

Modified HIT
For
Power and Size Gains

by
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I've followed a great many programs, routines, diets, and training methods during my many years of bodybuilding. Although what and how I did things may not have always been the most rewarding at the time, with each passing year I gained new insight and knowledge into what worked and what didn't work for me as well as countless others. During those lackluster and frustrating earlier years I can now look back with gratefulness for having had the determination to stick with what I was doing because it has provided a wealth of knowledge and education based on actual facts and experiments – not just some theories.

It is possible I could write an entire book of what I discovered and what I was told along with what I was taught. Although I've authored several writings and publications, I still find doing so a difficult challenge and something I do not look forward to with any kind of enjoyment... it's work, hard work, especially for someone like me who does not have a very good mastery of the English language or phrases. Even with a spell checker on my computer I still have problems spelling and my bride gets pretty upset with me yelling, "how do you spell -----," from downstairs.

Lessons learned the hard way, through actually doing them yourself, always seem to stick and take precedence over lessons being taught by others. Trial and error have always been the foundation throughout my bodybuilding endeavors. Experimenting on myself and with others in order to see what works

and what does not work has been the cornerstone of all my time and efforts. Oh sure it meant losing a lot of productive time because I would spend time doing something different, searching for a better way, even though I knew a more familiar route would have been absolutely more productive. But, I would not have learned for a fact what I was doing either was not productive or was actually the most productive had I not tried it for myself.

One such lesson was while attempting to gain size and strength. Not fat or pure bulk, I've written other articles that outlined my training and diet which produced great gains for those needs. What I'm talking about is brute strength and muscle mass regardless of what my weight was. It all can become very confusing as there are so many different ways to accomplish the same or similar goals. There are numerous routines and programs designed to add strength and size. Each one presents its own set of positive points as well as drawbacks and negative points. Experiment and discover that which works best for you, the individual.

At some point, I don't know exactly where or when, I learned that even though many say there is no such thing as over training, for me that is not true. For me the potential to reach such a condition does exist. I've been there and done that so I know first hand a person, at least I, can over train. Over training had a more negative impact on me when I was younger more so than when I grew older. It seems while in my 30's and 40's it didn't have the same degree of negative impact. Don't get me wrong, it still caused problems just not to the same degree.

Because I found fault and success with certain things I am confident there are many others who can benefit from my experiences as well. Not a big proponent of High or Heavy Intensity Training (HIT) depending on where you are from and how you look at it dictates how you pronounce it. It also dictates exactly what it means. I've run across several different versions and approaches across

the country. I have occasionally used HIT from time to time. Not in the truest sense of it's meaning however but in my own modified way. With my limited genetic potential I discovered very quickly that using HIT benefited me only if used occasionally and for short periods of time. More and I would become burnt out, prone to injury, zapped emotionally, mentally, and physically. Perhaps the worst effect would be a lack of gains if I continued on past a certain point. I learned to listen to my body as it would tell me just how long I should stay on a HIT program before the effects would actually reverse themselves.

The logic to my approach was to gain size and strength after becoming bored with all other routines I had been following, and there were many. My love of instinctive training has always been twofold. One because it has always produced results and gains for me and two, it keeps me from getting bored. Something I seem to do very easily.

The following is a modified HIT routine that I've used successfully from time to time. Care is always given to make certain I never follow it for long extended periods. After following a 6 x 6 or 8 x 8 with very limited rest between sets, my modified HIT would be a breath of fresh air.

Monday: Chest / Frontal Deltoid

1. Incline Dumbbell Press 1 x 25. Rest for about three minutes, increase the poundage and perform 1 x 20 reps. Rest for approximately two minutes. Increase the poundage and perform 1 x 15. I would then rest for about three minutes.

Next I would take the heaviest dumbbells I could perform five reps with for one set. Rest for two minutes; increase the poundage so that I could only pump out three reps on my next set. Rest for one minute and perform ten reps with the heaviest weights I could use for my final set of dumbbell presses.

