

**FIGURE 7-9**

# Variable Split or Variable Double Split Training Program for Elite Bodybuilders

(Allows every fourth day for rest)

BODY PART	RECOVERY DAYS PER INTENSITY LEVEL				DAYS 1-12 OF THE MACROCYCLE											
	A	B	C	D	1	2	3	4	5	6	7	8	9	10	11	12
Chest	2	3	4	5	A	B	C	D	A	B	C	D	A	B	C	D
Shoulders	2	3	4	5	A	B	C	D	A	B	C	D	A	B	C	D
Back	3	4	5	6	A	B	C	D	A	B	C	D	A	B	C	D
Biceps	2	3	4	5	A	B	C	D	A	B	C	D	A	B	C	D
Triceps	2	3	4	5	A	B	C	D	A	B	C	D	A	B	C	D
Midsection	1	2	3	4	A	B	C	D	A	B	C	D	A	B	C	D
Legs	3	4	5	6	A	B	C	D	A	B	C	D	A	B	C	D
Calves	1	2	3	4	A	B	C	D	A	B	C	D	A	B	C	D
Forearms	1	2	3	4	A	B	C	D	A	B	C	D	A	B	C	D

## DAYS 13-31 OF THE MACROCYCLE

BODY PART	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Chest	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Shoulders	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Back	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Biceps	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Triceps	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Midsection	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Legs	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Calves	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C
Forearms	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C

You should be sure that the prescribed number of recovery days is not always adhered to. That's because of the rest days. Rather than skipping a workout, bodybuilders prefer to incorporate a "double split" system into their routine. That is, they like to work out twice a day. In fact, some bodybuilders prefer three workouts per day. The benefit of this is that it allows them to spend less time in the gym at each workout, thereby allowing for more intense workouts. To convert this schedule to a "double-variable split" system, simply do your workouts at every workout, whether you're on a single split, double split, or triple split. In fact, you should always train your weak points at every workout, whether you're on a single split, double split, or triple split.

Be sure to do a gastrointestinal cleanse for three days prior to beginning this mesocycle (see Part Five).

1

**BODY PART  
AND  
INTENSITY  
LEVEL**

**PREFERRED EXERCISE**

**APPROXIMATE REPS, SETS,  
INTENSITY, AND METHOD**

☐ **A Chest** bench press

10 reps/10 sets/60% max

Take 1-3 minutes' rest between sets. Use explosive movements. Eliminate eccentric movement (actively lowering the weight).

☐ **B Chest** bench press  
dumbbell bench press  
cable crossovers

5 reps/3 sets/85% max; explosive  
12 reps/3 sets/70% max; rhythmic  
40 reps/3 sets/40% max; slow

Take 1-3 minutes' rest between sets.

☒ **C Chest** bench press  
dumbbell bench press  
or incline dumbbell  
bench press  
cable crossovers

5 reps/85% max; explosive

12 reps/75% max; rhythmic  
40 reps/40% max; slow

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat, reducing the weight slightly each time. Use an array of upper and lower chest exercises for complete chest development, including weighted dips.

12

2



# SHRUGS / TRAPS

← **TO JO!**

☐ **A Shoulders** seated dumbbell presses

12 reps/8 sets/70% max

Take 1-3 minutes' rest between sets. Use explosive movements, without resting or pausing between each rep. Bear in mind that you should also mix in some sets of front dumbbell raises in order to achieve total shoulder development. Eliminate eccentric movement (actively lowering the weight).

☐ **B Shoulders** seated dumbbell presses  
lateral raises  
military presses

5 reps/3 sets/85% max; explosive  
12 reps/3 sets/70% max; rhythmic  
40 reps/3 sets/40% max; slow

Bear in mind that you should also mix in some sets of front dumbbell raises in order to achieve total shoulder development. Take 1-3 minutes' rest between sets.



☒ **C Shoulders** seated dumbbell presses  
lateral raises  
military presses

5 reps/85% max; explosive  
12 reps/75% max; rhythmic  
40 reps/40% max; slow

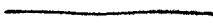


Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat, reducing the weight slightly each time. Use an array of shoulder exercises. Bear in mind that you should also mix in some sets of front dumbbell raises in order to achieve total shoulder development.

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30

3

<input type="checkbox"/>	<b>A Back</b>	back extensions	12 reps/8 sets/70% max	
		long cable pulls	12 reps/8 sets/70% max	

Take 1-3 minutes' rest between sets. Use explosive movements without resting or pausing between reps. Bear in mind that you should also mix in some sets of lat pulldowns in order to achieve total upper back development. Eliminate eccentric movement (actively lowering the weight).

