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bill pearl enterprises, inc.

20 Months to a Champion Physique month 15 - advanced

select a program Month 15 - Advanced

As you enter the third month of the advanced phase of this program, you make the following changes:

- You train the various body parts in a different order;
- You increase the number of exercises and total sets per workout; and
- You now train six days a week instead of five.

You follow a split routine and return to a more standard approach in which you do all the exercises for a given body part before moving to the next. In the chest, shoulders and back workout (workout A) the order in which you train the respective muscle groups is as follows: midsection, chest, back, deltoids, forearms and calves. In the biceps, triceps and legs workout (workout B) the order is: midsection, thighs, hamstrings, calves, triceps, biceps and forearms.

Last month you did 14 exercises in each workout of the split routine for a total of 44 sets per session during the first two weeks and 54 sets per workout in the final two weeks. This month you increase the number of exercises in each workout to 16, which means you do 51 sets per workout for the first two weeks and 60 sets the last two weeks.

Since I recommend that you train six days per week, your total workload this month increases substantially. Last month, for instance, on the five-day-a-week training schedule, you did a total of 220 sets per week for the first two weeks and 270 sets per week the last two weeks. This month, however, on the six day-a-week schedule, you do a total of 306 sets per week the first two weeks and 360 the last two weeks.

you will perhaps be relieved to know that you have now basically reached the maximum as far as workload is concerned for this 20month program. Actually, you do roughly the same number of sets per workout and per week for the

next four months. In the last two months of the program, when you switch to a triple-split routine-three different workouts per week instead of two-you will cut back on the training volume both in terms of the number of exercises and the total number of sets. Of course, cutting back on the sets in this way enables you to place greater emphasis on intensity rather than volume.

Now that you have reached maximum in terms of workload, please make sure that you follow our standard guideline-do not train to failure. Otherwise, you may run a serious risk of overtraining, injury or both. Due to the sheer workload you now face, it's also important that you pay careful attention to correct exercise form again, to minimize the risk of injury. Furthermore, you must be sure to get plenty of sleep each night and adhere to a healthy lifestyle. If you don't, you will probably find this workload too much for you. You certainly won't make the progress you want if you don't get sufficient sleep. Staying out late drinking and carousing till all hours may seem like fun to some people, but that's not the way to make maximum progress in a bodybuilding program. Remember, at this stage you are a serious athlete in training and you have to live accordingly.

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.

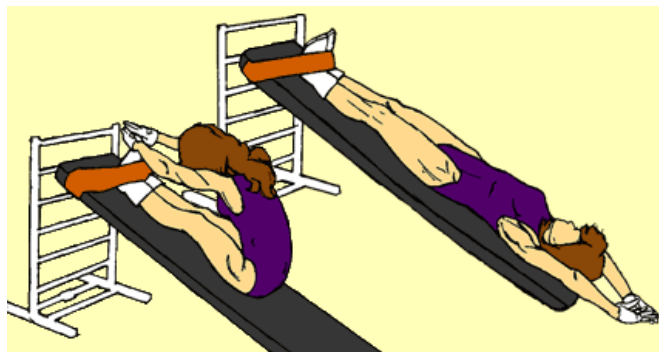
Workout A

Exercise	Sets	Reps
1) Incline Arms-Extended Sit-Up - Upper Abdominals	1	25-50
2) Alternated Twisting Dumbbell Bend to Opposite Foot - Obliques and Lower Back	1	25-50
3) Dip Stand Leg Raise - Lower Abdominals	1	15-50
4) Low-Pulley Alternate Leg Pull-In - Midsection	1	25-50
5) Hyper-Extension - Lower Back	1	15-25
6) Incline Lateral - Upper Pectorals	4-5	8-10
7) Bent-Arm Lateral - Outer Pectorals	4-5	8-10
8) Decline Lateral - Lower Pectorals	4-5	8-10
9) Wide-Grip Rear Lat Pull-Down - Upper Lats	4-5	10-12
10) Pullover on Machine - Lats and Triceps	4-5	10-12
11) Standard Bent-Over One-Arm Long Bar Rowing - Upper Back and Lats	4-5	10-12
12) Standing High-Pulley Rear-Deltoid Lateral Pull - Rear Deltoids	4-5	8-10
13) Seated Machine Press - Deltoids	4-5	8-10
14) Standing Dumbbell Straight-Arm Front Deltoid Raise - Deltoids	4-5	8-10
15) Squatting Palms-Down Barbell Wrist Curl - Outside Forearms	5	20-25
16) Toe Raise on Seated Calf Machine - Main Calf Muscles	4-5	20-25

