Anabolics Program Manual for some alternatives.) Just make sure you're working out at the proper **INTENSITY LEVELS** to reap the full rewards."

Workout Phase	OPTI	MUM ANABOLICS H Exercise	Time	Intensity Level *		
Warmup	•	Bike	5 minutes	1		
	•	▶ Jump Rope 3 minutes		2		
	•	Treadmill	5 minutes	2		
	•	Wind Sprint * *	30 seconds	3		
Workout	•	Bike	3 minutes	2		
	•	Rowing Machine	4 minutes	2		
	•	Jump Rope	3 minutes	2		
	•	Wind Sprint	30 seconds	3		
Cool Down	•	Bike	5 minutes	1		
* Intensity Leve	2 –	 1 – Breathing rhythmically, but able to carry on a full conversation 2 – Breathing deeply but able to carry on a broken conversation 3 – "Winded"! Work hard enough to feel a burn in your muscles and have to catch your breath but avoid extreme or painful exertion 				
* * Wind Sprints: For some, this may mean an all-out "balls-to-the-wall" so for others it may only be a simple light jog. Doesn't may have been as you FEEL winded, you've done your job.						

A Word From The "Muscle Nerd"...



"OK...enough **TALK** already! It's time to see what you're **REALLY** made of!

ON TO DAY 1..."

		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	y 1 / Week 1 Progressive Load High Protein Shoulders	<u> </u>					
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			y 2 / Week 1	Tip of the Day: Take a picture of yourself in					
		Workout:	Progressive Load	either a bathing suit or workout clothes. It's					
		<u>Diet</u> :	High Protein	great to see where you started from and can					
		Bodypart:	Arms / Abs	be a	great motiv	ator for p	ushing or		
			Exercise	Set	Weight	Re	ps	Rest	
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		Day Workout: <u>Diet</u> : Bodypart:	y 3 / Week 1 Progressive Load High Protein Legs	<u>Tip of the Day:</u> If you ever want to get BIG, you MUST learn to squat and deadlift. Your entire body will benefit. Start slow, learn the proper mechanics and get ready to grow!					
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	y 5 / Week 1 Progressive Load High Protein Chest/Abs	<u>Tip of the Day:</u> Use a spotter for safety reasons (anyone standing around will be happy to help) but DON'T use them to force out more reps beyond muscular exhaustion.					
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		Day 1 / Week 2 Workout: Progressive Load Diet: High Protein Bodypart: Shoulders	durin streto	of the Day: g your rest ches effective elp speed u	periods. vely wher	Muscle o warmed	nly
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			3 / Week 2 Progressive Load High Protein Legs	these movements MUST be PERFECT if you						
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	7 5 / Week 2 Progressive Load High Protein Chest/Abs	DON on the	f the Day: T arch you e ground au upper body	r back! P nd concei	lant your ntrate on	feet flat
			Exercise	Set	Weight	i i	ps	Rest
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		Day <u>Workout</u> : <u>Diet</u> : Bodypart:	1 / Week 3 Progressive Load High Protein Shoulders	backy reps	f the Day: ward. You'll you have le e done, hel	be thinki	ng of how I of how n	/ many nany
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		/ 2 / Week 3 Progressive Load High Protein Arms / Abs	relief rest p	of the Day: is just ahea periods and hard!	ad in wee	ks 4 - 6.	Longer
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		Day Workout: Diet: Bodypart:	y 3 / Week 3 Progressive Load High Protein Legs	keep avoid	f the Day: the bar off compressi ys rest it on	the back ng the sp	of your no ine, caus	eck to ing injury.
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		Day Workout: Diet: Bodypart:	y 4 / Week 3 Progressive Load High Protein Back	down shoul	of the Day: is, begin the lders down Then pull th	e movemowhile arn	ent by firs ns are stil	t pulling I stretched
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			y 5 / Week 3	Tip o	f the Day:	Take you	ur weight,	size, and
		Workout:	Progressive Load	body	fat measure	ements fir	st thing to	omorrow
		<u>Diet</u> :	High Protein Chest/Abs		ing! Record			
		Bodypart:	Cliest/Abs	Allab	Olic Glowth			
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		Day 1 / Week 4 Workout: Hyper-Adaptive Diet: High Protein Bodypart: Shoulders	same body part. Variety will keep your					
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		Day 2 / Week 4 Workout: Hyper-Adaptive Diet: High Protein Bodypart: Arms / Abs	work the triceps better.				
