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bill pearl enterprises, inc.

20 Months to a Champion Physique month 10 - intermediate

select a program Month 10 - Intermediate

The general outline of this month's routine is an exact duplicate of what you did last month - except that all but one of the exercises have been changed. The leg curl for the hamstrings is the only one that's been carried over. The set and rep scheme is the same as last month, and so is the order in which you train the various body parts.

Last month, for variety's sake, I introduced a new wrinkle by having you do two sets of midsection work at four different times in the training session. You do the same thing here but with two other midsection exercises.

The point, again, is to use the abdominal work to provide welcome and strategic breaks in your workout, since you perform only one set per exercise each time, as opposed to five continuous sets per exercise for your other body parts. As I said last month, the midsection work is about the only time you get a rest during this entire workout.

And make no mistake about it, five sets per exercise when you are training your entire body in each session is hard work! Let me remind you again to make sure you're doing some aerobic exercise regularly, paying attention to your nutrition and getting sufficient sleep if you want to reap maximum benefits from training at this level of intensity.

As I warned you previously, this is the last month you train your entire body at every workout. Starting next month you switch to a split routine, in which you train half your body at one workout and the other half at the next.

So enjoy this last month of total-body training. I hope I have whetted your appetite for the next split-routine adventure that begins in the next issue.

One final note: If any exercise I've included in this routine or any of the other monthly routines is uncomfortable for you to perform because it aggravates an old injury or a weak area, feel free to substitute another. Sometimes doing an exercise on a machine rather than with free weights can be the answer.

On exercises that you suspect could be threatening to a weak or vulnerable area of your body, start out with a weight that's light enough to ensure the you won't hurt yourself and gradually work up from there. As discussed above, you also have the option of substituting another exercise. Use your best judgment.

Machines vs. Free Weights

In the increasingly high-tech world we live in, the machine vs. free weight question has become one of the most common in bodybuilding. For versatility and variety I don't think anything can beat free weights. Of course, I essentially built my physique with free weights, so you know there's a soft spot in my heart for good, old-fashioned iron.

As we grow older and become more injury prone, however, we should give machines greater consideration, since there's less chance of becoming injured when working with machines than there is when working with free weights. So for an older individual, say, someone who's over 40, particularly if that person is relatively new to weight training, machines may not be a bad way to go.

As I said, you won't get the versatility and variety with machines that you do with free weights, but machines definitely have a place in the industry. you will also notice that I've included quite a number of machine exercises in these monthly routines, although, since more people train with barbells and dumbbells than anything else, most of the movements are geared to free weights. If you prefer to substitute - wherever possible - machine exercises for free-weight exercises, I have no objection. After all, it's your training program. Fine-tune it to your own desires.

I've often said that if a person could have a weight-training area big enough that he or she could fit in every piece of machinery, just one of everything that was ever manufactured, along with an the necessary free weights, that person's chances of becoming a world-class bodybuilder or athlete would probably be that much better. In my opinion you can't have too much equipment.

Medical Warning and Disclaimer: Please get a physical before starting any of the programs at billpearl.com, especially if you are overweight, have not exercised for a while, have had any health problems or if there is any history of health problems. We also recommend that you then visit your doctor on a regular basis while training and report any problems to your doctor.

Should any exercises in these routines be uncomfortable or dangerous to do because of some sort of physical impairment you have, please substitute another exercise for the same body part which will not aggravate the condition. There is a tremendous variety of exercises available for any body part, as you know if you have seen or read my book, Keys to the Inner Universe, so there's absolutely no reason to be doing some particular exercise that aggravates a back problem, a weak knee or whatever condition you may have simply because you see it in a workout routine somebody put together.

Bill Pearl Enterprises, Inc. and/or any associates are not prescribing any kind of treatments with these programs.

