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bill pearl enterprises, inc.

20 Months to a Champion Physique month 14 - advanced

select a program Month 14 - Advanced

Now that we're going into the second month of the advanced phase of the program and you are well adjusted to the demands of weight training, perhaps you think we're going to finally throw caution to the wind and indulge in the bomb-and-blitz training approach touted in many training articles. After all, we want to take this to the limit, don't we?

First of all, catchy as those terms may be - bombing, blitzing, breaking through the pain barrier - you will notice that you never hear exercise physiologists talk like that. Training is training. There's a commonsense, progressive, scientific way to train, and then there's extremism, which may sound great on paper but is more likely to leave you injured or psychologically burned out than standing in the winner's spot at some big bodybuilding contest.

I've said this numerous times: It's silly to even start a training or diet regimen if you can't follow it day in, day out, week after week, until the day you die. Taking on an extreme program is a sure way to fail. You should always train within your physical and mental limits, rather than pushing yourself to the edge and beyond. Give your body a chance to do what it's capable of doing. You can only push it so hard and grow so fast.

As I've said before, no single workout or training session can solve all your problems as far as your lifetime fitness goals are concerned. No two weeks or even two months of training will solve all your problems either. Consistency is what counts. It's continually stressing the body over time that produces a champion. Nobody ever became a champion as a result of one workout. Or 10 workouts, or even 50 workouts. It takes years of training. And the training does not have to be drudgery or hell on earth. If it did, there'd be no champions - because nobody would do it!

The approach I advocate is to train hard and progressively, yet sensibly. The workouts are designed to keep your interest and enthusiasm up so you don't get bored or burn out. Since training conscientiously for a long period of time is a prerequisite to bodybuilding success, this approach is also the best way to ultimately make the most progress. In other words, training longevity and maximum progress ultimately converge - like two railroad tracks receding into the distance until they become one.

In short, the keys to bodybuilding success are consistency and sensible progression. Continually attempt to tax your body a little bit more when it's capable of handling a little more. That's how a championship physique is built, not by going crazy in the gym for a period of time and getting injured or losing interest in the training.

This month's program is virtually a mirror of what you did last month except with different exercises. Once again you do a split routine, and you work the respective body parts in exactly the same order as last month. In the chest, shoulders and back workout you switch between chest and deltoids before finishing with the back, and in the triceps, biceps and legs workout you switch between triceps and biceps before concluding the session with leg work.

This month I suggest you follow a two-days-on/one-day off training schedule again, which means you work out five days a week. Next month you will go to a six-days-per-week schedule with one day of rest. As with anything else in this program, however, this is simply a recommendation - and you can choose to follow my recommendations to the letter or make alterations to suit your schedule, training capacity and personal preference.

**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.

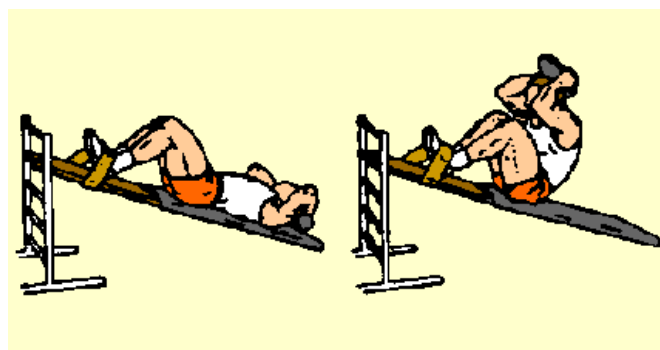
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#### Workout A

Exercise	Sets	Reps
1) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals	1	15-30
2) Weighted Hyper-Extension - Midsection and Lower Back	1	15-25
3) Seated Flat-Bench Leg Tuck - Lower Abdominals	1	50-100
4) Stiff-Legged Barbell Dead Lift off Bench - Lower Back and Leg Biceps	1	15-30
5) Decline Lateral - Lower Pectorals	4-5	6-8
6) Standing Close-Grip Half-Way Front Barbell Raise - Front Deltoids	4-5	8-10
7) Machine Bench Press - Outer Pectorals	4-5	6-8
8) Standing Side Lateral Raise - Front and Outer Deltoids	4-5	8-10
9) High-Pulley Chest Lateral - Upper and Inner Pectorals	4-5	6-8
10) Standing High-Pulley Rear-Deltoid Lateral Pull - Rear Deltoids	4-5	8-10
11) Barbell Power Clean - Legs and Back	4-5	6-8
12) Pullover on Machine - Lats and Triceps	4-5	10-12
13) Wide-Grip Front Lat Pull-Down - Upper Lats	4-5	8-10
14) Seated Lower Pad Toe Raise on Leg Press Machine - Main Calf Muscles	4-5	20-25

#### 1) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals

- Position the board at a 25-to-30-degree angle.
- Sit down on the board with your feet at the high end and place them under the strap.
- With your knees bent to about a 45-degree angle place a weight behind your head and your chin on your chest.
- From this position, inhale and lie back until your lower back touches the board.
- Exhale as you return to the starting position.

