

GENETICALLY AVERAGE JOE'S HYPER GROWTH VOLUME TRAINING



***THE SECRETS TO BUILDING
MAXIMUM MUSCLE MASS!***

GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING

WARNING:

Consult your physician before undertaking this or any other exercise, dietary, and/or nutrition supplementation program. This program was developed based upon findings from a variety of sources and different interpretations of the studies and applications of their findings, if any, are possible. Individuals vary in their response or reaction to exercise, diet and/or nutrition supplementation. Griffin Publishing and the developer and distributors of this manual will not be liable for any incidental, consequential or other damages arising out of the use or application of any of the information contained in this text.

INTRODUCTION

So much that is written today in books and magazines is a bunch of hype. They are full of steroid bloated muscle men and gals. The routines they use are only effective because of the extensive amounts of drugs they take. Massive dosages are the norm if you want to compete in top bodybuilding contests. Drugs do work and they can make up for constant overtraining and poor nutritional habits but the results don't last. How do we know, you ask? Because we've used them and experienced what they can do on ourselves and on fellow bodybuilders. Remember this about steroids, in case you're considering them:

1. The results do not, and we repeat, do not last. When you stop using drugs you lose 100% of what the drugs gave you.
2. Almost all of the drugs available today are fake.
3. Steroids can be dangerous and cause serious side effects.

I guess the main point we are trying to make here is that you are being sold a huge lie. The way bodybuilding is presented in books and magazines is wrong and the way you are being manipulated by large supplement companies is wrong. Wrong in that it's a lie and wrong because it doesn't work for natural bodybuilders. Can natural bodybuilders get massive without drugs? YES! Is there an effective system available for natural bodybuilders to get massive? YES! The **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** works and it does not require any drug use.

Although much research has been conducted on muscular growth and strength, that research, unfortunately, has been conducted by elite scientists and on elite athletes who have superior genetics and in most cases are using some sort of anabolic drugs. The USA and Russia have done loads of research on these elite strength athletes but have done little if any research on people with just average genetics and who do not use any anabolics. We average people have been kept in the dark for too

long. What works for them does not work for us. Griffin Publishing is an independently owned and operated company. The research we conduct is strictly for average natural training athletes who have been ignored and lied to for too long. What is contained in this program you have purchased is effective, unbiased information that really does work. We hope you weren't expecting something a bit more fancy or maybe something more impressive. Just one training manual and it's really not that thick or that great looking. What you have purchased is information...valuable information. If we wanted we could sell fancy manuals with nice pictures of steroid bloated bodybuilders with endless chapters of useless information and page after page of print that makes the book nice and thick and impressive. NO! What we sell is proven information. Nothing fancy, nothing dressed up.

What you will find in this system is information that is priceless. The **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** manual will make a person with average genetics grow very large and powerful muscles without the use of anabolic drugs. The knowledge you obtain from this system will provide you with all the tools necessary to grow large and strong muscles!

Good Luck!

THE MIND

So you want to be massive and strong? You want big guns hanging from your sides? Tree trunk thighs and thick slabs of muscle over the rest of your body? You want women to stare in admiration and men to be jealous? Yes having a large muscular physique really does have its advantages.

Don't be afraid to dream because dreams do come true. What you see in your head is what you become. Unfortunately most people see the wrong things in their heads. The pictures and scenes in your head are a constant motion picture of your wants, needs and emotions. These moving pictures are commonly called day dreams and, believe it or not, they determine the outcome of your whole life. Ask a person who has had little success in life what they see in their future and you'll most likely get a negative outlook. They don't see success so they cannot live it.

The correct name for day dreaming is visualization. When you picture yourself in the future what do you see? Success or failure, If you really want to be massive then start seeing it in your head. See it and believe it.

Try to start each day by imagining the new you. See someone who is positive and enjoying life.

Develop A Plan Of Action

Seeing yourself as a success is the first step to achieving your goals, whether they be bodybuilding goals or any other important goals. Maybe besides bodybuilding goals you have financial goals or educational goals. Whatever they are, you are going to need a plan of action to achieve them. The GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING program gives you the plan of action you need for your bodybuilding goals but the plan is useless without the action part.

Many people can visualize and make a plan but few will take the necessary actions. Any worthwhile goal is going to cost you. It's called "paying the price". As the saying goes "You don't get something for nothing unless it's *worth* nothing". Your goal of being massive has a price tag attached to it. The plan of action set forth in this program requires both sacrifice and commitment. Anybody who has achieved something truly worthwhile has paid a price for it.

Your goal of being massive must be realistic. If you're 5 feet 2 inches and have a small bone structure you'll never look like Arnold. But you sure can be a massive 5 feet 2 inches. You have to work within certain physical limitations that nature has placed upon all of us. Your plan of action at this point is to follow the advice given in this manual. You will find the program's plan of action flexible enough to adapt to anybody's physical differences and limitations. Follow through on your dreams. Sooner or later each one of us has to get up and take action or be forever caught in a daydream that never comes true.

Discipline

The armed forces thrive on it and without it there would be no results, no structure, and no command.

What is discipline? It is sacrifice. It is doing things that have to be done. It's being mentally tough. You have to be your own Commander

and Chief. Only you can push yourself. Being successful is no place for the weak.

When there is a diet to be followed, you follow it. When there are work-outs to be done, you do them. When you need your rest, you get your rest. When you have to say no to partying all night, you do it. When you have a rough day you don't let it ruin your workouts. You look at yourself in the mirror when things are rough and you tell yourself, "I am too strong to ever, ever quit. Nothing will shake me. I have no time for people with no plans in life. I'm a winner, I'm strong. I *will* succeed. I detest losing. I am one tough S.O.B."

Don't whine. Don't complain and don't make excuses. Excuses are for losers! Do what has to be done. It is called discipline...plain and simple.

GENETICS

Genetics are the DNA blueprint of what you become physically. If you were born with large thick bones you cannot change that. If you have wide hips, narrow shoulders, bow legs and flat feet, there is nothing you can do to change those things. Your actual structure cannot be changed. Your muscular structure cannot be changed shape-wise. If you have short lat muscles or short biceps, then you will always have short lats and short biceps.

With the proper training, however, you can create an illusion. Muscles can grow in size and when they do they can create a whole new you. For example, if you have narrow shoulders you can't do anything about the actual bone structure, but you *can*, with correct training, enlarge the size of the deltoid muscles. This will give the appearance of having a larger shoulder structure.

By making your lat muscles wider you can create the illusion of having smaller hips. An illusion of length can be created by doing exercises which put a lot of stress on the muscle at its lowest insertion point. To give short biceps an illusion of length you can do exercises which greatly effect the lower portion of the biceps, such as curling movements on a curling bench (i.e. preacher curl bench). Doing these type of movements will build up that area of the muscle. As the muscle grows and becomes thicker, an illusion of length will be created. The actual insertion point remains the same but the surrounding muscle has increased which in turn creates the illusion. The problem of short lat muscles is done exactly the same as short biceps only the exercises change. Increase the size of the lower portion of any muscle and you create the illusion of length.

Lately there has been much talk of muscle fibers. The greater the amount of fibers within each muscle, then the larger it can get. Or so we have been led to believe. What has not been taken into account is the actual size of each fiber. If you removed a piece of muscle tissue from the thighs of two different people and examine the tissue in the proper medical lab you could see a big difference in the amount of muscle fiber contained in each sample. Sample A might have 5 times the amount of

fibers as sample B, but that does not mean it has five times the potential, because each individual muscle fiber size is different. You might have many smaller muscle fibers per square inch of muscle while I have larger ones. The thing that stays the same is the size of each sample.

Muscle fiber comes in all different sizes and the amount you have is not a limiting factor for large scale muscular growth. What *does* limit the size of a muscle potential for growth is muscle length. But it is really not as bad as you might think. Here is a simple test you can do that will give you an idea of how large a muscle can grow through proper training.

Using your own biceps as an example take a measuring tape and measure your biceps length from insertion point to insertion point. Do this with your biceps stretched out and not flexed. Let's say for example you find your biceps are nine inches long. That means that the width of your biceps has in theory the potential to be nine inches wide. Now picture your biceps nine inches wide. Your arm would start to look like a thigh muscle and not a biceps any more. That is how big a muscle can get. Obviously no one would want to reach that point because you would no longer be able to even flex your arm. A muscle's full potential for size ends when it becomes as wide as it is long. Now picture that same 9 inch long biceps just five inches wide. Even then it would be enormous. Now you have an idea as to how large you can get.

