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WORKOUTS



Top-Notch Workouts
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Superior Physiques

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4.1 BASE 3-Way 8-Set Low Recovery Split Training Program

| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|--|-------|--|-------|--|-------|-------|
| 1 | Workout A Quads/Hamstrings/Calves 1. Squat 2x6-12 2. Lunges 2x6-12 3. Stiff Legged Deadlift 2x6-12 4. Leg Press Calf Raise 2x6-12 | Off | Workout B Chest/Shoulders/Triceps 1. Flat Bench Press 2x6-12 2. Incline Bench Press 2x6-12 2. Overhead Press 2x6-12 3. Parallel Dips 2x6-12 | Off | Workout C Back/Biceps/Forearms 1. Trap Bar Deadlift 2x6-12 2. 1-Arm DB Rows 2x6-12 3. Close Grip Pull Ups 2x6-12 4. Pinwheel Curls 2x6-12 | Off | Off |
| Repeat | | | | | | | |

Explanation of Program: This program is very simple but can work wonders for people with recovery issues. If you have always had trouble making progress with any other style of training, this might be the only style of training that works for you. If you are at a time in your life when you just can't get enough sleep or your stress levels are high for some reason (job, family, new baby, etc), you can use this program. It's short, sweet, and will allow you to make progress through the tough times. It also works great for people with low levels of recovery (hard gainers, really skinny people who can't gain weight, etc).

Starting Weights: Use the first week to find the correct starting weights for each exercise. To do so, start with light weights for the first workouts and increase each set until rep speed begins to slow down during end of rep range. Continue increasing the weight on each exercise during the first workouts to find the correct weight. Rep speed should begin to slow down on 10th to 12th rep. This will be your starting weight for each exercise.

Plan of Progression: Increase weight by 2.5% once you reach the top end of a rep range on any set of that exercise. For example, if you get 11 or 12 reps on an exercise for one of the sets, increase the weight by 2.5% for the next workout. If you exceed the rep range, definitely increase the weight for the next workout. It's fine to exceed the rep range. That's actually a good sign that you are making great progress.

Stalling and What to Do: If you begin stalling on any one exercise, simply decrease the weight by 10% and begin increasing again by 5% each workout. It will take you 3 weeks to get back to where you were, but you will pass your previous weights in the fourth workout after the reset.

When to Stop this Program: Once you begin stalling on most exercises, it's time to stop the program. If you haven't made any progress in weight or reps in 3 consecutive workouts, you can consider this stalling. Once most exercises begin stalling, terminate the program. You can reset certain exercises as many times as needed by decreasing weight by 5 to 10% and continue increasing from there. Once you are starting to feel run down and lack motivation, it's time for a break.

Intensity Level: Intensity level for this program is low and should stay low throughout this program. You must stop each set a rep or two short of failure. Don't go to failure on any sets. Keep the weight constant for both sets of a given exercise during a single workout. Only increase weight on an exercise for the next workout (excluding the first workout when you are finding starting weights).

Learning the Exercises: In order to learn proper form and technique for these exercises, you can watch the videos on the Weight Lifting Complete website: [7 Core Weight Lifting Exercises](#). Within those videos, you will see a man by the name of Mark Rippetoe coaching others. He has written a book and made a DVD that you really should have if you want to learn how to do the exercises properly. Here is a link to his book named “[Starting Strength](#)” and his “[Starting Strength DVD](#).” The book along with the DVD are great for learning how to do the exercises properly on your own. I highly, highly recommend them.

Weight Lifting Equipment: In order to do this weight lifting program as laid out for you, you’ll need the following pieces of equipment: (1) [Power Rack](#), (2) [Olympic Barbell Sets](#), (3) [Extra Weight Plates](#), (4) [Adjustable Bench](#), (5) [Chin Up/Dip Station](#), (6) [Fractional Plates](#), and (7) [Adjustable Dumbbells](#). If you’re short on equipment, see the list of alternative exercises below. You’ll need a [trap bar](#) to perform Trap Bar Deadlifts. A [leg press machine](#) is needed for the leg press calf raise but you can use other alternatives like standing calf raises or squat raises for an alternative.

Exercise Alternatives: If you need different exercises for any reason, please see the following list of alternatives at each link: (1) [Squats](#), (2) [Deadlifts](#), (3) [Bench Press](#), (4) [Rows](#), (5) [Overhead Press](#), (6) [Chin Ups](#), and (7) [Dips](#).