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			Week 4 Hyper-Adaptive High Protein Legs	behind you. As you lower yourself, your but				
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		Day 4 / Week 4 Workout: Hyper-Adap Diet: High Pro Bodypart: B	otive votein e	eating. You'll most likely overeat if you just				
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	5 / Week 4 Hyper-Adaptive High Protein Chest/Abs	<u>Tip of the Day:</u> If doing barbell presses, squeeze the bar inward to work the muscles in the chest better.				
		E	xercise	Set	Weight		ps	Rest
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		Day 1 Workout: Diet: Bodypart:	I / Week 5 Hyper-Adaptive High Protein Shoulders	keep you from being short-handed on the				
		Ex	kercise	Set	Weight		ps	Rest Periods
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		Day 2 / Week 5 Workout: Hyper-Adaptive Diet: High Protein Bodypart: Arms / Abs Tip of the Day: On preacher curl movements, use the preacher bench backward. It's safer, works the bi's bette and doesn't allow a rest in the up position					better,	
		Exerc	cise	Set	Weight		ps Actual	Rest Periods
Superset 1	Table 5 Table 6			1 2 3 1 2 3		12 10 _8 _ 12 10 8		<u>xercises</u> <u>supersets</u>
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Superset 3	Table 9 Table 10			1 2 3 1 2 3		12 10 _8_ 12 10 8		1 minute b 3 minutes

		Day Workout: Diet: Bodypart:	3 / Week 5 Hyper-Adaptive High Protein Legs	see if you didn't waste at least an hour on things LESS important than exercising.				
		E	xercise	Set	Weight	i i	ps	Rest Periods
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		Day 4 <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	4 / Week 5 Hyper-Adaptive High Protein Back	periods, etc. in this program. Each step has				
		Ex	xercise	Set	Weight		ps	Rest
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		Day Workout: Diet: Bodypart:	5 / Week 5 Hyper-Adaptive High Protein Chest/Abs	and lean forward to avoid fatiguing your arms				
		E	xercise	Set	Weight		ps	Rest Periods
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		Day 1 <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	1 / Week 6 Hyper-Adaptive High Protein Shoulders	<u>Tip of the Day:</u> To make sure you're working the targeted bodypart and not a secondary muscle, you need to place all your concentration on the targeted contraction.				
		Ex	kercise	Set	Weight		ps	Rest Periods
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		Day Workout: Diet: Bodypart:	2 / Week 6 Hyper-Adaptive High Protein Arms / Abs	your TRICEP when in the fully extended				
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		Day 3 / Week 6 Workout: Hyper-Ada Diet: High Periods Bodypart:		muscles are too tight. Stretch them by				
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		Day 4 / Week 6 Workout: Hyper-Adaptive Diet: High Protein Bodypart: Back	it first	of the Day: t thing in the re accuracy	e morning	before e	ating to
		Exercise	Set	Weight		ps	Rest
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		Day Workout: Diet: Bodypart:	5 / Week 6 Hyper-Adaptive High Protein Chest/Abs	body	of the Day: fat measure ing! Recor olic Growth	ements fir d your me	st thing to easureme	omorrow ents in the
		E	xercise	Set	Weight		ps	Rest Periods
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	y 1 / Week 7 Progressive Load Low Protein Shoulders	you g	f the Day: paining fat a ce your tota carbs by 30	nd you've I calories 0 and adj	e stuck to split betw ust your r	your diet, veen fat needs.