Genetics And Stress

Stress, whether it be physical or emotional, places constant demands on the body, or to be exact, the central nervous system. The body's central nervous system is like a computer circuit system. It is a living network of transistors, transformers, circuit boards and fuses. The central nervous system receives all of its information from the brain. All of your motor skills i.e. walking, talking, breathing and your 5 senses all rely on the central nervous system. When the central nervous system is damaged or overloads with too many demands then some sort of breakdown whether physical or mental or both will occur.

The spinal cord is the main circuit board which is attached to the brain. If there is damage to the spinal cord then it cannot do all of what

the brain is asking it to do. i.e. (paralyzed limbs). The brain may say walk but if the spinal cord is damaged then it cannot react to what the brain says to do. It also works in reverse. If the brain is damaged it can send the wrong signals to the central nervous system (i.e. Parkinson's disease). The brain has been damaged and it sends the wrong message to the spinal cord, resulting in slurred speech and trembling of the hands, etc.

Physical stress a' la bodybuilding workouts puts stress on the central nervous system of the body. If too much physical stress is placed upon the body it will have a negative effect upon the central nervous system. This is especially true if the stress is prolonged over a period of time. Overtraining whether it be overly intense bodybuilding workouts, or even running too many miles per week such as many runners do, depletes the central nervous system of what is called nervous energy. You probably have heard of someone being told they have too much nervous energy, which is just slang for someone who is constantly worried and cannot sit still. Real nervous energy is what the central nervous system operates on and each and everyone of us only has so much of this nervous energy.

No two central nervous systems are alike in the way they handle outside stress. Some people's systems can take a lot before they burn out and others can only handle small amounts of stress. If you could examine the central nervous systems of elite professional bodybuilders you would find their nervous systems gorged in extra amounts of this nervous energy. In a way it is like comparing batteries. Elite bodybuilders have car batteries while us normal people are small flashlight batteries. To be able to handle the stress of modern intense bodybuilding workouts you have to have been blessed with a car battery central nervous system. Only these people can grow large amounts of muscle from today's training systems. What this means to normal people is they have to be extra careful about how they use their supply of nervous energy. If they are to ever reach their true muscular potential then they would have to find a training system that could stimulate muscular growth, but not drain the central nervous system's limited supply of nervous energy.

If you train too hard you not only drain the central nervous system but also cause other undesirable side effects. If the central nervous

system is stressed too far it will cause a domino effect which affects other systems of the body.

Shocking the central nervous system also affects the way the body secretes various hormones and the way the immune system does its job. A whole chemical imbalance results which sends the whole body into a state of red alert. The body starts working over time trying to regulate itself back to normal...which results in even more nervous energy demand. You can tell when your body is in a state of metabolic shock from too much physical stress by the signals and symptoms your body gives off.

What are commonly called signs of overtraining are actually signs of central nervous system shock. Any time you experience any of the following signals a red flag of attention should go up: decreased sex drive. Your sex drive is probably one of the best ways to tell if you are pushing it too hard in the gym. When you are training correctly the body will secrete extra amounts of testosterone and growth hormone. Your appetite for sex tells you right where your own testosterone level is. If you lose desire you are most likely in a state of metabolic shock. If you are training properly your appetite for sex should increase quite noticeably.

Free radical overload is a state created from central nervous system shock. When the system has been shocked the efficiency of the immune system drops. Free radicals cannot be destroyed fast enough which results in an overabundance of these undesirable molecules. Free radicals, in case you are wondering, are basically the waste left over from the body burning oxygen, from the digestion of certain foods and from exposure to too much sunlight.

When you train you burn large amounts of oxygen which results in equal amounts of by products (free radicals). If your training is done correctly then the body's immune system will have no problem neutralizing free radicals into harmless matter. But too much of the wrong training and it spells trouble. You can spot signs of free radical overload by taking notice of such things as: continually sore stiff muscles, poor skin texture, frequent colds or nasal infections, prolonged joint pain and hot or cold flashes in body temperature. When the immune system is not

operating at 100% efficiency it will also not be able to neutralize the catabolic hormone cortisol. In times of physical stress the body releases cortisol to help the body cope with the stress put on it. Unfortunately if the excess cortisol is not neutralized by the immune system then the hormone cortisol becomes catabolic which spells disaster to anyone trying to build muscle.

Until now only people blessed with highly superior central nervous systems could grow from the type of training that is practiced today. Natural bodybuilders with just average genetics were doomed to a training history of disappointment. Beginners can grow from today's training methods for up to 4- 6 months depending how hard they push themselves because they are not strong enough to generate high levels of intense physical outburst, nor are they skilled enough to perform their simple routines in an intense fashion.

Once they reach the point of no return (i.e. 4 to 6 months of training) they are usually stuck there for the rest of their training days. The **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program has been specially designed for people with just normal or below normal genetics. It is unfortunate that the bulk of research that is done on building muscle and strength has been done on genetically gifted athletes. What was never taken into consideration was an average person like you and me. The body has the potential to grow very large amounts of muscle, all it needs is the system that will work and can be adopted by anybody's genetic blue print.

DRUGS

The most common questions we get from bodybuilders we meet and train is on anabolic steroids. Bodybuilders and athletes in general cannot seem to get enough of this controversial subject. Athletes are always looking for that special pill or potion that will suddenly get them progressing again. Do drugs make a difference in one's training? The answer is yes. Yes because of the way most bodybuilders train. You have to realize that almost 100% of all bodybuilders today are at a sticking point in their training and for most that sticking point never seems to go away no matter what they do. Everything they read in magazines says they are not necessary. Each month there is a new super routine that promises to blast your body into new growth and each month there is a new diet or supplement that promises spectacular new gains in muscle mass. Rarely, and we mean *very* rarely, do any of these super routines or diets work. One of the things you must rid your mind of is the belief that you can train and diet like the guys or girls in the magazines. Realize this right now! The people you see in those mags are not only genetically blessed but are also taking large amounts of growth producing drugs. The overwhelming odds are that you are **a)** not a genetic freak; **b)** not using anabolic drugs.

The odds are probably almost 100% that you are totally frustrated by your lack of progress and have at one time or another considered using anabolics. Maybe you have already tried steroids. Most normal bodybuilders (and we mean people without superior genetics) are usually disappointed with the results they get from trying steroids. They might gain an impressive 10-15 lbs. of what seems like new muscle but are totally shocked when all that new muscle quickly disappears after they stop their steroid cycle. Still others get absolutely nothing from using steroids because usually what they have been sold is counterfeits which contain very little if any real steroids. The counterfeit steroid business is a huge 100 million dollar a year scam. Real steroids are very hard to come by in America today.

As stated before most bodybuilders resort to steroid use out of sheer desperation. They want to be big and strong and at some point in their training do almost anything to get that way. Let's make this very

simple for you. The reason you are not growing is because of ineffective training programs and unrealistic diets. The average male's human body has plenty of its own muscle building hormones to build new muscle tissue. The average male's human body just needs the right training program to make this fact a reality. Using steroids is a poor way to compensate for severe overtraining caused by today's so called high-tech muscle building programs. The continued use of steroids is a very vicious cycle. The first cycle you only take a moderate amount of steroids and suddenly you start growing again. You finish your cycle then you crash. You take a break then you do another cycle, only this time the gains are not so fast. So you increase the dosage to jolt the body into growing again.

It works but only for a short time. Then it is time to increase the dosage again and even add to the drugs you are already taking. Then you finish your cycle and again you crash. You lose strength and size and by the time it is over you almost lose your mind!

You can't keep what is not yours. If the muscle you build was not built by the assistance of your own natural testosterone and growth hormone then you can't keep it. If you build muscle using artificial hormones then it will only stay so long as you continue to provide your body with outside assistance (steroids).

Let's make another thing clear about anabolic drugs, and that is they can cause serious side effects. We're not going to elaborate on every type of side effect they cause nor are we going to discuss the pros and cons of the various types of anabolic drugs. What we will say is that the side effects from taking these drugs are very, very real. If you take them you may suffer from some rather nasty and annoying side effects. You do not get something for nothing.

Follow the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program and soon you will discover that anabolic drugs are not necessary to make good gains. Don't lose your health or your hair trying to build artificial muscle!

RECUPERATION

The human body depends on energy to survive. Each of us all have different energy requirements. The body receives most of its energy requirements from food. Food is the fuel the body uses to create energy which is used for repair and function. Just like any machine, the human body has its limits. Ask too much from it and it will break down. This is what most bodybuilders do. They ask too much from their bodies and try to compensate for it by consuming massive amounts of calories.

