

Warrior's Primed Beef Cycle :

6 Weeks Priming

During the first six weeks the goal is to prime the system for the upcoming growth phase. Priming will take several forms to sensitize the body to growth hormones (testosterone, insulin, and thyroid) and incoming nutrition for protein synthesis. Focus is on diet, training and supplementation to lead to a primed anabolic state for maximizing anabolism. The goal during these six weeks is to drop 10-12 pounds of fat while priming the body for a growth phase.

Diet

Diet will contain four basic nutritional approaches with an **Ultimate Diet 2.0** structure from Lyle McDonald. UD2 uses periods of low carbs (about 10-20% total calories) with carb load phases of around 24-30 hours. Basically the days are outlined like this:

Low Carb (3 days): low carb days will contain around 1500-1800 calories from high protein and moderate fat sources. Carbohydrates will be kept at 50 grams or less per day.

Preload Carb (1 day): preload carb days are the same as low carb days but about 75 percent less calories during the day. Preload begins in the PM with 30grams of carbs pre-workout, Carb/Pro mix post-workout and then a dinner at around 60-25-15.

Re-Feed (1 day): re-feed days will be focused on glycogen super compensation via a high carbohydrate, moderate carb and low fat approach. Total calories will be aimed at around 5000-6000 per day.

Moderate Carb (2 days): moderate carb days will be structured like a typical Zone-type diet of 40-30-30 keeping the calories at around 2750-3000 per day.

Training

Training will also contain four approaches:

German Body Composition (GBC) training, as outlined by the great strength coach Charles Poliquin, uses giant sets with short rest intervals to deplete the muscles of all energy stores and sensitize them to growth hormones and nutrients. GBC is based on short rest intervals that lead to increased production of lactate, which leads to dramatic increases in endogenous GH thus resulting in greater body fat loss and better priming.

On the *Preload Carb* day, a **Glycogen Depletion Routine** will be performed. This is a full body workout to try and finish off remaining muscular glycogen stores... maximizing sensitivity in all muscle groups prior to ingesting simple carbs that night.

Then a day after loading - on a *Moderate Carb* day, a **Carb/Creatine Loaded Routine** will be performed. This is a full body power routine orientated to take advantage of the replenished condition – a time to fight for keeping up limit strength, prior to beginning another depletion phase.

I will illustrate training progress (or digress) using a basic power index equation for the same core movements every workout. $(LOAD * REPS) SETS = TOTAL$ then $TOTAL / MINUTES = "X \text{ pounds/min}"$ This method won't bore you with too many figures but tell you exactly how strength is effected using the load and time variables.

Aerobic: aerobic days will include running for a few days after a re-feed to get a jump on depletion and then shift to stationary cycling as energy levels dwindle.

The Advance GBC Program

This program will be divided into these body part sections. I will continue to use the same movements for each muscle group, but may change the combinations. Giant sets are grouped in sequence by letters and performed in order by number.