			Exercise	Set	Weight		ps	Rest Periods
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		Day Workout:	y 2 / Week 7 Progressive Load		of the Day:			
		Diet: Bodypart:	Low Protein Arms / Abs	your	body straig work your	ht. Don't	lean forw	
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						Target	Actual	Periods
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		Day Workout: Diet: Bodypart:	y 3 / Week 7 Progressive Load Low Protein Legs	time, lower	of the Day: it will actuate back muse back proper fo	Illy weake cles, crea orm is all	en your at ting more you need.	os and risk for
			Exercise	Set	Weight		ps	Rest
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		Day Workout: <u>Diet</u> : <u>Bodypart</u> :	y 4 / Week 7 Progressive Load Low Protein Back	you'v your	f the Day: e made! B workouts ou psyched	uy yourse omething	elf a new that will	CD for
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	y 5 / Week 7 Progressive Load Low Protein Chest/Abs	back your	of the Day: by rolling y chest to iso e using you	our hips a late your	and pelvis abs. Oth	s toward erwise,
			Exercise	Set	Weight		ps	Rest Periods
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		Day 1 / Week 8 Workout: Progressive Load Diet: Low Protein Bodypart: Shoulders	rest p	of the Day: periods between the control ching your rever faster are	ween sets nuscles.	and supe This help	ersets by s them
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	2 / Week 8 Progressive Load Low Protein Arms / Abs	reps"	f the Day: , when you e way, towa ast rep you	couldn't l ard your "a	bring the actual" re	weight up ps. Make
		j	Exercise	Set	Weight		ps	Rest
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		Day <u>Workout:</u> <u>Diet</u> : <u>Bodypart</u> :	7 3 / Week 8 Progressive Load Low Protein Legs	carbo	f the Day: hydrate dri NG your w eel sick. Sa	nks and eorkout. Y	energy ba	rs E muscle
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		Day 4 / Week 8 Workout: Progressive Load Diet: Low Protein Bodypart: Back	if it w one r	ere the only ep perform ble effort!	y one you	're doing.	Even
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	7 5 / Week 8 Progressive Load Low Protein Chest/Abs	width Wide	f the Day: and wide-a arms will s normal wid	arm width tress the	on barbe	ell presses. es more
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	/ 1 / Week 9 Progressive Load Low Protein Shoulders	progr Musc	of the Day: less by the ele is heavie ngs. Look	numbers er than fat	on the so	ale.
			Exercise	Set	Weight		ps Actual	Rest Periods
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	/ 2 / Week 9 Progressive Load Low Protein Arms / Abs	Tip o of you harde	ur crunches	Exhaling forces th	forcefully ne abs to	/ at the top work even
		I	Exercise	Set	Weight	Re Target	ps Actual	Rest Periods
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	y 3 / Week 9 Progressive Load Low Protein Legs	corre dead	f the Day: ct muscles lifting by pu raising the	when squ shing thr	uatting an	d
			Exercise	Set	Weight		ps Actual	Rest Periods
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		Day	y 4 / Week 9	Tin o	f the Day:	Don't wo	rry about	seeing
		Workout:	Progressive Load		of overtrain			
		Diet:	Low Protein		ressive Loa			
		Bodypart:	Back	the p	rogramming	process	. Relief is	s coming!
							ps	Rest
			Exercise	Set	Weight		Actual	Periods
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		Day	y 5 / Week 9	Tin o	f the Day:	Take vo	ur weight	size and
			Progressive Load	body	fat measure	ements fir	st thing to	omorrow
		Diet:	Low Protein		ing! Recor			
		Bodypart :	Chest/Abs	Anab	olic Growth	Tracker	5000 Pro	gram.
			Evereioe	Set	Wajabt	Re	ps	Rest
			Exercise	Set	Weight	Target	Actual	Periods
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		Day 1 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Shoulders	exerc you're	of the Day: ciseSTAR e probably at it. Acce	RT doing i avoiding i	t! Chance it because	es are
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		Day 2 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Arms / Abs	doing Keep	of the Day: y crunches your head effective a	is to pull y in line wi	our head th your bo	forward. ody to be
		Exercise	Set	Weight		ps	Rest
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		Day 3 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Legs Exercise	after enou	one of your gh carbs to y-available Weight	meals er finish str protein fo Re	nsures the ong and s r quick re ps	ere are some covery. Rest
-				110.9.10	Target	Actual	Periods
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		Day 4 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Back	you'v Make		h some n t somethi	ew workd	or gains out clothes! ill show off
		Exercise	Set	Weight		ps	Rest
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		Day 5 / Week 10 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Chest/Abs	weigh towar	of the Day: ntwithout rd your dom inging your	turning ye ninant har	our head, nd. It add	look s strength
		Exercise	Set	Weight		ps	Rest
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		Day 1 / Week 11 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Shoulders	carbs	of the Day: s and fats. ge cheese ater instead	Have a coor protein	up of low/	no-fat
		Exercise	Set	Weight		ps	Rest
						Actual	Periods
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		Day 2 / Week 11	Tip o	f the Day:	Don't wo	rry too m	uch about
		Workout: Hyper-Adaptive Diet: (HAC) High Protein +1	buyin suppl	g the "best ements. T	advertise hey all wo	ed" proteir ork about	n the same.