As stated earlier, each one of us has different requirements but also equally important is the fact that the human body can only produce so much extra beyond what it needs for normal function and regular daily activities. Once you start making extra demands upon the body, as in working out, you begin to ask the body to do something it really does not want to do. The body likes to maintain a normal state of energy expenditure. It sees any large scale demands for more energy as a threat. Why? Because the body only has so much energy in reserve and it can only produce so much extra before it is depleted. Once this happens the body will actually start to break down muscle tissue trying to produce the energy necessary to meet the demand. If this state is continued for too long the body will eat itself to death from the inside out, resulting in death. Obviously no one overtrains to the point of death but a less severe form of a catabolic state does exist in all bodybuilders who overtrain. This state is called a neutral catabolic state. The neutral catabolic state is when the body recovers from the physical demands placed on it but does not have any energy left for growth. You are in a state of not going forward or backward in your training. You are not getting any stronger or bigger and you are not getting any weaker or smaller. You are stuck!

Ideally you want to be in what is called an anabolic state. An anabolic state is when your body is meeting the extra physical demands (weight training) placed upon it and still has enough energy left over to facilitate growth. You will know when you are in a true anabolic state when you are making rapid progress from your training. Because weight training does affect the various hormones of the body you can feel the difference both physically and sexually when you are in an anabolic state. In fact one of the best ways to determine how anabolic you are is by

monitoring your sexual desire. Proper bodybuilding workouts will actually boost your body's production of testosterone. Testosterone is a sex hormone and greatly influences your sex drive. Improper weight training lowers the level of this hormone in your blood, resulting in a reduction in your sexual desire. Use your sex drive as a monitor to tell you when you are really overdoing it. Some people get too addicted to training and refuse to listen to what their bodies are saying. When sex loses its appeal send up the red flag because something is wrong!

Using the GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING program will pretty well assure you that you will not be overtraining and losing your interest in sex. The workouts are designed to stimulate muscular growth not destroy it.

Here are some tips for helping you to not waste any valuable energy needed for training and for muscular growth:

1. Learn How To Take It Easy

Realize that life is full of problems. Everybody has worries and frustrations. Getting yourself uptight does nothing to solve any problem. Relax your mind and realize that things always seem to work out for the better regardless of how much you worry about it. Take a break, read a book, go fishing, visit some friends, have sex, enjoy life. You really do deserve it.

2. Sleep

If you want to make the most of your training then give your body something it really enjoys doing. Sleep! Get 8- 10 hours of sleep and you will operate at maximum efficiency. Anything below that on a consistent basis and you pay a negative price.

3. Minimum Use Of Alcohol

Keep alcohol use to a bare minimum. Too much alcohol is devastating to the body's natural sleep pattern. While you think you are asleep after drinking too much your body is actually working overtime trying to repair the damage and detoxify itself leaving you very burnt out

and hung over. What about street drugs such as pot, narcotics, etc.?
Street drugs are for losers. Drinking is bad enough.

4. Keep A Positive Attitude

Success does not happen in a straight line. It is a path full of peaks and valleys. Expect minor set backs in training and in life. Some days you are right on target and other days you are not 100%. Having persistence and patience will lead you to success. Being positive is really just the act of being happy. Follow your game plan with a smile on your face and do not let life's little set backs ruin that winning smile!

INTENSITY

Over the last ten to twelve years much has been said about intensity and how it applies to bodybuilding. It has long been known that intensity of effort is what causes muscle stimulation. This was proven some 80 years ago by German scientists. Their experiments were done using laboratory rats. Rats were put on a treadmill and were worked running on the treadmill for given time periods. The angle of the treadmill was gradually increased after each test run. The rats were also divided into 3 control groups so as to determine the effects of different workloads.

Group A was run on a flat treadmill for given times. Group B was run on a moderate incline of the treadmills and Group C was forced to run on a very steep incline. All rats were worked within exact time periods and fed the same laboratory diets. After working the three groups for one month, muscle biopsies were performed on each group. Group A showed no sign of any muscular growth. Group B showed only minimal growth while Group C showed very noticeable signs of muscular growth. The researchers concluded and proved that the intensity of effort was the single most important element in stimulating muscular growth.

Unfortunately bodybuilders and strength athletes in general have misunderstood the true meaning of intensity. While the German experiment did prove that intensity of effort was responsible for stimulating muscular growth, it did not prove how much intensity was required to maximize muscular growth. There are gaping holes in most laboratory experiments done on training intensity and gaping holes in the old German experiments. The first thing is that while laboratory experiments done on muscular growth almost always can show positive results from using control groups, it has never been taken into consideration that the control groups who respond to intensity experiments are actually growing off their limited supply of nervous energy. Few experiments run longer than 3- 4 weeks so this fact alone distorts the outcome of any experiment done on muscular growth as related to intensity.

Once a person's nervous energy (or even a lab rat's nervous energy) is used up all growth will cease. In general a normal person who

is not highly trained has anywhere from 4- 6 weeks of reserve energy to draw upon when the body is under attack from very intense physical exertion. The information available to strength athletes regarding what is best for muscular growth is confusing. Bodybuilders are told to do so many sets and reps and push themselves to the limit. If it works in the laboratory, it will work in the gym right? Wrong! Why? While it is true that the higher the intensity of effort the greater the muscular stimulation it has never been shown at what level the human body can most effectively respond to and adapt to without burning out. How much is too much? Bodybuilders have mistakenly assumed that more is better. "The harder I train the faster I'll grow" kind of thinking dominates the training programs of almost all who workout today.

New research done on the role of intensity in relation to muscular growth is only now beginning to reveal the optimum level of training intensity that will stimulate growth without draining the body's limited nervous energy reserves. What researchers have found is really quite shocking.

First of all bodybuilders today are training much too hard. Constantly pushing yourself to the limit will not sustain consistent gains in muscular size or strength. Secondly bodybuilders would be much better off if they reduced their intensity level and increased their volume of workload. New research has shown that muscular gains in size and strength are much more consistent if a bodybuilder only works to about 50% - 80% of his or her intensity level. What it simply means is that if you can perform, for example, a bench press for say 10 reps with 200 lbs and 10 repetitions is all that you can do no matter how hard you try, then stopping on the seventh or eight rep would be training at an intensity level of 70% - 80% and stopping on the fifth rep would be a 50% intensity level. Most bodybuilders today work their way up in weight each set. Example: after doing some light warm up sets it is standard practice in most gyms for bodybuilders to start pushing themselves to the limit each set after the warm ups. The first set to failure might yield say 12 reps, the second set you add weight and get only 9 reps, the third set you add weight and get 6 reps, the fourth set add weight and get 4 reps, the fifth set add weight and get 2 reps, the sixth set reduce weight by 50% and do as many reps as you can, usually between 10-15 reps. This is a typical pattern for the vast majority of bodybuilding routines.

Some bodybuilders also use isolation exercises and stick with the same weight each set and do slightly higher reps to failure each set.

Example (Leg extensions):

First set - 100 lbs x 15 reps

Second set - 100 lbs x 12 reps

Third set - 100 lbs x 9 reps

Fourth set - 100 lbs x 6 reps

All sets are pushed to failure and the same weight is used each set. These two examples are extremely common practices used by today's natural and drug using bodybuilders. This type of training does stimulate growth but also drains the body of its limited reserves of nervous and muscular energy and causes metabolic side effects. The new research done on intensity is clearly showing that reducing the intensity level and increasing the volume of workload will still cause significant muscular stimulation without causing systematic burn out. The **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program is based on the premise of reduced intensity and increased workload. Why? Because it works. Read on!

THE PUMP

One of the joys of pumping iron is experiencing the magic feeling of the muscular pump. Right before your eyes your muscles seem to grow. The feeling of getting a massive pump really is like having good sex or as the great Arnold Schwarzenegger would say. "Getting a good pump is like coming". Over the last 10 years there has been a lot of debate over the value of the pump in relation to building muscle tissue. One school of thought argues that the pump means very little so long as the muscle being worked is being sufficiently overloaded with heavy weights and very intense sets. This school of thought would be labeled High Intensity Training, i.e. low sets, high intensity, heavy weights. The other school of thought swears by getting a massive pump. These trainees use multi-sets, higher reps, more moderate poundages and train somewhat less intensely. This type of training is the most practiced type of the two being used in gyms across the nation. Who is right, and who is wrong? While both types of training systems can produce large scale muscular pumps and stimulate muscular growth, they both cause metabolic side effects. So the pump received from these training systems means very little because in the end there is no muscular growth for the vast majority who use these systems.

But this still has not answered the question. Is a massive pump necessary for growing large muscles? The answer is yes! The only drawback from getting a massive pump from traditional training methods is the issue of metabolic side effects. But why is the pump so critical for building massive muscular size?

