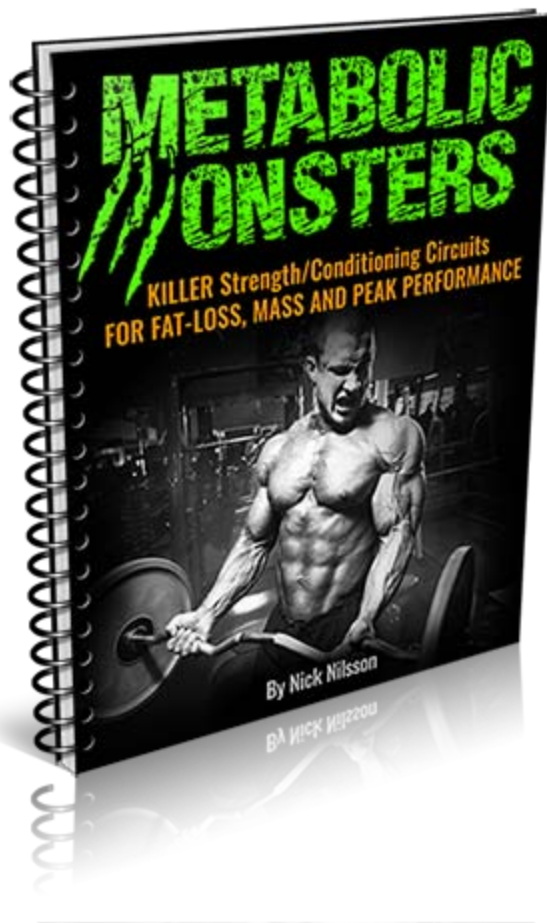


# Metabolic Monsters

## 5 Sample Workouts

By Nick Nilsson...The Mad Scientist of Muscle

*These 5 sample workouts are taken directly from the [Metabolic Monsters](#) book.  
If you like these, you are going to LOVE what you'll get in the full book.*



### [Workout #1 - Single Dumbbell Attack](#)

**One single dumbbell is going to push your body to the LIMIT....**

- Zero setup time
- Minimal equipment requirements
- Very little training space needed
- Works your whole body
- Done in 3-4 minutes

## **Workout #2 - Total Body Countdown Circuit Murder**

**This one will either murder YOU...or you're going to want to murder ME....**

- Heavy, low-rep, strength-oriented loading
- Only free-weight needed
- Develops "workhorse"-style strength-endurance
- Targets all major muscles in your body
- Set up equipment just once for the entire workout

## **Workout #3 - Inside Out Core Crusher**

**You might think I'm kidding with that name... I'm not.**

- Each exercise hits the core with a different functional focus
- Works all major muscle groups in addition to core
- Dramatically improves core strength and performance
- Develops the capability of your body to transfer force through the core
- Minimal equipment needed (dumbbell, barbell and rack)

## **Workout #4 - Lactate Tolerance Training for Chest**

**Let it BURN...**

- Massive Lactic Acid/Lactate burn for Growth Hormone boost and stubborn fat loss
- Uses standard gym equipment (bench, dumbbells and barbell)
- Done in about 7-9 minutes
- Trains your body to function with high levels of circulating lactate, which is critical for athletes
- Incredible chest pump

## **Workout #5 - Dueling Banjo Hell**

**This One Is An Absolute Nightmare...You're Going To Love It.**

- Challenges every muscle in your entire body with 2 exercises
- Uses standard gym equipment (bench, dumbbells and barbell...ideally, a trap bar, if you've got one)
- Time-efficient...you'll be done in 30 minutes
- Develops incredible conditioning via strength work
- Will challenge your mental toughness and fortitude

## Links to One-Page Printable Workout Sheets

- [#1 - Single Dumbbell Attack](#)
- [#2 - Total Body Countdown Circuit Murder](#)
- [#3 - Inside Out Core Crusher](#)
- [#4 - Lactate Tolerance Training for Chest](#)
- [#5 - Dueling Banjo Hell](#)

**Please Note:** Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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# Single Dumbbell Attack



This circuit is the ULTIMATE in training efficiency...a total-body workout with 6 exercises using ONE dumbbell.

You'll go straight from one exercise directly into the next with ZERO rest...which is easy to do because you will NEVER let go of the dumbbell the whole way through.

This circuit takes ZERO setup time and only about 6 square feet of floor space, making it perfect for home gym or CROWDED gym training.

I'll go through the exercises, then I'll tell you exactly WHY this circuit is setup the way it is.

---

## **Exercise #1 - One Dumbbell "Goblet" Push Press - anterior-dominant explosive overhead lift - 4-6 reps**

First pick up the dumbbell with both hands on the handle.



Set it on end on your thigh then get your hands under the top set of plates (this is a 105 lb dumbbell). In terms of weight, this exercise should be the "load limiting" exercise, meaning the dumbbell you pick should be based on getting 4-6 reps with this one...everything else will follow.