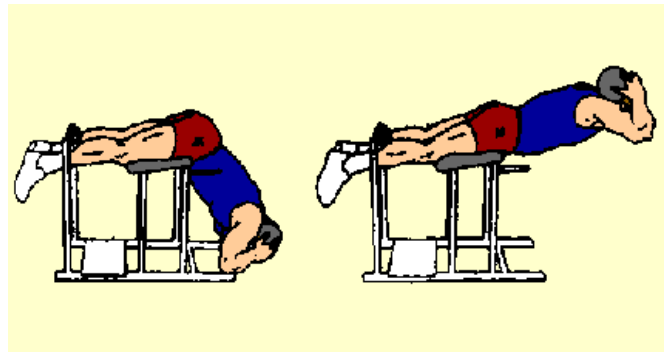


#### 2) Weighted Hyper-Extension - Midsection and Lower Back

- You must use a bench that is designed for this exercise or have a bench that is nearly waist high in order to do the exercise properly.
- Using either bench, extend your upper body over the end of the bench so the end is located at

the beginning of your hips.

- Bend at the waist so your upper body is vertical with the floor.
- Place a weight behind your head and inhale as you raise your torso straight up until you are slightly past parallel.
- Return to starting position and exhale.



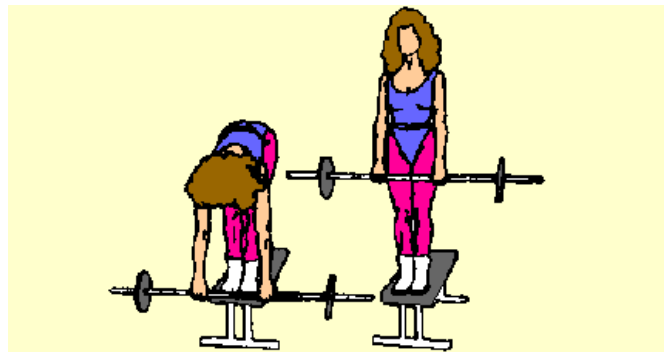
### 3) Seated Flat-Bench Leg Tuck - Lower Abdominals

- Sit on flat bench.
- Place hands behind buttocks and hold sides of bench.
- Sit back slightly and raise feet about 6" off floor.
- Bend knees, bringing torso slightly forward until upper thighs and chest touch.
- Return to starting position.
- Keep tension on abdominals.
- Inhale up, exhale down.



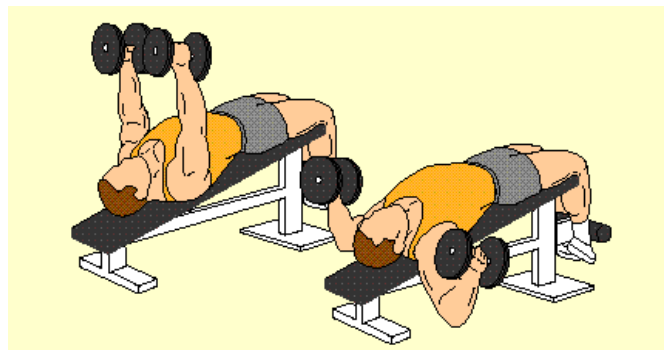
### 4) Stiff-Legged Barbell Dead Lift off Bench - Lower Back and Leg Biceps

- Place barbell on end of bench.
- Stand on bench.
- Bend at waist, head up, back straight, knees locked.
- Hold bar with hands about 16" apart.
- Straighten up, holding bar at arms' length.
- Lower back to bench.
- Inhale up, exhale down.
- Use muscles of the lower back for most of the pulling.
- If flexible enough, step closer to end of bench to allow bar to go below bench top.
- Can also be done with dumbbells.