1) Incline Arms-Extended Sit-Up - Upper Abdominals

- Put sit-up board at 25 to 30 degree angle.
- Sit with feet at high side under strap.
- Keep knees slightly bent, arms above head, elbows locked.
- Lower torso until lower back touches.
- Raise straight up as far as possible.
- Inhale down, exhale up.
- To make easier, lower angle of bench

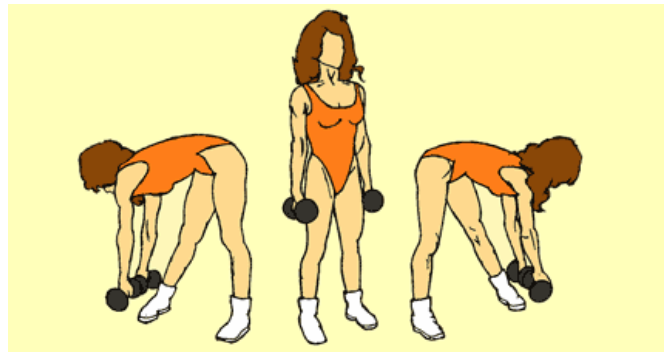
Note: Straight-Legged Sit-Ups put more pressure on the lower back than Bent-Knee Sit-Ups. Bent knees isolate and work the abdominal muscles to a greater degree. We include Straight-Legged Sit-Ups since it also works the hip flexors (iliopsoas and rectus femoris), but it should not be used if you have lower back problems.



2) Alternated Twisting Dumbbell Bend to Opposite Foot - Obliques and Lower Back

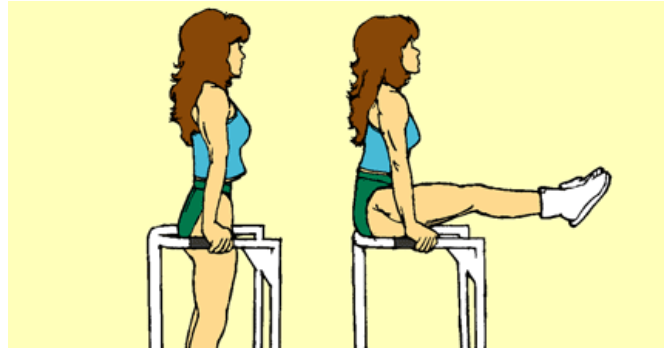
- Standing erect with feet about 16" apart.

- Hold dumbbells, palms in.
- Keep back straight, head up, hips and knees locked.
- Inhale and twist torso to right, then bend, holding twist until dumbbells nearly touch right foot.
- Return to starting position and exhale.
- Repeat movement to left side.
- A movement to the right and left equals one rep.



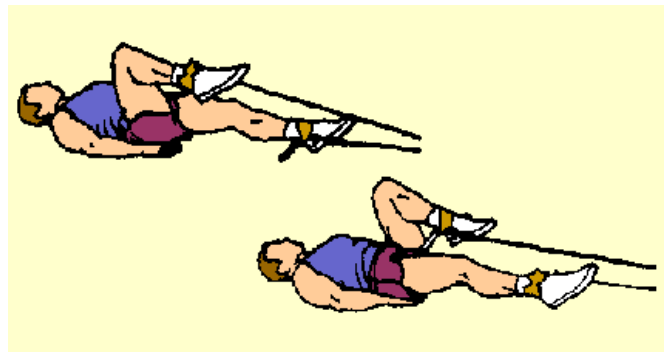
3) Dip Stand Leg Raise - Lower Abdominals

- Get on dip stand facing out.
- Arms straight, legs locked.
- Raise legs until parallel to floor.
- Keep knees straight.
- Return to starting position.
- Inhale up, exhale down.
- To make harder, hold light weight between feet.