Now stand up and start in the "goblet" position. Squat down a bit.



The push the dumbbell up and overhead.



When doing this exercise, my recommendation is to pause briefly at the top, lower the dumbbell down, then bend your knees into the partial squat again before using elastic energy to rebound and push-press the weight back up again.

Remember, this is a power movement...don't try to strict press...use your legs to help power the weight up.

When you've done as many reps as you can, stop the press at the bottom and hold in the goblet position and go directly to...

## **Exercise #2 - Goblet Squats - 4-6 reps**

Hold the dumbbell under the top set of plates, in front of your chest.





Then squat down.





That's it!

This exercise will target your legs and your frontal core support muscles (and arms and shoulders).

On the final rep, rest the dumbbell on end on your knee at the bottom then switch your grip from palms under the top plates to fingers gripping under the top plates,







Which leads directly to...

### **Exercise #3 - Single Vertical Dumbbell Rows 15-20+ reps**

This is a very close grip row which I find really targets the "inner" back muscles strongly.





Then, keeping that same grip, stand up then go directly into...

#### **Exercise #4 - Single Dumbbell Stiff-Legged Deadlifts - 4-6 reps.**

Even though the weight is light, your glutes and lower back are already pre-exhausted from the previous exercises. The hams are basically on their own for this one, so it's very effective even with that relatively light dumbbell.







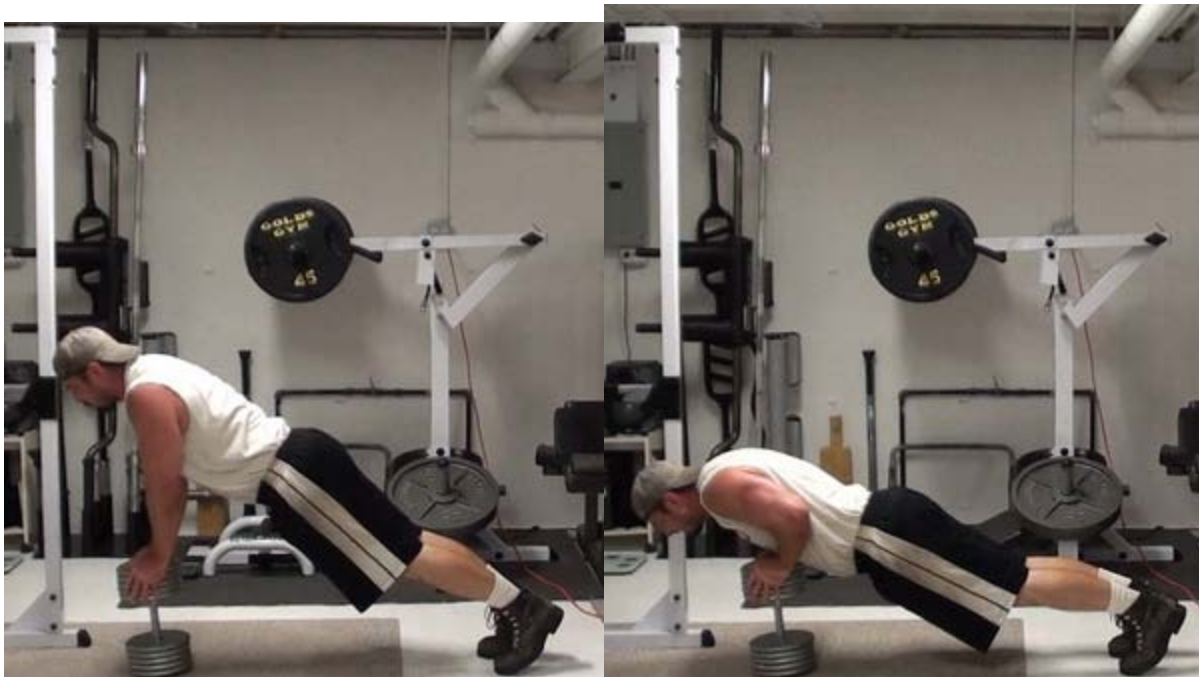
When done, set the dumbbell on end on the ground and set your hands on top and do...

### **Exercise #5 - On-Dumbbell Push-Ups - 15-20+ reps**

This is basically a close-grip push-up. Set your hands so that you're gripping partially on the SIDES of the dumbbell, not just setting them on top. This forces inwards tension onto the pecs in addition to the triceps for pushing up.







When done, bring your feet back beside the dumbbell, stand up and go directly into...

### **Exercise #6 - Dumbbell Swings - 6-8 reps.**

Done exactly like a kettlebell swing only using fingers gripping under the top db plates. This is a posterior-chain dominant explosive exercise.





And you're done!

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**Now, allow me to explain the beauty of this circuit...**

...beyond just using a single dumbbell to hit your whole body in about 6 square feet of floor space (if that)!