In order for a muscle to become truly massive it has to be stimulated in two different ways using only one type of system. The training system must stimulate the actual muscle fibers within the muscle itself and stimulate the development and expansion of the blood capillaries which are part of all tissues of the body. When a training system can stimulate muscular growth without causing metabolic side effects the next thing it must do is cause a massive muscular pump. Getting a massive muscular pump that is free from growth stopping metabolic side effects is essential for the complete development of a

muscle, because capillaries within a muscle will expand and stay expanded providing they are stimulated properly. By gorging the capillaries with massive amounts of blood on a regular controlled basis you will increase the size of the muscle to a much larger degree than if you only stimulated the muscle fibers. How much of a difference in size? Well according to the most recent studies of muscle growth and stimulation you can increase the size of a muscle by up to 50% more if the proper type of capillary training is used. The type of training best suited for these requirements is our own **HYPER-GROWTH VOLUME TRAINING** program. It is the only training system in the world today that can stimulate muscle fiber growth and cause massive capillary expansion resulting in a completely developed muscle and it does this without the use of any anabolic drugs. Any system that causes serious metabolic side effects will not make a muscle grow to its fullest potential regardless of the type of pump it causes because metabolic shock causes muscle capillaries to contract in size soon after the workout is over resulting in a flat stringy look to the muscle. Using the **HYPER-GROWTH VOLUME TRAINING** program does not cause metabolic side effects so the muscle capillaries will stay in their expanded state resulting in a full pumped feeling to the muscle long after the prescribed workout is finished. Don't be fooled by the pump you get from using more traditional type training methods. The pump you get no matter how great it is does not and will not last. So remember there is a good pump and there is a bad pump and now you know why!

TO FAIL OR NOT TO FAIL

If you've skipped the preceding chapters then go back and read them because the information contained in them will make it easier for you to understand how the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program works. Also it is important to clear your head of any of the crap you have been fed by so called authorities who write for the various muscle mags. In short they are arm chair experts.

If you could travel around to the various gyms across this nation and even across this world and observe and study how the vast majority of bodybuilders train, you would notice a number of quite common similarities. The first thing you would see in all the gyms is a bunch of guys groaning and straining trying to outdo each other. The second thing you would notice is how sloppy these guys train. They arch their backs, jerk their bodies and crap their pants trying to lift as much as they can, thinking that this is the way to stimulate massive size. If you could come back one year later and observe these guys again you would notice that 99.9% of them look exactly the same. After one year of busting their balls in the gym and straining their joints and of course wasting their time, they make a total net gain of zero! The one big mistake body builders do in their training all around the world is they use too much weight, which prevents them from reaping the benefits of the intended exercise. The second big mistake is they train to exhaustion. Set after set, rep after rep they go to failure thinking this is the only way to be sure they are stimulating growth. The next time you go workout, take some time and observe how the guys at your gym train. Chances are they grind themselves into the ground each workout in the mistaken belief that this is proper training. If you are a heavy steroid user or one in a million genetic freak you can get away with it but the odds are that right now as you read this you are stuck in a rut.

Before we launch into how the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program works, let's make one thing clear. Don't train to absolute failure! Don't do any forced reps, negative reps, cheat reps, strip down sets or giant sets. Don't use

heavy weights which you can't control the speed of at all times and absolutely do not train like everybody else in the gym. We will guarantee you a thousand times over that you will be extremely disappointed with your results. By now you must be asking yourself why? Why shouldn't I push so hard? Well there are two ways to train hard. The right way and the wrong way. Muscular growth cannot be forced if you are a natural bodybuilder who is not a genetic freak. For you, muscular stimulation and growth must be coaxed...gently coaxed. Training to absolute failure is just too draining on the central nervous system. The body does not know if it is pushing so hard to overcome some traumatic event or if it is just being pushed to the limit for the purpose of stimulating muscular growth. Just think about it for a moment. The next time you do heavy squats to failure or heavy bench presses to failure just remember that the body does not know if you are pushing so hard because there is a physical emergency such as a car accident and you are pushing so hard with your legs because you are pinned inside and you are trying to get out or if you are pushing so hard with your shoulder and chest muscles and arms because you have something heavy on your chest and you must move it off or die. The body doesn't realize you are training and pushing so hard because you want to stimulate cosmetic muscular growth.

Whether you are pushing a 200 lb. bench press or a 200 lb. log pinned on your chest, the body only knows that there is an emergency situation taking place and it must react accordingly.

In order for the body to try and handle this emergency, whether it be real or artificially produced (weight training), it must react and react it will. A number of things happen in an emergency situation. The body releases the hormones cortisol and adrenaline to protect itself. After the emergency is over large amounts of testosterone and growth hormone are pumped into the system to repair any damage that has occurred, and in a protecting maneuver the central nervous system remains on full alert for sometimes days, so it can be ready to try and handle any more traumatic events. Whether it is real or induced deliberately, the body reacts and each time it reacts it drains the body's defense reserves.

Now let's go back to the gym again and observe all these bodybuilders training themselves into the ground. Is it a real emergency

or is it just a set of squats being pushed to failure? The body does not know, it just reacts. Now just think for a moment. How many emergency situations can the body handle before it begins to break down? Each time you go into the gym and push yourself to the limit are you fighting for your life or just trying to build some muscle? To your body it makes no difference at all. The **HYPER-GROWTH VOLUME TRAINING** program does stimulate muscle growth, but it does not push your body into an emergency situation.

NOTE: Some of our other courses do prescribe certain high intensity training techniques but these courses make you train with very few sets, infrequent workouts and should only be used for short periods of time (never more then 8 weeks).

HYPER-GROWTH = TIME :- VOLUME X FORM

In the preceding chapter you learned why you should not be pushing your bodybuilding exercises to absolute failure on a consistent basis unless, of course, you are a true genetic freak or using large amounts of anabolic steroids...or both! In order to give you a brief idea as to how the GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING program works, just take a look at the leg muscles of champion speed skaters, bike riders and middle distance runners. What you will notice is that both the males and females have very heavily developed thick leg muscles. These muscles have become that way not from training to failure (i.e. pushing till exhaustion) but have been developed from the sheer volume of work these athletes do within given times. It is very rare except on the day of competition that these athletes will ever push themselves to the point of total muscular failure. Even elite sprinters who also have very large muscular legs rarely push themselves to muscular failure except on the day of competition. The type of training all these athletes do both in and out of the weight room is all based on the volume of workload done within time frames. Pushing themselves to failure constantly even if they were using small amounts of anabolics would quickly lead to overtraining. Pushing yourself to the limit in the gym using high intensity training is not the only way to promote large scale gains in muscular size and strength. In fact for 95% of all people who workout for the very reason of growing large muscles, high intensity training is not the best way. Using a program based on volume in good form and in the correct time frame is a much, much better and faster way of growing very large and strong muscles.

MAX SET POINT

The GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING program was not originally designed to be a bodybuilding program. This bodybuilding course was developed as an after thought stemming from intense research that was being done in the field of muscle Hyperplasia and Hypertrophy. Scientist have known for many, many years that the human body's muscular structure had the potential to grow. How much a muscle could grow, they speculated, was only limited to how long a muscle was. Each and everyone of us is born with the exact set of muscles as the next person, the only difference being the length and shape of an individual's muscles. The amount of fiber within each muscle from person to person was different but this, they theorized, was not a limiting factor. Out of this massive bulk of research emerged two schools of thought. One group proved and believed that in order to stimulate large increases in muscular size a muscle had to be overloaded with a short burst of intensity of effort. While the other school of thought, which has emerged just recently, has shown and proved that the body's muscular structure will adapt and grow to a workload that is increased gradually within a given time frame.

This school of thought has also proved that the human body is much more suited to do larger volumes of work rather than harder burst of effort. The human body they proved is a machine of endurance not a machine of intense physical output. The human body can only handle all out efforts for only very brief periods of time before it burns out. When it comes to volume and physical endurance, the human body can handle immense amounts of workloads providing they are gradually built up over a period of time. The key word here is workload not intensity. To give you an example of how workload compares to intensity let's look at the bench press. To do a very intense set of bench presses, a person would normally do between 8- 10 repetitions plus maybe 2-3 forced repetitions. Let's say for example 200 lbs is being used as the maximum weight for 8- 10 reps. The trainee removes the weight from the rack and gets 9 reps by himself plus 3 reps from the assistance of a training partner. Now let's say, as is common practice, that after a brief rest the trainee does 2 more sets and of these sets he gets 10 reps on each set including the forced reps. So what he has done is three sets as such:

1 x 12 - 200 lbs

1 x 10 - 200 lbs

1 x 10 - 200 lbs

Now let's figure out the total volume of workload he has done:

1 x 12 at 200 lbs = 2,400 lbs

1 x 10 at 200 lbs = 2,000 lbs

1 x 10 at 200 lbs = 2,000 lbs

Total = 6,400 lbs

Working at his or her max for 10 reps he has actually moved in a period of three sets 6,400 lbs. This is a very large amount of weight and it took an extremely large amount of effort to move it. Very, very demanding on the central nervous system.

