



THE FOUNDATION:
MASTERING THE BASICS

IN THE PURSUIT OF HAVING A STRUCTURALLY
SOUND BODY
THERE MUST BE A SOLID AND COMPLETE
FOUNDATION

THE GROUNDWORK MUST BE SET. IF NOT SET PROPERLY, THE STRUCTURE WILL EVENTUALLY FALL. THE FOUNDATION IS BASIC MOVEMENTS. MY MOVEMENTS OF CHOICE READS AS FOLLOWED: **BENCH PRESS, SQUATS, DEAD LIFTS, PULL UPS, A BASIC BARBEL SHOULDER PRESS AND SPRINTS.**

These movements in my opinion if done properly, will completely prime your body for more advanced training, and strengthen your body for pretty much any sport or activity that you partake in. These movements are not specific to bodybuilding, rather they will aid you in having a structurally sound and solid physique.

Yes I added sprints in as well because running is an extremely functional movement and will aid in not only overall athleticism, but it aids in rapidly burning calories, building muscle, increases lung capacity and boosts cardiovascular health.



BREAKING DOWN
THE WORKOUT



LET'S START WITH THE

FLAT BENCH PRESS

THE FLAT BENCH IS THE BEST UPPER BODY MUSCLE BUILDER IN MY OPINION. NOT ONLY DOES IT DEVELOP THE CHEST AND TRICEPS, BUT ALSO SHOULDERS, (FRONT AND REAR DELTS) BUT ALSO THE BACK.

■ When you are pushing the right amount of weight with the right amount of reps, your triceps will begin to fatigue and your back begins to take over. There are plenty of times that I leave the bench press after a brutal bench session and I have a back pump.

The barbell should be brought down to touch the chest. Keep the elbows tucked and close to the body in order to prevent shoulder injury. Bring the bar down in a controlled movement, once you touch the chest (not bouncing) you will explode up as if trying to push the barbell through the roof. Repeat.



NEXT WE WILL DEAL WITH

SQUATS

SQUATS IN MY OPINION ARE THE HOLY GRAIL OF STRENGTH TRAINING AND TOTAL BODY MUSCLE DEVELOPMENT.

■ I personally started out late with squats. When I started squatting, I saw my strength on all other lifts increase and my complete body composition changed for the better. I became more lean, and more muscular. Squats eradicates fat, and builds the most amount of muscle, trumping every other lift. As you may or may not know, resistance training increases natural testosterone levels, and with squats being the biggest muscle builder, it produces the most amount of test in the body. This is an essential lift, and if done properly, can be done for years with no injuries.



NEXT WE WILL DISCUSS

DEADLIFTS

THERE IS NOTHING MORE MASCULINE THAN PICKING UP SOME 'HEAVY SHIT', PUTTING IT DOWN, THEN REPEAT. DEADLIFTS BUILDS THE BACK LIKE NO OTHER!!

Not only are you adding dense quality muscle to the back, also being strengthened is the posterior chain (glutes, hamstrings, and calves). Also the forearms, and biceps are getting a lot of work as well. Your core is doing a great deal of work, just like with squats, so your abdominal wall is being strengthened, leading to 6 pack abs(only if you are lean enough for them to be seen). This is a movement that absolutely should not be avoided.



BARBELL

SHOULDER PRESS

ONE OF THE BASICS THAT SHOULD ALWAYS BE INCLUDED IN TRAINING PROGRAMS. YOUR SHOULDERS ARE RESPONSIBLE FOR EVERY ARM MOVEMENT THAT YOU MAKE. EVERY UPPER BODY LIFT PERFORMED, YOU WILL BE ENGAGING YOUR SHOULDERS

So why would you not train them properly. A shoulder press works the entire shoulder, front, rear, medial delts, as well as traps, rhomboids, abdominals (if done standing). Large round pronounced delts is one of the first things people will notice when they see you. And if your shoulders are properly developed, you will have the nice separation of your biceps and triceps. This movement is essential for any type of athlete and highly recommended by yours truly.





BARBELL

PULL UPS

ONE OF MY FAVORITES. I FEEL ANY ATHLETE, FOR ANY SPORT, MAN AND WOMAN SHOULD BE ABLE TO PERFORM PROPER, STRICT PULL UPS.

They completely sculpt the back, widen the lats, strengthens the abdominal wall and builds strong biceps, forearms and develops impressive grip strength. Do yourself a favor and get familiar with these. Lots of them, and when they become easy, do them weighted.

LAST BUT CERTAINLY NOT LEAST ARE SPRINTS

SPRINTS HELPS INCREASE EXPLOSIVENESS, BUILDS POWERFUL ABS,
POWERFUL LEGS: QUADS, HAMSTRINGS, GLUTES, CALVES ETC.