<input type="checkbox"/>	<b>B Back</b>	back extensions	5 reps/3 sets/85% max; explosive	
		long cable pulls	12 reps/3 sets/70% max; rhythmic	
		one-arm bent rows	40 reps/3 sets/40% max; slow	

Take 1-3 minutes' rest between sets. Bear in mind that you should also mix in some sets of lat pulldowns in order to achieve total upper back development.

<input checked="" type="checkbox"/>	<b>C Back</b>	back extensions	5 reps/85% max; explosive	
		deadlifts	12 reps/75% max; rhythmic	
		pulldowns	40 reps/40% max; slow	

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat, reducing the weight slightly each time. Use an array of back exercises. Bear in mind that you should also mix in some sets of high pulls (low back and shoulder girdle) and heavy bent rows (posterior deltoids and rhomboids) in order to achieve total back development.

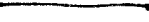


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<input type="checkbox"/>	<b>A Biceps</b>	EZ curls or dumbbell curls	10 reps/10 sets/60% max	
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Take 1-3 minutes' rest between sets. Use explosive movements. Eliminate eccentric movement (actively lowering the weight).

<input type="checkbox"/>	<b>B Biceps</b>	EZ curls	5 reps/3 sets/85% max; explosive	
		dumbbell curls	12 reps/3 sets/70% max; rhythmic	
		preacher curls	40 reps/3 sets/40% max; slow	

Take 1-3 minutes' rest between sets.

<input checked="" type="checkbox"/>	<b>C Biceps</b>	EZ curls	5 reps/85% max; explosive	
		dumbbell curls	12 reps/75% max; rhythmic	
		preacher curls	40 reps/40% max; slow	

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat; reducing the weight slightly each time. Use an array of curl exercises throughout the "C" workout.

**A Triceps** French presses or nose crushers 8 reps/5 sets/80% max

Take 1-3 minutes' rest between sets. Use explosive movements. Eliminate eccentric movement (actively lowering the weight).

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**B Triceps** French presses

nose crushers

pushdowns

5 reps/3 sets/85% max; explosive

12 reps/3 sets/70% max; rhythmic

40 reps/3 sets/40% max; slow

Take 1-3 minutes' rest between sets.

**C Triceps** French presses

nose crushers

pushdowns

5 reps/85% max; explosive

12 reps/75% max; rhythmic

40 reps/40% max; slow

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat, reducing the weight slightly each time. Use an array of triceps exercises throughout the "C" workout.

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**A Abs** Russian twists

8 reps/5 sets/80% max

Take 1-3 minutes' rest between sets. Be explosive only coming out of twisted position in Russian twists.

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**B Abs** Russian twists

reverse crunchers

crunchers

5 reps/3 sets/85% max

12 reps/3 sets/70% max; rhythmic

40 reps/3 sets/40% max; slow

Take 1-3 minutes' rest between sets. Be explosive only coming out of twisted position in Russian twists.

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**C Abs** Russian twists

reverse crunchers

sidebends left and right

5 reps/85% max

12 reps/75% max; rhythmic

40 reps/40% max; slow

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat. Be explosive only coming out of twisted position in Russian twists.

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## CALVES

Unlike other body parts, calves must be severely overloaded in order to force growth. This is because they're so enduring. Remember, you're on them and using them most of the day. The best way to force adaptation is to wear specially built shoes called strength shoes. Begin 5 minutes per day, gradually working over the course of a month up to an hour or two. Don't be afraid to jump around or run while wearing the strength shoes. Just don't let your heels droop to the ground—stay on your toes.

**A Calves** standing calf machine

12 reps/12 sets/75% max

Take 1-3 minutes' rest between sets.

**B Calves** standing calf machine  
seated calf machine

12 reps/10 sets/75% max

12 reps/10 sets/75% max

Take 1-3 minutes' rest between sets.

**C Calves** standing calf

5 sets of 5 reps done explosively;  
then 5 sets of 12 reps done  
rhythmically; then 5 sets of 40 reps  
done with slow, continuous tension

Because calf training isn't likely to interfere with any other body part training, you may want to fit each set in between sets while performing other exercises. This will save a lot of time.

**A Legs** safety squats  
leg extensions  
hamstring curls

8 reps/5 sets/80% max

12 reps/8 sets/70% max

10 reps/10 sets/60% max

Hamstrings are speed muscles: 10 reps/10 sets/60% max. Do exercise fast without pause between reps.

Quadriceps are speed and strength muscles: 12 reps/8 sets/70% max. Do exercise explosively.

Together, as in squatting, quads and hams are limit strength muscles: 8 reps/5 sets/80% max. Do exercise explosively with slight rest pause between reps.

