

10 x 10

Super Routine

by
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Sticking point breakthrough routines are all over the place. Most routines to overcome them claim super results and boast of almost supernatural results. Truth is, once a person has reached a sticking point almost anything new or different will help... even complete rest via discontinuing training for a week or two. In fact one of the very best ways to overcome a sticking point is to do exactly that, rest. Take a break from all training for a week or two. Upon your return to training you'll not only feel rested and invigorated but you'll also notice new gains once training is resumed. Occasional planned layoffs are really a great way to make gains. Just don't make them for longer than one week, two at the most, and don't take them too often.

For many serious trainers a more intense workout is desired. Although one version of the 10 x 10 has been around forever I still hear people talking about a new German 10 x 10 routine or the new Russian 10 x 10 routine, a new magical 10 x 10 workout by strongmen in Europe and on it goes. All kinds of magical and super-secret revolutionary workout program called the 10 x 10. In reality the 10 x 10 has been around for decades, not years but decades. Who developed this magical 10 x 10 program? Many take credit but I don't have the answer. I'm not certain any single individual can actually take credit for its development.

As with all bodybuilding routines there are many variations and the 10 x 10 routine is no exception. Over the years I've personally tried several different 10 x 10's and had success with each version. Some produced better results than others but all did produce results. The following is one modified version I developed to my specific

needs. I've used it many times and found it to be beneficial not only for muscular gains but shaping, definition, and overall conditioning.

My version of the 10 x 10 is quite different from all others I've seen. I modified this to meet my personal needs. Since it has worked for me it just stands to reason it will work for others as well, not everyone mind you, but, some will experience good results just as I have. My 10 x 10 runs for a total of 8 weeks starting with small volume and increasing with each two week intervals.

The basic principal is to work each muscle group of the body with a compound movement. No isolation exercises are to be used. You are to use the same poundage for all sets and reps listed. If you find you have to take a longer than prescribed rest between sets or you have to drop the amount of weight you are using you are not performing the routine properly.

Let's use the chest as an example. The exercise used will be the bench press to the neck. If you are presently using 225 pounds for eight reps for three to five working sets you might only be able to use 135 or less to properly perform the tens sets of ten reps. Everyone is different. One basic rule of thumb is this; whatever weight you can perform 20 reps with might be the poundage needed to perform 10 x 10. For five sets of five it is a little more complicated to determine the amount of weight you need to use. Experiment prior to beginning this 10 x 10 routine and find the poundage that works for you.

It's not so much the poundage used that is important as it is the minimal rest between sets and the forcing of blood into the specific muscle group being worked. Naturally you don't want the weight to be so light that you could perform ten or twenty sets of fifteen to twenty reps either. That would be as bad as using too much weight and getting only six or eight reps per set. **Focus on the muscle being worked and concentrate.** This is really important. Forget the poundage, get a new feel for old movements and let the muscle being worked do the work; not ligaments, tendons, and

joints. Leave your ego at the door! You are not power lifting you are *bodybuilding* there is a difference!

You will need to work each muscle group keeping rest between sets to one minute and never over a minute and a half (90 seconds). The same poundage is to be used for all working sets and reps I cannot stress this enough as you can see by my repeating this statement again. Concentration is also very important. Visualize how you want the muscle you are working to look like. Keep that picture in your mind with each rep of every set. Visualization is a powerful tool in bodybuilding. *“Think it long enough believe it hard enough and that which you see and believe becomes reality”.*

This system is definitely not for the faint of heart or for a beginner. I strongly advise only those with at least one full solid year of regular training attempt this workout. Set aside eight weeks of uninterrupted time as you don't want to miss a single workout or have to cut a workout short. Best results are obtained when a total of eight weeks are set aside so you can dedicate yourself completely to this routine.

You will notice I did not do or recommend any aerobics or work for abs and forearms. This program performed correctly, will definitely provide an aerobic affect. Abs and forearms need not be worked for this eight week period but should be worked at all other times and resumed once this routine is completed.

Round I: First Two Weeks

Monday

Chest

Bench Press 10 x 10

Tuesday

Back

Bent Over Row 10 x 10

Wednesday

Legs

Full Back Squat 10 x 10

Standing Calf Raises 10 x 10

Thursday

Biceps and Triceps

Barbell Curl 10 x 10

Triceps Extensions 10 x 10

Friday

Delts

Standing Dumbbell Press 10 x 10

Saturday

Rest

Sunday

Rest

Round II: Second Two Weeks

Monday

Chest

Bench Press 5 x 10

Incline Bench Press 5 x 10

Tuesday

Back

Bent Over Row 5 x 10

Lat Pulldown 5 x 10

Wednesday

Legs

Full Back Squat 5 x 10

Leg Curl 5 x 10

Standing Calf Raises 5 x 10

Seated Calf Raises 5 x 10

Thursday

Biceps and Triceps

Barbell Curl 5 x 10

Incline Dumbbell Curl 5 x 10

Triceps Extensions 5 x 10

Triceps Press Down 5 x 10

Friday

Delts

Standing Dumbbell Press 5 x 10

Seated Press Behind Neck 5 x 10

Saturday

Rest

Sunday

Rest

Round III: Third Two Weeks

Monday & Thursday

Chest / Back

Bench Press 10 x 10

Bent Over Row 10 x 10

Tuesday & Friday

Delts – Biceps – Triceps

Standing Dumbbell Press 10 x 10

Barbell Curl 10 x 10

Triceps Extensions 10 x 10

Wednesday & Saturday

Full Back Squat 10 x 10

Standing Calf Raises 10 x 10

Sunday

Rest

Round IV: Fourth Two Weeks

Monday & Thursday

Chest / Back

Bench Press 5 x 10

Incline Bench Press 5 x 10

Bent Over Row 5 x 10

Lat Pulldown 5 x 10

Tuesday & Friday

Delts – Biceps – Triceps

Standing Dumbbell Press 5 x 10

Seated Press Behind Neck 5 x 10

Barbell Curl 5 x 10

Incline Dumbbell Curl 5 x 10

Triceps Extensions 5 x 10

Triceps Press Down 5 x 10

Wednesday & Saturday

Legs

Full Back Squat 5 x 10

Leg Curl 5 x 10

Standing Calf Raises 5 x 10

Seated Calf Raises 5 x 10

And there you have my modified version of the 10 x 10 Super Routine. This is a very progressive and difficult routine to undertake, done properly. As with most of the modified specialized routines I've followed, I suggest a one week rest from training prior to beginning and one weeks rest following before resuming another routine or your normal workouts.

Diet will depend solely on exactly what you desire to accomplish by following the 10 x 10. If your goal is simply to move beyond a sticking point perhaps no dietary changes need to be made. If you want to add more muscle size a balanced diet consisting of proper portions of proteins, carbs, and fats will need to be followed. If definition and shape is what you seek, a modified diet restricting calories and carbs will best suit your needs.