

## Complex Training Program - By Ru Anderson

### Day 1 - Vertical/Horizontal Pressing

Exercise	Sets/Reps	Notes
A. Explosive Push ups	3 x 3	Non Failure - explosive as possible
B. Vertical/Horizontal Press Movement	2-4 x Max reps	Focus on constant tension - to pre pump the muscle - non failure
Same exercise as above	Ramp to 3 rep max	Start with weight from last pump set and begin explosive sets of 3 reps. Add small increase in weight each set - aiming for 6-8sets
Same exercise as above	3-4 x max reps	Use 50-60% of total weight used at end of 3 rep max ramp. Use an advanced training method here eg. Partial, 21's etc to fully pump muscles
Same exercise as above	3-5 x 5	Keep with the same weight as previous layer but complete sets of 5 reps aiming to be as explosive as possible every rep (speed work with a pump)
C. Incline Press	Ramp to 5 rep max	Key point here is to ensure on an incline to target chest and shoulder muscles. Ramp to 5 rep max, drop weight by 20% and complete max rep back off set
D. Shoulder Isolation Circuit	1-3 x max reps	Pick 3-5 shoulder/chest isolation exercises (including traps) and complete in a circuit fashion. Best being lateral raises or pec deck (avoid more pressing)
E. Conditioning Work	5-10 minutes	Energy permitting - cycle sprints, rope pulling, skipping, ab circuit, jumps, sprints - your choice

### Day 2 - Leg Pattern

Exercise	Sets/Reps	Notes
A. Explosive Jumps	5 x 1	Non Failure - explosive as possible
B. Lying Hamstring Curls	2-4 x max reps	Pre pump the hamstrings before main leg work - partials work good here too - non failure
C. Leg Pressing Movement	2-4 x max reps	Focus on constant tension - to pre pump the muscles - non failure
Same exercise as above	Ramp to 5 rep max	Start with weight from last pump set and begin explosive sets of 5 reps. Add small increase in weight each set - aiming for 6-8 sets
Same exercise as above	3-4 x max reps	Use 50-60% of total weight used at end of 5 rep max ramp. Use an advanced training method here eg. Partial, 21's etc to fully pump muscles
Same exercise as above	3-5 x 5	Keep with the same weight as previous layer but complete sets of 5 reps aiming to be as explosive as possible every rep (speed work with a pump)
D. Leg isolation circuit	1-4 x max reps	Pick 3-5 leg isolation exercises (including hamstrings) and complete in a circuit fashion. Can add Calve work in here too or at end
E. Conditioning work	5-10 minutes	Energy permitting - cycle sprints, rope pulling, skipping, ab circuit, jumps, sprints - your choice

### Day 3 - Back and Arms

Exercise	Sets/Reps	Notes
A. Medicine ball Slams	5 x 1	Non Failure - explosive as possible
B1. Compound Back Thickness Exercise	Ramp to 6 rep max	2 Second Holds at contraction. Aim for 5-6 sets
B2. Lat pull down /pull up	10, 5, 5 Method	10 bottom partials, 5 top partials, 5 full reps. Constant tension, one continuous set.
C1. Compound Back Thickness Exercise	Ramp to 6 rep max	2 Second Holds at contraction. Aim for 5-6 sets
C2. Width Exercise	10, 5, 5 Method	10 bottom partials, 5 top partials, 5 full reps. Constant tension, one continuous set.
D1. Bicep Circuit	3 x max reps	3 isolation exercises max. Ideally first one gives good peak contraction, second is more compound based, third gives good stretch on muscle
E1. Tricep Circuit	3 x max reps	3 isolation exercises max. Ideally first one gives good peak contraction, second is more compound based, third gives good stretch on muscle
**Can Complete bicep and tricep circuits in superset fashion working through the circuit or individual circuits. Play around with it.		