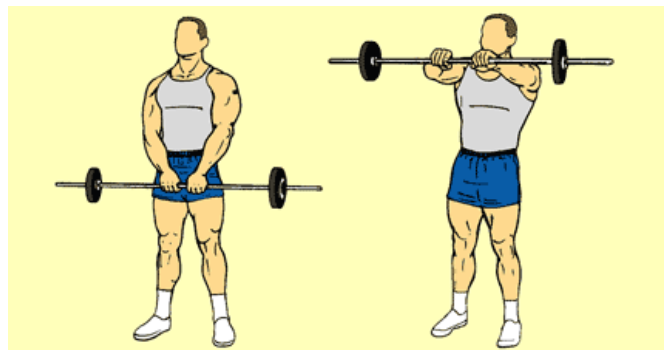
### 5) Decline Lateral - Lower Pectorals

- Lie on a decline bench with two dumbbells together at arm's length above the shoulders.
- The palms of the hands should be facing each other.
- Slowly lower the dumbbells to the down position so the dumbbells are approximately even with the chest but out about 10" from each side of the chest.
- Notice that the elbows are drawn downwards and back so they are in line with the ears.
- The forearms are slightly out of a vertical position.
- The press back to starting position is done by using the same arc as in letting the dumbbells down.
- Inhale at the beginning of the exercise and exhale at the finish.



### 6) Standing Close-Grip Half-Way Front Barbell Raise - Front Deltoids

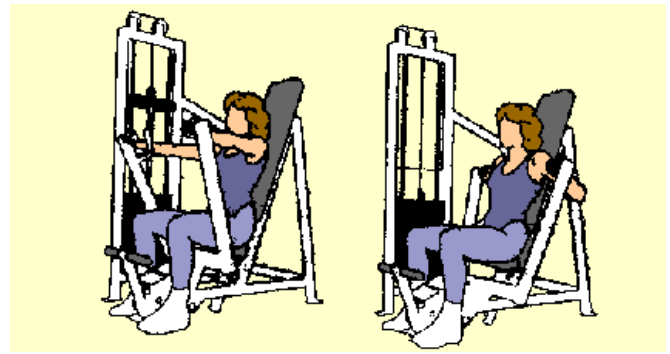
- Use a grip on a barbell that is about 4-6" wide.
- Stand with your feet about 16" apart and have the legs and hips in a flexed position to help keep your back straight.
- With the barbell hanging at arm's length against your upper thighs, inhale and raise the bar straight out in a semicircular motion until it is just above parallel with your shoulders.
- Exhale as you are lowering the bar back to your upper thighs.
- Do not unlock your elbows during the entire exercise.



### 7) Machine Bench Press - Outer Pectorals

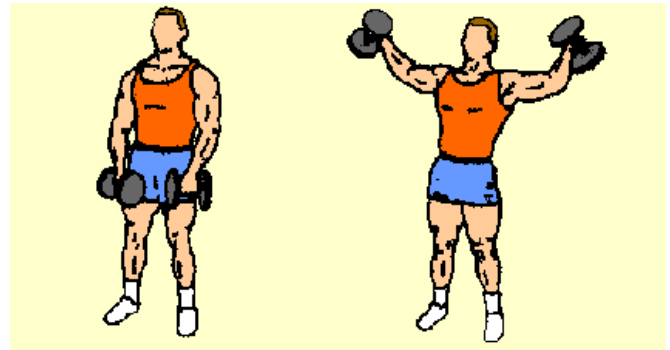
- Lie on bench, feet flat on floor.

- Hold barbell about 6" wider than shoulder width.
- Lower bar to chest about 1" 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, do not arch back too sharply.
- Do not raise hips off bench.
- Inhale down, exhale up.



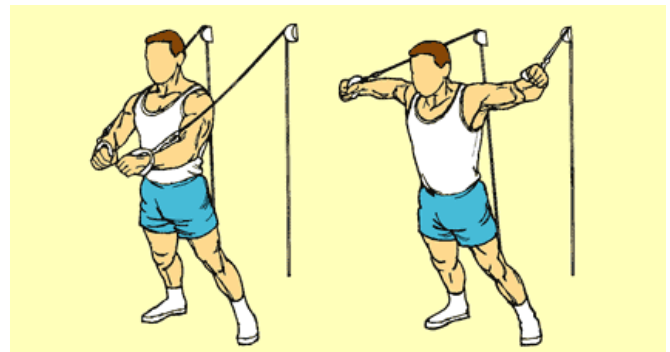
#### 8) Standing Side Lateral Raise - Front and Outer Deltoids

- With your feet about 16" apart and dumbbells at arm's length, palms facing in toward the thighs.
- Slowly raise the dumbbells to a position a little above shoulder height, pause, then lower back to starting position.
- Keep the arms straight throughout the execution of this exercise.
- Inhale when raising the dumbbells and exhale as they are lowered.



