

## **Routine!**

By  
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Here we go again, another workout routine for all that seek that elusive magical secret routine that is guaranteed to slap on inches of beautifully sculptured muscle, and might I add, do it in record time. It's for the beginner, the intermediate and advanced trainee alike. Designed to produce results like nothing before and is better than any lost or forgotten system or those just discovered routines that have made Russian mighty men out of fragile and weak human specimens. This is a secret routine that will produce the most in the shortest amount of time without exception.

Enough of the silly pump and ridiculous hype! My fingers got to moving and my brain just ran away with me. Sorry for all that. None of it is true as there is no fast easy way to build muscles. No one routine will work for everyone. Secrets don't exist in bodybuilding and life has no guarantees. But... but, over the years I have discovered routines that have worked better for me than others. Some have been very fruitful for my efforts. The "Routine" is one such program. It has helped push me past sticking points. It has produced results when other routines have failed. It has carried me beyond staleness in my workouts when staleness has set in. I've used it numerous times especially in my later years. I can't say it's my favorite workout routine but it is one I enjoy and it has produced results.

I don't have a name for this workout all I know is it's a routine hence the title "Routine". I admit the routine is a bit much and one not yet advanced in training would find difficult. Being a 100% life long natural bodybuilder some in my category may find the volume too much. However, there is no set length of days one might follow the routine. It could be used for one week, one month, three months or more. It might be followed for just a single workout or for a particular muscle group that is lagging or needs to be shocked into moving forward. The routine is like an individual, different. It can be applied differently for any individual's benefit.

I will provide an exact workout for each body part that I have used and the one I am currently using while writing this article. It is important to accept the fact that we are all different regardless of the level of experience. Some will no doubt attempt to modify this routine or change things around to suit their likes or dislikes and abilities. Experiment with it and make it work for you. I've experimented a lot with this routine and what I have presented works pretty darn good for me.

When you see where I have listed "steps" what I am referring to is the number of reps performed for the three sets. These are listed as the first heavy working sets and the reps always start at six. Each workout I increase the reps in sequence. No increase in weight is added until all three "step" reps have reached the goal of ten reps. You are to then add

weight and start back at six reps. For the “working” three sets you adjust the weight according to your strength but do not overdo this as you are taking only a short break between sets. Using the barbell curl for example here is how you would increase the reps for the “step” sets using the same weight for each of the three sets.

#### Workout 1

Set	Reps
1	6
2	6
3	6

#### Workout 2

Set	Reps
1	7
2	6
3	6

#### Workout 3

Set	Reps
1	7
2	7
3	6

#### Workout 4

Set	Reps
1	7
2	7
3	7

#### Workout 5

Set	Reps
1	8
2	7
3	7

#### Workout 6

Set	Reps
1	8
2	8
3	7

#### Workout 7

Set	Reps
1	8
2	8
3	8

## Workout 8

Set	Reps
1	9
2	8
3	8

... and so on until you have obtained three sets of ten reps for the three heavy sets. You then add more weight and go back down to six reps for all three sets working your way back up to ten reps for each of the three heavy “step” sets.

I may from time to time find I can actually add a rep to set two however, if I can add a rep to both sets two and three then the weight I am using is too light. I select a weight that is heavy enough for me to perform three sets of six reps with good form. The right weight selection here is important. When you increase your weight don't attempt to add too much too fast.

Rest interval during these heavy “step” sets vary and I take a much time to recuperate as necessary. It may be three to four minutes. Being older it takes me longer to actually recuperate enough to perform the next set. I have found if I listen to my body instead of the clock I do much better during this phase of the routine. I have learned to feel the pump and for me the best pump comes with a longer rest cycle. When I feel the pump has reached its maximum level I will then begin the next set.

Once completed with the three heavy “step” sets I reduce the weight for the same exercise for three sets of “working” sets. For these “working” sets I perform three sets of eight to ten reps always striving for ten reps. I use the same weight for all three working sets. Instead of long rest intervals between these three sets I rest fortyfive to sixty seconds maximum. Sixty seconds is the absolute maximum rest between these sets, even when working legs. This can and is a real challenge. You will also notice I perform more reps for calves and forearms for reasons that have been discussed over and over.

