

# WLIC

## WORKOUTS



**Top-Notch Workouts**  
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**Superior Physiques**

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## 2.1 BASE 7 Full Body Size Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	<b>Workout</b> 1. Squat 2. Bench Press 3. Pull Thru 4. Rows 5. Overhead Press 6. Chin Up 7. Dip	Off	<b>Workout</b> 1. Squat 2. Bench Press 3. Pull Thru 4. Rows 5. Overhead Press 6. Chin Up 7. Dip	Off	<b>Workout</b> 1. Squat 2. Bench Press 3. Pull Thru 4. Rows 5. Overhead Press 6. Chin Up 7. Dip	Off	Off
Repeat							

**Explanation of Program:** This program works great for size and strength. You will be starting with very light weights and increasing each workout. Since reps decrease, you can easily increase the weight by huge amounts over the course of this program. There are so many people who have used this program before you that were amazed by the results. In weeks 1 and 2, do 1 set of 12 reps for each exercise and each workout. In weeks 3 and 4, do 1 set of 9 reps for each exercise each workout. In weeks 5 and on, you will do 1 set of 6 reps each workout and exercise. You will continue doing 1 set of 6 reps for each exercise each workout until you begin stalling on most exercises.

**Starting Weights:** Since you've been using the level 1 weight lifting workouts up to this point, you should have a good idea of what you are able to lift with all of the exercises in this program except for the pull thru as that will be a new exercise for you. Starting weights for the pull thru simply need to start really light and increase as you can. You'll be able to find your strength levels quickly with this program. Simply adjust as you need for the pull thru as you go throughout this weight lifting program. For the remaining exercises, you will assign weights to each exercise of each workout before starting this program. You need to know your rep maxes for each rep range and you can easily estimate these by using this: [Workout Setup for Level 2.1 Workout](#). The 5th workout of each rep range will be assigned your current rep maxes. The 6th workout of each rep range will be a new personal record for you. During the 6 rep range, you will continue to increase that personal record each workout by a small amount for as long as possible. For starting weights, you simply go back each workout by a certain weight increment for each exercise (say anywhere from 2.5 to 20 pounds) until you get to the first workout. I'll give you a workout chart to help you with this and an example. Also remember that larger weight increments between workouts leads to higher muscle gains and smaller weight increments leads to higher strength gains. If you have high levels of strength right now, your increments can be larger and smaller if your strength levels are lower. All weights will be assigned to each workout BEFORE you begin the program. You can change the weights around as needed as you go throughout the program. Just be sure to start out with light weights in the beginning week.

**Plan of Progression:** Once you have the rep maxes assigned for the 5th workout of each rep range, you need to assign weights to all the other workouts. You will go backwards and assign lighter weights to previous workouts and go forward and assign slightly heavier weights to new personal record workouts. The exercises

that use heavier weights will use larger weight increments while the lighter weight exercises will use smaller increments. Squats might use 10 pound increments while overhead press may use 2.5 pound increments. Assign weights to each workout and make sure everything makes sense.

**Stalling and What to Do:** When you get to the 6 rep range, you will continue increasing the weights until you are stalling on most exercises. You will not reset any exercises for this program as you did with level 1 workouts. Once you start stalling on most exercises for the 6 rep range, you will cut down the number of exercises and only do 1 set of 3 reps. Do 1 set of squats, 1 set of bench press, 1 set of rows, and 1 set of the overhead press each workout following a day 1 and day 5 workout schedule. Using this schedule and workouts, continue increasing the weight for as long as possible.

**When to Stop this Program:** Once you begin stalling again during the 3 rep range, it's time to stop the program. If you feel run down at all during the 3 rep range, you can also terminate the program then. Take this opportunity during the 3 rep range to really build new strength levels. You can really grow your strength base here and set yourself up for even better muscle gains with the next workout program.

**Intensity Level:** You will not be going to failure at all during most of this program. Once you get to the 6 rep range and are setting new personal records each workout, you will get to a point where you will reach failure. Continue working hard and increasing the weight until you are stalling on most exercises. The intensity for this program is low until you get to the heaviest parts of the 6 rep range and the 3 rep range. Volume is also low but frequency of this program is high. You'll learn how much your body can take with this program. It's a great program that helps you learn more about your body as it gives great results along the way too. I always opt to give you workout programs that allow you to recover properly. When you push it too far to begin, your results will come to a halt very quickly. I've designed these weight lifting workouts so that never happens.

**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.

**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](#). There are a huge number of great exercises you can substitute at those links. The pull thru is an exercise that needs a cable system. I was lucky enough to find a power rack with a great cable system included. If you don't have access to a cable system, stiff legged deadlifts are a good alternative. Lunges are another good alternative to replace the pull thru exercise.

**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](mailto: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 for BASE 7 Workout**

	<b>Core 7 Workout</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
#	Exercise								
1	Squat								
2	Bench Press								
3	Pull Thru								
4	Rows								
5	Overhead Press								
6	Chin Up								
7	Dip								

## 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.