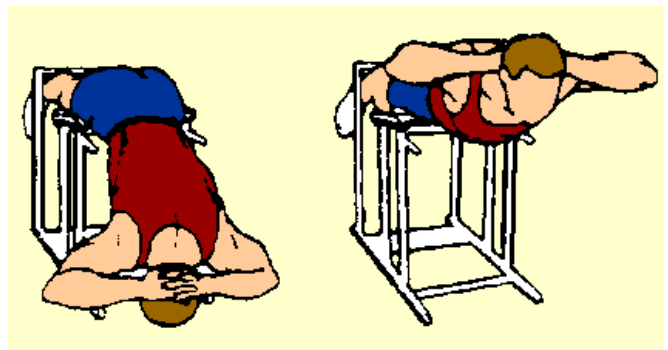
4) Low-Pulley Alternate Leg Pull-In - Midsection

- 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.



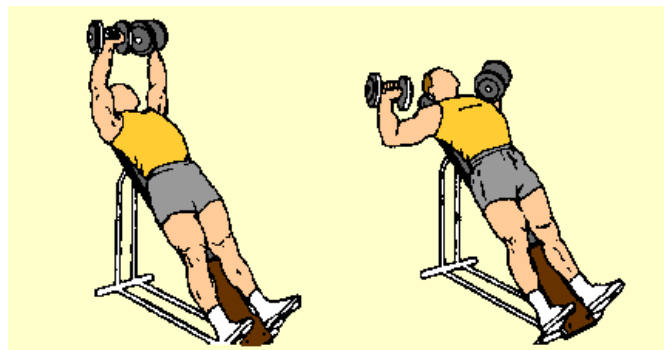
5) Hyper-Extension - Lower Back

- 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 straight up until slightly past parallel.
- Return to starting position.
- Inhale up, exhale down.
- Can also be done with weight behind neck to increase resistance.



6) Incline Lateral - Upper Pectorals

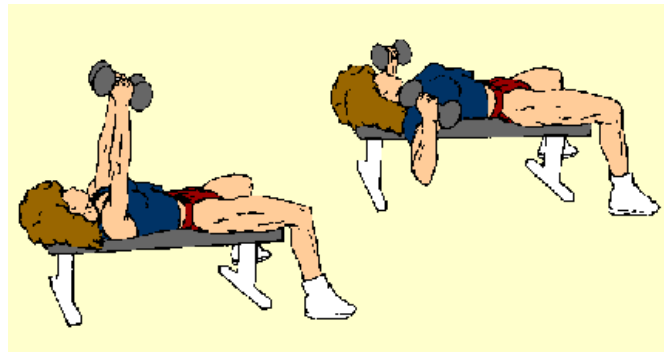
- Lie on incline bench.
- Hold dumbbells together at arms' length above shoulders, palms forward.
- Slowly lower dumbbells to chest until 10" from each side of chest.
- Elbows in line with ears.
- Forearms slightly out of vertical position.
- Return to starting position using same path.
- Inhale down, exhale up.



7) Bent-Arm Lateral - Outer Pectorals

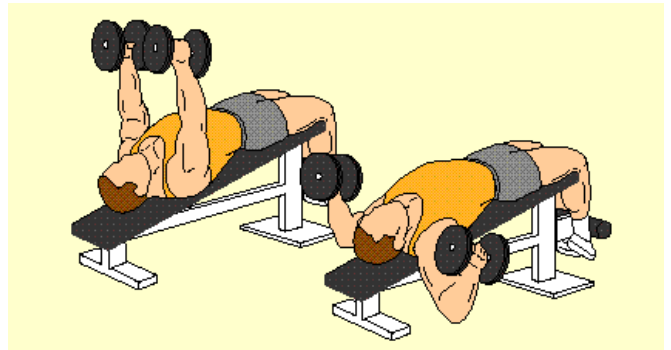
- Lie on bench, feet flat on floor.

- Hold dumbbells together at arms' length above shoulders, palms facing each other.
- Slowly lower dumbbells so they are even with chest and 10" from each side.
- Elbows in line with ears.
- Forearms slightly out of vertical position.
- Return to starting position using same path.
- Inhale down, exhale up.



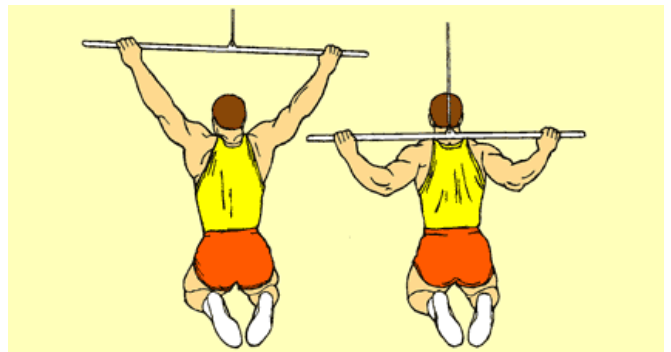
8) Decline Lateral - Lower Pectorals

- 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.