		Bodypart: Arms / Abs	G0 10	r value and			
		Exercise	Set	Weight		ps	Rest Periods
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		Day 3 / Week 11 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Legs	perio	of the Day: ds, you MU ST 30 secon	ST hold t	he stretch	n for at
		Exercise Set Weight _ Rep			Rest		
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		Day 4 / Week 11 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Back	or ph motiv	oto from a rate you to it where yo	muscle m reach hig	nag or boo her and h	ok to igher.
		Exercise	Set	Weight	i e	ps	Rest Periods
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t 2	Table 15		2		10		
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oer	Talala		1		12	 	
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	16		3		8		

		Day 5 / Week 11 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Chest/Abs	when You'r	of the Day: I doing any The only cheat ard work.	knee rais	e exercis	es.
		Exercise	Set	Weight		ps	Rest
						Actual	Periods
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t 1	17		2		10		
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		Day 1 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Shoulders	the da	of the Day: ay! Those dive straigh by jug and kr	empty ca	lories are waist! Gr	making a ab your
		Exercise	Set	Weight	i i	ps Actual	Rest Periods
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		D 0 / W1- 40	T:	f 41 D -	D = 14 .			
		Day 2 / Week 12	<u>Tip of the Day:</u> Don't use so much weight on tricep push downs that you end up using					
		Workout: Hyper-Adaptive						
		Diet: (HAC) High Protein +1						
		Bodypart: Arms / Abs						
		Exercise	Set	Weight		ps	Rest	
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		Day 3 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Legs	You'l	of the Day: I recover que ealing rathe nd, you'll be	uicker if yo r than bui	ou're bod Iding mus	y focuses scle. In
		Exercise	Set	Weight		ps	Rest
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		Day 4 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Back	own e	f the Day: exercises to ded in the T ted for spe	your proables we	gram. Three careful	ne ones
		Exercise	Set	Weight		ps	Rest Periods
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		Day 5 / Week 12 Workout: Hyper-Adaptive Diet: (HAC) High Protein +1 Bodypart: Chest/Abs	bodyt morn	f the Day: fat measure ing! Recor olic Growth	ements fir d your me	st thing to	omorrow ents in the
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		Day 1 / Week 13 Workout: Progressive Load Diet: High Protein Bodypart: Shoulders	partn Don't	of the Day: er, find son t let slacker e sure you h	neone as s bring yo	dedicated ou down v	d as you.
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		Day Workout: Diet: Bodypart:	2 / Week 13 Progressive Load High Protein Arms / Abs	your	of the Day: targeted re obell on you	ps for abs	s, try hold	
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	3 / Week 13 Progressive Load High Protein Legs	impoi good	of the Day: rtance of you quality cross raction on t	our worko ss-trainer	ut footwe for ankle	ar. Buy a
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			/ Week 13 Progressive Load High Protein Back	rows,	f the Day: always be ezing your s pull the we	gin the m shoulder	ovement blades to	by first gether.
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		Day 5 / Week 13 Workout: Progressive Load Diet: High Protein Bodypart: Chest/Abs Tip of the Day: If you fail to plan, you plan to fail! Stay stocked up on all the right foods in your cabinets and don't buy the foods you know will set you back. Plan ahead!					ight foods foods you	
			Exercise	Set	Weight	i	ps	Rest
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		Day 1 / Week 14 Workout: Progressive Load Diet: High Protein Bodypart: Shoulders	workout each week. Extreme consistency is				
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		Day Workout: Diet: Bodypart:	2 / Week 14 Progressive Load High Protein Arms / Abs	your mind, your muscles getting bigger and				
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	3 / Week 14 Progressive Load High Protein Legs	MOST need to work out. Force yourself to				
			Exercise	Set	Weight	i i	ps	Rest
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		Day 4 / Week 14 Workout: Progressive Load Diet: High Protein Bodypart: Back Tip of the Day: When doing lat pull dow and chin ups, don't wrap your thumb arount the bar. Instead, place it on top to lesser arm involvement and work the back hard					nb around lessen	
		Ī	Exercise	Set	Weight	i i	ps	Rest
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		Day <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	5 / Week 14 Progressive Load High Protein Chest/Abs	<u>Tip of the Day:</u> Ditch the workout gloves. Your brain will receive more sensory input from your bare hands and respond by stimulating more muscle fibers.				
