CALVES - Donkey calf raise machine, hold negative for 2 seconds to eliminate any bounce, roll all the way up onto the big toe, and then come down halfway and then all the way back up. These 1.5 reps really hit the diamond for a cut calf look.

SAMPLE TEMPLATE

Use 1 rep max calculator to dial in weights. http://www.nsca-lift.org/fly%20solo%...ram/onearm.asp

Rotate your 2 favorite exercises per bodypart slot for the heavy exercise. Definitely use at least 1 incline variant for chest, and incline is what creates the aesthetic "shelf look" (I wish I knew this when I started lifting)

DAY A

CHEST - (Preactivate BB Bench) Bench (decline BB or flat BB unless upper chest is lagging), incline cable crossovers for burn)
SHOULDERS (Preactivate with push press, or skip) press variations, db lat raises,vertical row, or lat raise machine for burn)
TRICEPS (Preactivate with loaded dips, or skip) Presses or pulls, looking for max tension, skull crusher variants for burn
ABS - barbell rollouts with 135, 3 sets to failure. Remeber that the physiological purpose of abs is to retract the hips while doing these, and keep the arms straight

DAY B (Mech)

QUADS - Squat variants. Probably do want back squats here, but placed chronologically BEFORE hams that training day. Should be back squatting 50+% of leg days. Hack squats work too. The stretched position is key for heavy quad exercises. For the burn sets, somersault squats, walking lunges, and extremely high (30+) rep leg extensions are a good call.
HAMSTRINGS - Preactivate on target exercise. Barbell hip thrust /SLDL/good mornings for one choice, ham curl/GHR variant as the other. Burnout with ham curls/GHR machine, or light 1 arm sldl
TRAPS - I would add shrugs on this day, just doing them all on 1 bar or smith machine or hammer strength machine. No Preactivation needed, traps are brutal to begin with so i recommend heavy power oriented shrugs, or even hang cleans. 3 heavy sets to failure, with a mini set or 2 after the last set to burn them out totally works great. Getting a boost from the calves or legs to lock out heavy weights is recommended, and squeeze at the top as long as possible. if not using a barbell in front, be careful not to hyperextend the hips forward.
ABS - Hanging leg raise, 10lb db between legs, legs above parallel, 3 sets to failure

(best lower ab exercise)

DAY C (Mech)
BACK WIDTH (Preactivate with target exercise) Chin/pullup/pulldown variations, bentover 1-arm motorcycle rows for burn
BACK CENTER (No preactivation) CG/DB/Tbar Row or deadlift variations for tension, strict CG cable rows for burn)
BICEPS - (Preactivate with loaded cg Chin/pullup) looser form curls for max power/tension, spider or preacher style strict curls for burn
FOREARMS - Don't bother preactivating, reverse curls to taste. Can do the burnout with wrist flips with dbs in hand
ABS- decline situps w/ db on chest for weight, 3 sets to failure

HOW TO DO IT

These are, roughly, traditional workouts. You will want to structure 3 OR 4 of these per week, with the idea being to hit muscle groups between 1.5 and 2 times per week.

FOR EACH BODY PART, the breakdown is as follows

1. Warm up as necessary, weights under 70% 1RM, avoid constant tension for >6 seconds with any weight above 35% of max.

2. **Perform a single rep** with 85-90% of your maximum with FAST bar speed. This activates as many muscle fibers as possible, an effect that lasts roughly 5 minutes. You absolutely cannot grind this rep out, and total time under tension including racking and unracking must be less than 6 seconds. The 6 second guideline is due to golgi tendon inhibition. You may do a double at 85% if you like, but the key is that you must max out your force production. Ideally, lifting a nice heavy load this early should leave you feeling like a beast, ready to do anything, and totally unfatigued (unlike a 1RM max effort)

3. WITHIN 2-3 MINUTES OF PREACTIVATING Perform roughly 6 reps with around your 6 rep max. The last rep should NOT be a grinder, though it should be difficult, you do not want to lose bar speed and have a tremendously long tension time. This is still a heavy set, and focus should really ideally be on nailing the form and getting **maximum power development**, especially at the stretch/turnaround point where the eccentric becomes concentric.

4. Wait 10-15 deep breaths, and drop the weight roughly 10%. If you think you can get more than 3 with the original weight, don't drop. Rep out this weight, still not approaching failure (each mini set should have a rep in the tank). Discontinue the set at the first sign of reps becoming "grindy".

5. Wait 10 seconds/breaths, and repeat step 4. Dropping perhaps another 5-10% of load is OK, but no more. Weights you could do for more than 12 reps are probably not going to produce sufficient load for the goal fiber damage here. **You want around 25 TOTAL reps through 5 or 6 mini sets per body part performed in this fashion.**

6. Once your mini sets of 3 reps have been completed, you can rest. I recommend hard stretching. The body part you've just used will no longer be used for maximum force activation, so neural inhibition at this point via stretching is ok.

7. Select a very high stretch/pump exercise, and do 5 sets of 12 reps, trying to keep the weight the same and driving to 12 each time. Your focus here should be on embracing the lactate burn and pushing through it. You must not bottom out or top out the movement, releasing tension from the muscle.