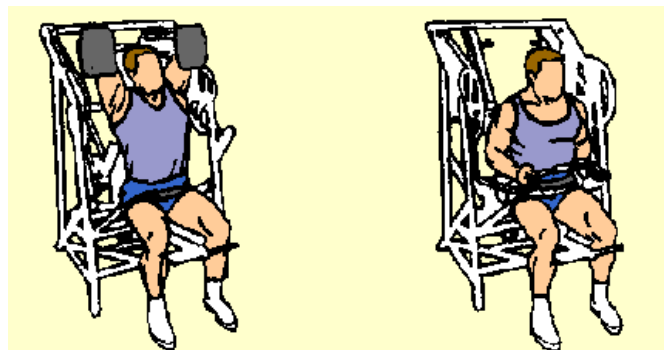
9) Wide-Grip Rear Lat Pull-Down - Upper Lats

- Hold lat bar with hands about 36" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until it touches back of neck just above shoulders.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip.



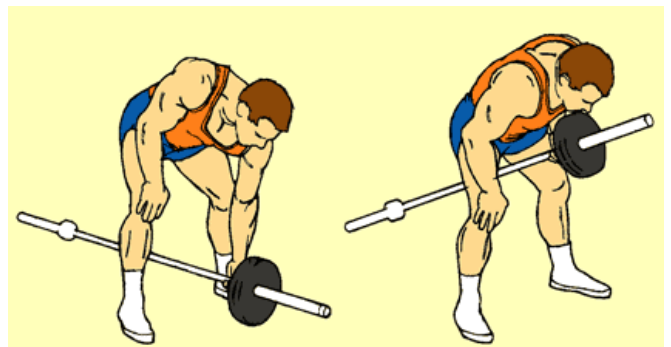
10) Pullover on Machine - Lats and Triceps

- 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.



11) Standard Bent-Over One-Arm Long Bar Rowing - Upper Back and Lats

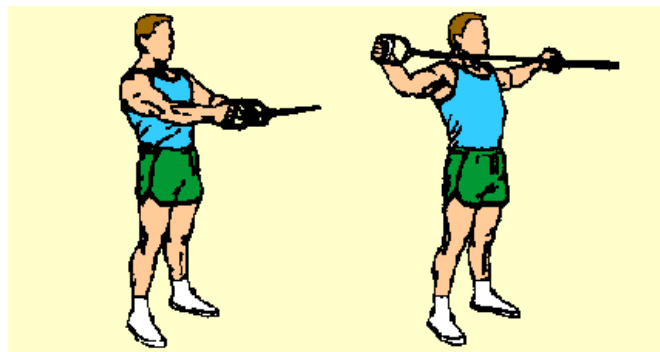
- Place empty barbell bar in a corner or against something.
- Put weights on other end of bar.
- Straddle bar and bend forward until torso is parallel to floor.
- Keep knees slightly bent.
- Grasp bar just behind plates with left hand.
- Place right hand on right knee.
- Pull bar straight up, elbow in, until plates touch chest.
- Lower bar to starting position.
- Inhale up, exhale down.
- Do not let plates touch floor during exercise.
- Keep back straight.
- Reverse position and repeat with right arm.



12) Standing High-Pulley Rear-Deltoid Lateral Pull - Rear Deltoids

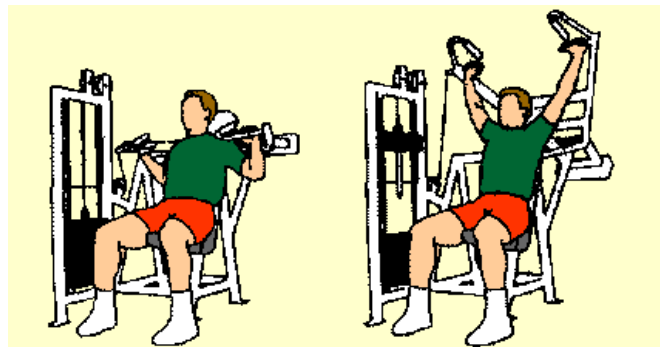
- Stand facing wall pulley.