Exercise	Sets	Reps
1) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
2) Flat-Bench Alternate Leg Raise - Midsection	1	50-100
3) 45 Degree Leg Press - Thighs	5	10
4) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	5	10
5) Standing Toe Raise on Power Rack - Main Calf Muscles	5	20-25
6) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
7) Flat-Bench Alternate Leg Raise - Midsection	1	50-100
8) Bent-Arm Barbell Pullover - Upper Pectorals, Rib Cage, Triceps	5	8
9) Bent-Over Head-Supported Dumbbell Rear Deltoid Raise - Rear Deltoids	5	8
10) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
11) Flat-Bench Alternate Leg Raise - Midsection	1	50-100
12) Medium-Grip Front-to-Rear Lat Pull-Down - Lats	5	5 each side
13) Bent-Over Wide-Grip Barbell Rowing - Upper Back and Lats	5	10
14) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
15) Flat-Bench Alternate Leg Raise - Midsection	1	50-100
16) Lying Two-Arm Dumbbell Triceps Curl - Triceps	5	8
17) Standing Close-Grip Barbell Curl - Outer Biceps	5	8

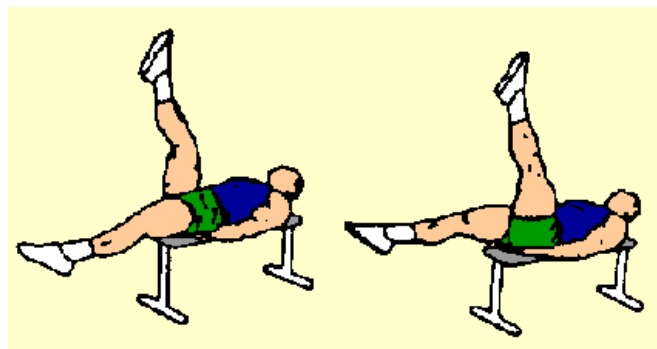
1) Bent-Knee Sit-Up - Upper Abdominals

- Hook your feet under the strap of a sit-up board.
- Keep knees bent 45 degrees.
- Put hands behind head, chin on chest.
- Lie back until lower back touches.
- Return to starting position.
- Inhale down, exhale up.
- To make harder, adjust bench to higher angle.



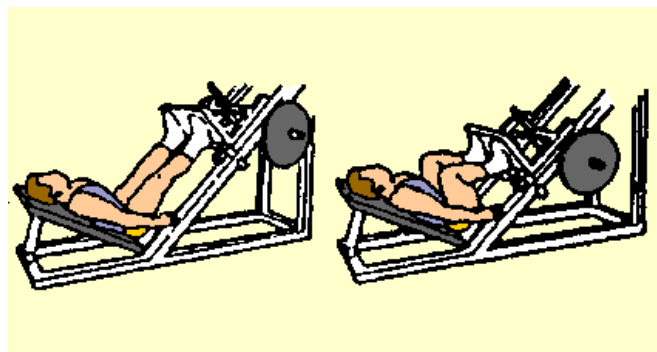
2) Flat-Bench Alternate Leg Raise - Midsection

- Lie on a flat bench with your legs extended off one end and your hands under your buttocks, palms down.
- Keep your legs straight and your knees locked as you raise one leg and then the other with a scissor action so that one leg moves up as the other comes down.
- Count your reps according to how many times your right leg goes up.



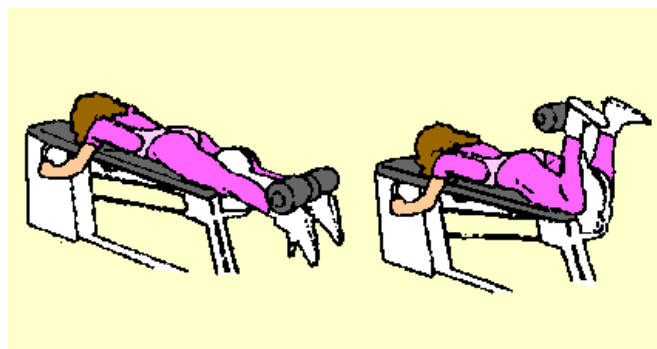
3) 45 Degree Leg Press - Thighs

- Position yourself on the leg press with your back against the support pad and your feet firmly on the foot plate 16 to 18 inches apart.
- Press the weight out to full extension, release the support pins and then lower the weight carriage until your upper thighs are near your torso.
- Don't let your upper thighs get so close to your torso that they press against your chest.
- Return to the starting position.