 Sprints help you burn an enormous amount of fat. Increases endurance, and enhances cardiovascular health. This is something if done in the right capacity will definitely aid in keeping you lean of body fat and dense of solid quality muscle.



BREAKING DOWN
THE MOVEMENTS

1

MOVEMENT

PULL UPS

SET 1: MAX reps

SET 2: MAX reps

SET 3: MAX reps

SET 4: MAX reps

• 90 second breaks in between each set. As you progress with this program and become stronger, I recommend reducing your break period by 10 seconds.

2

MOVEMENT

DEAD LIFTS

SET 1: 135 lbs x 15 reps

SET 2: 225 lbs x 10 reps

SET 3: 315 lbs x 6 reps

SET 4: 405 lbs x 3 reps

SET 5: 495 lbs x 2 reps

SET 6: 315 lbs x MAX reps

SET 7: 225 lbs x MAX reps

• scale weight to your 1 rep max/ body weight, these are sample weight numbers

3

MOVEMENT

PULL UPS / BACK EXTENSIONS

SET 1: PULL UPS x 5 reps / BACK EXTENSION x 10 reps

SET 2: PULL UPS x 5 reps / BACK EXTENSION x 10 reps

SET 3: PULL UPS x 5 reps / BACK EXTENSION x 10 reps

• Finish your workout with Pull Ups supersetted with Back Extensions



1

MOVEMENT

BENCH PRESS

SET 1: 135 lbs x 15 reps

SET 2: 225 lbs x 12 reps

SET 3: 315 lbs x 10 reps

SET 4: 405 lbs x 6 reps

SET 5: 455 lbs x 2 reps

SET 6: 315 lbs x MAX reps

SET 7: 275 lbs x MAX reps

SET 8: 225 lbs x MAX reps

SET 9: 225 lbs x MAX reps

- Once again scale the weight to your 1 rep max/ body weight
- 90 to 120 second breaks in between each set.

2

MOVEMENT

INCLINE BENCH PRESS

SET 1: 225 lbs x MAX reps

SET 2: 225 lbs x MAX reps

SET 3: 225 lbs x MAX reps

SET 4: 225 lbs x MAX reps



GROUP A

ALTERNATE BETWEEN GROUP A + B EVERY WEEK

1

MOVEMENT SPRINTS

100 YARD SPRINTS x 5

- 90 second break in between each sprint
- Each week when starting with sprints, increase number of sprints by 2 and decrease resting time by 10 seconds

2

MOVEMENT SQUATS

SET 1: 135 lbs x 15 reps

SET 2: 225 lbs x 15 reps

SET 3: 315 lbs x 10 reps

SET 4: 315 lbs x 10 reps

3

MOVEMENT LEG PRESS

SET 1: 2 PLATES each side x 40 reps

SET 2: 4 PLATES each side x 30 reps

SET 3: 6 PLATES each side x 20 reps

GROUP B

ALTERNATE BETWEEN GROUP A + B EVERY WEEK

1

MOVEMENT SQUATS

SET 1: 135 lbs x 15 reps

SET 2: 225 lbs x 12 reps

SET 3: 315 lbs x 10 reps

SET 4: 405 lbs x 10 reps

SET 5: 495 lbs x 3 reps

SET 6: 315 lbs x 25 reps (fatality set)

2

MOVEMENT SPRINTS

100 YARD SPRINTS x 5

- 90 second break in between each sprint
- Each week when starting with sprints, increase number of sprints by 2 and decrease resting time by 10 seconds

3

MOVEMENT LEG PRESS

SET 1-3: 4 PLATES each side

- Work through 100 reps



1

MOVEMENT

SPRINTS

100 YARD SPRINTS x 5

- 90 second break in between each sprint

2

MOVEMENT

PULL UPS

WORK THROUGH 100 PULL UPS

3

MOVEMENT

PUSH UPS

WORK THROUGH 100 PUSH UPS

4

MOVEMENT

SHOULDER PRESS

WORK THROUGH 100 REPS OF DUMBBELL
SHOULDER PRESS AT APPRX 1/4 YOUR BODY WEIGHT

5

MOVEMENT

DEADLIFTS

WORK THROUGH 60 REPS OF DEADLIFTS
AT HALF YOUR BODY WEIGHT

- when I say 'work through' you will begin each set with vigor as if you are trying to do the entire 100 in one set. I want you to rep until failure then take short breaks to complete. View 'Mike Rashid Bench Presses 100 reps at 315lbs' as an example



CHECK THESE OUT

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IX3 PRE ALPHA PRE WORKOUT VIDEO