Every exercise is matched with an antagonistic movement "book-end" to keep your body in balance.

These are the push-press and the dumbbell swing...the goblet squat and the stiff-leg deadlift...the row and the push-ups. As well, the rep ranges roughly match each

in these pairings.

The order of these exercises shifts focus alternating upper body and lower body to minimize localized fatigue so your performance stays relatively high (similar to PHA or Peripheral Heart Action training originated by Bob Gajda where the idea is basically to "move" bloody supply around the body via targeting widely different areas of the body in successive sets...the end goal of which is increasing metabolic demands on the body).

And it flat-out WORKS.

After the first round, I was dying...so naturally I did 5 more rounds (2-3 minutes rest in between).

I recommend doing 3-5 rounds of this....and depending on the weight you're using, you may only need 2 minutes rest, or you may need 3 minutes in order to maintain performance levels.

Give this one a try...I think you'll like it! It's very time-efficient and easily adjustable to whatever your training level is just by adjusting the dumbbell weight.



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# Total Body Countdown Circuit/Murder



This total-body circuit is, quite frankly, murderous...and very purposefully so.

You're going to be engaging every major big muscle group in your entire body repeatedly...non-stop...with relatively heavy weight...for an extended period of time.

To accomplish this without dying out immediately, you're going to be cycling through exercises that work different areas of your body strategically and incorporate a brief rest WHILE you're doing the sets, so that continuous loading isn't necessarily going to be a factor that stops you from getting all your target reps.

You'll be doing 5 total rounds (non-stop) of 4 exercises, starting with 5 reps on the first round. Then, on every round after that, you'll decrease the target reps by one, until you get to one rep sets on the last round.

This results in what's called "front loading" the workout, meaning that you do more work towards the front of the training, then as you fatigue, you do less and less volume.

Mentally, you'll know that even though you have to keep going through more and more rounds, you don't have to do as many reps on each round. This allows you to keep grinding through and getting the reps.

This circuit is essentially a way to squeeze as much work out of you as possible in a very short period of time...and it will CRANK up your metabolism.

I would recommend performing (or attempting to perform) two rounds of this training. After the first round, take AT LEAST 5 minutes rest before you go again.

In terms of weight selection, use a weight you could normally get at least 10 to 12 reps on a regular "stand-alone" set. Over the course of the circuit, this weight is going to get VERY heavy...

---

## Exercise #1 - Deadlifts

For this one, you can use trap bar or straight bar deadlifts...either one is just fine. I'm using trap bar deadlifts with 405 lbs.



This exercise is the "biggest" exercise and will hit you the hardest in terms of heavy loading.

Once you've finished 5 reps, go immediately to the next exercise...

## Exercise #2 - Dumbbell Floor Presses

For this one, if you don't wish to do floor presses (or aren't comfortable doing them), you can also do normal dumbbell bench press.

I like floor presses for this circuit due to the brief rest you get at the bottom of the exercise with your upper arms flat on the floor. Not only is this a great way to

develop pressing power out of the bottom, it comes in VERY handy towards the end of the circuit when you can allow yourself that brief rest on each rep at the bottom without continuous loading.

I'll show you the easiest way I've found to get dumbbells into position for this when you're training on your own and using heavy weight. I'm using a pair of 95 dumbbells here and this is the very best way I've found to do it.

Set one dumbbell on the outside of your left leg and the other dumbbell directly IN BETWEEN your legs (NOT outside...you'll see why in a second).

Reach over and grip the left dumbbell with both hands.



Pick it up and set it on end on your thigh.





Now reach down with your right hand and grip the other dumbbell. The end of the dumbbell should be resting on your inner thigh.



And here's where you find out why you positioned it in between your legs.

Instead of lifting it up completely off the ground, like you did with the first dumbbell, brace the end against your inner thigh and PULL the other end up, leveraging the dumbbell up and onto your thigh.



Pull it all the way up until it's also resting on end on your thigh.





Then lean back and get into the bottom position for the floor press.



At the bottom, release the tension in your chest and rest your upper arms fully on the floor. To accentuate this, a good tip is to purposefully push your elbows into the floor...this activates the upper back muscles (which are directly antagonistic to the pecs).

THEN press up to the top.



Repeat the full-stop pause on each rep.

On the final rep, once the dumbbells are at the top, instead of bringing your arms back down, lower the dumbbells back onto your thighs (on end) and use their weight to bring your body back up to the seated position. THEN set the dumbbells back down on the floor under control.

### **Exercise #3 - Pull-Ups, Chin-Ups or Inverted Rows**

For this one, we're looking for a pull exercise that you could do for about 8-10 reps normally. For me, it was wide-grip pull-ups. For you, it could be chin-ups or inverted rows. Any of these variations are fine. If you're quite strong and want to use extra resistance, that's totally fine, too.



Make sure you use good form and do the reps under control. I like to do a pause at the bottom to dissipate the elastic tension in the muscles and force them to do all the work.

