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bill pearl enterprises, inc.

20 Months to a Champion Physique month 13 - advanced

select a program Month 13 - Advanced

This month, after devoting six months to the beginning phase and six months to the intermediate, you embark on the advanced phase of the program. At first glance this months work may not seem much different from what you have been doing, but there are significant differences.

Again you do a split routine consisting basically of a chest, back and shoulders workout and a triceps, biceps and legs workout. In this version, however, you move back and forth between chest and deltoids in the first workout and triceps and biceps in the second. The order in which you train the various body parts in this first month of the advanced phase is as follows:

Workout A: midsection, chest, deltoids, chest, deltoids, chest, deltoids, back and calves.

Workout B: midsection, triceps, biceps, triceps, biceps, triceps, biceps, thighs, hamstrings and calves.

This time you abandon the variable-reps approach you followed for the past two months (e.g., four sets of 10, eight, six and 10 reps) and instead go back to the more standard approach of four to five sets of six to eight reps. There's no particular reason for this than to keep your program varied and something different to deal with.

The biggest change is the increase in the sheer volume of work. Do four sets per exercise for the first two weeks – the same as last month – and five sets per exercise for the final two weeks. Note that even during the first two weeks of this month you do more work than last month because you're now training five days a week instead of four.

The total number of sets per week climbs to 230 during the first half of this month and then to 290 during the last half. That's a significant increase indeed, and now you know why this is considered an advanced routine.

If you have followed this series from the beginning, you have come a long way, both physically and mentally. You are, in fact, now an advanced bodybuilder – congratulations!

Our standard guideline still holds: Do not train to failure. The workload for this month is demanding enough just as it stands; if you try training to failure on set after set, you run the risk of burnout, overtraining and even injury.

To ensure that you don't train to failure, you may need to actually decrease the poundages from set to set on most of the exercises. Don't let your ego get in the way of your doing that. Remember, you control the weight rather than the other way around.

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.

Workout A

Exercise	Sets	Reps
1) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
2) Stiff-Legged Barbell Deadlift - Obliques and Lower Back	1	50-100
3) Extension Machine Leg Pull-In - Hip Flexors and Lower Abdominals	1	15-30
4) Seated Barbell Twist - Obliques	1	25-50 each side
5) Medium-Grip Incline Barbell Bench Press - Upper Pectorals	4-5	6-8
6) Seated Side Lateral - Deltoids	4-5	6-8
7) Medium-Grip Decline Barbell Bench Press - Lower Pectorals	4-5	6-8
8) Lying Rear Deltoid Raise - Rear Deltoids	4-5	6-8
9) Inner-Pec Press on Inner-Pec Machine - Upper and Inner Pectorals	4-5	6-8
10) Medium-Grip Barbell Upright Rowing - Front Deltoids and Trapezius	4-5	6-8
11) Close-Grip V-Bar Chin - Lower Lats	4-5	8-12
12) Straight-Arm Dumbbell Pullover - Pectorals and Rib Cage	4-5	8-10
13) Twisting Hyper-Extension - Low Back	4-5	10,8,6,10
14) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles	6-9	20-25

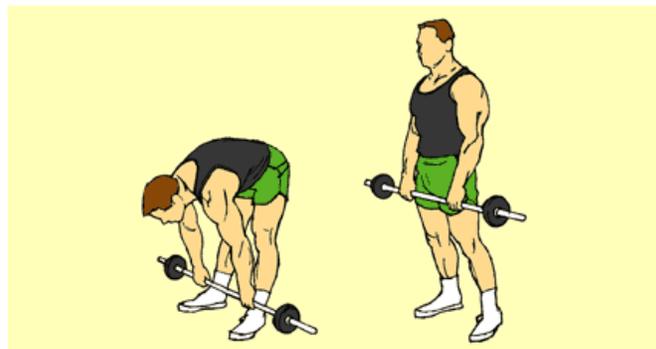
1) Bent-Knee Sit-Up - Upper Abdominals

- 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) Stiff-Legged Barbell Deadlift - Obliques and Lower Back

- Place barbell on floor in front of you.
- With feet 16" apart, bend and grasp bar just to outside of legs.
- Keep knees locked, back straight, head up.
- Using only back muscles, stand erect with arms locked.
- Lower weight to floor.
- Inhale up, exhale down.



