

WLIC

WORKOUTS



Top-Notch Workouts
— THAT BREED —
Superior Physiques

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9.1 BASE Advanced Beyond Failure Rest/Pause Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A Quads/Hamstrings/Calves 1. Leg Press Calf Raise 8/15 2. Glute/Ham Raise 8/15 3. BB Lunges 3x6-12 4. Squat 1x20 (20 rep squat)	Off	Workout B Chest/Shoulders/Triceps 1. Flat Bench Press 8/15 2. Overhead Press 8/15 3. Parallel Dips 8/15 4. Triceps Pushdown 8/15	Off	Workout C Back/Biceps/Forearms 1. Trap Bar Deadlift 3x6-12 2. Wide Grip Chin Ups 8/15 3. Alt DB Curls 8/15 4. Pinwheel Curls 8/15	Off	Off
Repeat							

Explanation of Program: This is a very high intensity program only for the most advanced trainers. You should only do this style of training if you've built a great strength base with at least a few years of solid weight training experience. This means you should have gotten good results for at least a 2 year period of time. If not, you are not ready for this style of training. This style of training builds both size and strength at very fast rates for advanced trainers. Beginners and intermediates can get better results from other styles of training. This style of training is at the top of the list when it comes to results for advanced trainers. In the table above, you will see a few different types of sets for different exercises. When you see "8/15" this means you are going to be doing a rest/pause set with that exercise. A rest pause set goes like this. You shoot for 8 reps on the first set to failure. You go to complete failure on the first set to 8 reps or so. It doesn't have to be exactly 8 reps. Give everything you have and see how many you can get. Then set the weight down and take 10 deep breaths. It's important to take lots of air in during these deep breaths. Do another set to complete failure. Set the weight down and take 10 deep breaths again. Do a final set to failure. The 15 in the 8/15 is about how many total reps you should get between the 3 mini sets of the overall rest/pause set.

When you see 3x6-12 in the table above, this means 3 straight sets of 6 to 12 reps to failure. Do 1 set of 6 to 12 reps to failure. Rest a few minutes. Use the same weight and do another set of 6 to 12 reps to failure. Rest a few more minutes. Do a final set of 6 to 12 reps to failure.

The last type of exercise that needs explanation is the 20 rep squat in workout A. You will choose a weight that you can normally do for 10 to 12 reps and you will use that weight to get 20 reps. You will do as many as possible without rest and once you are close to failure, you will rest at the top of the squat motion and take several deep breaths. Do 1 rep at a time until you get to 20 reps. Rest at the top only as much as needed to get another rep. Make sure you get to 20 reps no matter what it takes. This will be the most intense and hardest type of set you will ever do. That's why you are doing it at the end of the workout. If you do it correctly, you won't be able to do anything else afterwards. This will be the most productive set you've ever done that will lead to more growth than anything you've ever done.

Starting Weights: Choose weights for the rest/pause sets of 8/15 that cause you to fail right at 8 reps for the first mini set. For the exercises that say 3x6-12, choose a weight that allows you to get 12 reps on the first set. For the 20 rep squat, choose a weight that you would normally do 10 to 12 reps with and make sure you get 20.

Plan of Progression: Whenever you get to the top end of each rep range, increase the weight for the following workout. Be aggressive. Use fractional plates as needed depending on your performance from the previous workout. If you went over the rep range by a few reps, increase the weight by a larger amount. If you

barely reached the top of the rep range, increase by a smaller amount. If you didn't reach the top of the rep range, keep the weight constant and try to reach the top next workout.

Stalling and What to Do: If you haven't been able to increase the weight or reps on a certain exercise for a few workouts, take it easy with that exercise for a workout or two. Cut back the intensity and on that exercise and stop a few reps short of failure instead of going to all out failure. You can decrease the weight also if you think it's necessary but remember that you need to work your way back up.

When to Stop this Program: Once most exercises are stalling and you begin to feel run down, it's time to stop this program. This program can be very tough on your body. You need to make sure you have the fitness level required for this program. You should have been working on your conditioning level for at least a few years before starting this program. If you don't have the required fitness level, you might begin to over train in as little as 3 to 4 weeks. If you do, you're going to have to go back and work on conditioning.

Intensity Level: Intensity is very high from the start of this program up until the end of this program. Overall volume is very low and frequency is low so most experienced trainers will be able to handle this program and make amazing progress.

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. You'll need a [glute ham machine](#) for the glute ham raises. You can use a barbell, power rack, and weight bench for the seated calf raises. The triceps pushdowns require a [cable system](#).

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](#). If you're to this point in the WLC weight lifting workouts, you should know good alternatives to each exercise and understand what each exercise is working. If you need help, let me know.

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.

Note: For the printable workout log on the next pages, all exercises are listed. For the workouts that don't use certain exercises, just skip those entries. Only week 4 uses all of the exercises.

Printable Workout Log – Workout A

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Leg Press Calf Raise								
2	Glute/Ham Raise								
3	BB Lunges								
4	Squat								

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Leg Press Calf Raise								
2	Glute/Ham Raise								
3	BB Lunges								
4	Squat								

Printable Workout Log – Workout B

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Flat Bench Press								
2	Overhead Press								
3	Parallel Dips								
4	Triceps Pushdown								

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Flat Bench Press								
2	Overhead Press								
3	Parallel Dips								
4	Triceps Pushdown								

Printable Workout Log – Workout C

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Trap Bar Deadlift								
2	Wide Grip Chin-Ups								
3	Alt DB Curls								
4	Pinwheel Curls								

WLC Level 9.1		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Trap Bar Deadlift								
2	Wide Grip Chin-Ups								
3	Alt DB Curls								
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.