What is now known is that by reducing the weight by at least 25% and increasing the sets without going to muscular failure, it is possible to achieve the same amount of workload without pushing to failure and without overstressing the central nervous system. The workload itself will stimulate muscular growth. By pushing to failure the stress on the body becomes too great, causing burn out syndrome.

Here is an example of how to do those same three sets of intense 200 lbs bench presses without over stressing the central nervous system and the whole body in general. By using 25% less weight, the same stimulus can be attained without the burn out. In order for this type of training to be implemented, a person has to find out what their max set points are on each exercise for any given amount of reps. In the prior example 200 x 10 reps to failure was given. By knowing what your max is

for 10 reps, or 12 reps, or 15 reps or 8 reps or 6 reps or any maximum repetitions for any exercises, you can begin to implement the GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING program. Here is an example of how it works. If you know your max in the bench press is 10 reps at 200 lbs then you know what your max set point is for 10 reps. Now in order to make this work, you must reduce and work with a weight which is at least 25% less than your max set point for 200 lbs, and you must continue to do the same amount of repetitions each set.

Example:

- 1) Max set point for bench press x 10 reps = 200 lbs
- 2) reduce weight by 25%
- 3) perform exactly 10 reps per set.
- 4) perform sets until near failure is reached
- 5) gradually reduce time between sets (very gradually)

200 lbs - 25% = 150 lbs. In the beginning of this program try not to rest any more than 60-90 seconds. Let's say for example you perform your first set with 150 lbs and you do exactly 10 reps and you continue to perform an additional set every 90 seconds in the beginning. Now let's say after your 5th or 6th set you find it getting a little harder until you reach your 8th set and you cannot complete 10 reps. When you reach this stage and you feel that in the next 2-3 reps you are going to reach failure STOP! Do not push any sets to full muscular failure (where no repetitions are possible no matter how hard you try). Always stop 2-3 reps before muscular failure.

Now let's look at the total workload that has been done.

Example:

8 sets x 10 reps x 150 lb. per set } = { 10 x 150 lbs = 1,500 lbs x
8 sets = 12,000 lbs

In those 8 sets of 10 reps you have lifted 12,000 lbs of iron and overloaded your muscles with 12,000 lbs of work, without training to failure and causing metabolic shock to the body. This same max set point principle applies to every exercise. Let's say for example you can do 10 reps in the barbell curl with 100 lbs. To apply the HYPER-GROWTH VOLUME TRAINING principle, reduce the weight by at least 25% and keep the rest times no longer than 90 seconds at first. The weight must be reduced at least 25% but there is nothing stopping you from reducing it by 30% or even 40% or even 50%. We do not recommend going below 75% because then the resistance becomes too light to have any positive effect.

Your max set point does not always have to be 10 reps either. You can set your max set point from anywhere, from 6-20 reps. Through research the 6-20 rep range works best. Maybe your max set point in the squat for 15 reps is 250 lbs. When you reduce the weight by at least 25% you must perform the same amount of reps for the given max set point which in the squat example is 15 repetitions at 250 lbs. When you reduce your max set point below 25% then more sets have to be performed or less time has to be taken between sets in order to keep enough work and tension on the desired muscle group. When you reach the point where you know that muscular failure is going to happen... STOP!

Do not pamper yourself. Try to keep the rest times as short as possible to create enough of a continuous workload. You will find by training in this manner that a very large and full muscular pump will occur. In order to avoid plateaus it is best to change your max set point occasionally. If you did 10 reps as your max set point on the bench press for a while then try doing 15 reps. The best way to find what your max set points are for each exercise is pick a weight that you can perform in a very strict manner for 10 reps. Let's say again that you find you can bench press 200 lbs 10 times before you reach muscular failure. If you would like to know what your set point is for eight reps then simply increase the weight by 5%. You can figure out your set points for each exercises once you know what your max is for 10 reps in each exercise. From there it is just a matter of increasing or decreasing by 5%. If in that same 200 lbs bench press you would like to find your 15 rep set point decrease by 15%. Each time you increase by 5% you will find that

you will do about 2 reps less and each time you decrease by 5% you will find that you will do 2-3 reps more. A 15% decrease would equal about 5-6 reps which would bring your max set point on the bench press to about 15 reps. 5% reduced three times is 15%. A 15% reduction of 200 lbs is 170 lbs which should give you about 15 reps max in your bench press. A simple little formula. The amount of sets that can be performed with that 170 lbs will vary from person to person. By resting 60 to 90 seconds between each set you will probably find like most people that you will be able to do about 6-8 sets at first. As you become more accustomed to this type of training you will find that you will be able to do more sets in less and less time.

TIME

In the last chapter you learned how to find your max set point for any exercise. You were also told how not to train to absolute failure and why. Most bodybuilding systems today are based upon so many sets of so many exercises and too much intensity. It is quite common for example to see most biceps routines containing only 6-8 total sets and a large muscle such as the thighs contain a total of 20 or more sets (all to failure). Most muscle groups you are told should only be worked with so many sets. A beginner for example is told to do only 3 sets x 10 reps for his biceps and as he gets stronger and adapts he is told to add another exercise for another 3 sets of 10 reps which brings him to the intermediate level and by the time he reaches the advanced level of training he might be doing anywhere from 10 - 15 sets of biceps work and pushing most sets to failure. While this type of training is fine for the genetically gifted and heavy steroid users, it does little for a trainee once they are past the beginner stage but burn him or her out.

New research is now proving that all muscle groups have a work capacity which is limited by time and more work should be performed within that time frame in order to stimulate and allow muscular growth. It is important that the type of work done within these time frames not be too intense. If the work capacity becomes too intense then a condition called metabolic shock will result and cause undesirable side effects.

It is much like getting a bad sunburn. At first you lay out maybe only 15 minutes and as you become tanned you increase your exposure gradually to promote an even darker tan. If on the other hand you over expose yourself on a regular basis the skin begins to burn and blister. The volume of sun your skin can withstand is all based upon time. Start out slowly and gradually increase and you will get the desired result. Too much too soon and you get burned! Because the intensity of the sun in your part of the world remains relatively constant through the summer months it is possible to adjust your exposure (volume) according to how fast you are tanning without any burning or peeling of the skin. If the sun's intensity changes constantly through out the summer months then judging how long you should stay out would be almost impossible. This

is what happens when you train too intensely. The best way to build muscle is not to train with maximum intensity and less volume. This type of training is too hard to monitor and does not allow an ever increasing amount of volume to be added. When you're training as hard as you can, how can you train any harder? The answer is you can't. The secret to massive rapid muscular growth is the exact same thing as getting a beautiful golden suntan. You lay out in a sun which is constant in intensity and you very gradually increase, your time of exposure (volume). To build muscle you keep your intensity at a lower level and add to the volume of workload over a period of time. Because skin and muscle are different there will be limits on how long a muscle can work. Skin does not have to perform work when it is being tanned, so it can withstand very long exposures once it becomes accustomed to the sun. Muscle on the other hand must perform work to be stimulated so its work capacity is generally restricted by time. How much time can each muscle group withstand? By using the formula for max set points scientists have been able to narrow these times down to an almost exact science. These times become highly inaccurate once you begin pushing sets to muscular failure. By stopping the last set of an exercise 2-3 reps before muscular failure you can keep your intensity controlled which will allow you to build up your volume within each time frame. The time frames which are about to be given for each muscle group have been tested and re-tested many hundreds of times over and over again and, as to be expected, the time frames vary from muscle group to muscle group. Generally the larger the muscle group the greater the time-frame, except in the case of Abdominals and the Calf muscles.

The following is a list of the maximum training times for each muscle group. In the next chapter on Volume you will learn how to increase the workload within each time frame for best results.

Maximum Time Frames Per Muscle Group

Below are the maximum times you train each muscle group, this does not mean you must always train the muscle groups this long, but you should never train them longer then the listed time frames. As you become more advanced and you reach the maximum time frame per muscle group you must try to do more volume in that time, but never more time (or too much intensity).

Thighs	45 minutes
Back	45 minutes
Chest	30 minutes
Shoulders	20 minutes
Triceps	20 minutes
Biceps	20 minutes
Calves	30 minutes*
Forearms	15 minutes
Hamstrings	15 minutes
Abdominals	10 minutes*

* Calves - because the muscles of the calves are so dense and accustomed to work they required a tremendous amount of workload to stimulate.