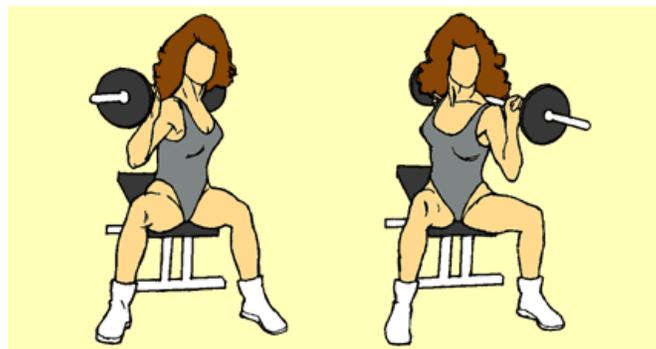
3) Extension Machine Leg Pull-In - Hip Flexors and Lower Abdominals

- Lie on back on leg extension machine.
- Grasp either back of board or bar behind head for support.
- Place feet behind pads used for leg biceps curls.
- Pull knees up as far as possible.
- Pause, then lower pads to starting position.
- Keep tension on abdominals.
- Inhale up, exhale down.
- Can also be done by hooking feet to straps of low wall pulley.



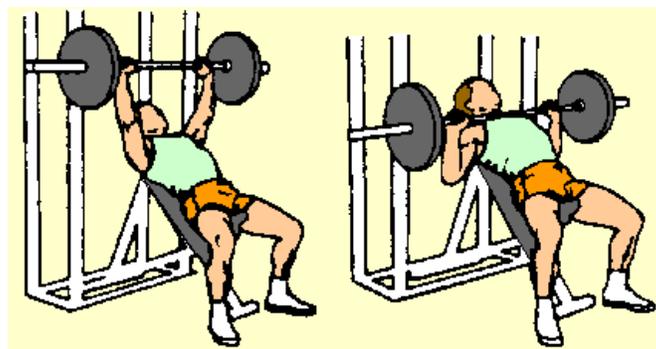
4) Seated Barbell Twist - Obliques

- Place light barbell on shoulders.
- Sit at end of bench, feet firmly on floor.
- Twist torso to right, then to left by twisting at waist only.
- Do not move head from side to side.
- Keep back straight, head up.
- Inhale to right, exhale to left.
- Can also be done standing.
- Can also be done holding dumbbell next to chest.



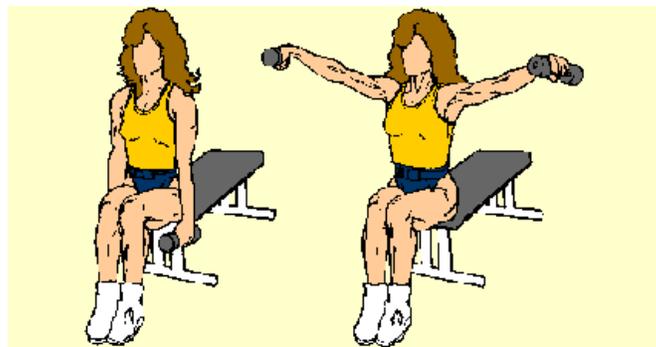
5) Medium-Grip Incline Barbell Bench Press - Upper Pectorals

- Lie on incline bench, feet flat on floor.
- Hold barbell about 6" wider than shoulder width.
- Lower bar to chest about 3" above nipples.
- Raise bar to arms' length.
- Keep elbows out, chest high.
- Lower weight with complete control, making definite pause at chest.
- Keep head on bench, do not arch back too sharply.
- Do not raise hips off bench.
- Inhale down, exhale up.
- Can also be done with close or wide grip.



6) Seated Side Lateral - Deltoids

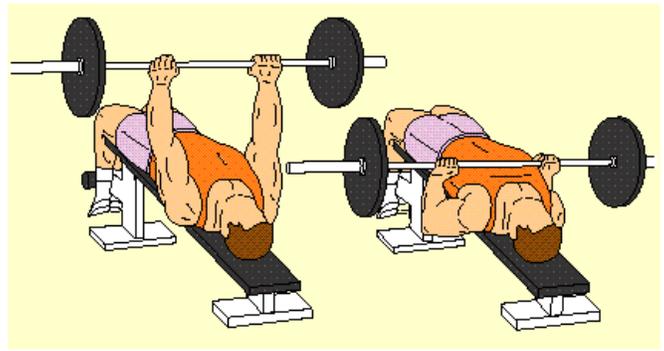
- Sit at the end of a flat bench with your feet firmly on the floor and a dumbbell in each hand, with your hands hanging down at your sides and your palms facing in.
- Inhale and maintain a slight bend in your arms as you exhale and raise the dumbbells out in a semicircle until they're slightly above shoulder level.
- Pause at top, then inhale as you lower the dumbbells to the starting position.
- Return the dumbbell to the starting position.
- You can also do this exercise standing.