- 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.



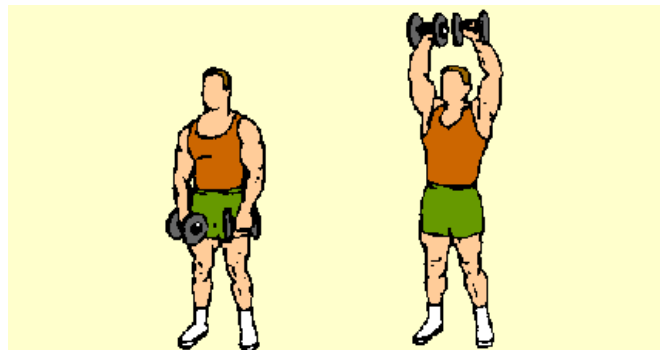
13) Seated Machine Press - Deltoids

- Grip the bar with your hands slightly beyond shoulder width.
- Inhale and press the bar to full arm's length.
- Lower the bar to starting position and exhale.



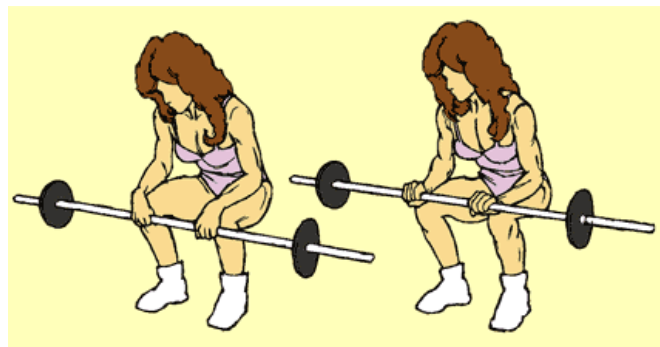
14) Standing Dumbbell Straight-Arm Front Deltoid Raise - Deltoids

- Hold dumbbells in front of thighs, palms facing in.
- Arms straight, elbows locked, raise dumbbells in semicircular motion to arms' length overhead.
- Return to starting position using same path.
- Inhale up, exhale down.
- Can also be done by alternating one arm up, one arm down.
- Can also be done sitting (begin with dumbbells at sides)



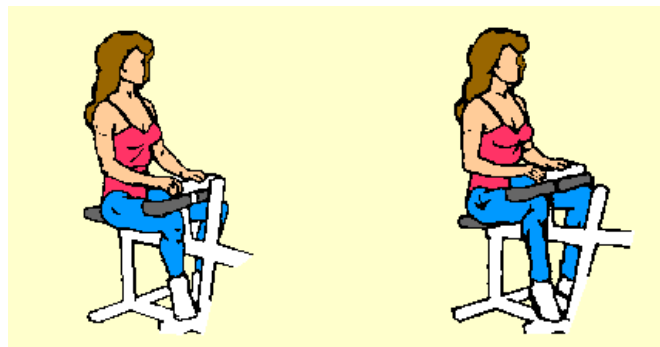
15) Squatting Palms-Down Barbell Wrist Curl - Outside Forearms

- Hold barbell, palms down, hands 10" apart.
- Squat until upper thighs are parallel to floor.
- Place wrists over knees.
- Lower bar as far as possible, keeping tight grip.
- Curl bar as high as possible.
- Do not let forearms raise up.
- Inhale up, exhale down.



16) Toe Raise on Seated Calf Machine - Main Calf Muscles

- Sit on seat of machine.
- Place upper thighs under leg pad just above knees.
- Raise up on toes and release safety stop.
- Lower heels to lowest possible comfortable position.
- Raise up on toes as high as possible.
- Hold momentarily, then return to starting position.
- Inhale up, exhale down.



