

# *Ultimate Workout Program*

Introduction and Break-In Period

# Ultimate Workout Program

## Phase 3

# Background

- Involve All Muscle Groups
- Fatigue Cycling Bodybuilding Program
- Developed in Eastern Europe

# The Routine

- **Workout A**
  - Pullup/Pulldown 4 x 8
  - Rows 4 x 8
  - Overhead Press 4 x 8
  - Squat 3 x 12
  - Bench Press 4 x 8
  - Curls 4 x 8
- **Workout B**
  - Bench Press 4 x 8
  - Curls 4 x 8
  - Deadlift 3 x 12
  - Pullup/Pulldown 4 x 8
  - Rows 4 x 8
  - Overhead Press 4 x 8

# Ultimate Workout Program

## Phase 2

# Background

- Involve All Muscle Groups
- Bodyweight, Strongman, Olympic Stuff Added to 5 x 5 Protocol
- Can Add Ab Work If You Want – Not Needed

# The Routine

- Monday
  - Squat 5 x 5
  - Overhead Press 5 x 5
  - Strongman (Barrel, Sandbags)
- Thursday
  - Deadlifts 5 x 5
  - Power Cleans 5 x 5
  - Strongman
- Tuesday & Friday
  - Bodyweight (Hindu Squats, Dips, Sit-Ups, Chins)

# Ultimate Workout Program

Phase 1

# Background

- Involve All Muscle Groups
- The Muscle Building Formula: Squats and Milk + Heavy Weights = Huge
- Peary Rader & Ken Leistner
- Built More Bodybuilders Than Any Other Workouts Combined
- Can Add Ab Work If You Want – Not Needed

# The Routine

- Monday
  - Overhead Press 2 x 6-8
  - Bench Press 2 x 6-8
  - Bent-Over Rows 2 x 6-8
  - Curls 2 x 6-8
  - Squats/Deadlifts 1 x 20 (Breathing)  
(Alternate each workout)

# Background

- Mark Berry/J.C.Hise/Peary Rader
- Old-Time Natural Bodybuilders
- Arthur Jones/Mike Mentzer
- Involve All Muscle Groups
- Bodyweight, Strongman, Powerlifting

# The Lowdown

- Break-In Period for Beginners (4 weeks)
- Experience Lifters Take Week Off
- Train 2-3 Days Per Week
- Make Reps, Add Weight to Bar, Easy Cadence
- Eat 3 Meals Plus 2 Protein Drinks – Gain
- Eat 2-3 Meals, 1 Protein Drink, IF – Cut
- Muscle Popper
- Drink Lots of Water (Muscle 70%)

# The Muscle Popper

- Whey Protein – 1 Scoop
- Glutamine – 1 Scoop
- Water – 16 oz.
- Frozen Blueberries – ½ cup
- Whey Protein – 1 Scoop
- Drink Half Before Workout, Half After

# Protein Drink of the Gods

- Whey Protein – 1 Scoop
- Milk – 1 cup
- Banana
- Peanut Butter (2 Tbs.)
- Honey (2 Tbs.)

# The Supplements

- Multi-Vitamin – 1 Per Day
- Fish Oil Capsules – 3-6 Per Day w/Meals
- Creatine
- Glutamine

# The Break-In Routine

- Break-In Workout (Warm-Up 5 Min.)
  - Overhead Press 2 x 10
  - Bench Press 2 x 10
  - Bent-Over Rows 2 x 10
  - Curls 2 x 10
  - Squats/Deadlifts 1 x 10
- Workout 2-3 Days Per Week
- Alternate Squats and Deadlifts
- 4 Weeks, Take Week Off, Begin Phase 1

# Cardio

- 3-4 Days Per Week (Ripped)
- 1-2 Days Interval Cardio (Gain)
- Go For 20-30 Minutes
- Intervals: 5 Minute Warm-Up, 20 Minute Intervals (30 Seconds Slow, 30 Seconds Sprint), 5 Minute Cool Down
- Perform In Morning On Empty Stomach

# Mindset

- Stay Focused, Positive & Take Action
- Visualize Goals Daily
- Keep Track Of Progress In Workout Log
- Lift Hard and Heavy
- Be Realistic: Success Can't Happen Overnight

# Ultimate Workout Program

## Phase 4

# Background

- Involve All Muscle Groups
- Abbreviated (Stronger = Less)
- Failure (It Does Work, Don't Overdo It)
- Mentzer, Jones, Darden and More

# The Routine

- Monday
  - Bench Press 1 x 10, 2 x F (6-8)
  - Overhead Press 1 x 10, 2 x F (6-8)
- Wednesday
  - Bent-Over Rows 1 x 10; 2 x F (6-8)
  - Curls or Pulldowns 1 x 10; 2 x F
- Friday
  - Squats 1 x 10; 2 x 8-10 (Don't Go to Failure)
  - Deadlift 1 x 10; 2 x F (8-10)

# Follow-Up

- Lift Heavy (For You); Always Add Weight When You Can
- Stay Positive, Persistent, and Work Hard
- Eat Right, Get Rest, Drink Water
- Follow the Plan and Grow
- Any Questions Email Me at:  
**[admin@ultimateworkoutprogram.com](mailto:admin@ultimateworkoutprogram.com)**

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- Ultimate Workout Program For Ultra-Advanced Lifters
- Great Additions To Your Fitness Library
- Thanks for Watching