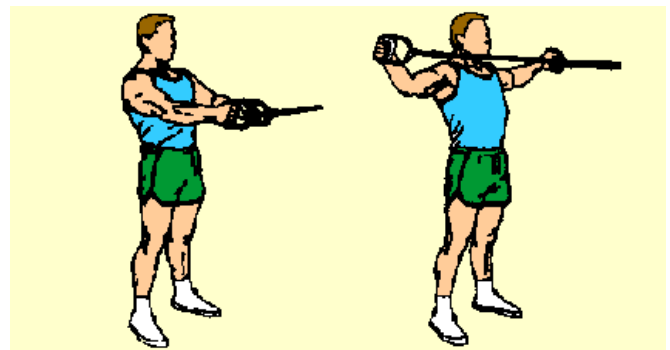
#### 9) High-Pulley Chest Lateral - Upper and Inner Pectorals

- Face away from machine, hold upper pulley handles.
- Step away from machine far enough to raise weight stacks, feet about 24" apart.
- Lean forward, bring arms to front, elbows locked, hands in line with nipples.
- Let arms back in semicircular motion, palms facing.
- Keep upper arms in line with shoulders.
- Press cables forward to starting position.
- Inhale back, exhale forward.



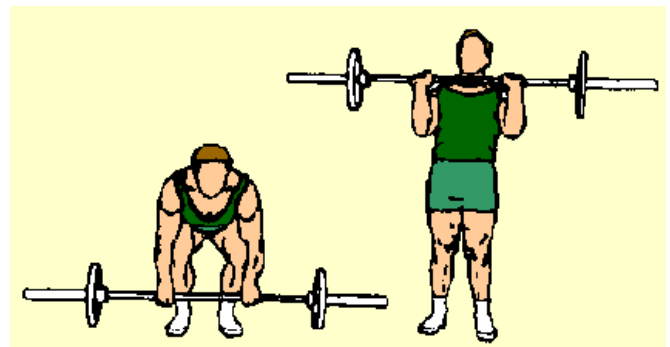
#### 10) Standing High-Pulley Rear-Deltoid Lateral Pull - Rear Deltoids

- Stand facing wall pulley.
- Hold left upper handle with right hand, right upper handle with left hand, crossing cables.
- Step back with arms straight out, creating tension on cables.
- Pull arms back toward outside of shoulders.
- Keep arms parallel to floor, elbows locked.
- Inhale as you pull, exhale as you return to starting position.



#### 11) Barbell Power Clean - Legs and Back

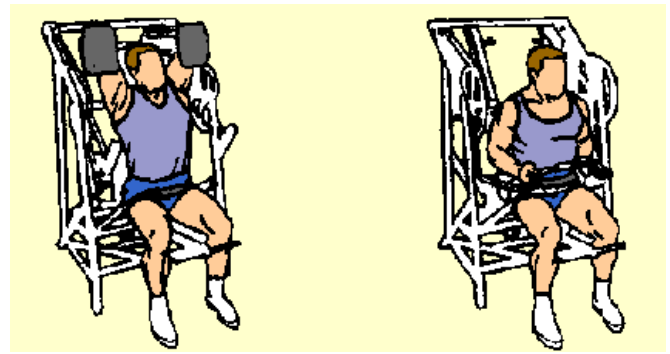
- Place barbell on floor in front of you.
- Keep feet about 16" apart.
- Step close to bar until shins are nearly touching it.
- Hold bar with hands 24" apart.
- Bend legs until upper thighs are nearly parallel to floor.
- Keep head up, back straight and at 45 degree angle.
- Stand erect, pull bar to shoulders.
- Flip bar over and back until it rests on upper chest.
- Lower bar to floor.
- Inhale up, exhale down.
- Can also be done with dumbbells.



#### 12) Pullover on Machine - Lats and Triceps

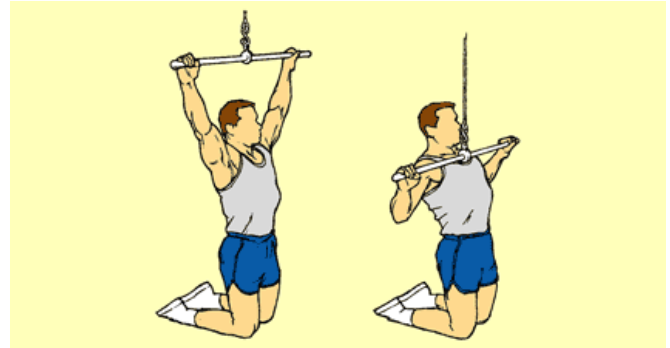
- Sit on seat of pullover machine.

- Strap into machine if required.
- Place elbows on pads behind head.
- Either hold left wrist with right hand or place hands on bar provided farther behind head.
- Keep all pressure on elbows.
- Pull with back muscles until forearms are at sides.
- Return to starting position.
- Inhale at beginning, exhale at end of repetition.