7) Medium-Grip Decline Barbell Bench Press - Lower Pectorals

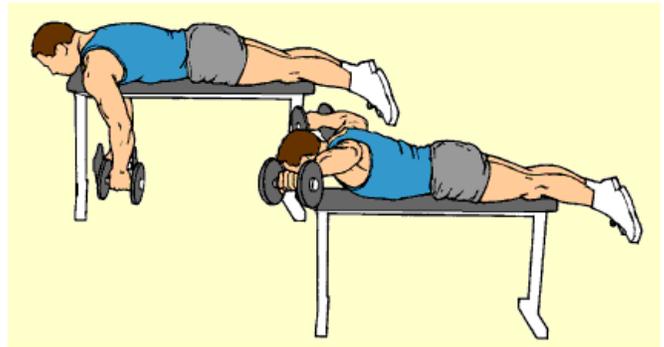
- Lie on decline bench.

- Hold barbell about 6" wider than shoulder width.
- Lower bar to chest about 3" below nipples.
- Raise bar to arms' length.
- Keep elbows out, chest high.
- Lower weight with complete control, making definite pause at chest.
- Keep head on bench, chest held high.
- Inhale down, exhale up.
- Can also be done with close grip.



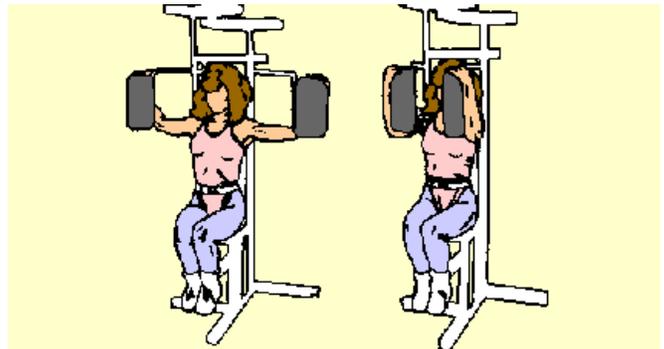
8) Lying Rear Deltoid Raise - Rear Deltoids

- Lie face down on fairly tall flat bench.
- Hold dumbbells, palms facing, arms hanging down.
- Keep elbows locked, arms straight.
- Raise dumbbells in semicircular motion to shoulder height, in line with ears at top of lift.
- Lower to starting position using same path.
- Inhale up, exhale down.



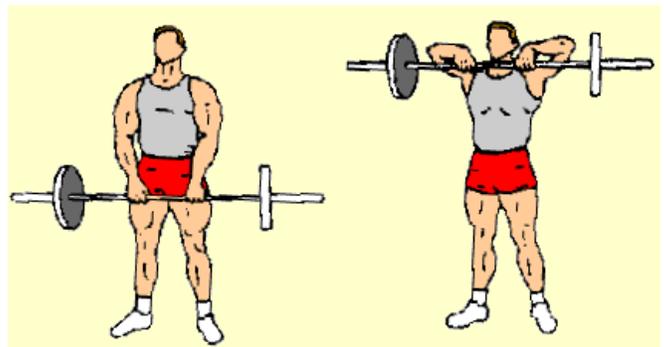
9) Inner-Pec Press on Inner-Pec Machine - Upper and Inner Pectorals

- Position yourself comfortably on machine.
- Keep upper arms high, in line with shoulders.
- Keep forearms vertical, firm against pads, and contract pectorals.
- Inhale as you squeeze, exhale as arms go back.



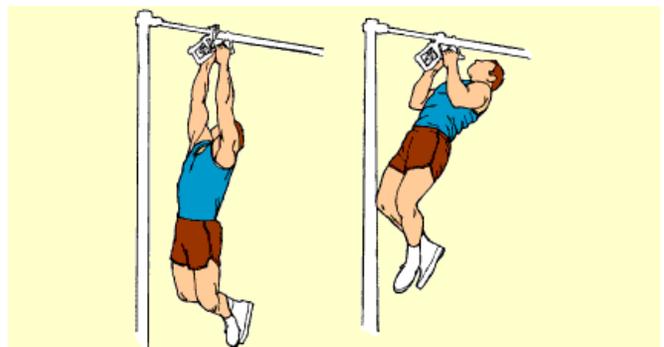
10) Medium-Grip Barbell Upright Rowing - Front Deltoids and Trapezius

- Hold barbell, palms down, hands 18" apart.
- Start with bar at arms' length.
- Pull bar straight up until nearly under chin.
- Keep elbows out to side, as high as ears.
- Keep bar close to body.
- Pause momentarily at top before lowering to starting position.
- Inhale up, exhale down.
- Concentrate on deltoids as you lower weight.
- Can also be done with wide grip.