		ı	Exercise	Set	Weight	i i	ps Actual	Rest Periods
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		Day Workout: Diet: Bodypart:	1 / Week 15 Progressive Load High Protein Shoulders	times don't	f the Day: Schedule get distract or that time	them int ted. If an	o your da yone ask	s if you're
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Table 5			Day Workout: Diet: Bodypart:	2 / Week 15 Progressive Load High Protein Arms / Abs	raises	of the Day: s become ent between cance.	asier, try	pinching	a 5 lb.
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		Day Workout: Diet: Bodypart:	3 / Week 15 Progressive Load High Protein Legs	<u>Tip of the Day:</u> Stop your workout if you feel dizzy, nauseous, light-headed, or begin to get a headache. These are all signs that your body's had enough for the day.				
			Exercise	Set	Weight		ps Actual	Rest Periods
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		Day Workout: Diet: Bodypart:	4 / Week 15 Progressive Load High Protein Back	You r	need to also to fully stre doing com	o develop ess your s	grip strei stabilizer i	
			Exercise	Set	Weight		ps Actual	Rest Periods
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		Day Workout: Diet: Bodypart:	5 / Week 15 Progressive Load High Protein Chest/Abs	<u>Tip of the Day:</u> Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.					
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			ek 16 per-Adaptive Low Protein Shoulders	treat yourself to some new threads! What's				
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		Day 2 <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	2 / Week 16 Hyper-Adaptive Low Protein Arms / Abs	differ	of the Day: ent angle, to ward slightl	ry bendin	g your wr	rists
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		Day 3 / Week 16 Workout: Hyper-Adaptive Diet: Low Protein Bodypart: Legs	and e	of the Day: extensions, angle. It was t your leg n	keep you vill be har	r toes po der but w	inted in at ill better
		Exercise	Set	Weight		ps	Rest
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		Workout: Hyper-Adapt Diet: Low Prote		only leads			
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		Day ! <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	5 / Week 16 Hyper-Adaptive Low Protein Chest/Abs	roof o	of the Day: of your mouse align your strain.	th when	you do cri	unches
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		Day 1 Workout: Diet: Bodypart:	/ Week 17 Hyper-Adaptive Low Protein Shoulders	quit fi	of the Day: rom frustrat gains are s rogram you	tion. Be i low. Lool haven't t	n that oth k at which followed a	er 10% if n part of and fix it.
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		Day 3 / Week 17 Workout: Hyper-Adaptive Diet: Low Protein Bodypart: Legs	gym i	of the Day: floor "consu e, no matte program ar	ultants" w er how big	ho try to g they are	give you . Stick to
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		Day 4 / Week 17 Workout: Hyper-Adaptiv Diet: Low Protei Bodypart: Bac	the d	of the Day: ay. Sodas, es and teas ies to your	fruit juice can add	es, and sv	veetened
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		Day 5 <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	J Week 17 Hyper-Adaptive Low Protein Chest/Abs	cente spine	f the Day: er yourself, e, stomach a neutral and	keep a na and butt r	atural cur nuscles ti	e in your
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		Day of Workout: Diet: Bodypart:	1 / Week 18 Hyper-Adaptive Low Protein Shoulders	injurie	f the Day: es when lift eze your bu s your body	ing weigh itt muscle	its over your states tightly.	our head, This
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		Day 2 <u>Workout</u> : <u>Diet</u> : <u>Bodypart</u> :	2 / Week 18 Hyper-Adaptive Low Protein Arms / Abs	the w	f the Day: reight as yourscle fibers	u do on li	ifting it to	hit ALL of
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		Day 3 / Week 18 Workout: Hyper-A Diet: Low Bodypart:	break chang	f the Day: d! Other the ging weight les to rege	an stretch , complet nerate for	ely relax the next	uickly your set.
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			r-Adaptive ow Protein Back	<u>Tip of the Day:</u> Visualization doesn't end in the gym. Throughout the day, picture what you want your body to look like. (Just quit flexing in public, OK?!)					
		Exercise		Set	Weight		ps	Rest Periods	
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		Day 5 / Week 18 Workout: Hyper-Adaptive Diet: Low Protein Bodypart: Chest/Abs	body morn	<u>Tip of the Day:</u> Take your weight, size, and bodyfat measurements first thing tomorrow morning! Record your measurements in the Anabolic Growth Tracker 5000 Program.					
		Exercise		Weight	Reps Target Actual		Rest Periods		
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