

HOW TO GET BIG...QUICK!



TRAIN HARD

TRAIN INTENSE

TRAIN TO FAILURE

TRAINING SPLIT



SESSION 1 - QUADS

SESSION 2 - CHEST TRICEPS

REST

SESSION 3 - HAMSTRINGS

SESSION 4 - BACK

SESSION 5 - SHOULDER BICEPS

REST

TRAINING PLAN



Every set is to failure. No if's, no but's. Full range of motion, perfect form. We advise you to perform 1-2 warm-up sets prior to starting your 3 failure sets. This increases the overall volume of the workout and prepares you for the movement coming up.

Session 1 - Quads

- **Leg Extension** 3 x 6-8 (3rd set = rest pause into double drop set)
- **Hack Squat** 3 x 6-8
- **Single Leg Press** 3 x 6-8
- **Leg Press SS Leg Extensions** 3 x 12 & 12

Session 2 - Chest & Triceps

- **Incline DB Press** 3 x 4-6 (3rd set = drop set)
- **Seated Cable Fly** 3 x 4-6 (3rd set = drop set)
- **Incline Plate Loaded Press** 3 x 4-6 (3rd set = rest pause)
- **Standing Cable Fly** 3 x 12-15
- **Plate Loaded Dips** 3 x 6-8
- **E-Z Bar Push Downs** 3 x 15-20

Session 3 - Hamstrings

- **Lying Leg Curl** 3 x 4-6
- **Stiff Leg Deadlifts** 3 x 4-6
- **Seated Hamstring Curl** 3 x 4-6 (3rd set = rest pause into double drop set)
- **Abductor Machine** 3 x 20
- **Adductor Machine** 3 x 20
- **Hip Thrusts** 3 x 10-12

Session 4 - Back

- **Life Fitness Row** 3 x 6-8 (3rd set = rest pause)
- **Bent Over DB Rows** 3 x 6-8
- **Seated Cable Row (narrow grip)** 3 x 6-8 (3rd set = rest pause)
- **1-Arm Plate Loaded Row** 2 x 4-6
- **Gym 80 1-Arm Pull Down** 3 x 6-8
- **Cybex Overhand Row** 3 x 10-12

Session 5 - Shoulders & Biceps

- **Reverse Cable Fly** 3 x 20
- **DB Shoulder Press** 3 x 4-6
- **1-Arm Cable Side Raises** 3 x 6-8 (3rd set = go back to starting arm and repeat until failure)
- **DB Side Raises** (up the rack, down the rack x 1)
- **Life Fitness Shoulder Press SS Side Raise Machine** 3 x 20 & 20
- **One Arm Cable Front Raise** 2 x 12
- **DB Bicep Curls** 3 x 4-6
- **E-Z Bar Cable Curls** 3 x 20

PROGRAM DURATION



This program is designed for a **4-8 week INTENSE training block**. You should lower the volume and intensity **when you can no longer recover from your training**. If training to your maximum, this will usually be **within 8 weeks**. After this, we suggest a period of **2-4 weeks where you aren't training to failure every workout**.

GOT QUESTIONS?

Shoot us a **WhatsApp** for a voice note back: **07891341128**