

I, BODYBUILDER PROGRAM

SHOULDER PHASE MONDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Specialization

A1 Activation Cluster				Top-Half Seated Overhead Press from Pins								
REST	SETS	REPS	SPEED	W								
10/90	2	3 x 1R	AHAP	R	3	3						

B1 Force Spectrum Loading				High-Incline Bench Press								
REST	SETS	REPS	SPEED	W								
90	6	3	AHAP	R	3	3	3	3	3	3	3	

C1 Ratchet Loading				Push Press								
REST	SETS	REPS	SPEED	W								
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

SHOULDER PHASE TUESDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Ratchet Loading				Leg Press								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

A2 Ratchet Loading				Leg Curl								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B1 Ratchet Loading				Low-Incline Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Force Spectrum Loading				Seated Row								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Force Spectrum Loading				Triceps Extension from Pins								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C2 Force Spectrum Loading				Preacher Curl								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

SHOULDER PHASE WEDNESDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Force Density	Specialization

A1		Max Force Loading			Top-Half Seated Overhead Press from Pins						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

A2		Max Force Loading			Dumbbell Lateral Raise						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

A3		Max Force Loading			Push Press						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

A4		Max Force Loading			Dumbbell Front Raise						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

B1		Max Force Loading			High Power Pull						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

B2		Max Force Loading			Low Power Pull						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

B3		Max Force Loading			Upright Row						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

B4		Max Force Loading			Face Pull						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

SHOULDER PHASE FRIDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Capacity	Specialization

A1 Dynamic Preactivation				Push Press								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

A2 Capacity Ramp Loading				Seated Dumbbell Overhead Press								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

B1 Dynamic Preactivation				Power Snatch								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

B2 Capacity Ramp Loading				Dumbbell Upright Row								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

SHOULDER PHASE SATURDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Force Spectrum Loading				Sumo Deadlift								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	3	TF		

A2 Force Spectrum Loading				Leg Extension								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	3	TF		

B1 Force Spectrum Loading				Chin-Up								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	3	TF		

B2 Force Spectrum Loading				Floor Fly								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	3	TF		

C1 Ratchet Loading				Dumbbell Hammer Curl								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

C2 Ratchet Loading				Decline Dumbbell Triceps Extension								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

BACK PHASE MONDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Specialization

A1 Activation Cluster				Rack Pull from Pins 2" Below Knee								
REST	SETS	REPS	SPEED	W								
10/90	2	3 x 1R	AHAP	R	3	3						

B1 Force Spectrum Loading				Deadlift								
REST	SETS	REPS	SPEED	W								
90	6	3	AHAP	R	3	3	3	3	3	3	3	

C1 Force Spectrum Loading				Medium-Grip Pull-Up								
REST	SETS	REPS	SPEED	W								
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	3	TF

D1 Force Spectrum Loading				Seated Row								
REST	SETS	REPS	SPEED	W								
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	3	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

BACK PHASE TUESDAY FULL

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Ratchet Loading				Single-Leg Leg Press								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

A2 Ratchet Loading				Single-Leg Leg curl								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B1 Ratchet Loading				Bench Press								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Ratchet Loading				Standing Wide-Grip Barbell Curl								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

C1 Force Spectrum Loading				Medium-Grip Upright Row								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C2 Force Spectrum Loading				Decline Triceps Extension								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

BACK PHASE WEDNESDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Force Density	Specialization

A1 Max Force Loading				Rack Pull from Pins 2" Below Knee								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2			

A2 Max Force Loading				45-Degree Barbell Row								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2			

A3 Max Force Loading				Deadlift								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2			

A4 Max Force Loading				Seated Row								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2			

A5 Max Force Loading				Medium-Grip Pull-Up								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

BACK PHASE FRIDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Capacity	Specialization

A1 Dynamic Preactivation				Power High Pull								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

A2 Capacity Ramp Loading				One-Arm Dumbbell Row								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

B1 Dynamic Preactivation				Medicine Ball Overhead Slam								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

B2 Capacity Ramp Loading				Pulldown								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