Chest and Back

Chest

A1: (6) **Flat Barbell Press**

Rest 10 seconds

A2: (12) **45 Degree Incline Dumbbell Press**

Rest 10 seconds

A3: (25) **30 Degree Incline Dumbbell Flye**

Rest 2 minutes

Repeat 3 times

Back

B1: (6) **Wide Grip Pull Ups**

Rest 10 seconds

B2: (12) **Bent Barbell Rows**

Rest 10 seconds

B3: (25) **Close Grip Front Pull downs**

Rest 2 minutes

Repeat 3 times

Legs

Quads

A1: (6) **Full Barbell Squats**

Rest 10 seconds

A2: (12) **Hammer Hack Squats**

Rest 10 seconds

A3: (25) **Hammer Quad Extensions**

Rest 2 minutes

Repeat 3 times

Hams

B1: (6) **Hammer Leg Curls**

Rest 10 seconds

B2: (12) **Romanian Deads**

Rest 10 seconds

B3: (25) **Back Extensions**

Rest 2 minutes

Repeat 3 times

Arms and Shoulders

Delts

A1: (6) **Front Military Press**

Rest 10 seconds

A2: (12) **Standing Dumbbell Laterals**

Rest 10 seconds

A3: (25) **Standing Upright Rows**

Rest 2 minutes

Repeat 3 times

Triceps

B1: (6) **Flat Close Grip Presses**

Rest 10 seconds

B2: (12) **Incline Triceps Extensions**

Rest 10 seconds

B3: (25) **Standing Rope Extensions**

Rest 2 minutes

Repeat 3 times

Biceps

C1: (6) **Incline Dumbbell Curls**

Rest 10 seconds

C2: (12) **Standing Barbell Curls**

Rest 10 seconds

C3: (25) **Standing Reverse Grip Cambered Curls**

Rest 2 minutes

Repeat 3 times

The Glycogen Depletion Routine

This routine is using SETSXREPS and will always use the same movements and target reps in the same order to completely exhaust the whole body prior to the re-feed.

(2X15) Full Barbell Squats

(2X10) Hammer Leg Curls

(2X15) Hammer Quad Extensions

(2X20) Seated Calve Raise

(2X12) Barbell Bench Press

(2X12) Bent Barbell Rows

(2X12) Military Front Press

(2X15) Close Grip Pull downs

(2X10) Incline Triceps Extensions

(2X10) Standing Barbell Curls

(2X20) Back Extensions

(2X20) Rope Crunches

The Carb/Creatine Loaded Routine

This routine is illustrated like the previous (SETSXREPS) and will always use the same movements with the targeted reps. The Power Index may vary quite a bit with these due to the more relaxed rest intervals. The main goal of this routine is to move heavier weight - AKA, strength training.

(5X6) Full Barbell Squats

(5X3) Rack Dead Lifts

(5X5) Barbell Bench Press

Aerobics/Cardio

The aerobic days will be broken into two types: running and cycling.

Run for 3 miles (progress gauged by time to completion)

Stationary Cycle for 50 minutes (progress gauged by calories burned as indicated on bike)

Supplementation

Supplementation during this period will include a **multivitamin/mineral** to make up for nutritional deficits and five grams of **Vitamin C** to support my immune system so I am less likely to get ill. I will use MuscleTech's **ThermoShred** prior to training sessions to increase energy and metabolism. I will take 10 grams of **BCAA's** prior to training. Post-workout will be a one banana with 40 grams of **Glutamine** after resistance training. Carb load days will include **CellTech** to help fully volumize the muscle. **Proviron** will be used at 50mg everyday to support normal natural androgen levels. **Bromocriptine** will be staggered up to 5mg every day to support normal metabolism, leptin and thyroid levels while restricting calories during the depletion phase.

6 Weeks of Building

During the next six weeks the goal is to shuttle the body with nutrition, anabolic hormones and heavy training to maximize muscle gain. The goal during this phase will be to add 15 pounds of lean body mass.

Diet

Diet will contain two basic nutritional approaches:

Moderate Carb: moderate carb days will be structured like a typical Zone-type diet of 40-30-30 keeping the calories at around 3000-3500 calories per day.

Re-Feed: re-feed days will once again be focused on glycogen super compensation via a high carbohydrate, moderate carb and low fat approach. Total calories will be aimed at around 5000-6000 per day. Re-feeds will be used as needed.

Training

Training will also contain two approaches:

DoggCrapp: the abbreviated training approach preached by Dante will be used with progressive overload to maximize strength and size. I will also use the extreme stretching techniques explained by Jason Mueller to stretch muscle fascia to make room for growth and remain agile.

Aerobic: aerobic days will include running and sprints with occasional stationary cycling. Aerobics will be performed less frequently than the previous six weeks so as not to interfere with anabolism.

The DoggCrapp Program

Rest pause days will use one movement taken to around 8 repetitions, racked for about 15 breaths then 3-5 more reps - racked again for another 15 breaths followed by whatever else is left in me. By the last rep I should be pushing with everything I got. I will also use undocumented static reps following a set to inflict a little more damage to the muscle. After the muscle group has been trained - I will follow with the extreme stretching to stretch muscle fascia.

The split will run on an every other day protocol with two days off here and there... I will start with a Sunday-Tuesday-Thursday split; taking an extra day for cardio and core training when energy levels are high and time permits.