#### **Exercise #4 - Bottom-Start Front Squats**

I HIGHLY recommend doing the Front Squats in the rack with a bottom-start style like this. If you do a "normal" rep where you stay loaded the whole time, it will force you to use a LOT less weight in order to get through the whole circuit.

I'm using 185 lbs on the bar for this exercise...if I were to do continuous, I'd probably have used 135 lbs.



This bottom-start style allows you to release the load on every rep, reset your body position, take a BRIEF rest and power it up again out of the bottom (which helps build power out of the bottom).

If you don't have a rack to do this with, you can sub in Goblet Squats with a dumbbell as well. At the bottom of every rep, rotate very slightly to one side and rest the dumbbell on end on your knee to get that same release of loading.



You can use either the crossed-arm style or clean grip for these (I prefer crossed arm, myself).

**Now the fun begins...with NO rest...do all of those exercises**



## **AGAIN.**

This time, however, do sets of 4 reps.

Then repeat with sets of 3 reps...then 2 reps...then 1 rep.

THEN you're done.

All told, this will be about 10-12 minutes of continuous heavy lifting, covering all your major muscle groups.

If you decide to do another round of this, take at least 5 minutes rest MINIMUM. This circuit will trash EVERYTHING and you will need the recovery.

Also, you may need to reduce the weight on some of the exercises as well, due to fatigue. This circuit is truly a monster. I went for a second round with the same weight and my reps really suffered a lot. I felt it on the very first rep with trap bar deadlifts and immediately cut my reps to sets of 3 reps, then 2, then 1.

If you only do one round, you can move on to a different, less demanding circuit after this (a bodyweight circuit would be a good option).



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# Inside Out Core Crusher



I called it that because the heavy core exercises feel like they're turning you...yep...inside out.

The best part is, these exercises are actually NOT specifically abdominal exercises. They're exercises that work the core in addition to the other PRIMARY targeted bodyparts (you'll see).

This gives you great work while also hitting every other major muscle group in your body as well.

## **Exercise #1 - Lower Body/Upper Body Force Transfer - One-Arm Dumbbell Floor Press - 105 lb db x 5 reps each arm**

First, set the dumbbell on the floor between your legs.

Pick it up with both hands on the handle then set it on your thigh.



Now lie back onto the floor and into the bottom of a bench press position, with your upper arm resting fully on the floor. If you're pressing with your right arm, bend your right knee, with your left leg almost straight.



You have to drive **HARD** into floor with same side foot when you press, giving you **MASSIVE** deep core cross-tension. This trains your core to transfer force from lower to upper body.



When you're completed your reps on the right arm, rest the dumbbell on your chest briefly and switch arms.



Then press with the left.







Here's a straight-on view.







## **Exercise #2 - Anti-Rotation - Angled One-Arm Dumbbell Row - 8 reps each arm**

You can use the same dumbbell that you just finished the presses with for this exercise.

This exercise is done very much like a Renegade Row with your hand set about 4 feet up on rack post so your body is at an angle. This works the anti-rotation function of the core with a "pull" exercise.







Maintain an arch in your lower back as you perform the row.







### **Exercise #3 - Frontal Plane Stabilization - Unevenly Loaded Squats - 3-5 reps per side.**

For this exercise, you're going to have more weight on one side of the bar than the other. In my case, I've got one 45 lb plate on one side and two 45's on the other. I would recommend you go lighter than this the first time you try it, though...trust me.

Frontal plane stabilization isn't something that's very commonly worked in most core training and you'll need to develop baseline strength in it before you start going heavy.

(just an fyi, the Frontal Plane is basically the plane that divides your body front and back...for example, side bends work in the frontal plane...they're just not a great exercise is the only problem).

When you get set up under the bar, keep in mind that you'll need to pull down **HARD** with the lighter side hand and **PUSH** with the heavier side hand...this is what works the core in the frontal plane.



Then just squat as you normally would.



The uneven loading will put massive tension on the core.

Do your reps on side, then just re-rack the bar and turn around to work the other side (and yes, you may find yourself leaning a bit more to one side as you fatigue, in order to counterbalance the load).



#### **Exercise #4 - Lower-Back Cross-Loading - One Dumbbell Reverse Lunge/Deadlifts - 5 reps**

You can again use the very same dumbbell you were working with before (that's one of the nice things about this circuit - very minimal equipment needed).

What many people don't realize is that the lower back is a BIG part of your "core"...it's not just your abs. This exercise gives you excellent lower back involvement (and cross-tension), along with obliques and transversus. This happens because you're holding only one dumbbell. The Reverse Lunge hits the legs very effectively.



This exercise looks like a superhero "landing" pose at the bottom. You're basically doing a Reverse Lunge and leaning forward at the same time.



Do your reps on one leg, then switch to the other and switch hands with the dumbbell.