Just as you will continue to add reps and resistance during the “step” phase of this routine you do the same during the “working” phase. Constant increases in reps, resistance and reductions in rest intervals for both the “step” and “working” phases are important. If you allow yourself to get in a rut progress stops.

Demanding or not I always start the week off the with most difficult body part, legs. Although I enjoy leg training it takes more out of me than other body part. It will tax the entire system including the heart. After you complete your leg day training you'll have gone through one heck of a cardio workout as well. Legs have always been a favorite of mine to train just because they are so hard on the system. Starting a week off with legs also means I've gotten the most draining out of the way first.

You are to perform one workout per day followed in the order listed. That is a total of five consecutive workouts. Rest one day and start all over. Stay on the routine as long as you feel you are receiving benefit. This will vary from individual to individual.

Here is the exact routine I am following at present. I perform a couple of sets of various ab movements as a warm up before each workout. The first set or two are basically warm up sets. Over the years I've developed joint issues. Who among us old timers have been fortunate enough not to have some joint problems! For this reason chest, back, knees, hips and shoulders get a more thorough warm up. For example, not listed but I'll perform some shoulder rotations and other limbering movements before beginning my chest or should workout.

### **Legs**

<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Smith Machine Front Squats	135	1	15
	185	1	10
	245	3	“step” 6
	185	3	“working” 8-10
Sissy Squat	25	3	8-10
Leg Curl	50	1	15
	75	1	12
	85	1	10
	95	1	8

### **Chest**

<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Incline Dumbbell Press	40	1	15
	55	1	10
	105	3	“step” 6
	80	3	“working” 8-10
Bench Press	135	1	15
	245	3	“step” 6
	185	3	“working” 8-10
Flat Bench Flyes	55	1	15
	65	1	12
	75	1	10

### **Back**

<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Bent Over Barbell Row	135	1	15
	185	1	12
	245	3	“step” 6
	185	3	“working” 8-10

Lat Pull Down to Front	125	1	15
	190	3	“step” 6
	150	3	“working” 8-10

Seated Lat Row	200	3	6-8
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Dumbbell Pullover	55	1	15
	75	2	12

Dumbbell Shrug	110	3	12-15
	100	1	max

**Arms: Bi's / Tri's / Forearm**

<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Barbell Curl	95	1	15
	135	3	“step” 6
	95	3	“working” 8-10

Standing Alt Dumbbell Curl	60	3	6-8
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Dips	Bodyweight	1	15-20
	45	3	“step” 6
	25	3	“working” 8-10

Lying Tri Extensions	125	1	15
	145	1	12
	165	2	10

Reverse Curl	95	3	12-15
Wrist Curl	135	1	15
	165	1	10-12

**Delts / Calves**

<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>
Standing Dumbbell Press	35	1	20
	55	1	12
	80	3	“step” 6
	60	3	“working” 8-10

Lateral Raise	35	1	12
	40	2	8-10
	30	1	max

Standing Calf Raise	135	1	25
	225	1	20
	315	1	10
	365	3	“step” 6
	315	3	“working” 8-10

As I mentioned, I am presently following the exact routine as listed above and have been on it for three weeks this time. In the past the length of time I stayed on the “Routine” varied. I’m not certain how much longer I’ll stay on this routine, I favor training instinctively. Sticking with one routine for too long allows boredom to set in. I’ll hang for maybe another two to four weeks then I’ll take about three days to a week off and begin another journey.

I realize the volume will be a bit much for some and not enough for others. I am simply sharing with you a routine that contains a little twist from most that I follow. One of the biggest hindrances for anyone training is boredom. It will prevent one from continual progress and leads to missed workouts. That is why I like to change things up every so often and this routine does just that. Remember work to constantly add resistance, reps, and shorten rest intervals. Keep strict form on the “working” sets and don’t be afraid to add a little body swing on the final rep of the “step” sets. Good Luck!

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