Day 1: **A-1**
Day 2: REST
Day 3: **A-2**
Day 4: REST
Day 5: **B-1**
Day 6: REST
Day 7: REST
Day 8: **B-2**
Day 9: REST
Day 10: **C-1**
Day 11: REST
Day 12: **C-2**
Day 13: REST
Day 14: REST
Repeat

The whole body gets trained 3 times every 2 weeks

ALPHA-1

Back Thickness - **Rack Dead Lifts** (6 Reps, Rest Then 3 reps)
Back Width - **Hammer Strength Lat Front Pull Downs** (15-20 Rest-Pause Reps)
Chest - **Hammer Flat Press** (11-15 Rest-Pause Reps)
Shoulders - **Front Military Press** (11-15 Rest-Pause Reps)
Triceps - **Close Grip Bench** (11-15 Rest-Pause Reps)

ALPHA-2

Quads - **Hack Squats** (10 Reps, Rest Then 20 Reps)
Hams - **Hammer Seated Leg Curl** (11-15 Rest-Pause Reps)
Calves - **Hammer Seated Calve Raises** (12 Reps)
Biceps - **Barbell Curls** (15-20 Rest-Pause Reps)
Forearms - **Reverse Grip Cambered Curls** (12 Reps)

BRAVO-1

Back Thickness - **Barbell Rows** (12 Reps)
Back Width - **Close Grip Pull Ups** (15-20 Rest-Pause Reps)
Chest - **Flat Bench Press** (11-15 Rest-Pause Reps)
Shoulders - **Hammer Military Front Press** (11-15 Rest-Pause Reps)
Triceps - **Incline Tri Extensions** (15-30 Rest-Pause Reps)

Aerobics/Cardio

The aerobic days will be broken into two types: running and sprinting with pickups.

Run for 3 miles (progress gauged by time to completion)

Run with Pickup Sprints for 3 miles (progress gauged by time to completion)

Supplementation

Supplementation during this period will continue to include a **multivitamin/mineral** to make up for nutritional deficits and five grams of **Vitamin C** to support my immune system so I am less likely to get ill. I will also continue to use MuscleTech's **ThermoShred** prior to training sessions to increase energy and thermogenesis. Carb load days will include **CellTech**. All resistance training will be followed with a high glucose/protein shake.

I will begin **Testosterone** Enanthate at 500mg every other day for 1750mg of testosterone per week during the next 6 weeks. 10 IU of Actrapid **insulin** will be used during re-feeds and post workout. **Nolvadex** will be used at 10mg every day to compete with a build up of estrogen.

Why?

I plan on taking myself down in fat weight and then building back up with lean muscle to shift my body composition toward a stronger and leaner. I chose to use the CKD primer for fat loss to keep from outgrowing my clothes again – plus, I should be at a good point for a quick fat loss rotation since I have been on basic maintenance for awhile now. After this I will go back to cruising on my normal abbreviated maintenance program.



<http://forums.anabolicreview.com/member.php?u=8001>

<http://www.warriorfx.com/forums/member.php?u=2>

BRAVO-2

Quads - **Squats** (6 Reps, Rest Then 20 Reps)
Hams - **Romanian Dead Lift** (11-15 Rest-Pause Reps)
Calves - **Leg Press Calve Raises** (12 Reps)
Biceps - **Incline Dumbbell Curls** (15-20 Rest-Pause Reps)
Forearms - **Dumbbell Hammer Curls** (12 Reps)

CHARLIE-1

Back Thickness - **Hammer Rows** (12 Reps)
Back Width - **Wide Grip Pull Ups** (15-20 Rest-Pause Reps)
Chest - **Incline Dumbbell Press** (11-15 Rest-Pause Reps)
Shoulders - **Dumbbell Shoulder Press** (11-15 Rest-Pause Reps)
Triceps - **Seated Dumbbell Extensions** (11-15 Rest-Pause Reps)

CHARLIE-2

Quads - **Leg Press** (10 Reps, Rest Then 20 Reps)
Hams - **Back Extensions** (11-15 Rest-Pause Reps)
Calves - **Hack Calve Raises** (12 Reps)
Biceps - **Cambered Preacher Curls** (15-20 Rest-Pause Reps)
Forearms - **Machine Rope Curls** (12 Reps)