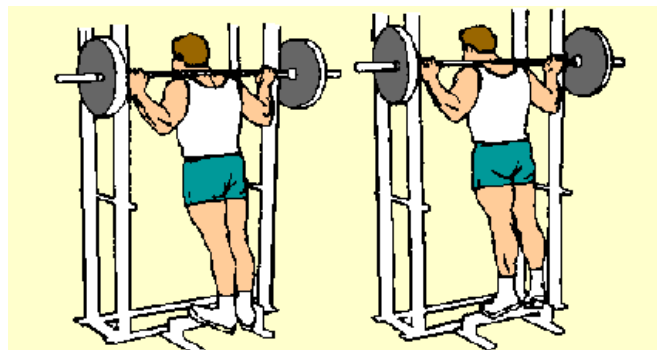
4) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- Lie face down on machine.
- Place heels under top foot pad.
- Hold front of machine for support.
- Curl legs up until calves touch biceps.
- Return to starting position.
- Inhale up, exhale down.



5) Standing Toe Raise on Power Rack - Main Calf Muscles

- Place barbell on pegs of power rack just below shoulder height.
- Position raised object on floor directly under bar.
- Place bar on upper back with bar against power rack.
- Stand erect with balls of feet on object.
- Keep back straight, head up, legs locked.
- Do not let hips move backward or forward.
- Raise up on toes as high as possible.
- Hold position momentarily, then return to starting position.
- Inhale up, exhale down.



6) Bent-Knee Sit-Up - Upper Abdominals

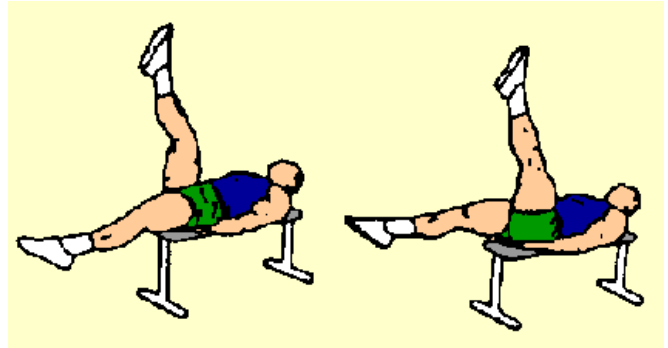
- Hook your feet under the strap of a sit-up board.

- Keep knees bent 45 degrees.
- Put hands behind head, chin on chest.
- Lie back until lower back touches.
- Return to starting position.
- Inhale down, exhale up.
- To make harder, adjust bench to higher angle.



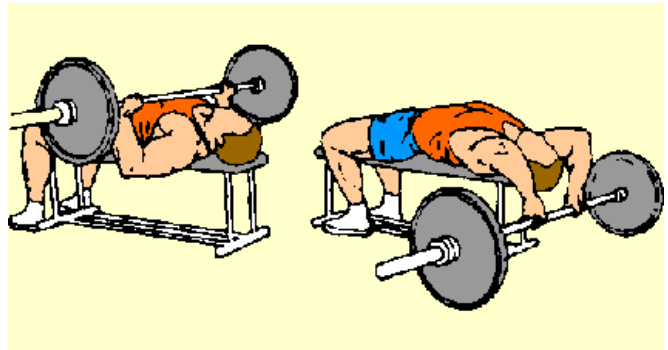
7) Flat-Bench Alternate Leg Raise - Midsection

- Lie on a flat bench with your legs extended off one end and your hands under your buttocks, palms down.
- Keep your legs straight and your knees locked as you raise one leg and then the other with a scissor action so that one leg moves up as the other comes down.
- Count your reps according to how many times your right leg goes up.