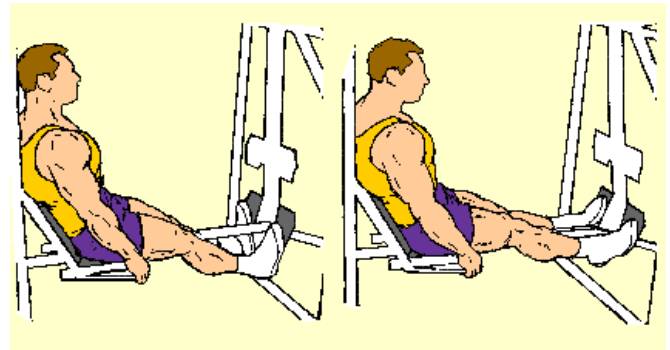
### 13) Wide-Grip Front Lat Pull-Down - Upper Lats

- Hold lat bar with hands about 36" 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.
- Inhale down, exhale up.



### 14) Seated Lower Pad Toe Raise on Leg Press Machine - Main Calf Muscles

- Sit holding side of seat.
- Place balls of feet on lower pads.
- Press until legs are straight, knees locked.
- Keep legs straight at all times.
- Press feet forward as far as possible.
- Hold, then return feet back as far as possible.
- Inhale forward, exhale back.
- Toes out, heels in, works inner calves.
- Feet straight works main calf muscles.
- Toes in, heels out, works outer calves.
- Can also use upper toe pads.



## Workout B

### Exercise

Exercise	Sets	Reps
1) Bent-Knee Sit-Up - Upper Abdominals	1	50-100
2) Barbell Good Morning - Lower Back and Abdominals	1	25-50
3) Low-Pulley Alternate Leg Pull-In - Midsection	1	25-50
4) Standing Dumbbell Torso Twist - Obliques	1	50-100
5) Dumbbell Triceps Curl - Triceps	4-5	8-10
6) Seated Alternated Dumbbell Curl - Biceps	4-5	8-10
7) Incline Two-Dumbbell Triceps Curl - Triceps	4-5	8-10
8) Standing Dumbbell Curl - Biceps	4-5	8-10
9) Lying Supine Close-Grip Barbell Triceps Curl to Chin - Triceps	4-5	8-10
10) Seated Concentrated Dumbbell Curl - Biceps	4-5	8-10
11) Heels-Elevated Wide-Stance Barbell Hack Squat - Inner Thighs	4-5	8-12
12) Dumbbell Front Lunge - Thighs and Hamstrings	4-5	10-12
13) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10-12
14) Donkey Toe Raise - Main Calf Muscles	4-5	20-25

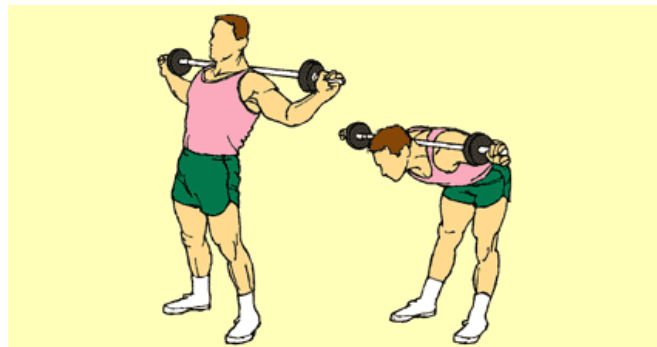
### 1) Bent-Knee Sit-Up - Upper Abdominals

- 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.



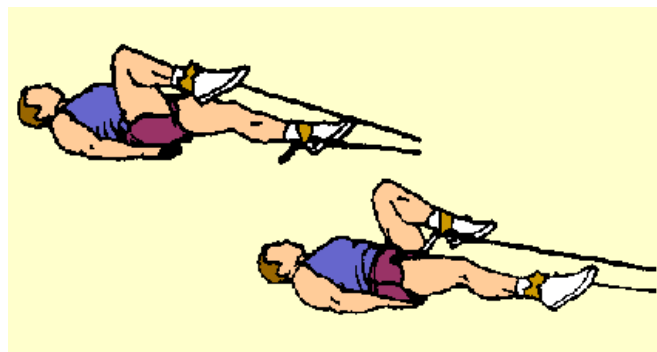
## 2) Barbell Good Morning - Lower Back and Abdominals

- Stand erect, feet 16" apart.
- Place light barbell on shoulders.
- Keep back straight, head up.
- Bend forward until upper body is parallel to floor.
- Return to the starting position.
- Keep knees locked.
- Inhale down, exhale up.