Eliminate eccentric movement (actively lowering the weight). Take 1-3 minutes' rest between sets.

**B Legs** safety squats  
leg extensions  
hack squats

5 reps/3 sets/85% max; explosive

12 reps/3 sets/70% max; rhythmic

40 reps/3 sets/40% max; slow

Take 1-3 minutes' rest between sets. Stiff-legged deadlifts and leg curls should also be incorporated in order to achieve total upper leg development.

**C Legs** safety squats  
hack squats  
lunge walking with dumbbells

5 reps/85% max; explosive

12 reps/75% max; rhythmic

40 reps/40% max; slow

Go through above in zigzag fashion without resting (see the "C" workout graph). Wait 3-5 minutes and repeat, reducing the weight slightly each time. Use an array of upper leg exercises throughout the "C" workout, including stiff-legged deadlifts, leg curls, and glute-ham raises.

**A Forearms** regular wrist curls

12 reps/10 sets/70% max

Take 1-3 minutes' rest between sets.

**B Forearms** regular wrist curls  
reverse wrist curls  
Thor's hammer

5 reps/3 sets/85% max; explosive  
12 reps/3 sets/75% max; rhythmic  
40 reps/3 sets/55% max; slow

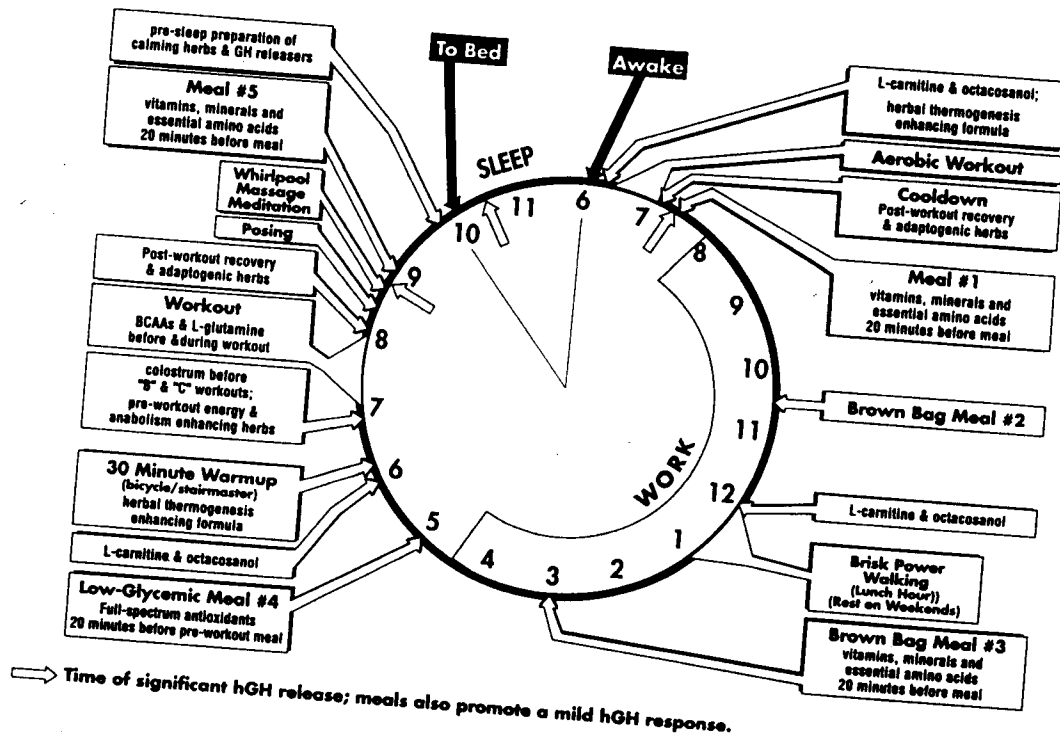
Take 1-3 minutes' rest between sets.

**C Forearms** regular wrist curls  
reverse wrist curls  
Thor's hammer

5 reps/85% max; explosive  
12 reps/75% max; rhythmic  
40 reps/55% max; slow

Go through above in zigzag fashion without resting (see the "C" workout graph).  
Wait 3-5 minutes and repeat.

FIGURE 7-13



**Warning:** Food & Drug Administration laws prohibit the sale of L-tryptophan (an essential amino acid) in any form other than its naturally occurring state. Therefore, Peptide-bonded aminos are your only choice. The pure L-form of broad spectrum and essential amino acid supplements on the market today are of little use because they lack L-tryptophan.

**Note:** High-quality protein powders are available which contain many of the vitamins, minerals, amino acids, and other nutritional supplements you may require. Often, they make excellent (and tasty) additions to your normal meals. Rarely are they suitable as meal replacements.