Help with Chin Ups and Dips: If you can’t yet do chin ups and dips with your body weight, don’t worry. You will be there soon. You can take a resistance band or two and wrap them around your leg for extra help while doing the exercises. The resistance bands will take away some of your body weight and make yourself lighter. This is MUCH better than using an assisted machine. Here’s a link to resistance bands that you can use for Chin Ups and Dips: [Resistance Bands](#).

Adding Weight to Chin Ups and Dips: Eventually, if not now, you will need a way to add weight around your waist for chin ups and dips. No matter where you are at right now, it’s going to happen sometime in the near future. Men and women of all sizes will not only be able to do chin ups and dips but will also be adding extra weight around their waists to make the exercises even more difficult. I highly recommend a [hip belt](#) but there are much cheaper alternatives that will work such as a [dip belt](#).

WLC System Starter Programs: All of these workouts were designed to be used with the WLC System. If you don’t yet have a copy of this manual, you can get one for free right here: [Get Your Copy of the WLC System](#). In order to learn how the WLC System works, I have starter programs that tell you what to do step by step with weight lifting programs. You should start with those programs rather than starting with this workout. Once you have completed a starter program, all of these workouts are here for you so you can continue your amazing progress while using the WLC System. Here are links to the starter programs: (1) [Big Time Muscle and Strength for Men](#), (2) [Slice and Dice the Fat for Men](#), (3) [Curvaceous Curve Building for Women](#), and (4) [Fabulous Fat Loss for Women](#).

Warming-Up: You need to warm-up properly for this workout. All details for warming up properly are within the [WLC System Manual](#) so make sure you’ve went over EVERYTHING in the WLC System Manual before starting any weight lifting workouts here at WLC. Warming up is a vital part of your weight lifting workout. You will be able to make faster progress by lifting heavier weights.

Weight Lifting Gloves: Your hands (especially your fingertips) are very sensitive. When the weight gets heavy, you can injure yourself in other areas of your body just from the pressure on your hands and fingertips. I had a huge number of issues before I realized this. I switched to a pair of grips that I cannot recommend more highly. I am 100% serious here. You need to get a pair of [NEW GRIPS](#) for your weight lifting workouts. I could spend a few pages explaining why you need them, but let’s just say they will help you improve strength on any exercises where you have to grip the weight. They did wonders for me many years ago and still

work great today. My first pair lasted many years! You don't even hardly feel the weights in your hands. For example, I just used 130 pound dumbbells for an exercise the other day and didn't stress my hands at all.

Weight Lifting Shoes: Besides protecting your hands and fingers, you need to also wear the right shoes for your feet. You need a firm and stable base and there's nothing better than [finger shoes](#) to provide you with that stable base. You don't want thick padding between your feet and the ground. You need your feet and toes to be strong and nothing is better than finger shoes when it comes to that. I highly recommend finger shoes for your weight lifting workouts.

Questions or Help: You can contact me ANY TIME you need something. I am more than glad to help with anything you need. Email me or leave a comment on any page of the website. Here's my email address: josh@weight-lifting-complete.com – I wish you the absolute best in everything you do. Always remember as you go through these workouts that YOU have strength and power within you that you could never imagine. You can do this.

Printable Workout Log – Workout A

| | WLC 3-Way 8-Set | Date | Date | Date | Date | Date | Date | Date | Date |
|---|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Squat | | | | | | | | |
| 2 | Lunges | | | | | | | | |
| 3 | Stiff Legged Deadlifts | | | | | | | | |
| 4 | Leg Press Calf Raise | | | | | | | | |

| | WLC 3-Way 8-Set | Date | Date | Date | Date | Date | Date | Date | Date |
|---|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Squat | | | | | | | | |
| 2 | Glute Ham Raise | | | | | | | | |
| 3 | Standing Calf Raise | | | | | | | | |
| 4 | Leg Press Calf Raise | | | | | | | | |

Printable Workout Log – Workout B

| WLC 3-Way 5x5 | | Date | Date | Date | Date | Date | Date | Date | Date |
|----------------------|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Flat Bench Press | | | | | | | | |
| 2 | Incline Bench Press | | | | | | | | |
| 3 | Overhead Press | | | | | | | | |
| 4 | Dips | | | | | | | | |

| WLC 3-Way 5x5 | | Date | Date | Date | Date | Date | Date | Date | Date |
|----------------------|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Flat Bench Press | | | | | | | | |
| 2 | Incline Bench Press | | | | | | | | |
| 3 | Overhead Press | | | | | | | | |
| 4 | Dips | | | | | | | | |