### **Exercise #5 - Anti-Flexion - Barbell Curl Squat x 2-5 reps**

Take a plate off the bar you squatted with to even up the sides again. I'm using 135 lbs on the bar.

Hold the bar in top of a curl position, step out then squat. This is a GREAT anti-flexion core exercise, very similar in feeling to a Front Squat. Anti-flexion simply means keeping the spine from bending forward and supporting the torso in an upright position.

This exercise also loads the breathing muscles strongly, too, which is just brutal at this point.



You're done!

Take 3 min rest then repeat this circuit for 3-5 total rounds.

This circuit will absolutely TRASH your core, while hitting every other major muscle group in your body at the same time.

# Lactate Tolerance Training - Chest



"Feel the Burn"...that phrase actually IS for real if you want to lose fat.

However, it's not because Lactic Acid (which is the more common for the accurate term "lactate", which I'll use interchangeably here) is actually burning fat directly or even because you're burning calories from the training itself.

We want to feel that burn because of Growth Hormone...one of the most potent fat-burning and muscle-sparing hormones your body produces. The presence of Lactic Acid (and the resulting drop in pH in your body) is a powerful stimulator of GH secretion.

When you're trying to lose fat (or build muscle without gaining fat), you want as much GH floating around in your system as you can possibly get. That GH boost is the purpose of training for Lactic Acid, and THAT is what this new training protocol is designed to maximize.

You're going to be performing what could be called Power Start Stability Drop Lactic Acid Training (though Lactic Acid Tolerance Training is what I prefer to call it).

The premise is basically to generate as much Lactic Acid as you can, then KEEP it there for a long stretch of time. In this case, 7-9+ minutes.

This requires strategy in order for your muscles to actually keep functioning with that much Lactic Acid in them. We're really going to test how much Lactic Acid your body can tolerate...and TRAIN it's ability to deal with it.

*Side Note: be sure to do this training FASTED...don't eat anything within 2-3 hours before the workout, minimum. GH and insulin don't get along and elevated insulin levels will dampen the GH response we're looking for.*

## How To Do It

You can do this training on one bench, with just a few sets of weights, so it could actually be done in a crowded gym, as long as you can grab a bench and a few dumbbells for about 10 minutes straight.

First, grab a moderately-heavy set of dumbbells that you can do flat bench press with for at least 15 to 20 or more reps. I'm using a pair of 75 lb dumbbells here.





Lie back and crank out as many reps as you can get with those.





And when I say "crank out," I DO mean crank out. These should be fairly fast, powerful reps with no real focus on developing tension in the muscles...just on the goal of getting lots of reps.

The idea is to generate as much Lactic Acid as you can with the moderately-heavy weight. This is the "power start" portion of the technique.

By the time you get towards the end of the set, you should be GRINDING the reps out, still trying to go fast, but not really being able to. Don't go to complete failure but get close. The goal here is to fail because of Lactic Acid build-up, not muscle fiber failure.

Set the dumbbells down then rest 20 seconds. This allows some of the Lactic Acid to be cleared from your muscles (not much) so that you can continue.

Pick up your lighter dumbbells. They should be about half the weight of the first set. I'm using a pair of 35's, which are a little less than half.

Whereas the first set was about power and cranking out reps, THIS set is completely focus on continuous tension in the pecs. DO NOT lockout and DO NOT stop moving the weight. Focus on keeping tension in the pecs throughout the exercise.

The movement itself should be a very even, deliberate tempo (equal time on the up and down phases) with no pauses at the top or bottom...almost robotic and piston-like.



As you come up, don't bring the dumbbells together at the top. Keep tension on the pecs by stopping the movement short of that point.



As you get towards the end of this set, the muscle tension should be extremely high and the Lactic Acid build-up should be almost unbearable, even though the resistance itself is small.

This continuous tension "lockdown" technique prevents a good portion of the Lactic Acid (and other waste products) from being cleared from the pecs. If you're familiar with "Occlusion Training," this is exactly the same thing, only done on the big muscles of the torso that can't be tied off.

*Side note: Occlusion Training is where you tie a band or strap around your limbs near the joint (arms or legs) to slow down (occlude) return blood flow from*



*carrying waste products out of the muscles. It's not tight enough to cut off inwards circulation...just outwards. Trapped waste products are a potent stimulator of anabolic hormones.*

Perform reps until Lactic Acid shuts you down. Literally, I mean that. Perform reps until you don't have enough control over your arms to keep performing the exercise safely.

Set the weights down and rest 20 seconds then go again with the same rep style and goal (continuous tension to trap Lactic Acid in the muscles).

Set the weights down, rest 20 seconds, then repeat one more time for a total of 3 "light" sets after the 1 "power start" set.

### **Now comes the Stability Drop portion of our festivities...**

There is a continuum of stability in different exercises...dumbbells are the least stable, then barbells then machines.

We started with the most unstable version of the bench press here on purpose.