* Abdominals - the muscles of the abdominal region are located at the body's center of energy. This center of the body is actually the center point of all energies which flow through the central nervous system. This area is very easily shocked by too much physical training, which can result in a state of metabolic shock for the entire body. These energy flows must not be disturbed for any great lengths of time. Abdominal training must be kept to a bare minimum to avoid systematic shock. Extreme hardgainers should not do abdominal work when trying to gain mass quickly.

VOLUME (Workload)

Volume as related in this text is the amount of sets performed for each exercise, each muscle group and each workout. Because most of us cannot handle high intense low volume training we are forced to instead compensate for a lower intensity level by increasing the volume of training we do for each muscle group. There are a few well known bodybuilders who do use high volume lower intensity workouts with great results.

The most famous of these bodybuilders is Serge Nubret of France, a former Mr. Universe and Mr. World title holder. Mr. Nubret's style of training is similar to the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program. In his workouts Mr. Nubret has been known to do up to 25 sets of 20 reps of just bench presses resting little between sets and using relatively light weight. By resting little between sets and doing a high amount of sets the amount of weight used will actually start to feel heavier as more and more sets are done. Mr. Nubret has built a very massive physique using this type of training. Another big name bodybuilder to use this style of training is winner of Mr. Universe and Mr. America titles, Steve Michalik.

Mr. Steve Michalik has been known to do up to 60-80 sets just for his thighs in a single workout. These men spend hours in the gym for a single workout and workout 6-7 days per week. We do not recommend spending that much time training because it will certainly cause you to burn completely out. These men trained with the assistance of anabolic steroids and both were truly genetically gifted. But their examples do show that it is not necessary to train with gut-wrenching intensity or bone crushing poundages. Our program is a much more refined and scientific training program than past similar high volume training programs, and is geared towards drug free and genetically average trainees.

In the last chapter on time you learned the maximum training time for each muscle group. You should never train longer than those time frames, but the volume performed within each time frame should be increased gradually. When you first begin using the program you should

attempt to perform one set per 60 seconds. The closer you work near your max set point the more time you will need at first. As you come closer to your max set point your reps will have to drop in order to accommodate the heavier poundage.

The further one works from his or her max set point the shorter the rest times between sets should be, to create enough of an intensity workload effect. Best progress is made when occasionally there is a fluctuation in max set points and rest times. As a person adapts to this style of training they will find that they will be able to perform a greater and greater amount of sets within each time frame for each muscle group. Also as you adapt to this style of training you will find you will need less and less rest time between sets which in turn allows you to boost your total amount of volume within each time frame.

Let's take a look on how you would train a muscle group using the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program. As an example we will take you through a beginner chest workout. The first exercise you would start with is a compound movement such as the bench press or incline bench press. A compound movement, in case you do not know, is any exercise which involves two or more muscle groups. In short it is a basic exercise. It is best to always start with a compound movement because it has a warming and pumping action that affects the target muscle and the assisting muscles. In the case of the bench press, the target muscle is the pectoral muscles and the assisting muscles are the delts, triceps and to a lesser degree the lats.

It is also a good idea to start with a very light weight and do 30-40 strict slow repetitions for 2-3 sets to warm up the muscle group. After the muscle has been warmed up thoroughly you can begin to use the weight you are going to work with. The weight you use is going to be at least 25% less than your max set point and no less than 75% of your max set point. If you need review go back to the chapter on max set points.

Now getting back to our sample beginner chest workout. The maximum time for this chest workout is 30 minutes. It is a good idea when first starting these types of workouts to rest between 60-90 seconds between sets. At the rate of 60-90 seconds per set your maximum sets for that workout should come in at around 20-30 sets. The

amount of sets you do per exercise should be, for best results, equally divided between 3-5 exercises per muscle groups. As you become very advanced you can expand your exercises to as many as you would like so long as each exercise is performed for at least 5 sets.

So to do your first chest workout pick 2 or 4 exercises and perform as many sets as you can for a maximum of 30 minutes and remember to rest no more than 60-90 seconds at first. Some workouts, if you feel like it, you can pick maybe just one exercise and specialize on it for the whole entire recommended time frame. Do not let anything stop you from doing perhaps 30 sets of bench press in one workout if you feel like doing so, using a light weight of course. Change your exercises occasionally but make sure you always start with a compound movement first. A good beginner selection for chest would be something like this.

Example:

Bench Press	5 x 10	25% of maximum set point
Incline Fly	5 x 15	40% of maximum set point
Pec Deck	5 x 20	50% of maximum set point

15 sets / 29 minutes

Best results are achieved when the same weight is used for each set excluding warm up sets. If, for example, your max set point for barbell curls is 10 reps with a 100 lbs, and you decide to use 25% less weight, that would give you a poundage of 75 lbs. This is the weight you should work with each set. Most body builders who train for mass today use a technique call pyramiding. Pyramiding is a process of adding weight each set and lowering the repetitions.

Example: Bench Press

100 lbs x 15 reps

120 lbs x 12 reps

140 lbs x 10 reps

160 lbs x 8 reps

180 lbs x 6 reps

200 lbs x 4 reps

Although this technique looks good on paper, experience and research has shown us that it is not the best way to execute your sets. This technique works great for powerlifters and competitive weight lifters but for building muscular size it is not. Why? When you work with a given poundage that is within your max set point range and work with that same weight within a given time frame you tend to do many more sets and create much more of a total overload effect, (i.e. time :- volume). When you pyramid your sets there is a tendency to rest way too long between sets which limits the total amount of work that can be done over a period of time and greatly limits the size of the muscular pump that can be achieved. A massive muscular pump is absolutely essential for rapid growth of muscle tissue. By working with the same weight each set, you create a much greater and sustained neuro-muscular pathway to the brain which greatly enhances the body's ability to build muscular strength. Pyramiding builds much more tendon and ligament strength than muscular strength. In order to build muscle, you should be concerned with muscular strength and not how much weight your tendons and ligaments can adapt to. Which brings us to the subject of exercise form!

FORM

If you have been bodybuilding for any length of time you have probably been sold the notion that heavy weights and low reps build mass and that training with anything less than huge poundage won't create it. Because this belief is so misunderstood and abused, it has resulted in sloppy execution of almost every exercise you can think of that is used in bodybuilding today. Guys and gals in gyms across the world are straining, groaning, heaving, throwing, pushing and shoving as much weight as they possibly can handle for that so called magic rep range of 6-8 reps. In short 99.9% of all bodybuilders training today are cheating in an attempt to continually increase the amount of weight they can use for any given exercise.

What they are really achieving, if they are training with any technique at all, are gains in tendon and ligament strength. The vast majority however are only causing damage that can and will haunt them as they get older. Training with huge poundage, even if the technique is good, is very hard on your joints. Lifting heavy weights may impress your friends but it is not the most efficient way to build muscle. In order for a muscle to be stimulated for maximum growth, the tissue itself (muscle) must absorb as much of the overload as possible.

Training too heavy with poor exercise technique throws too much stress on the tendons and ligaments. By slowing down your repetitions and using much more moderate poundage, the muscle tissue itself will absorb a tremendous amount of overload rather than the tendons and ligaments. It is very important to remember this fact, because test study after test study prove that strict controlled technique stimulates muscle tissue and to a lesser degree tendons and ligaments. The thing you want is muscle overload. Make the muscle do the work not your delicate joints, tendons or ligaments. When executing all your exercises do so in a very controlled manner, concentrating on the muscle being worked, avoid any outside momentum. You do not have to train in slow motion to make your exercises more effective. Generally it should take you 4 seconds to perform each repetition. In order to get used to this type of pace, count your repetitions using the "one thousand one", "one thousand two" technique as the weight is raised and the same as the weight is lowered.

Do not cheat, do not strain and do not scream and yell. Teach yourself as would a dedicated student of Martial Arts to be a "Master of Technique". This aspect is so important to your success we are going to say it once again. Do not worry about how much weight you are using, instead concentrate on the muscle group being worked and on perfect form. Think quality not quantity.

ISOLATION EXERCISES

When bodybuilders today construct a mass routine, it is usually built around basic (compound exercises) in the mistaken belief that heavier is better. Routines for body parts will consist of 3-4 basic exercises with maybe an isolation exercise at the end to pump the muscle.

A typical chest routine for mass used today usually consist of bench press, incline press, dips, flys and cable crossovers. It is not that compound movements are not good, it is just the fact that they involve 2-4 other muscle groups so a lot of the resistance is taken away from the intended muscle group.

Too many basic exercises can be hard on the joints because of the extra weight that can be handled and because of the tendency of most trainees to use sloppy form. Much better results can be achieved if the beginning exercise is a compound exercise and the remainder are isolation. This is not a rock solid rule however because there will be times when you might feel like doing a whole workout just using one basic movement such as the bench press. There is nothing wrong with doing 20 - 30 sets of benches in a single workout but it is not recommended every workout. In general a routine should include a compound movement and 2-5 isolation movements per workout.