11) Close-Grip V-Bar Chin - Lower Lats

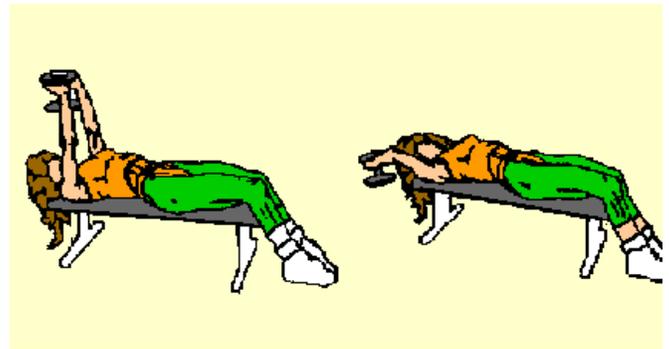
- Place V-bar attachment on chinning bar.
- Hold handles with both hands.
- Pull up, trying to touch chin to bar.
- Return to starting position.
- Try to keep back slightly hyper extended.
- Do not swing back and forth.
- Inhale up, exhale down.



12) Straight-Arm Dumbbell Pullover - Pectorals and Rib Cage

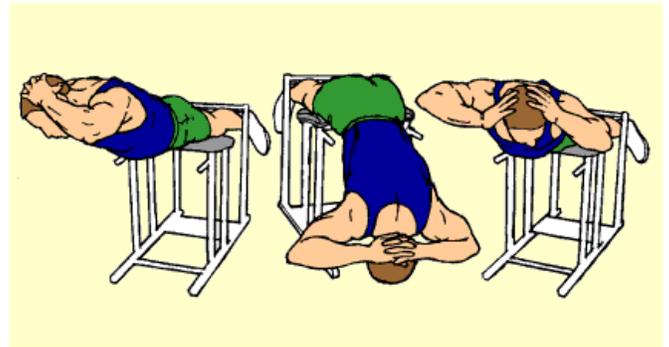
- Lie on a flat bench with your head extending over the end and your feet flat on floor, straddling

- the bench.
- Hold a dumbbell at arm's length above your chest. Your hands should be flat against the inside plate of the dumbbell.
- Keep your elbows locked and lower the dumbbell in a semicircular motion behind your head as far as possible without causing pain.
- Return the dumbbell to the starting position.
- Breathe deeply, keeping your head down and your chest high.



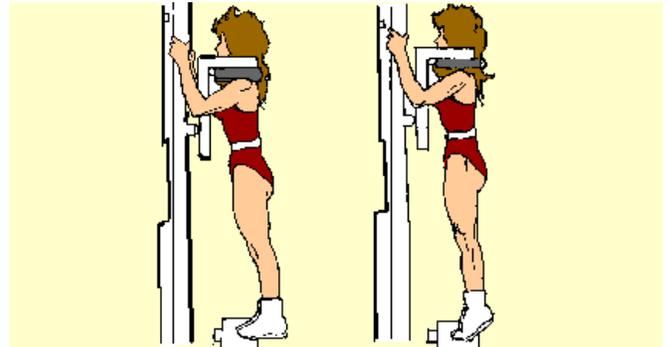
13) Twisting Hyper-Extension - Low Back

- Extend upper body over end of high bench.
- Lock legs under support.
- End of bench should be at hips.
- Bend down at waist so upper body is vertical to floor.
- Place hands behind head.
- Raise torso up and to the right until slightly past parallel.
- Return to starting position.
- Do prescribed number of reps to the right, then repeat to the left side.
- Inhale up, exhale down.
- Can also be done with weight behind neck to increase resistance.



14) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles

- Position shoulders under bars of wall calf machine.
- Stand erect with balls of feet on foot pad.
- 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.



