

# Westside for Skinny Bastards

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## The Programme

### Max Effort Upper Body (Monday)

**A. MAX-EFFORT LIFT – Work up to a max set of 3-5 reps. (I want you to start this exercise with around half of you 1 rep max. Perform 3-5reps. Then add a maximum of 5kg to the bar. Perform 3-5 reps. Continue this pattern until you can no longer perform 3 reps. This can sometimes take up to 8-10 sets to reach your hardest set. The first few sets may not feel difficult but do not go past the rep limit – it is still adding to the training affect. I suggest you get a spotter for the last couple of sets, to give you confidence and to allow failure. Every week you should be trying to do more than last time for this exercise. You should seek to add weight eg. 2.5kg or complete more reps e.g 5 instead of 3. This is critical to getting stronger.)**

Choose one of the following exercises:

Thick bar or regular barbell bench press

Barbell floor press

Rack lockouts

Board presses

Incline barbell bench

Close-grip bench press (index finger on smooth part of bar)

Decline bench press

Weighted dips

**B. SUPPLEMENTAL LIFT – Perform 3-4 sets of 6-10 reps.**

Choose one of the following exercises:

Flat dumbbell bench press (palms in or palms forward)

Incline dumbbell bench press

Decline dumbbell bench press

**C. HORIZONTAL ROW – Perform 4 sets of 10-15 reps.**

Choose one of the following exercises:

Chest supported rows

Bent-over dumbbell or barbell rows

Seated cable rows (various bars)

**D. REAR DELT/UPPER BACK – Perform 2-3 sets of 12-15 reps.**

Choose one of the following exercises:

Seated rear delt machine

Seated dumbbell “power cleans”

Bent-over cable flyes (single arm)

Standing face pulls

Rope pulls to throat

Bent-over dumbbell rear delt flyes

**E. WEIGHTED ABDOMINAL EXERCISE – 3-4 sets of 8-15 reps.**

Choose one of the following exercises:

Barbell Russian twists

Low-cable pull-ins

Hanging leg raises

Barbell or dumbbell side bends

Weighted Swiss ball crunches

Low pulley Swiss ball crunches

## **LOWER BODY – (Wednesday)**

**A. MAX-EFFORT LIFT – Work up to a max set of 5 reps. (I want you to start this exercise with around half of you 1 rep max. Perform 5 reps. Then add a maximum of 10kg to the bar. Perform 5 reps. Continue this pattern until you can no longer perform 5 reps. This can sometimes take up to 8-10 sets to reach your hardest set. The first few sets may not feel difficult but do not go past the rep limit – it is still adding to the training affect. I suggest you get a spotter for the last couple of sets, to give you confidence and to allow failure. Every week you should be trying to do more than last time for this exercise. You should seek to add weight eg. 2.5kg or complete more reps e.g 5 instead of 3. This is critical to getting stronger.)**

Choose one of the following exercises:

Trap bar deadlift

Box squats

Rack pulls (partial deadlift)

Front squats

High bar Olympic squats

Deadlifts (various grips)

## **B. UNILATERAL MOVEMENT – Perform 3-4 sets of 8-15 reps.**

Choose one of the following exercises:

Single leg squats, back leg elevated

Barbell step-ups with knee lift

Barbell reverse lunges

Barbell reverse lunges, front foot elevated

Barbell reverse lunges, front foot elevated (with knee lift)

Low-pulley split squats, front foot elevated

Walking lunges

“Speed-skater” squats (1 and a half rep single leg squats)

Barbell step-ups

**C. HAMSTRING / POSTERIOR CHAIN MOVEMENT – Perform 3-4 sets of 6-10 reps.**

Choose one of the following exercises:

Leg curls

Glute-ham raises (various resistance, iso-holds, negatives)

Romanian deadlifts

Seated or standing good mornings

Stability ball hamstring lifts

Pull-throughs

Reverse hypers

## **REPETITION UPPER BODY – (Friday)**

### **A. REPETITION LIFT – Work up to 3 sets of max reps, rest 60 seconds between sets.**

Choose one of the following exercises:

Barbell bench press (e.g max reps on 40kg, 50kg, 60kg)

Regular push-ups, bar push-ups or suspended chain push-ups

Bodyweight dips

### **B. SUPPLEMENTAL LIFT (triceps) – Perform 3-4 sets of 5-10 reps.**

Choose one of the following exercises:

Dumbbell triceps extensions (flat, incline or decline bench)

Dumbbell floor presses

Rolling triceps extensions

Rope pushdowns

Skull crushers (EZ bar or straight bar)

### **C. VERTICAL PULLING – Perform 4 sets of 8-12 reps.**

Choose one of the following exercises:

Lat pulldowns (various bars)

Chin-ups or Pull-ups

### **D. MEDIAL DELT or TRAP EXERCISE – Perform 3 sets of 10-15 reps.**

Choose one of the following exercises:

Dumbbell side press (single arm)

Dumbbell shoulder press (seated or standing)

Lateral raises (dumbbell or cable)

Barbell or dumbbell shrugs

**E. ELBOW FLEXION EXERCISE – Perform 3 sets of 8-10 reps.**

Choose one of the following exercises:

Thick bar curls

Preacher curls (EZ bar or straight bar)

Regular barbell curls

Hammer curls

Alternate dumbbell curls (standing or seated incline)

**F. ABDOMINAL CIRCUIT TRAINING**

Just pick a variety of ab exercises and perform them in circuit fashion with no rest between exercises.