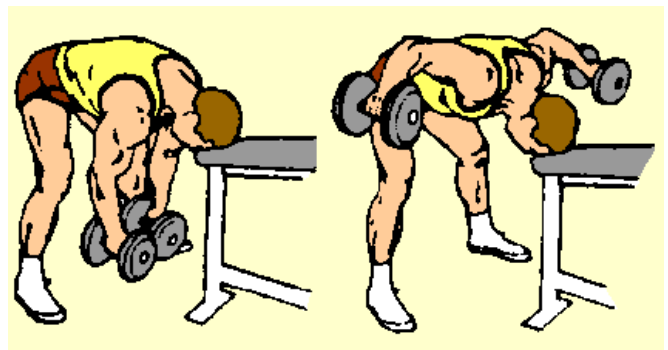
8) Bent-Arm Barbell Pullover - Upper Pectorals, Rib Cage, Triceps

- Lie on bench, head over end, feet flat on floor.
- Rest barbell on chest in line with nipples.
- Hold bar with hands 14" apart.
- Keep elbows in at all times.
- Lower bar off bench, keeping it as close to head as possible.
- Lower bar to floor or as low as comfortable.
- Pull bar back to chest using same path.
- Inhale down, exhale up.
- Breathe heavily, keep head down, do not raise hips.



9) Bent-Over Head-Supported Dumbbell Rear Deltoid Raise - Rear Deltoids

- Rest forehead on comfortable, not quite waist-high object.
- Hold dumbbells, arms straight down, elbows locked.
- Raise dumbbells out to shoulder height, even with ears.
- Hold position momentarily, contract rear deltoids.
- Do not swing dumbbells up.
- Keep body rigid, head on object.
- Do the work with rear deltoids, upper back muscles.
- Inhale up, exhale down.
- Can also be done without head support.



10) Bent-Knee Sit-Up - Upper Abdominals

- Hook your feet under the strap of a sit-up board.
- Keep knees bent 45 degrees.
- Put hands behind head, chin on chest.
- Lie back until lower back touches.
- Return to starting position.
- Inhale down, exhale up.
- To make harder, adjust bench to higher angle.

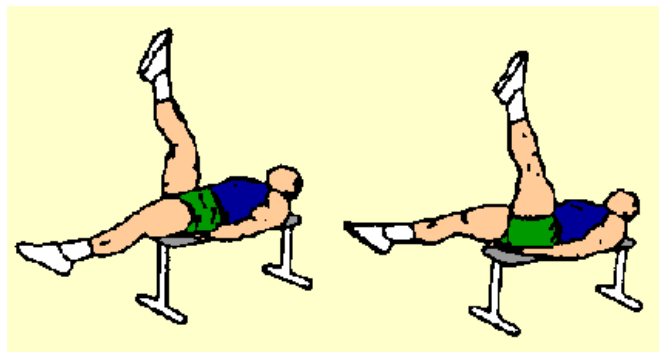


11) Flat-Bench Alternate Leg Raise - Midsection

- Lie on a flat bench with your legs extended off one end and your hands under your buttocks,

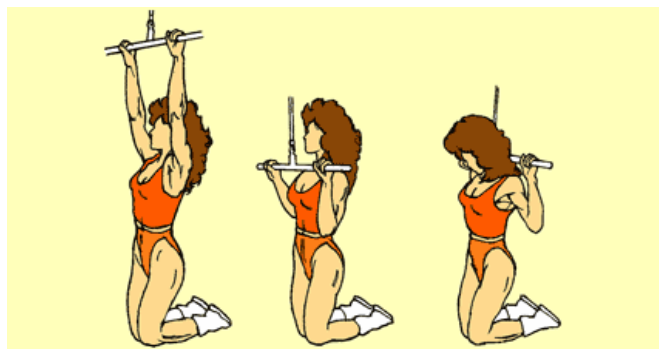
palms down.

- Keep your legs straight and your knees locked as you raise one leg and then the other with a scissor action so that one leg moves up as the other comes down.
- Count your reps according to how many times your right leg goes up.



