

STOP AT NOTHING

6-WEEK MUSCLE BUILDING PROGRAM TEMPLATE

WAIVER AND RELEASE

PLEASE READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS PROGRAM

I acknowledge and understand that there are risks involved in participating in any exercise program and in exercises contained in this program. I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me / or my family while utilizing the information in this program.

I agree to waive, release, indemnify BE RELENTLESS COACHING and Jake Males from any and all claims, suits, or related causes of action against **BE RELENTLESS COACHING** or Jake Males for injury, loss, death, costs, or other damages to me while utilizing all the information or partaking in the exercises contain within this program.

	UPPER BODY #1	LOWER BODY	UPPER BODY #3	UPPER BODY #4
POST WARM UP	Complete 3 sets 1. Push up x 10 2. Y-handcuff x 10 3. Band pull apart x 20 4. high tension plank x 10sec	Complete 3 sets 1. X-band walk x 10/way 2. Figure 4 hip thrust x 6/side 3. Side plank x 20sec/side 4. Hip flexor stretch x 30sec	Complete 3 sets 1. Y-W-T ISO hold x 10sec 2. Y-handcuff x 10 3. Pull over x 12	Complete 4 sets 1. Lateral fly x 25 reps 2. Face pull x 25 reps Back-to-back, no rest
MAIN HEAVY LIFT Complete 1-3 warm up sets x 10-15 reps	1. Bench press or floor press Week 1, 4: 5 sets x 5 reps Week 2, 5: 5 sets x 4 reps Week 3, 6: 5 sets x 2-3 reps 2min rest between sets	1. Rack pull Week 1, 4: 5 sets x 5 reps Week 2, 5: 5 sets x 4 reps Week 3, 6: 5 sets x 2-3 reps 2min rest between sets	1. Chin up/pull up Week 1, 2: x 30 reps Week 3, 4: x 40 reps Week 5, 6: x 50 reps Complete total number of reps, rest when needed	1. Military press Week 1, 4: x 5 reps Week 2, 5: x 4 reps Week 3, 6: x 2-3 reps 2mins rest between sets Can replace with incline press, if needed
DROP SET Rest 2min after last set of main heavy lift then do drop set	2. Dumbbell bench press Complete 1 set x AMRAP* in 3min (use 20% of your bodyweight) *As many reps as possible	2. Split squat hold Complete 1 set x ISO hold at bottom each x as long as possible each leg (Hold dumbbells by your side, use 30% of your bodyweight)	2. Lat pull down Complete 1 set x AMRAP in 3mins (use 20-30% of body weight)	2.Dumbbell lateral fly Complete 1 set x AMRAP in 3mins (5-8kg each hand)
ACCESSORY EXERCISES	Complete 4 sets 3A. Heavy dumbbell bench x 6-7 reps w/6sec lowering (eccentric) each rep 3B. Push up x 8-20 reps 3C. Pull over x 12-15 reps 1min rest between sets	Complete 3 sets 3A. Pull up x 6-12 reps 3B. Step up or Bulgarian split squat (dumbbells) x 5-8 reps each leg 3C. RDL (Romanian dead lift) x 6-8 reps w/6sec lowering (eccentric) each rep 1min rest between sets	Complete 2-3 sets 3. Machine row x 10 reps, followed by a 10sec ISO hold. x 8 reps, followed by a 10sec ISO hold x 6 reps, followed by a 10sec ISO hold x 4 reps, followed by a 10sec ISO hold 2min rest between sets	Complete 4 sets 3A. Chest fly variation x 20 reps 3B. Y-Press x 6-8 reps w/6sec lowering (eccentric) each rep 3C. Plate front raise x 8 reps, followed by bus drivers x 20 reps
ACCESSORY EXERCISES #2	Complete 3-5 sets 4. Tricep push down x 20 reps 45-60sec rest between sets	Complete 3 sets 4. Single leg hip thrust x 8-12 reps each leg 45-60sec rest between sets	Complete 3 sets 4. Prone Dumbbell rows x 6-10 reps (heavy) 45-60sec rest between sets	Complete 6 sets 4A Bicep curl x 6-10 reps 4B Tricep push down x 6-10 reps No rest between sets
WEAKPOINT TRAINING	5A. Rear delt fly 1 set x 100 reps (rest 10-15sec when needed) After 100 reps are complete 5B. Hang from bar 1 set x as long as possible	Complete 4 sets 5A. Core rollout x 15-20 reps 5B. Face pull x 20 reps	Complete 2 sets 5A. Iron neck x 3 full body rotations each way Look left to right x 5 in each stance 5B. Dumbbell shrug x 20 reps	Complete 3 sets 5A Handstand hold x 20sec 5B Copenhagen side plank x 10-20sec each side
FINISHER	Complete 2 sets 1. Leg raise x 20 reps 2. Crunch x 20 3. Side plank x 20sec /side 4. Pallof press x 12/side	Complete 4 sets "Gun show" 1. Bicep curl ISO hold x 30sec 2. Bicep curl SLOW x 6 reps 3. Bicep curl PUMP x 20 reps 4. Tricep overhead extension x 12-15 reps 1-3: Use the same bar, cable, or dumbbell	Complete 1 set 1. Barbell overhead carry x as far as possible without dropping 2. Hanging leg raise x 20 reps	Complete 1 set 1. Barbell bench press x 100 reps (use 40% of bodyweight) 2. Band pull apart x 100 reps