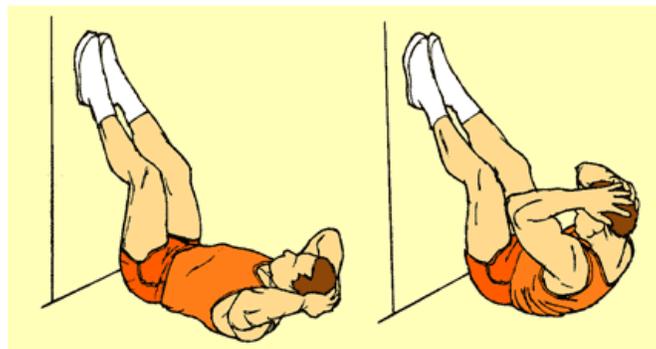
Workout B

Exercise

Exercise	Sets	Reps
1) Feet-Against-Wall Sit-Up - Upper Abdominals	1	25-50
2) Bend to the Opposite Foot - Obliques and Lower Back	1	25-50 each side
3) Incline Leg Pull-In - Lower Abdominals	1	25-50
4) Lying Leg Crossover - Hips and Obliques	1	25-50 each side
5) Standing Close-Grip Triceps Press-Down on Lat Machine - Outer Triceps	4-5	8-10
6) Standing Dumbbell Curl - Biceps	4-5	6-8
7) Incline Close-Grip EZ-Curl-Bar Triceps Curl - Triceps	4-5	8-10
8) Incline Dumbbell Curl - Biceps and Arms	4-5	6-8
9) Kneeling Head-Supported Close-Grip Triceps Extension on High Pulley - Triceps	4-5	8-10
10) Standing Medium-Grip EZ-Curl-Bar Curl - Biceps	4-5	6-8
11) Thigh Extension on Leg Extension Machine - Lower Thighs	4-5	10-12
12) Freehand Jump Squat - Thighs and Calves	4-5	10-20
13) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10-12
14) Standing One-Legged Toe Raise on Wall Calf Machine - Main Calf Muscles	6-9	20-25

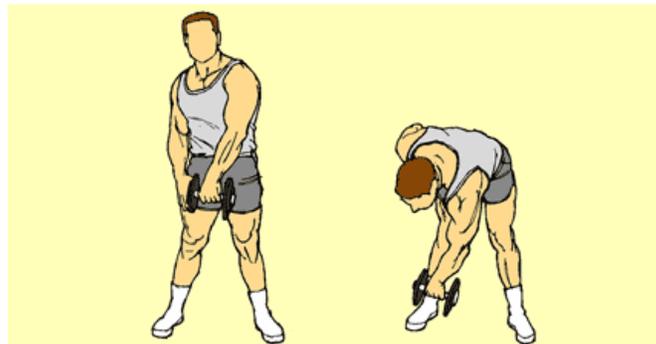
1) Feet-Against-Wall Sit-Up - Upper Abdominals

- Lie on floor with body close to wall.
- Put feet against wall, knees slightly bent.
- Place hands behind head.
- Pull up as far as possible.
- Return to starting position.
- Inhale up, exhale down.



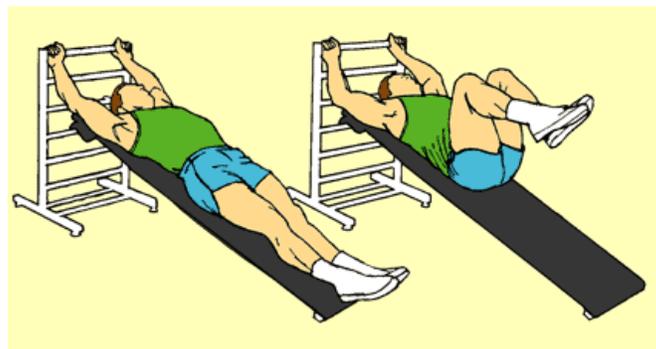
2) Bend to the Opposite Foot - Obliques and Lower Back

- Stand erect, feet 16" apart.
- Grasp dumbbell with left hand, palm in.
- Place right hand on upper right thigh.
- Bend until dumbbell nearly touches right foot.
- Return to starting position.
- Change dumbbell to right hand and repeat.
- Inhale down, exhale up.