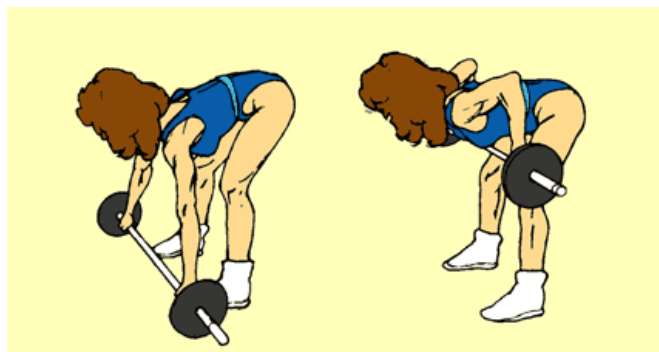
12) Medium-Grip Front-to-Rear Lat Pull-Down - Lats

- Hold lat bar with hands about 24" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position.
- Pull bar straight down until it touches back of neck just above shoulders.
- Return to starting position.
- Inhale down, exhale up.



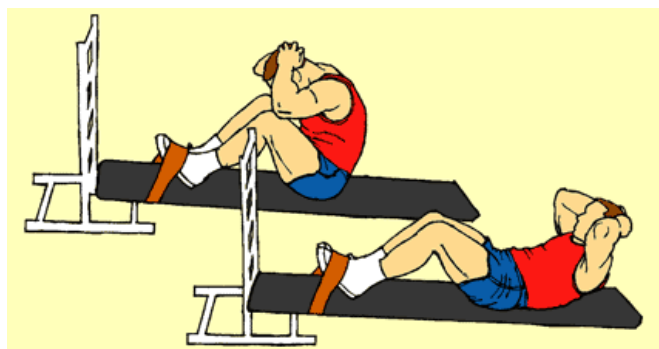
13) Bent-Over Wide-Grip Barbell Rowing - Upper Back and Lats

- Place barbell on floor in front of you.
- Keep feet 18" apart.
- Bend over and hold bar with hands about 6-8" wider than shoulders.
- Keep legs slightly bent, torso parallel to floor.
- Pull bar straight up to lower part of chest.
- Lower to starting position.
- Inhale up, exhale down.
- Do not let bar touch floor during exercise.
- Keep head up, back straight.
- Can also be done with close or wide grip.



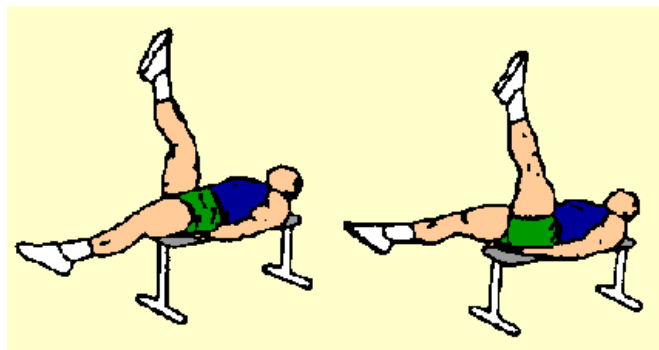
14) Bent-Knee Sit-Up - Upper Abdominals

- Hook your feet under the strap of a sit-up board.
- Keep knees bent 45 degrees.
- Put hands behind head, chin on chest.
- Lie back until lower back touches.
- Return to starting position.
- Inhale down, exhale up.
- To make harder, adjust bench to higher angle.



15) Flat-Bench Alternate Leg Raise - Midsection

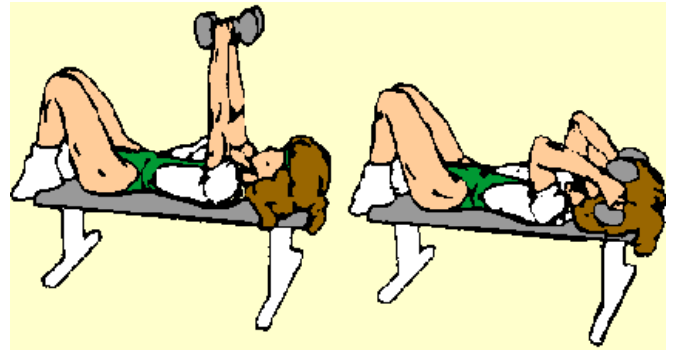
- Lie on a flat bench with your legs extended off one end and your hands under your buttocks, palms down.
- Keep your legs straight and your knees locked as you raise one leg and then the other with a scissor action so that one leg moves up as the other comes down.
- Count your reps according to how many times your right leg goes up.