Because after you burn out with the dumbbells, after 20 seconds rest, you're going to go immediately BACK to the "power start" style of set only with BARBELL bench press...using the exact same weight you did the first power start set with dumbbells with.

For me, this was 150 lbs on the bar (make sure you have that pre-set and ready to go).

You likely won't get as many reps as the first set, but you will get a decent amount (I think I got 11), simply because that barbell version is more stable than the dumbbell version and those stabilizing muscles (which are fatigued and swimming in Lactic Acid right now) won't be called upon as strongly.

Crank out as many reps as you can with that weight, going for power and fast reps (no bouncing off the chest).



When you're completely toasted, quickly reduce the weight by half (if you have a spotter to help, even better...if not, just go as fast as you can), then go again.



The weight is extremely light to the point of being ridiculously light if you were doing "normal" training. This is 75 lbs on the bar for me.

The weight won't be challenging but performing reps with the sheer amount of localized Lactic Acid WILL be challenging.

Again, this is continuous tension, no lockout training, so don't crank out reps...go for feel and tension, making sure you keep that Lactic Acid locked into the muscles.







Towards the end of the set, you will again feel like you're going to lose control of your limbs. That's when you rerack the bar, rest 20 seconds then do another set. Then rest 20 seconds and perform one final set.

At this point, your chest will be extremely pumped up and probably twitching to some degree.

You will have flooded your chest with Lactic Acid for a solid 7-9 minutes or more, which should give you a nice boost in GH...

...especially when you continue this training for back and for legs.

All you need is ONE round through this and you're done for chest.

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### **If You Have Access to a Bench Press Machine**

You can take this "stability drop" concept one more step further if you have a bench press machine you can use. Machines introduce one more level of stabilization into the mix.

After finishing your light sets of barbell bench press, perform the same method (same weight "power start" set then drop the weight by half and perform light, continuous-tension sets) on the machine.

If you DO have the machine, do just 2 sets of light training instead of 3 for each level of stability.

# Dueling Banjo Hell



This one is, to be quite honest...an absolute nightmare. You will be going into a massive oxygen debt by the time you finish.

Do this in one continuous NON-STOP set...(select your own weights according to your strength levels - I'm including mine as an example).

You're front-loading the hardest parts of the training (which means doing more work earlier in the set) by doing the higher rep deadlifts and the heavier presses first.

You stay at the same weight on the trap bar deads so you don't have to mess with changing weight, which would take time and give you too much rest (yes, I know...it's cruel).

For weight selection on the trap bar deadlifts, use about 60 -70% of your 1 RM. At this time of this workout, I could do about 530 for a max, which puts that at about 60% for me.

For the presses, on the first part, use a weight you could normally get 6-8 reps (you'll do 5), then a weight you could normally get 15 reps for (you'll do 10), then a weight you could probably normally get 50 or more reps for (you'll do 20).

I recommend using dumbbells for the bench press instead of barbell so you can preset your dumbbells and not have to change weights each time.

You CAN use straight bar deads but I prefer trap bar for this because of the rep range (straight bar deads are tough on the lower back when done for high reps...trap bar, not nearly as much).

**Exercise 1 - Heavy Flat Dumbbell Bench Press - 105 lb db's x 5 reps**



**Exercise 2 - Trap Bar Deadlifts - 315 lbs x 20 reps**





**Exercise 3 - Moderate Flat Dumbbell Bench Press - 75 lb db's x 10 reps**



**Exercise 4 - Trap Bar Deadlifts - 315 x 10 reps**



**Exercise 5 - Light Flat Dumbbell Bench Press - 45 lb db's x 20 reps**





### **Exercise 6 - Trap Bar Deadlifts - 315 x 5 reps**

You will be lifting a lot slower on these final reps. The weight you blew up for 20 reps will feel like a TON at this point.



Done

Essentially, you're going back and forth (i.e. dueling) between two different exercises (banjos) while varying the rep ranges in opposite directions. The hell is pretty self-explanatory.

Now rest 5 minutes (you will need it) and do this two more times through (with 5 min rest after the next round, of course)...3 total rounds and you're done.

On your second and third rounds, your reps will drop due to fatigue. Your first set will be your best and highest-volume set (recognize that front-loading concept again?).

Don't push to abject failure on any of the parts of these. You want to push hard but not so hard that you crush your nervous system. Keep a rep or two in the tank.

These two exercises in combination will work almost everything in your entire body...and with changing rep ranges to target different fiber types.

And if you think weight training doesn't work or improve your cardiovascular capacity...well, try this circuit and see if you can formulate a coherent argument against it after that.