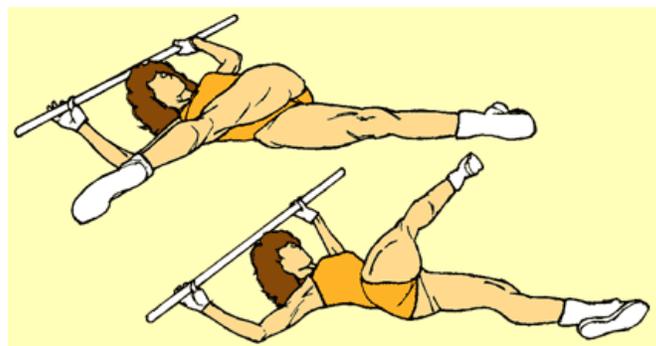
3) Incline Leg Pull-In - Lower Abdominals

- Put sit-up board at 25-30% angle.
- Lie with head at top.
- Hold bar.
- Bend knees, pulling upper thighs into midsection.
- Return to starting position.
- Do not let feet touch board once exercise has started.
- Concentrate on lower abdominals.
- Inhale up, exhale down.
- To make harder, hold lightweight dumbbell between feet.
- Can also be done off floor.



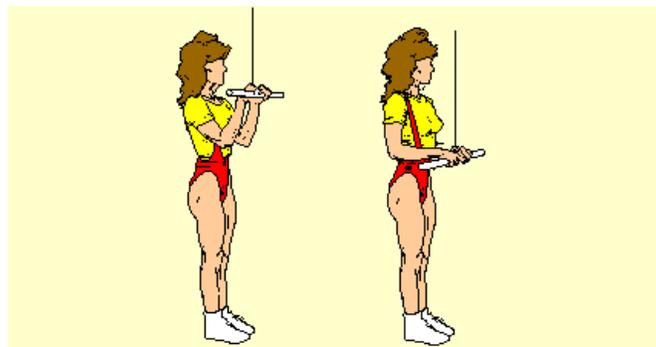
4) Lying Leg Crossover - Hips and Obliques

- Lie on back.
- Hold an object behind head with a wider-than-shoulder grip.
- Keep shoulders on floor.
- Swing right leg over left leg, as far to the side as possible until it is nearly as high as your head.
- Keep leg close to floor.
- Return to starting position, then repeat movement with left leg.
- Keep knees locked, legs as straight as possible.
- Inhale as you swing leg, exhale as your lower leg.



5) Standing Close-Grip Triceps Press-Down on Lat Machine - Outer Triceps

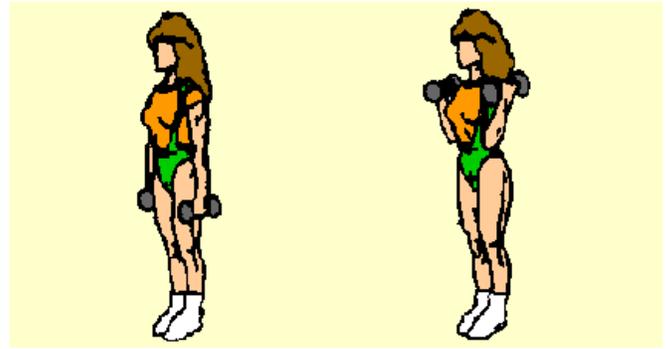
- Stand erect, head up, feet 16" apart, in front of machine.
- Hold bar with hands 8" apart, palms down.
- Bring upper arms to sides and keep them there.
- Start with forearms and biceps touching.
- Press bar down in semicircular motion to arms' length.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium or reverse grip.



6) Standing Dumbbell Curl - Biceps

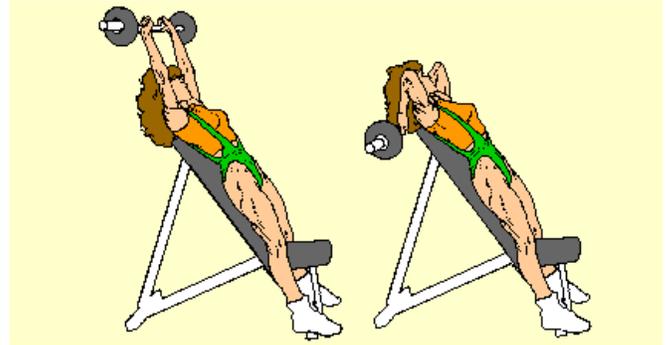
- Hold dumbbells.

- Stand erect, feet 16" apart.
- Keep back straight, head up, hips and legs locked.
- Start with dumbbells at arms' length, palms in.
- Begin curl with palms in until past thighs, then turn palms up for remainder of curl to shoulder height.
- Keep palms up while lowering until past thighs then turn palms in.
- Keep upper arms close to sides.
- Concentrate on biceps while raising and lowering weights.
- Inhale up, exhale down.



