

WLCL

WORKOUTS



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2.1 BASE 7 Exercise 12 to 6 Full Body Size Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Core 7 Workout 1. Squat 2. Bench Press 3. Pull Thru 4. Rows 5. Overhead Press 6. Chin Up 7. Dip	Off	Core 7 Workout 1. Squat 2. Bench Press 3. Pull Thru 4. Rows 5. Overhead Press 6. Chin Up 7. Dip	Off	Core 7 Workout 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: You will assign weights to each exercise of each workout before starting this program and once you know your rep maxes for each rep range. 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. All weights will be assigned 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. 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. 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.

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.

Other Details: When setting weights for each workout, be sure to start out with light weights. If you've read the WLC System manual, you will know that smaller weight increments between workouts is better for strength gains while larger increments work better for size gains. If you want to go with larger increments, you'll have to start out with even lighter weights. You can set up a spreadsheet and assign weights to each exercise for each workout.

Printable Workout Log for Core 7 Workout

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