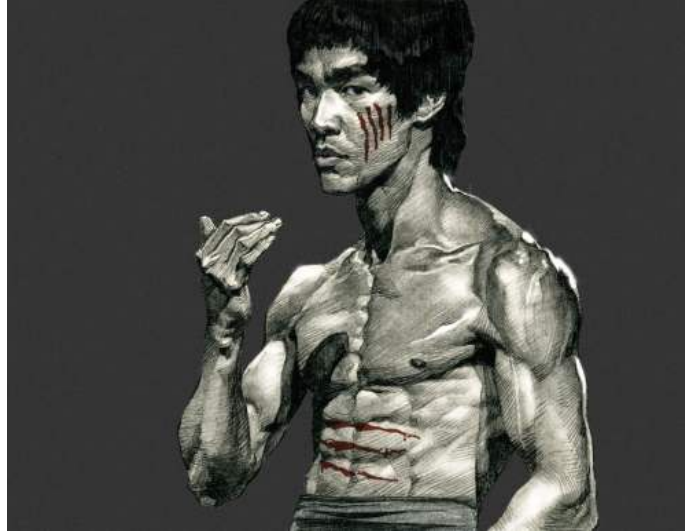


Training For Maximum Muscle Density & Definition



So it is pretty easy to gain strength when you add a lot of body mass (muscle and fat)...simply walk into any gym and you will see what I mean. It takes a much more skill and intelligence to gain muscle while staying at roughly the same body weight or when dropping body fat.

This workout is aimed at increasing muscle density and definition.

(I'll keep this report short in case you want to print it out)

Note: I'll outline the workout on the next page and then explain why it is structured the way it is below the workout.

2 Day Split for Muscle Density

Day 1 and 4: Chest, Back, Abs

Incline Dumbbell Press: 5 sets of 5 reps

Barbell Bench Press: 5 sets (increase weight and work to 1-2 reps)

Chin Ups: 5 sets of 5 reps

One Arm Dumbbell Rows: 5 sets (working down to 1-2 reps)

Hanging Leg Raises: 5 sets slow to failure (build up to 15-20 reps)

Planks: 2-3 holds for 2 minutes.

Day 2 and 5: Shoulders, Biceps, Triceps

Seated Dumbbell Military Press: 5 sets of 5 reps

Standing Lateral Raises: 3 x 5 reps

Standing Barbell Curl: 5 sets of 5 reps

Alternating Dumbbell Curl: 5 sets (increase weight and work to 1-2 reps)

Weighted Dips or Dip Machine: 5 sets of 5 reps

Skull Crushers: 3 sets of 5 reps

Notes:

For the 5 sets of 5 reps, keep the weight the same and stop short of failure. The first 2-3 sets will feel light, the last couple sets will be closer to failure (but not all the way). What we are doing is *waking up the nervous system* and creating a “positive feedback loop”, by successfully lifting a weight repeated times. By the time you hit the second exercise for your muscle group, your nervous system will be raring to go. For the second exercise, you want the first set to be 5 reps, the second set to be 4 reps, the third to be 3 reps, etc.

You will want to increase the weight from set to set this time around.

When you setup your rep scheme like this, you will be able to lift heavier weights than normal, without fatiguing the muscle.

Over a period of weeks it will be possible to hit personal bests in lifts and your muscles will take on a much harder dense appearance.

This is a fun way to train!

So what about leg training?

I recommend simply sticking to intense intervals or sprints to work your legs. Many will disagree, but explosive interval training creates nicer looking and more functional legs than squats, deadlifts, etc. If you must train legs then simply add 3 sets of 5 on the dead-lift or one legged squat on back and chest day.