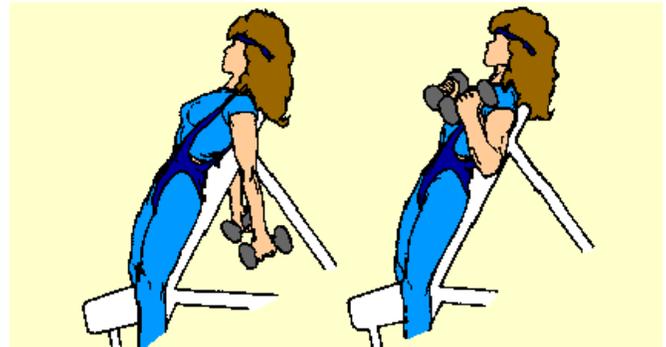
7) Incline Close-Grip EZ-Curl-Bar Triceps Curl - Triceps

- Use closest hand grip spacing possible on EZ-Curl-Bar, palms down.
- Lie back on incline bench, with head over end.
- Press bar overhead to arms' length.
- Lower bar in semicircular motion behind head until forearms touch biceps.
- Keep upper arms close to head.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done seated on incline bench.
- Can also be done with medium grip.



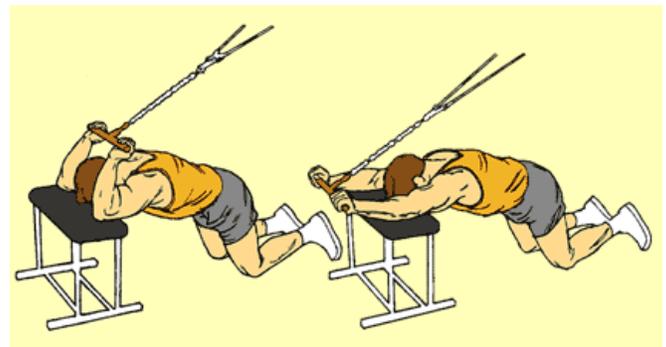
8) Incline Dumbbell Curl - Biceps and Arms

- Hold dumbbells.
- Lie back on incline bench.
- Start with dumbbells at arms' length, palms in.
- Begin curl with palms in until past upper thighs, then turn palms up for remainder of curl to shoulder height.
- Keep palms up while lowering until past upper thighs, then turn palms in.
- Keep upper arms close to sides.
- Inhale up, exhale down.



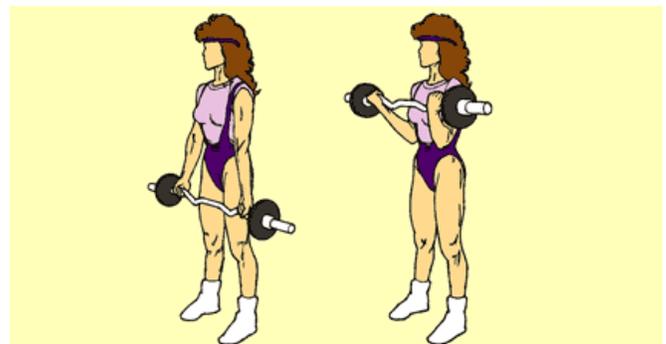
9) Kneeling Head-Supported Close-Grip Triceps Extension on High Pulley - Triceps

- Place bench sideways in front of high pulley.
- Hold bar with hands 6" apart, palms down.
- Face away from machine and kneel.
- Place head and front of upper arms on bench.
- Keep upper arms close to head.
- Start with forearms and biceps touching.
- Press cable out in semicircular motion until elbows are locked, arms parallel to floor.
- Return cable to starting position.
- Inhale out, exhale back.
- Can also be done with medium grip.



10) Standing Medium-Grip EZ-Curl-Bar Curl - Biceps

- Hold EZ-Curl-Bar with both hands on second curve of bar, palms up.
- Stand erect, back straight, head up, feet 16" apart.
- Hold bar at arms' length against upper thighs.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms against sides.
- Return to starting position using same path.
- Inhale up, exhale down.