Printable Workout Log – Workout C

| WLC 3-Way 5x5 | | Date | Date | Date | Date | Date | Date | Date | Date |
|----------------------|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Trap Bar Deadlift | | | | | | | | |
| 2 | 1-Arm Dumbbell Rows | | | | | | | | |
| 3 | Close Grip Pull-Ups | | | | | | | | |
| 4 | Pinwheel Curls | | | | | | | | |

| WLC 3-Way 5x5 | | Date | Date | Date | Date | Date | Date | Date | Date |
|----------------------|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| # | Exercise | | | | | | | | |
| 1 | Trap Bar Deadlift | | | | | | | | |
| 2 | 1-Arm Dumbbell Rows | | | | | | | | |
| 3 | Close Grip Pull Ups | | | | | | | | |
| 4 | Pinwheel Curls | | | | | | | | |

Weight Increase Percentage Table for 2.5% Increases

| Weight | 2.50% | Weight | 2.50% | Weight | 2.50% | Weight | 2.50% | Weight | 2.50% |
|--------|-------|--------|-------|--------|-------|--------|-------|--------|-------|
| 5.00 | 0.13 | 105.00 | 2.63 | 205.00 | 5.13 | 305.00 | 7.63 | 405.00 | 10.13 |
| 10.00 | 0.25 | 110.00 | 2.75 | 210.00 | 5.25 | 310.00 | 7.75 | 410.00 | 10.25 |
| 15.00 | 0.38 | 115.00 | 2.88 | 215.00 | 5.38 | 315.00 | 7.88 | 415.00 | 10.38 |
| 20.00 | 0.50 | 120.00 | 3.00 | 220.00 | 5.50 | 320.00 | 8.00 | 420.00 | 10.50 |
| 25.00 | 0.63 | 125.00 | 3.13 | 225.00 | 5.63 | 325.00 | 8.13 | 425.00 | 10.63 |
| 30.00 | 0.75 | 130.00 | 3.25 | 230.00 | 5.75 | 330.00 | 8.25 | 430.00 | 10.75 |
| 35.00 | 0.88 | 135.00 | 3.38 | 235.00 | 5.88 | 335.00 | 8.38 | 435.00 | 10.88 |
| 40.00 | 1.00 | 140.00 | 3.50 | 240.00 | 6.00 | 340.00 | 8.50 | 440.00 | 11.00 |
| 45.00 | 1.13 | 145.00 | 3.63 | 245.00 | 6.13 | 345.00 | 8.63 | 445.00 | 11.13 |
| 50.00 | 1.25 | 150.00 | 3.75 | 250.00 | 6.25 | 350.00 | 8.75 | 450.00 | 11.25 |
| 55.00 | 1.38 | 155.00 | 3.88 | 255.00 | 6.38 | 355.00 | 8.88 | 455.00 | 11.38 |
| 60.00 | 1.50 | 160.00 | 4.00 | 260.00 | 6.50 | 360.00 | 9.00 | 460.00 | 11.50 |
| 65.00 | 1.63 | 165.00 | 4.13 | 265.00 | 6.63 | 365.00 | 9.13 | 465.00 | 11.63 |
| 70.00 | 1.75 | 170.00 | 4.25 | 270.00 | 6.75 | 370.00 | 9.25 | 470.00 | 11.75 |
| 75.00 | 1.88 | 175.00 | 4.38 | 275.00 | 6.88 | 375.00 | 9.38 | 475.00 | 11.88 |
| 80.00 | 2.00 | 180.00 | 4.50 | 280.00 | 7.00 | 380.00 | 9.50 | 480.00 | 12.00 |
| 85.00 | 2.13 | 185.00 | 4.63 | 285.00 | 7.13 | 385.00 | 9.63 | 485.00 | 12.13 |
| 90.00 | 2.25 | 190.00 | 4.75 | 290.00 | 7.25 | 390.00 | 9.75 | 490.00 | 12.25 |
| 95.00 | 2.38 | 195.00 | 4.88 | 295.00 | 7.38 | 395.00 | 9.88 | 495.00 | 12.38 |
| 100.00 | 2.50 | 200.00 | 5.00 | 300.00 | 7.50 | 400.00 | 10.00 | 500.00 | 12.50 |

Instructions: Use the table above as needed. You may need this for warm-up sets or for calculating weights you will use in your workouts. If you need help, remember to just let me know.