BACK PHASE SATURDAY FULL

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Force Spectrum Loading				Step-Up								
REST	SETS	REPS	SPEED	W								
45	4	3	AHAP	R	3	3	3	3				

A2 Force Spectrum Loading				Single-Leg Leg Extension								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

B1 Force Spectrum Loading				Close-Grip Incline Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

B2 Force Spectrum Loading				Reverse Preacher Curl								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Force Spectrum Loading				Face Pull								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C2 Ratchet Loading				Dip from Bottom								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

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I, BODYBUILDER PROGRAM

LEGS PHASE MONDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Specialization

A1 Activation Cluster				Top-Half Squat from Pins								
REST	SETS	REPS	SPEED	W								
10/90	2	3 x 1R	AHAP	R	3	3						

B1 Force Spectrum Loading				Squat								
REST	SETS	REPS	SPEED	W								
90	6	3	AHAP	R	3	3	3	3	3	3	3	

C1 Ratchet Loading				Leg Press								
REST	SETS	REPS	SPEED	W								
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

LEGS PHASE TUESDAY FULL

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Force Spectrum Loading				45-Degree Barbell Row from Pins								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	3	3	3	3	3	TF		

A2 Force Spectrum Loading				Floor Fly								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	3	TF		

B1 Ratchet Loading				Close-Grip Bench Press								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Force Spectrum Loading				Restart Preacher Curl								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Ratchet Loading				Barbell Front Raise from Pins								
REST	SETS	REPS	SPEED	W								
45	4	1/3/1/3	AHAP	R	1	3	1	3				

C2 Force Spectrum Loading				Upright Row from Pins								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

LEGS PHASE WEDNESDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Force Density	Specialization

A1 Max Force Loading				Top-Half Squat from Pins								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A2 Max Force Loading				Leg Press								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A3 Max Force Loading				Leg Curl								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A4 Max Force Loading				Leg Extension								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A5 Max Force Loading				Standing Calf Raise								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

LEGS PHASE FRIDAY

NAME		DATE		DESCRIPTION				TYPE			
				Max Capacity				Specialization			

A1 Dynamic Preactivation				Jump Squat								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

A2 Capacity Ramp Loading				Front Squat from Pins								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

B1 Dynamic Preactivation				Power Clean from Blocks								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

B2 Capacity Ramp Loading				Romanian Deadlift from Pins								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

C1 Dynamic Preactivation				Ankle Jumps Holding Dumbbell								
REST	SETS	REPS	SPEED	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3	3*	3*	

C2 Capacity Ramp Loading				Standing Calf Raise								
REST	SETS	REPS	SPEED	W								
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

LEGS PHASE SATURDAY FULL

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Ratchet Loading				Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

A2 Force Spectrum Loading				Seated Row								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

B1 Ratchet Loading				Standing Barbell Curl from Pins								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Force Spectrum Loading				Floor Dumbbell Triceps Extension								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Force Spectrum Loading				Power Shrug from Pins								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C2 Force Spectrum Loading				Restart Machine Lateral Raise								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

CHEST PHASE MONDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Specialization

A1 Activation Cluster				Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
10/90	2	3 x 1R	AHAP	R	3	3						

B1 Force-Spectrum Loading				Thick-Bar Bench Press								
REST	SETS	REPS	SPEED	W								
90	6	3	AHAP	R	3	3	3	3	3	3	3	

C1 Ratchet Loading				Floor Press								
REST	SETS	REPS	SPEED	W								
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

CHEST PHASE TUESDAY FULL

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Ratchet Loading				Leg Extension								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

A2 Force Spectrum Loading				Leg Curl								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

B1 Ratchet Loading				Face Pull								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Force Spectrum Loading				Restart Lateral Raise								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Ratchet Loading				Floor Barbell Triceps Extension								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

C2 Force Spectrum Loading				Triceps Rope Pressdown								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

CHEST PHASE WEDNESDAY

NAME	DATE	DESCRIPTION	TYPE
		Max Force Density	Specialization

A1 Max Force Loading				Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A2 Max Force Loading				Floor Fly								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

A3 Max Force Loading				Machine Chest Press								
REST	SETS	REPS	SPEED	W								
30	5	2	AHAP	R	2	2	2	2	2	2		

