

Warrior's Primed Beef Cycle :: Phase 2

40 Days of Building

During the next 40 days, the goal is to shuttle the body with nutrition, anabolic hormones and heavy training to maximize muscle gain. The objective during this phase will be to add 15 pounds of lean body mass using diet, training and proper supplementation to exploit a primed growth state.

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 per day. Re-feeds will be used as needed; judging by bodyweight and energy levels. I will also attempt to align re-feeds with training trailing muscle groups.

Training

Training will also contain two approaches:

DoggCrapp is an abbreviated training approach preached by Dante using progressive overload, rest-pause sets and static reps 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 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 performing 8 repetitions, racked for about 15 breaths then 3-5 more reps - racked again for another 15 breaths followed by whatever else can be completed – pushing with maximum effort. Undocumented static reps will follow a set to inflict a little more training damage to the muscle. After the muscle group has been trained - I will follow with Mueller's extreme stretching outline.

Day 1: A-1	Day 10: C-1
Day 2: REST	Day 11: REST
Day 3: A-2	Day 12: C-2
Day 4: REST	Day 13: REST
Day 5: B-1	Day 14: REST
Day 6: REST	Repeat
Day 7: REST	
Day 8: B-2	The whole body gets trained three times every two weeks
Day 9: REST	

The DC 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.

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)

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** (15-20 Rest-Pause Reps)
Calves - **Hack Calve Raises** (12 Reps)
Biceps - **Cambered Preacher Curls** (15-20 Rest-Pause Reps)
Forearms - **Machine Rope Curls** (12 Reps)

Aerobics/Cardio

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

Run (progress gauged by time to completion)

Run with Pickup Sprints (progress gauged by time to completion)
Stationary Cycle (progress gauged by calories burned as indicated on bike)

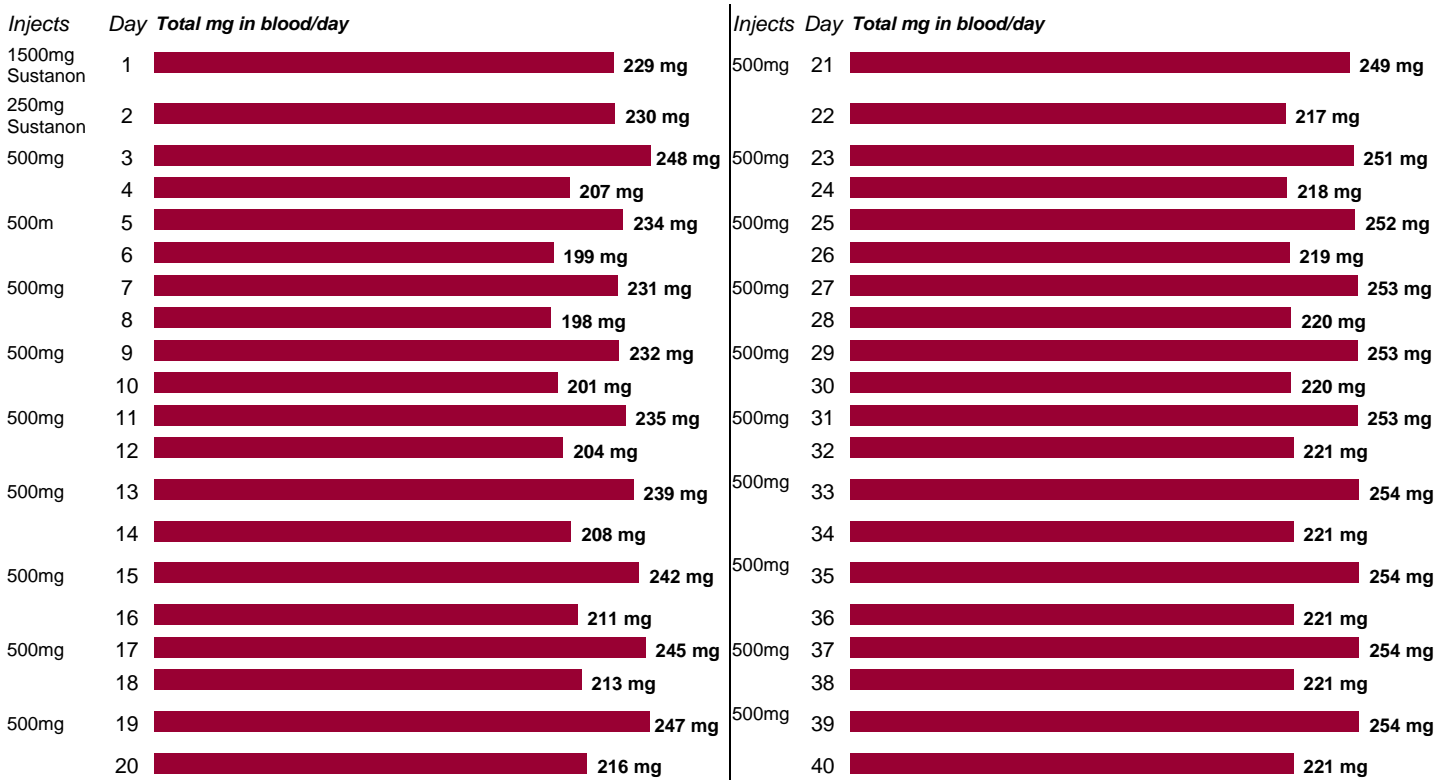
Supplementation

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

I will maintain **Testosterone** Enanthate at 500mg every other day (beginning with a frontload)) for 1750mg of testosterone per week during the next 5 weeks. The frontload will include 1500mg of Sustanon on day one, 500mg on day two and then starting the next day: 500mg of TE every other day. 10 IU of Actrapid **insulin** will be used during re-feeds and post workout. **Nolvadex** will be used at 20mg every day to compete with a build up of estrogen.

40 Day Cycle :: Blood Androgen Levels

1750mg of testosterone (TE) per week (500mg EOD) with a T frontload (Sustanon 250)



<http://forums.anabolicreview.com/member.php?u=8001>
<http://www.warriorfx.com/forums/member.php?u=2>

See **Warrior's Primed Beef Cycle Phase 1** for the previous priming portion.