So basically what I do is perform three pyramiding warm-up sets followed by two very intense heavy working sets followed by one set designed to work the deep muscle fibers. A total of six sets in all.

My movements were full contractions and full extensions and I made certain to use all the force and power possible. The longer rest sessions allowed for more recovery and permitted more explosion for the following set.

2. Dumbbell Fyles. These were performed in the same fashion as above for the Incline Dumbbell Press.

3. Across Bench Dumbbell Pullover 4 x 12 with deep full breathing on each rep using the same weight for all sets.

4. One Arm Dumbbell Front Lateral Raise. I would perform this exactly as I did for the Incline Dumbbell Press.

Tuesday: Back / Rear Delts.

1. Bent Over Barbell Row: As described above for Incline Dumbbell Presses.

2. One Arm Dumbbell Row: As described above for Incline Dumbbell Presses.

3. Barbell Shrug: As described above for Incline Dumbbell Presses.

4. Bent Over Dumbbell Raises: As described above for Incline Dumbbell Presses.

Wednesday: Legs

1. Full Back Squats: As described above for Incline Dumbbell Presses.

2. Leg Extensions: As described above for Incline Dumbbell Presses.

3. Leg Curl: As described above for Incline Dumbbell Presses.

4. Calf Raises: As described above for Incline Dumbbell Presses.

Thursday: Biceps:

1. Barbell Curl: As described above for Incline Dumbbell Presses.

2. Alternate Seated Dumbbell Curl: 3 x 6 using the same weight for all sets.

Friday: Triceps

1. Close Grip Triceps Press: As described above for Incline Dumbbell Presses.

2. Standing Triceps E-Z Curl Bar Extensions: 3 x 10 using the same weight for all sets.

Saturday: Delts / Forearms

1. Standing Dumbbell Press: As described above for Incline Dumbbell Presses.

2. Standing Side Lateral Raise: 3 x 10 using the same weight for all sets.

3. Reverse Curl: 3 x 12 using the same weight for all sets.

4. Wrist Curl: 3 x 12 using the same weight for all sets.

There are several key points to this system that I found of great importance to me.

1. Due to the amount of rest time between sets and exercises, this routine requires patience. The workout cannot be rushed. Between each set, the extended rest session should be used to prepare the mind to lift the heaviest weights possible.

2. On certain movements I used cheating to help get the weight up. Not excessive mind you but more of a natural body motion to coax the weight.
3. Full concentration on the muscle being worked is important.
4. During rest periods I visualize how I want the muscle to be.
5. I would physic myself up especially just before performing the sets of five and the set of three. This was especially helpful in using heavier weights.
6. This is not complicated and the rest intervals are as important as the exercises and the weight. Concentrate and actually force blood in to the muscles being worked so your pump is at its maximum level just before you begin your next set.
7. Each workout I would attempt to add one more rep, more weight, or both to each set. I found this easier to do with this workout scheme due to the extended rest periods allowed.
8. Really concentrate on feeling the blood being pumped into the muscle being worked. If you can develop the mind / body awareness so you begin the next set just when you pump from the last set is at its maximum level, you have hit on the secret of this workout. The feeling that brings is indescribable.

Not a big proponent of HIT in the first place one could rationalize I've flipped out writing this article. Simply endorsing anything related to HIT is opposite from almost everything else I've written and talked about. Ahhhh, but not so! I am broader in my thinking than, some if not many, give me credit for. I seek that which works and produces results if accomplished via drug free, natural methods. I never have and never will subscribe to a narrow path ignoring other ways to make progress and improvement.

This modified HIT workout is one I enjoy. Not many HIT can I find favor with but the one I've outlined has always paid off for me. It's especially enjoyable when other routines seem to have resulted in a stale sense of mind and a body that seems to want to do anything but train.

Blast it away and see for yourself.

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