Isolation exercises mean exactly what they say. They isolate a muscle so resistance can be applied directly with a minimal amount of help from any other muscles which in turn promotes a much greater pump for the muscle group. When done strictly, isolation exercises become much easier on the joints and ligaments than compound movements. Because isolation exercises require less weight for resistance than basic movements they allow you to perform more work in a given time frame than heavier basic exercises.

The majority of exercises for any muscle group should consist of isolation exercises, but always remember to start your routine with a basic movement to thoroughly warm up the intended muscle group and the surrounding muscle groups. If you want rapid growth, isolate, isolate, isolate!

TIME OFF FROM TRAINING

If you have been working a full time job for any length of time you will understand the joys of vacation time. You work hard all year and come summer you cannot wait to get those two special weeks off. For those two weeks it is usually no more boss, no alarm clock, no traffic to battle and no deadlines to meet. For those two weeks you can pretty well do what you want, you can even just sit around and drink beer all day if you so choose. After all you truly deserve it.

Training all year is the same thing in many ways. After training for a given length of time you should take a total break from all strenuous exercise for at least one week. This is especially true if you also work or go to school full time. The body and mind need a break and need to have some fun. All work and no play leads to burn out.

How much time should you take off and when should you do it? Based upon our own experience and the experience of the literally hundreds of our clients and of the test results from the latest scientific studies, a person engaged in strenuous activity should take a complete break from training every training quarter. The length of one year is twelve months, each quarter is 3 months long. This translates to a break from training every time there is a change of season. Fall, winter, spring, summer.

Why should you take a break even though you might not feel like it? Maybe in your mind you might feel just fine but believe us when we say that your body, especially the central nervous system, will love you for the time off. Even your mind will thank you. During your break your body will mend minor injuries, build its energy reserves to peak levels and the central nervous system will recharge its batteries, so to speak. The time off will make you hungry to go back to the gym and with all the added rest do not be surprised to see a new quick spurt of growth when you resume training.

Every 90 days give yourself a break from the weight room completely. Take at least 1-2 weeks off and just relax. Go dancing with that special person, go fishing, go visit your grandma, go see some

movies, have some beer, have some pizza and above all have some fun. Do not worry about losing any muscle tissue because 1-2 weeks off should not make any difference at all. Do not become a slave to your training because life is too short to be too serious all the time. All work and no play makes for a very boring life. See you at the beach!

THE ROUTINES

Now that you have a working knowledge as to how the **GENETICALLY AVERAGE JOE'S HYPER-GROWTH VOLUME TRAINING** program works we can now show you how to use it. What we will discuss is listed below:

- 1) How many days per week
- 2) How to group body parts
- 3) When to increase resistance
- 4) Shocking a muscle
- 5) Sample routines

How Many Days Per Week

What we can suggest here as to how many days per week you should workout is based upon research we have done with the vast number of athletes that we have trained and are currently training. The best way to train without burning out is to cycle the amount of workouts per week and the most efficient way to do this is to perform 5 workouts in a row the first week and then 3 non consecutive workouts the next. On paper it looks like this:

Week One

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Train	Train	Train	Train	Train	Rest	Rest

Week Two

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Train	Rest	Train	Rest	Train	Rest	Rest

Repeat cycle

How To Group Body Parts

The way you group our body parts will affect how fast you grow. The best way we have learned through good old fashioned trial and error is to group them this way.

Day 1	Day 2	Day 3	Day 4
Legs	Chest	Back	Delts/Arms

The muscles of the abdominal region should only be done every third workout. The muscles of the calves contrary to popular belief should only be worked every time you work your legs. A sample of muscle groupings for two weeks of training would look like this.

Week One

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Legs	Chest	Back	Delt/Arms	Legs	Rest	Rest

Week Two

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Chest	Rest	Back	Rest	Delt/Arms	Rest	Rest

Repeat cycle

When To Increase Resistance

As you continue working out using the HYPER-GROWTH VOLUME TRAINING program you will notice that weights you were using 3 or 4 weeks ago are beginning to suddenly feel a lot lighter. It generally takes a muscle about 3-4 weeks to adapt to a particular workload. When the weights start to feel light increase the resistance by 5%. It is as simple as that.

Shocking A Muscle

Shocking a muscle with severe overload and intensity can be very beneficial for growth so long as it is done very infrequently. How frequent should it be? Well again according to our own research, a muscle should be shocked no more than once every quarter. A quarter is a period of 3 months. Four quarters make up your training year. Only use this shock training technique every other week or you run a very high risk of burn out. That means you will have six shock workouts per quarter. The best way to group the muscles into six groups is this.

- 1) Thighs
- 2) Back
- 3) Chest
- 4) Shoulders
- 5) Arms
- 6) Calves & hamstrings

If you decided to use the shocking method for faster gains, here is how to proceed:

- 1) Perform 2-3 light warm up sets.
- 2) After warm ups do each set to failure.
- 3) Do not use forced reps or negatives.
- 4) Perform 6-8 sets for small body parts (arms, calves, hamstrings and shoulders).
- 5) Perform 8-15 sets for larger muscle groups (chest, back and thighs).

- 6) Perform 8-15 reps per set.
- 7) Start heavy and work down in weight.
- 8) Use 2-4 exercises per muscle group.
- 9) Shocking should only be done on the week you do three workouts (Monday, Wednesday and Friday weeks).
- 10) Rest no more than 60-90 seconds per set.

Sample Routines

Thighs

Here is a leg routine which can pack on size without the use of squats or leg presses.

Sample # 1

- | | |
|-------------------|--------|
| 1) Hack Squat | 5 x 10 |
| 2) Leg Extensions | 5 x 10 |
| 3) Lunge | 5 x 12 |
| 4) Sissy Squats | 5 x 15 |

Sample # 2

- | | |
|-------------------|--------|
| 1) Sissy Squats | 5 x 10 |
| 2) Leg Extensions | 5 x 15 |
| 3) Lunge | 5 x 10 |
| 4) Leg Press | 5 x 12 |

Back

Sample # 1

- | | |
|-------------------|--------|
| 1) Bent over rows | 6 x 10 |
| 2) Pulldowns | 6 x 10 |
| 3) Seated Rows | 8 x 10 |

Sample # 2

- | | |
|-------------------------|--------|
| 1) Close Grip Pulldowns | 8 x 12 |
| 2) Stiff Arm Pulidowns | 6 x 10 |
| 3) One Arm Rows | 5 x 10 |

Chest

Sample # 1

- | | |
|------------------|--------|
| 1) Bench Press | 5 x 12 |
| 2) Incline Flyes | 5 x 10 |
| 3) Pec Deck | 5 x 15 |

Sample # 2

- | | |
|--------------------|--------|
| 1) Incline Press | 6 x 12 |
| 2) Cable Crossover | 5 x 10 |
| 3) Decline Flyes | 5 x 12 |

Shoulders

Sample # 1

- | | |
|-------------------|--------|
| 1) Military Press | 8 x 8 |
| 2) Cable Laterals | 5 x 15 |
| 3) Front Laterals | 5 x 12 |

Sample # 2

- | | |
|---------------------|--------|
| 1) Dumbbell Press | 6 x 10 |
| 2) One Arm Laterals | 6 x 10 |
| 3) Shrugs | 5 x 20 |

Arms

Note: Biceps and triceps should always be worked together. The muscles of the arm respond much better this way because of the massive pump that results from working two muscles so close together.

Biceps

Sample # 1

- 1) Barbell Curls 5 x 10
- 2) One Arm Cable Curls 5 x 12
- 3) Concentration Curls 5 x 10

Sample # 2

- 1) Standing Dumbbell Curls 5 x 12
- 2) Preacher Curls 5 x 12
- 3) One Arm Cable Curls 5 x 10

Triceps

Sample # 1

- 1) Close Grip Push Up 5 x 15
- 2) Tricep Pressdowns 5 x 10
- 3) Tricep Kickbacks 5 x 12

Sample # 2

- 1) Dips 8 x 8
- 2) Lying Tricep Extension 5 x 12
- 3) Reverse Grip Pressdowns 5 x 15

Forearms

Sample # 1

- 1) Dumbbell Wrist Curls 5 x 15
- 2) Reverse Dumbbell Wrist Curls 5 x 15

Sample # 2

- 1) Barbell Wrist Curls 5 x 20
- 2) Reverse Barbell Wrist Curls 5 x 20

Calves

Sample # 1

- 1) Standing Calf Raise 6 x 20
- 2) Seated Calf Machine 6 x 25

Sample # 2

- 1) Toe Press on Leg Press 6 x 20
- 2) Single Leg Raise with Dumbbell 6 x 30

Hamstrings

Sample # 1

- | | |
|-----------------------|--------|
| 1) Leg Curls | 6 x 10 |
| 2) Standing Leg Curls | 6 x 10 |

Sample # 2

- | | |
|--------------------------|--------|
| 1) Stiff Leg Dead Lift | 6 x 12 |
| 2) Single Leg Lying Curl | 6 x 10 |

Abdominals

Sample # 1

- 1) Sit-Ups 2 x 50
- 2) Crunch 2 x 25

Sample # 2

- 1) Leg Raise 2 x 25
- 2) Hanging Leg Raise 2 x 20

NOTE: You may have noticed there are no routines for the traps. It is because 95% of trainees receive enough indirect stimulation from their shoulder training. Any more direct stimulation would in most cases cause muscle burn out.