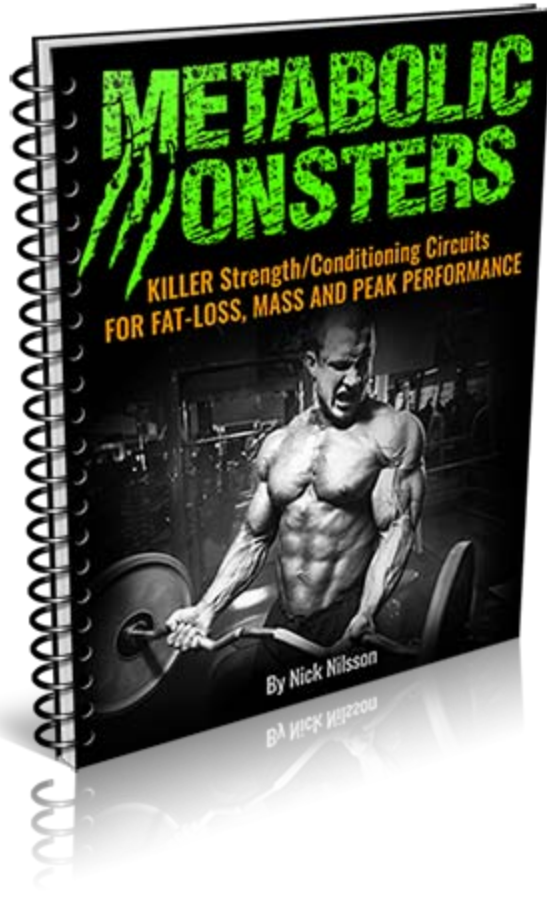
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# Metabolic Monsters

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# Single Dumbbell Attack

This circuit is the ULTIMATE in training efficiency...a total-body workout with 6 exercises using ONE dumbbell. You'll go straight from one exercise directly into the next with ZERO rest...which is easy to do because you will NEVER let go of the dumbbell the whole way through.

Exercise #1 - One Dumbbell "Goblet" Push Press - anterior-dominant explosive overhead lift - 4-6 reps

Exercise #2 - Goblet Squats - 4-6 reps

Exercise #3 - Single Vertical Dumbbell Rows 15-20+ reps

Exercise #4 - Single Dumbbell Stiff-Legged Deadlifts - 4-6 reps

Exercise #5 - On-Dumbbell Push-Ups - 15-20+ reps

Exercise #6 - Dumbbell Swings - 6-8 reps

I recommend doing 3-5 rounds of this....and depending on the weight you're using, you may only need 2 minutes rest, or you may need 3 minutes in order to maintain performance levels.



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# Total Body Countdown Circuit/Murder

You're going to be engaging every major big muscle group in your entire body repeatedly...non-stop...with relatively heavy weight...for an extended period of time.

You'll be doing 5 total rounds (non-stop) of 4 exercises, starting with 5 reps on the first round. Then, on every round after that, you'll decrease the target reps by one, until you get to one rep sets on the last round.

I would recommend performing (or attempting to perform) two rounds of this training. After the first round, take AT LEAST 5 minutes rest before you go again.

In terms of weight selection, use a weight you could normally get at least 10 to 12 reps on a regular "stand-alone" set. Over the course of the circuit, this weight is going to get VERY heavy...

Exercise #1 - Deadlifts - 5 reps

Exercise #2 - Dumbbell Floor Presses - 5 reps

Exercise #3 - Pull-Ups, Chin-Ups or Inverted Rows - 5 reps

Exercise #4 - Bottom-Start Front Squats - 5 reps

**Now the fun begins...with NO rest...go DIRECTLY back to Exercise #1 and do all of those exercises AGAIN.**

This time, however, do sets of 4 reps.

Then repeat with sets of 3 reps...then 2 reps...then 1 rep.

THEN you're done.

All told, this will be about 10-12 minutes of continuous heavy lifting, covering all your major muscle groups.

If you decide to do another round of this, take at least 5 minutes rest MINIMUM. This circuit will trash EVERYTHING and you will need the recovery.

Also, you may need to reduce the weight on some of the exercises as well, due to fatigue. This circuit is truly a monster. I went for a second round with the same weight and my reps really suffered a lot.





# Inside Out Core Crusher

These exercises work the core in addition to the other PRIMARY targeted bodyparts. This gives you great work while also hitting every other major muscle group in your body as well.

Exercise #1 - Lower Body/Upper Body Force Transfer - One-Arm Dumbbell Floor Press - 105 lb db x 5 reps each arm

Exercise #2 - Anti-Rotation - Angled One-Arm Dumbbell Row - 8 reps each arm

Exercise #3 - Frontal Plane Stabilization - Unevenly Loaded Squats - 3-5 reps per side

Exercise #4 - Lower-Back Cross-Loading - One Dumbbell Reverse Lunge/Deadlifts - 5 reps

Exercise #5 - Anti-Flexion - Barbell Curl Squat x 2-5 reps

You're done!

Take 3 min rest then repeat this circuit for 3-5 total rounds.