16) Lying Two-Arm Dumbbell Triceps Curl - Triceps

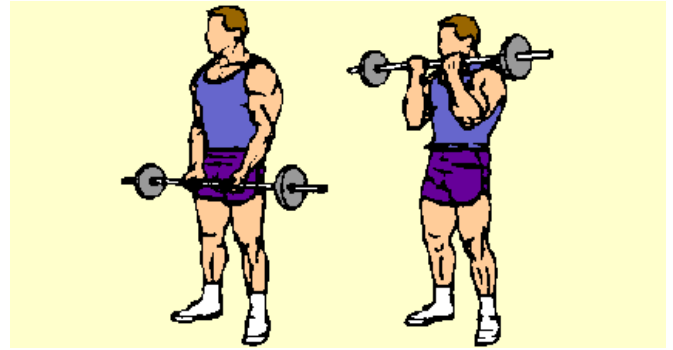
- Lie on back on bench.

- Hold dumbbells at arms' length above shoulders.
- Lower dumbbells in semicircular motion, bending arms at elbows, keeping upper arms vertical until forearms touch biceps.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done on floor, or on seated or standing incline bench.



17) Standing Close-Grip Barbell Curl - Outer Biceps

- Hold barbell with both hands, palms up, 12" apart.
- Stand erect, back straight, head up, feet 16" apart.
- Start with bar at arms' length against upper thighs.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms close to sides.
- Lower to starting position using same path.
- Do not swing back and forth to help lift bar.
- Inhale up, exhale down.



Training Suggestions for Month 10

- For best results do this routine three times a week - Monday, Wednesday and Friday or Tuesday, Thursday and Saturday. Use the off days for rest and recuperation.
- On all the exercises where a rep range is indicated, start with the minimum number of reps in the first week and gradually add reps as the weeks go by until you reach the maximum by the last week.
- **Do not train to failure.** The last rep of each set should feel difficult but should not be an all-out effort.
- Increase the poundages in each exercise as your strength increases. The objective is to always make the last rep challenging. Make sure you keep accurate records of your exercises, sets and reps from workout to workout, month to month. This will enable you to easily keep track of your progress from one poundage to the next, rather than making the whole process haphazard.
- Concentrate on correct exercise form, and mentally focus on the bodypart being worked.
- Rest 30 seconds to two minutes between sets.

Do Not Train to Failure

People ask me why I don't believe in training to failure at a time when the popular notion in bodybuilding is that the only way to make maximum progress is to always go for that last impossible rep (in other words, train to failure). I tell them the answer is quite simple: If you do a workout of, say, nine exercises, three sets per exercise, and in each set you go to failure, which means you couldn't complete the last rep, what you have done in these 27 sets is trained yourself to fail 27 times! That doesn't sound like success in my book.

My approach to training has always been to push yourself in your workouts, but do not train to failure! The last rep should be difficult, but not impossible or unachievable. And I've always been a great believer that you should leave the gym each day feeling like you had a great workout but you've still got a little bit left in the gas tank, so to speak. Because if you don't leave the gym with the feeling of having something in reserve, you will sooner or later reach a point where your training begins to seem so hellish and burdensome, you will either start missing workouts or stop training altogether. And then where is your progress?

So speaking from experience, I urge you: Train hard, yes, but not to failure. Complete what you start -- and that means every rep. I believe that this approach will not only ensure that you'll stay with your training program year after year (obviously training longevity is a very important aspect of all of this) but you'll also make the greatest progress. Why? Because you'll be training yourself for success in each and every rep, set and workout. Your training will be a positive rather than negative experience. And you'll be much more likely to keep your enthusiasm high and to avoid injury, overtraining and mental burnout.

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Editor's Note: Bill Pearl, 84, is a five-time Mr. Universe and author of the best-selling bodybuilding books, **Keys to the Inner Universe**, **Getting Stronger**, and **Getting in Shape**. He has personally coached more major contest winners than anyone else in history. At his own peak as a bodybuilder when he last won the Universe in 1971 at age 41, he weighed 242 pounds at a height of 5'10" and his arms measured 21 inches!

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