Workout B

Exercise

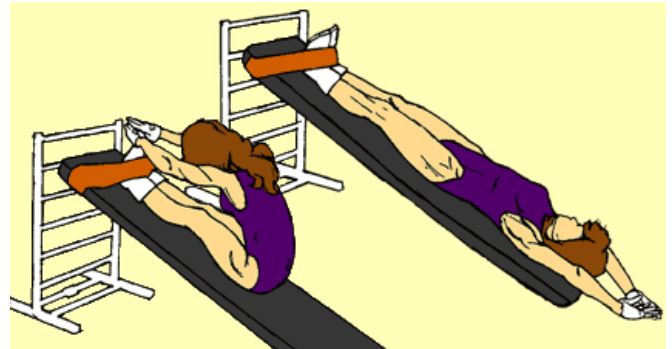
Sets Reps

1) Incline Arms-Extended Sit-Up - Upper Abdominals	1	25-50
2) Alternated Twisting Dumbbell Bend to Opposite Foot - Obliques and Lower Back	1	25-50
3) Dip Stand Leg Raise - Lower Abdominals	1	15-50
4) Low-Pulley Alternate Leg Pull-In - Midsection	1	25-50
5) Hyper-Extension - Lower Back	1	15-25
6) Flat-Footed Medium-Stance Barbell Squat - Thigh and Buttocks	4-5	10-12
7) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10-12
8) Dumbbell Front Lunge - Thighs and Hamstrings	4-5	10-12
9) Lying Supine Toe Raise on Wall Leg Press Machine - Main Calf Muscles	4-5	20-25
10) Lying Floor Close-Grip Barbell Triceps Curl to Forehead - Triceps	4-5	8-10
11) Incline Close-Grip Barbell Triceps Curl - Triceps	4-5	8-10
12) Dip - Pectorals and Triceps	4-5	8-15
13) Seated Medium-Grip Machine Curl on Biceps Machine - Biceps	4-5	8-10
14) Seated Scott Bench Two-Arm Dumbbell Curl - Lower Biceps	4-5	8-10
15) Lying Supine Close-Grip Bar Curl on High Pulley - Outer Biceps	4-5	8-10
16) Squatting Palms-Up Barbell Wrist Curl - Inside Forearms	4-5	20-25

1) Incline Arms-Extended Sit-Up - Upper Abdominals

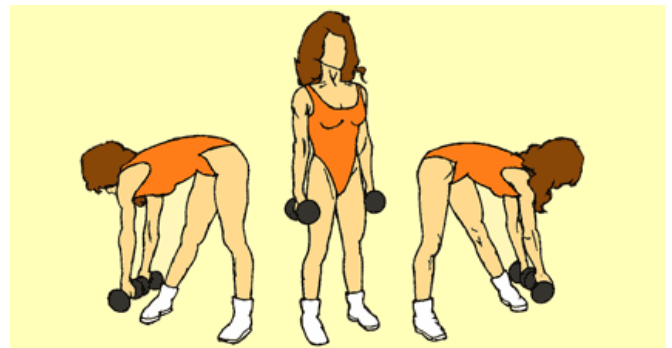
- Put sit-up board at 25 to 30 degree angle.
- Sit with feet at high side under strap.
- Keep knees slightly bent, arms above head, elbows locked.
- Lower torso until lower back touches.
- Raise straight up as far as possible.
- Inhale down, exhale up.
- To make easier, lower angle of bench

Note: Straight-Legged Sit-Ups put more pressure on the lower back than Bent-Knee Sit-Ups. Bent knees isolate and work the abdominal muscles to a greater degree. We include Straight-Legged Sit-Ups since it also works the hip flexors (iliopsoas and rectus femoris), but it should not be used if you have lower back problems.



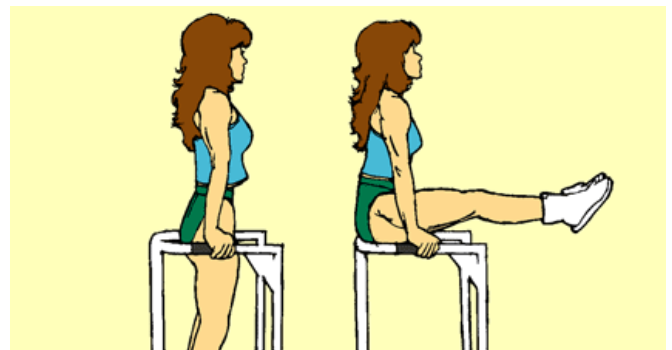
2) Alternated Twisting Dumbbell Bend to Opposite Foot - Obliques and Lower Back

- Standing erect with feet about 16" apart.
- Hold dumbbells, palms in.
- Keep back straight, head up, hips and knees locked.
- Inhale and twist torso to right, then bend, holding twist until dumbbells nearly touch right foot.
- Return to starting position and exhale.
- Repeat movement to left side.
- A movement to the right and left equals one rep.