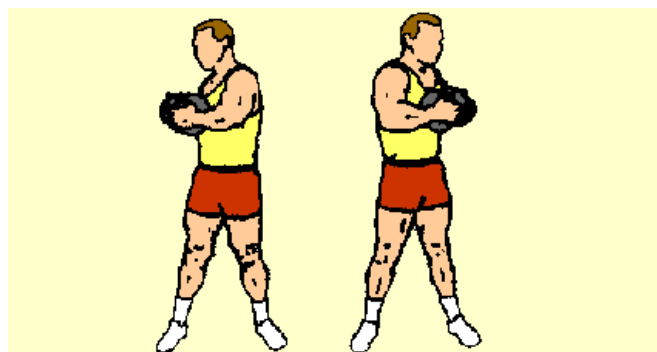
## 3) Low-Pulley Alternate Leg Pull-In - Midsection

- Be sure to lie far enough from the machine that the weight stack separates when your legs are straight.
- Bend your right leg and pull your right thigh up as far as possible.
- Straighten your right leg and simultaneously raise your left - as one leg goes up, the other comes down, like cycling.



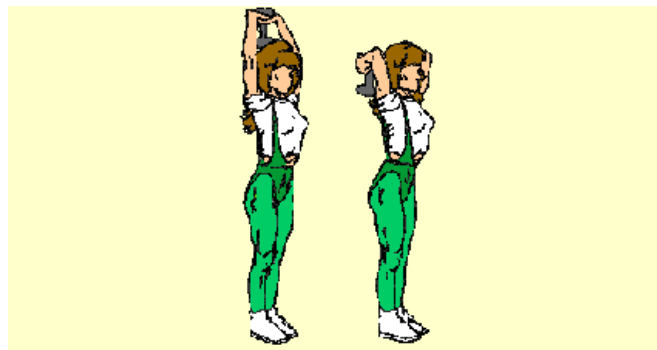
## 4) Standing Dumbbell Torso Twist - Obliques

- Stand erect with your feet about 16" apart.
- Grasp the ends of one dumbbell with both hands and place the dumbbell against your chest just below the pectorals.
- Keep your back straight, head up, hips and knees locked.
- Twist your torso to the right and to the left by twisting at the waist only.
- You must keep the hips and legs in a fixed position.
- Inhale as you twist to the right and exhale as you twist to the left.



## 5) Dumbbell Triceps Curl - Triceps

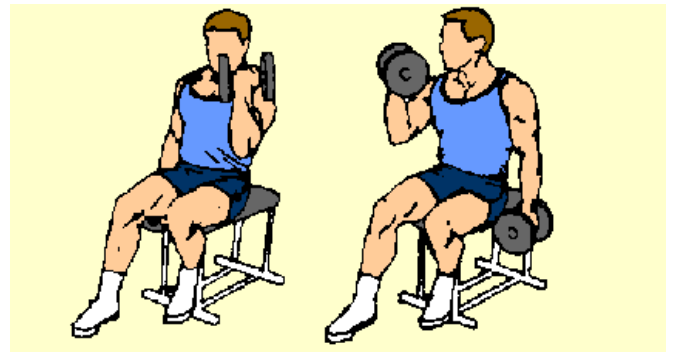
- Grasp a dumbbell with both hands and hold it overhead at arm's length. The dumbbell's top plate should be resting in the palms of your hands with your thumbs around the bar.
- Stand erect with your head up and your feet 16 inches apart.
- Keep your upper arms close to your head.
- Lower the 'bell in a semicircular motion behind your head until your forearms touch your biceps.



## 6) Seated Alternated Dumbbell Curl - Biceps

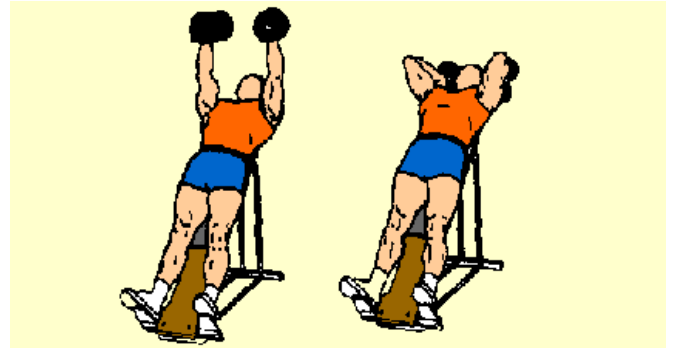
- Hold dumbbells.