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# Lactate Tolerance Training - Chest

You're going to be performing sets of two exercises, repeated with two different weights and very short rest periods. The first exercise is the most unstable (dumbbell bench press) while the second exercise is more stable (barbell bench press), which allows you to keep performing reps when you would normally have to stop with the more unstable exercise.

## Part 1 - Dumbbell Bench Press - Moderate Weight - 20+ reps - 1 set

- These should be fairly fast, powerful reps with no real focus on developing tension in the muscles...just on the goal of getting lots of reps (at least 20 or more on the first set, so gauge your weights accordingly).
- Rest 20 seconds

## Part 2 - Dumbbell Bench Press - Light Weight (about 50% of first set) - AMRAP - 3 sets

- (AMRAP stands for As Many Reps As Possible). Go for strict form and continuous tension on these reps. Perform as many reps as possible until lactate accumulation shuts you down.
- Rest 20 seconds
- Perform a total of THREE light weight sets here, taking 20 seconds rest in between sets.
- Then go to...

## Part 3 - Barbell Bench Press - Same Equivalent Weight as Part 1 - AMRAP - 1 set

- Again, go for fast reps, focusing on getting as many as possible rather than on strict form.
- Rest 20 seconds. Take this time to change the weight on the bar.

## Part 4 - Barbell Bench Press - Light Weight (about 50% of first set of barbell bench) - AMRAP - 3 sets

- Go for strict form and a controlled, continuous tension style of movement. You'll be performing THREE light weight sets, taking 20 seconds rest in between each set.

You will have flooded your chest with Lactic Acid for a solid 7-9 minutes or more, which should give you a nice boost in GH. All you need is ONE round through this and you're done for chest. If you have access to a bench press machine, you could potentially add a third part to the Stability Drop Set as the machine is the most stable version of them all.



# Dueling Banjo Hell

Do this in one continuous NON-STOP set...(select your own weights according to your strength levels - I'm including mine as an example).

You stay at the same weight on the trap bar deadlifts so you don't have to mess with changing weight, which would take time and give you too much rest.

For weight selection on the trap bar deadlifts, use about 60 -70% of your 1 RM.

For the presses, on the first part, use a weight you could normally get 6-8 reps (you'll do 5), then a weight you could normally get 15 reps for (you'll do 10), then a weight you could probably normally get 50 or more reps for (you'll do 20).

I recommend using dumbbells for the bench press instead of barbell so you can preset your dumbbells and not have to change weights each time.

**Exercise #1 - Heavy Flat Dumbbell Bench Press x 5 reps**

**Exercise #2 - Trap Bar Deadlifts x 20 reps**

**Exercise #3 - Moderate Flat Dumbbell Bench Press x 10 reps**

**Exercise #4 - Trap Bar Deadlifts - same weight x 10 reps**

**Exercise #5 - Light Flat Dumbbell Bench Press x 20 reps**

**Exercise #6 - Trap Bar Deadlifts - same weight x 5 reps**

Now rest 5 minutes (you will need it) and do this two more times through (with 5 min rest after the next round, of course)...3 total rounds and you're done.

On your second and third rounds, your reps will drop due to fatigue. Your first set will be your best and highest-volume set (recognize that front-loading concept again?).

Don't push to total failure on any of the parts of these. You want to push hard but not so hard that you crush your nervous system. Keep a rep or two in the tank.

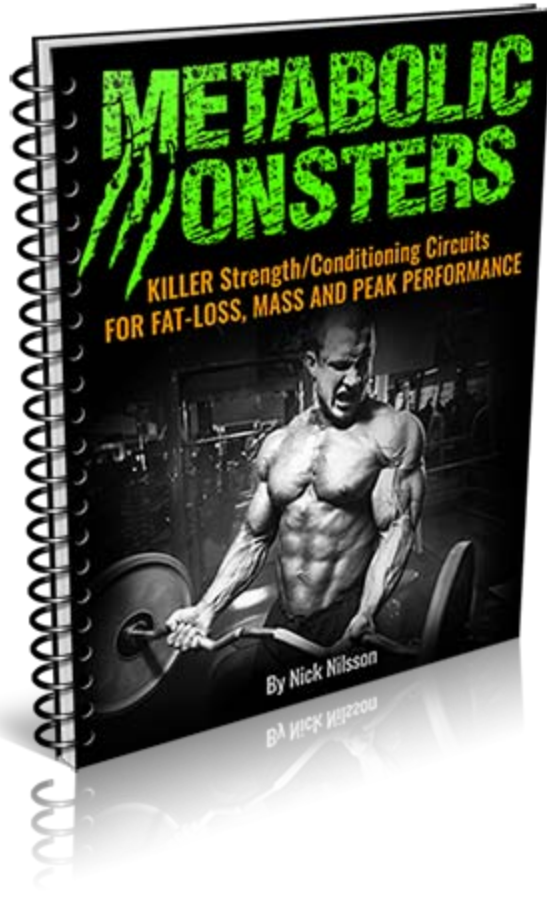




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