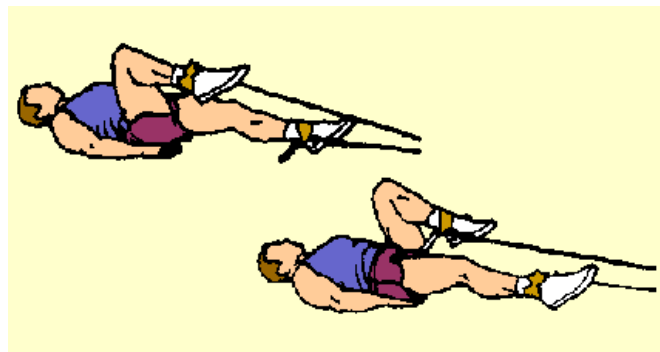
3) Dip Stand Leg Raise - Lower Abdominals

- Get on dip stand facing out.
- Arms straight, legs locked.
- Raise legs until parallel to floor.
- Keep knees straight.
- Return to starting position.
- Inhale up, exhale down.
- To make harder, hold light weight between feet.



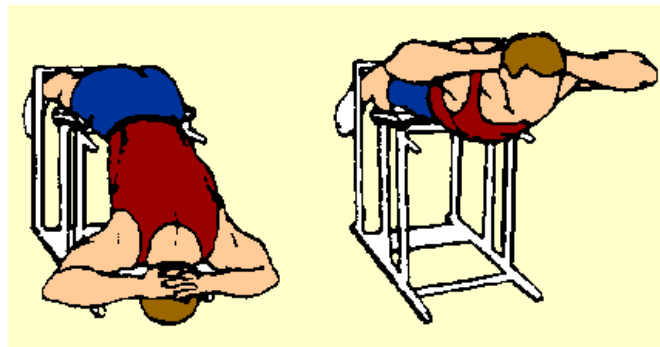
4) Low-Pulley Alternate Leg Pull-In - Midsection

- 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.



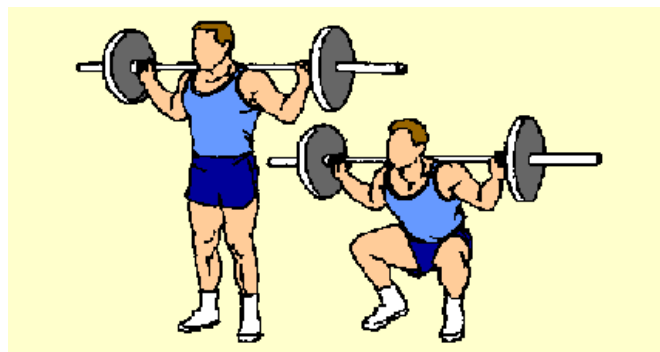
5) Hyper-Extension - Lower Back

- 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 straight up until slightly past parallel.
- Return to starting position.
- Inhale up, exhale down.
- Can also be done with weight behind neck to increase resistance.



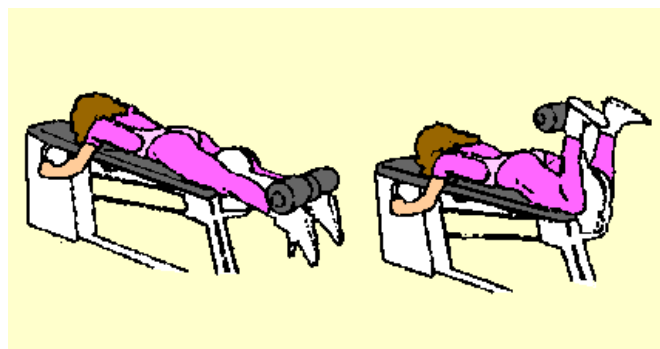
6) Flat-Footed Medium-Stance Barbell Squat - Thigh and Buttocks

- Place barbell on upper back.
- Use comfortable hand grip.
- Head up, back straight, feet about 16" apart.
- Squat until upper thighs are parallel to floor.
- Head stays up, back straight, knees close together.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with close stance.