- Sit at end of bench, feet firmly on floor.
- Keep back straight, head up.
- Start with dumbbells at arms' length, palms in.
- Curl dumbbell in right hand with palm in until past thigh, then turn palm up for remainder of curl to shoulder height.
- Keep palm up while lowering until past thigh, then turn palm in.
- Keep upper arm close to side.
- Do a repetition with right arm, then curl left arm.
- Inhale up, exhale down.



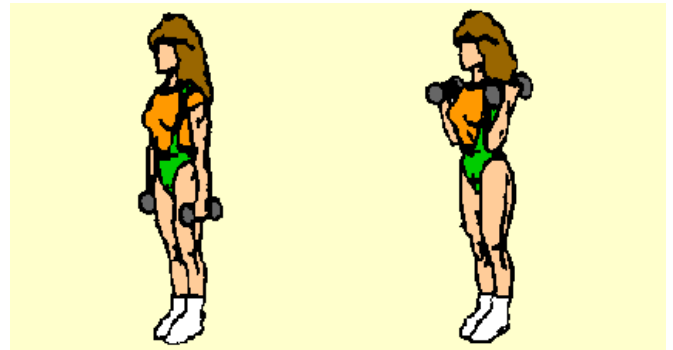
#### 7) Incline Two-Dumbbell Triceps Curl - Triceps

- Grasp a dumbbell in each hand and lie back on an incline bench with your head down and feet on the foot pads.
- Press the dumbbells overhead to arm's length above your shoulders.
- Inhale and lower both dumbbells straight down in a semicircular motion by bending your arms at the elbows but keeping your upper arms vertical throughout the exercise.
- The dumbbells should be lowered until your forearms and biceps touch.
- Press the dumbbells back to starting position using the same path and exhale.
- Try to keep your upper arms in close to the sides of your face but you will find it difficult to do.



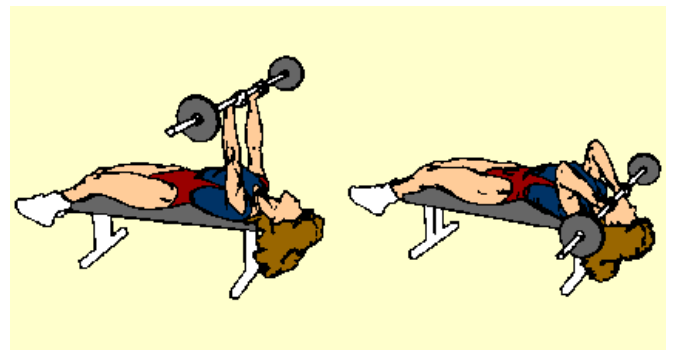
#### 8) Standing Dumbbell Curl - Biceps

- 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.



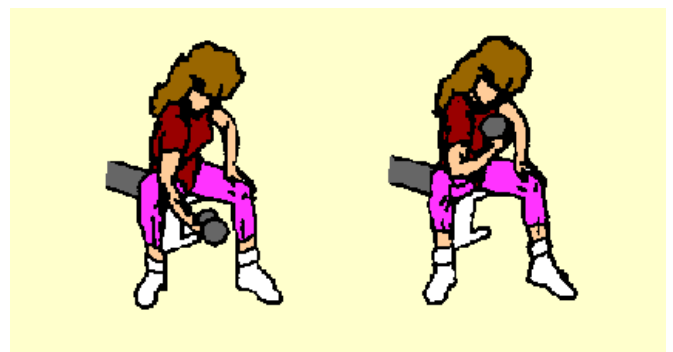
#### 9) Lying Supine Close-Grip Barbell Triceps Curl to Chin - Triceps

- Lie on back with head off end of bench.
- Hold barbell with hands 6" apart, palms up.
- Press bar to arms' length above shoulders.
- Lower bar in semicircular motion to chin, bending arms at elbows, keeping upper arms vertical.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip.



#### 10) Seated Concentrated Dumbbell Curl - Biceps

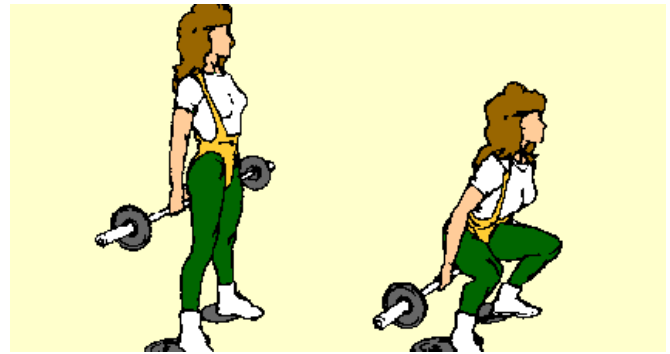
- Hold dumbbell in right hand, palm up.
- Sit at end of bench, feet firmly on floor about 24" apart.
- Hold dumbbell in front of you at arm's length.
- Bend slightly forward and place left hand on left knee.
- Rest upper right arm against inner right thigh about 4" above knee.
- Curl dumbbell up in semicircular motion to shoulder height.
- Keep upper arm against inner thigh at all times.
- Lower dumbbell to starting position using same path.
- Inhale up, exhale down.
- Reverse position and repeat movement with left arm.