B1 Max Force Loading				Triceps Extension from Pins								
REST	SETS	REPS	SPEED	W								
30	3	2	AHAP	R	2	2	2					

B2 Max Force Loading				Floor Dumbbell Triceps Extension								
REST	SETS	REPS	SPEED	W								
30	3	2	AHAP	R	2	2	2					

B3 Max Force Loading				Triceps Rope Pressdown								
REST	SETS	REPS	SPEED	W								
30	3	2	AHAP	R	2	2	2					

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

CHEST PHASE FRIDAY

NAME		DATE	DESCRIPTION	TYPE
			Max Capacity	Specialization

A1 Dynamic Preactivation				Hands-on-Bench Plyo Pushup							
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	

A2 Capacity Ramp Loading				Fly							
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

B1 Dynamic Preactivation				Bench Press							
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	

B2 Capacity Ramp Loading				Incline Fly							
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

C1 Dynamic Preactivation				Close-Grip Bench Press							
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	

C2 Capacity Ramp Loading				Triceps Extension							
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

CHEST PHASE SATURDAY

NAME	DATE	DESCRIPTION	TYPE
		Heavy Activation	Full Body

A1 Ratchet Loading				Dumbbell Romanian Deadlift								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

A2 Force Spectrum Loading				Step-Up								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

B1 Ratchet Loading				Bradford Press								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

B2 Force Spectrum Loading				Medium-Grip Pulldown								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

C1 Ratchet Loading				Top Half, Close-Grip Bench Press from Pins								
REST	SETS	REPS	SPEED	W								
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF			

C2 Force Spectrum Loading				Standing Reverse Curl								
REST	SETS	REPS	SPEED	W								
45	5	3...TF	AHAP	R	3	3	3	3	TF			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

I, BODYBUILDER PROGRAM

TRANSITION PHASE MONDAY

NAME	DATE	DESCRIPTION	TYPE
		Ht Contrast	Upper Body

A1 Force Spectrum Loading				Bench Press								
REST	SETS	REPS	SPEED	W								
45	6	4/4/4 2/2/2	AHAP	R	4	4	4	2	2	2		

A2 Max Force Loading				90-Degree Barbell Row								
REST	SETS	REPS	SPEED	W								
45	7	2...TF	Explosive	R	2	2	2	2	2	2	2	TF

B1 Force Spectrum Loading				Low-Incline Dumbbell Press								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	2	TF

B2 Max Force Loading				Low-Pulley Curl								
REST	SETS	REPS	SPEED	W								
45	7	2...TF	Explosive	R	2	2	2	2	2	2	2	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

TRANSITION PHASE TUESDAY

NAME	DATE	DESCRIPTION	TYPE
		Ht Contrast	Lower Body

A1 Force Spectrum Loading				Leg Press								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	2	TF

A2 Max Force Loading				Jump Squat								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2	2	

B1 Force Spectrum Loading				Leg Extension								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	2	TF

B2 Max Force Loading				Vertical Jump								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2	2	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

TRANSITION PHASE THURSDAY

NAME	DATE	DESCRIPTION	TYPE
		Ht Contrast	Upper Body

A1 Force Spectrum Loading				45-Degree Barbell Row								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF	

A2 Max Force Loading				Bench Press								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2		

B1 Force Spectrum Loading				Medium-Grip Pull-Up								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF	

B2 Max Force Loading				Leg Curl								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

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I, BODYBUILDER PROGRAM

TRANSITION PHASE FRIDAY

NAME	DATE	DESCRIPTION	TYPE
		Ht Contrast	Lower Body

A1 Force Spectrum Loading				Romanian Deadlift								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	2	TF

A2 Max Force Loading				Power Clean								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2	2	

B1 Force Spectrum Loading				Low-Incline Dumbbell Press								
REST	SETS	REPS	SPEED	W								
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	2	TF

B2 Max Force Loading				Dumbbell Hammer Curl								
REST	SETS	REPS	SPEED	W								
45	6	2	Explosive	R	2	2	2	2	2	2	2	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.