Exercise Descriptions

Here is a sample of effective exercises that you can use in building your own routines. Perform each exercise slowly and don't be overly concerned about how much weight you are using. Go for the feel and go for the burn. Always remember to do at least 2-3 light warm-up sets before beginning any body part. Think positive and train hard!

Chest

Incline Barbell Bench Press

Take a loaded barbell while in an incline position on a secure bench. Lower it slowly to the upper chest, elbows out to the side, and then push it to the arms straight position. Lower and repeat.

Flat Bench Press With Dumbbells

Lie on your back and hold two dumbbells with your arms fully extended at right angles to the floor. Lower both dumbbells to the chest and immediately press them up again to their original position. Do not bounce the weights from the chest. Keep your elbows out from the body during the movement.

Legs

The Squat

Take a weight from a pair of squat racks and hold it, hands on bar; at the back of your neck. Breathe in deeply before squatting down. Keep your back flat and your head up throughout the movement. Breathe out forcefully as you raise up.

Leg Curls

Lie on a thigh curl machine, face down. Hook your heels under the lift bar and curl your legs upwards. Concentrate on the "feel" in the backs of your legs. Do not bounce the weight.

The Hack Squat

Position yourself on a hack machine. Lower and raise yourself by bending and straightening your legs.

Back

Low Pulley Rowing

Perform this movement with a long cable machine. Secure your feet against the apparatus, and pull the cable handles horizontally into your midsection. Hold for a second and slowly allow your arms to straighten and ultimately stretch your lats. Pull in again, and repeat. Aim to maximize that stretch as the arms straighten.

Bent Over Rowing

Grab a barbell with hands about 24 inches apart. Bend your knees slightly, and keep your head as high as possible while bending your torso parallel to the floor. Keep your lower back flat, your seat stuck outwards, and pull up vigorously on the bar. Pull it into the tummy, not the chest. Lower it until your arms are completely stretched, and more. Do not rest weight on floor until set is completed. Pull up, and repeat.

Shoulders

Upright Rowing

Keep the up-down movement rhythmic. Maintain an upright stance with feet comfortably apart, (12-15 inches). As the bar rises, try to keep your elbows as high as possible.

Seated Dumbbell Press

While seated, hold two-dumbbells at the shoulders. Keep your back straight and your head up. Press both dumbbells simultaneously to the overhead position. Do not lean back during the exercise. Lower and repeat with a steady rhythm.

Triceps

Dumbbell Tricep Extension

Hold a single dumbbell behind your back, with your upper arms as close to your ears as possible. Raise and lower the weight while keeping your upper arms vertical.

Parallel Bar Dips

Start with arms straight, feet tucked up under the torso. Lower (dip) while keeping elbows close to the body, then raise and return.

Bent Over Tricep Extensions

Assume a bent over, strongly balanced position, holding a straight triceps bar attached to a lat machine setup. Keeping the upper arms locked straight throughout the exercise, extend the forearms. Start the movement slowly without jerking. This is an excellent exercise for the outer head of the triceps.

Biceps

Standing Dumbbell Curl

Holding dumbbells in both hands, curl both arms simultaneously until the dumbbells are next to your shoulders. Start with your palms facing inwards. As you raise the weights, turn your wrists so that the palms are facing upwards. Lower the dumbbells slowly, and repeat.

Preacher Curls

Adopt a position with your arms over a preacher bench. Hold either a barbell or a pair of dumbbells. Curl up to the chin, then lower slowly. Do not bounce the weights when the arms are in the straight position. Raise and repeat.

Calves

Seated Calf Raise

The principal muscle worked in this movement is the soleus rather than the gastrocnemius. Perform heel raises, concentrating on maximizing total calf stretch with each repetition.

Standing Calf Raise

Rise up and down on your toes without excessive knee bending and without bouncing at the bottom of the movement.

Abdominals

Incline Situp

Lying back on an incline board set at any angle you choose (the steeper the angle the lower the part of the waist worked). Your feet

should be held to the board with a strap (or bar under which the feet fit). Place your hands behind your head and curl upwards. Keep the knees slightly bent throughout the movement.

Incline Knee Raise

Lie back on an inclined bench (the angle can be varied) and secure your position by holding on at a suitable place. Raise the legs, bending the knees as they rise. Lower to the straight leg position slowly, and repeat.

There comes a time in everybody's life when they have to make some major decisions regarding what they truly want to achieve. In order for you to reach your bodybuilding goals you have to have the right combination of correct information and dedication. With the proper information given in this book, the rest will depend on you. Only you can take the necessary action and make the necessary sacrifices.

Do not short change yourself out of what you really want to do and be. Discipline, persistence, determination, patience and commitment are the things that determine the winners from the losers. Don't put it off, start right now.

YOU ARE A WINNER, SO GO FOR IT!

We have included some forms on the next few pages that we hope you'll find helpful. Feel free to make as many copies as you need to plan your daily schedule and workouts.



THINK BIG

Date: _____

Body Part	Exercise	Sets	Reps	Weight

Training Notes:

THINK BIG

Date: _____

Body Part	Exercise	Sets	Reps	Weight

Training Notes:

THINK BIG

Date: _____

Body Part	Exercise	Sets	Reps	Weight

Training Notes:

THINK BIG

Date: _____

Body Part	Exercise	Sets	Reps	Weight

Training Notes:

THINK BIG

Date: _____

Body Part	Exercise	Sets	Reps	Weight

Training Notes:

Daily Schedule	
6:00 AM	3:30 PM
6:30 AM	4:00 PM
7:00 AM	4:30 PM
7:30 AM	5:00 PM
8:00 AM	5:30 PM
8:30 AM	6:00 PM
9:00 AM	6:30 PM
9:30 AM	7:00 PM
10:00 AM	7:30 PM
10:30 AM	8:00 PM
11:00 AM	8:30 PM
11:30 AM	9:00 PM
12:00 PM	9:30 PM
12:30 PM	10:00 PM
1:00 PM	10:30 PM
1:30 PM	11:00 PM
2:00 PM	11:30 PM
2:30 PM	12:00 AM
3:00 PM	12:30 AM

Personal Notes

Daily Schedule	
6:00 AM	3:30 PM
6:30 AM	4:00 PM
7:00 AM	4:30 PM
7:30 AM	5:00 PM
8:00 AM	5:30 PM
8:30 AM	6:00 PM
9:00 AM	6:30 PM
9:30 AM	7:00 PM
10:00 AM	7:30 PM
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12:00 PM	9:30 PM
12:30 PM	10:00 PM
1:00 PM	10:30 PM
1:30 PM	11:00 PM
2:00 PM	11:30 PM
2:30 PM	12:00 AM
3:00 PM	12:30 AM

Personal Notes

Daily Schedule	
6:00 AM	3:30 PM
6:30 AM	4:00 PM
7:00 AM	4:30 PM
7:30 AM	5:00 PM
8:00 AM	5:30 PM
8:30 AM	6:00 PM
9:00 AM	6:30 PM
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12:30 PM	10:00 PM
1:00 PM	10:30 PM
1:30 PM	11:00 PM
2:00 PM	11:30 PM
2:30 PM	12:00 AM
3:00 PM	12:30 AM

Personal Notes

Daily Schedule	
6:00 AM	3:30 PM
6:30 AM	4:00 PM
7:00 AM	4:30 PM
7:30 AM	5:00 PM
8:00 AM	5:30 PM
8:30 AM	6:00 PM
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1:00 PM	10:30 PM
1:30 PM	11:00 PM
2:00 PM	11:30 PM
2:30 PM	12:00 AM
3:00 PM	12:30 AM

Personal Notes

Daily Schedule	
6:00 AM	3:30 PM
6:30 AM	4:00 PM
7:00 AM	4:30 PM
7:30 AM	5:00 PM
8:00 AM	5:30 PM
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2:00 PM	11:30 PM
2:30 PM	12:00 AM
3:00 PM	12:30 AM

Personal Notes