#### 11) Heels-Elevated Wide-Stance Barbell Hack Squat - Inner Thighs

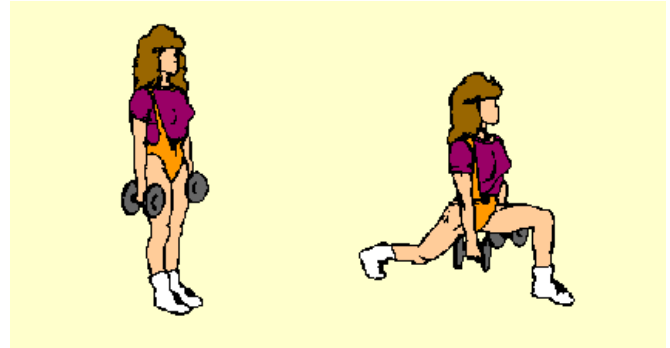
- Hold barbell behind you at arms' length.

- Put heels on plates about 30" apart.
- Keep bar tucked against buttocks and upper thighs.
- Palms up, facing back, hands as wide as hips.
- Turn wrists up to lock bar solidly.
- Bar stays this way at all times.
- Head up, eyes up at 45 degree angle.
- Squat until upper thighs are parallel to floor.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with close or medium stance.



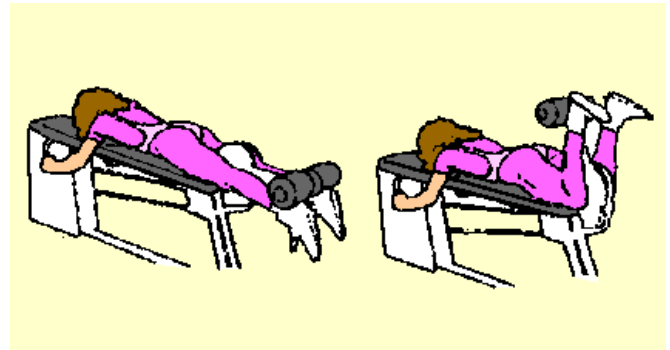
#### 12) Dumbbell Front Lunge - Thighs and Hamstrings

- Hold dumbbells at arms' length, palms in.
- Head up, back straight, feet about 6" apart.
- Step forward as far as possible with left leg until upper left thigh is almost parallel to floor.
- Keep right leg as straight as possible.
- Step back to starting position.
- Inhale out, exhale back.
- Repeat with right leg.



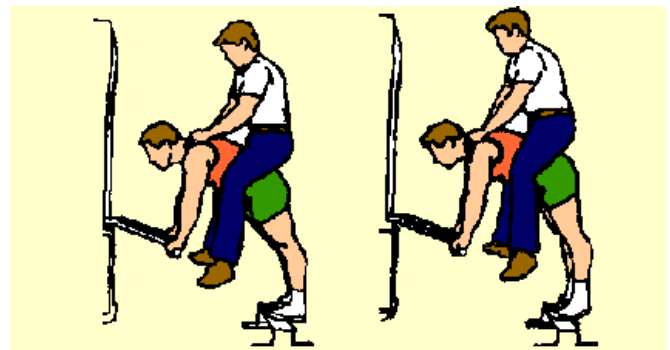
#### 13) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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) Donkey Toe Raise - Main Calf Muscles

- Place raised object on floor about 36" away from a waist-high object.
- Place balls of feet on raised object, legs locked.
- Bend forward and support upper body with outstretched arms.
- Keep legs straight.
- Have training partner sit on lower back with bulk of his weight on your hips.
- Raise up on toes as high as possible.
- Hold position momentarily, then return to starting position.
- Inhale up, exhale down.



### Training Suggestions for Month 14

- Train five days per week - two days on/one day off. That means you do workout A three times and workout B twice in the first week and workout B three times and workout A twice in the second week. With that schedule your rest days shift, instead of falling on a particular day or days. For example, during the first two weeks of the 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 for the last two weeks.
- On the midsection exercises, in which a fairly wide rep range is indicated, start with the minimum number in the first week and gradually add repetitions until you reach the maximum number of reps.
- **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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