11) Thigh Extension on Leg Extension Machine - Lower Thighs

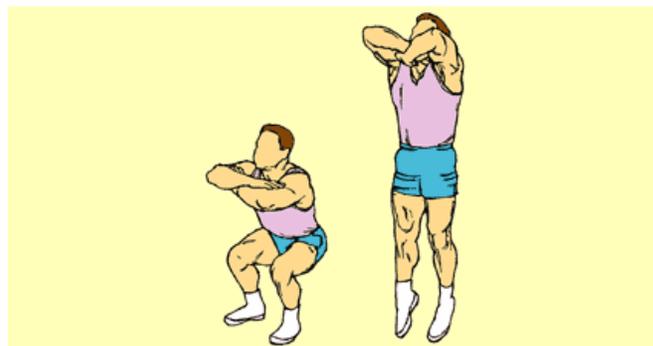
- Sit on machine with feet under lower foot pads as shown.

- Have seat against back of knees.
- Hold seat behind buttocks.
- Point toes slightly down.
- Raise weight up until legs are parallel to floor.
- Return to starting position.
- Inhale up, exhale down.



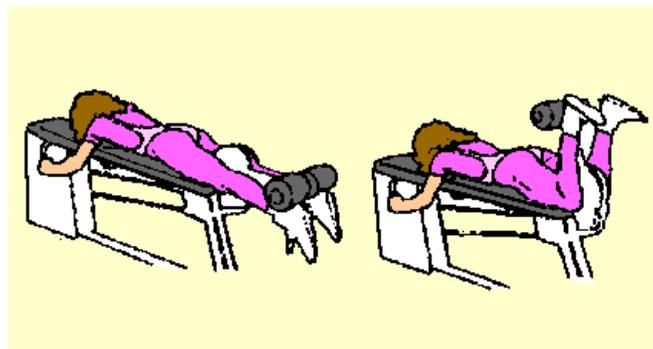
12) Freehand Jump Squat - Thighs and Calves

- Stand erect, arms crossed over chest.
- Head up, back straight, feet about 16" apart.
- Squat until upper thighs are parallel, or lower, to floor.
- Keep head up, back straight, knees slightly out.
- Jump straight up in air as high as possible, using thighs like springs.
- Immediately squat and jump again.
- Inhale up, exhale down.
- Can also be done with barbell held on upper back or with dumbbells hanging at sides.



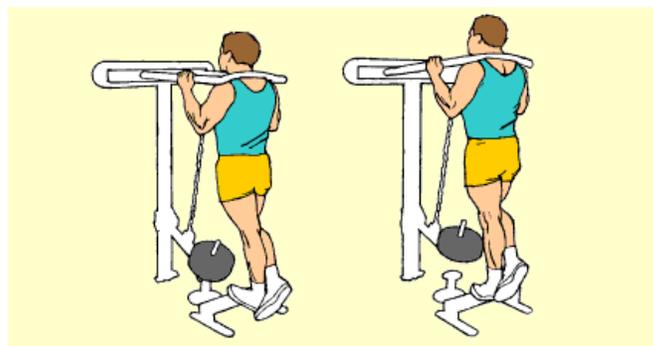
13) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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.



14) Standing One-Legged Toe Raise on Wall Calf Machine - Main Calf Muscles

- Position shoulders under bars of wall calf machine.
- Stand erect and place ball of left foot on foot pad.
- Put right foot against left heel.
- Keep back straight, head up, leg locked.
- Raise up on toes as high as possible.
- Hold position momentarily, then return to starting position.
- Inhale up, exhale down.
- Reverse position and repeat movement with right leg.



Training Suggestions for Month 13

- Train five days per week this month (two days on/one day off) instead of four days a week as you did the previous two months. This means you do workout A three times and workout B twice in the first week, then reverse the format in the second week - do workout B three times and workout A twice. Also, your rest days shift instead of falling on a particular day or days during the week. For example, during the first two weeks of this month your workout pattern is as follows:
 - Week 1: A, B, rest, A, B, rest, A.
 - Week 2: B, rest, A, B, rest, A, B.
- Whenever a set range is indicated (e.g., four to five sets), do four sets per exercise for the first two weeks of the month, then increase it to five sets per exercise for the last two weeks.
- On the midsection exercises, where a fairly wide rep range is indicated, start with the bottom of the range in the first week and gradually add repetitions every week until you reach the top of the range.
- **Do not train to failure.** The last rep of each set should feel difficult but should not be an all-out effort.
- Increase the poundage on each exercise as your strength increases, always concentrate on correct exercise form, and keep accurate records of your exercises, sets and reps from workout to workout so you can easily monitor your progress.
- Do 20 to 30 minutes of aerobic conditioning in addition to your weight-training program three days per week.

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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