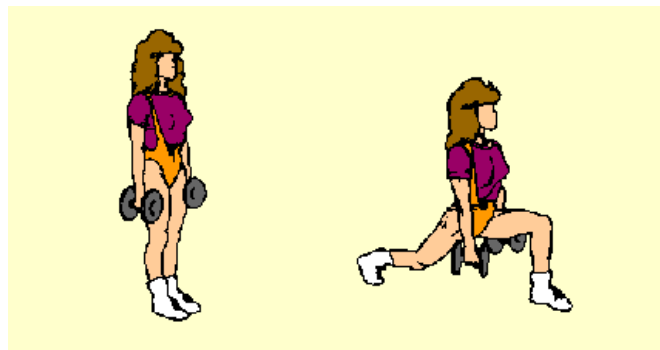
7) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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.



8) Dumbbell Front Lunge - Thighs and Hamstrings

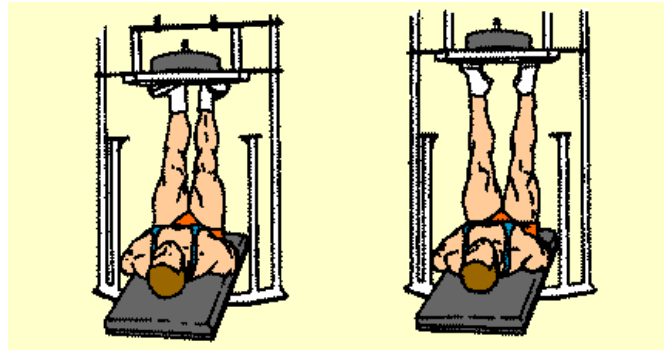
- Hold dumbbells at arms' length, palms in.
- Head up, back straight, feet about 6" apart.
- Step forward as far as possible with left leg until upper left thigh is almost parallel to floor.
- Keep right leg as straight as possible.
- Step back to starting position.
- Inhale out, exhale back.
- Repeat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



9) Lying Supine Toe Raise on Wall Leg Press Machine - Main Calf Muscles

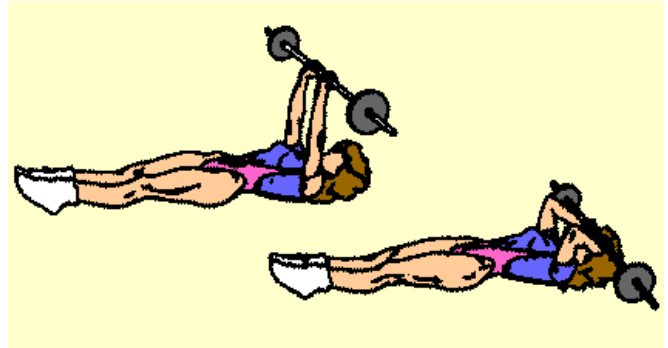
- Lie on floor pad under machine, hips directly under foot pad.

- Place balls of feet on foot pad.
- Press weight rack up until legs are straight, knees locked.
- Release safety stops, then place hands under buttocks, palms down.
- Press up with toes, raising rack as high as possible.
- Hold, then return to starting position.
- Inhale up, exhale down.
- Toes out, heels in, works inner calves.
- Feet straight works main calf muscles.
- Toes in, heels out, works outer calves.
- Can also be done one leg at a time.



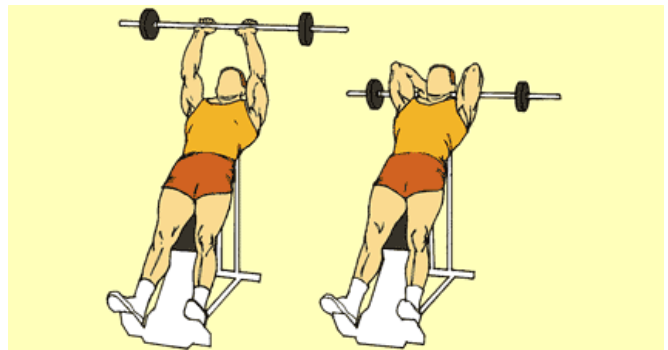
10) Lying Floor Close-Grip Barbell Triceps Curl to Forehead - Triceps

- Lie on back on floor.
- Hold barbell with hands 6" apart, palms up.
- Press bar to arms' length above shoulders.
- Lower bar in semicircular motion to forehead, bending arms at elbows, keeping upper arms vertical.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip, or 2 dumbbells, palms facing in.



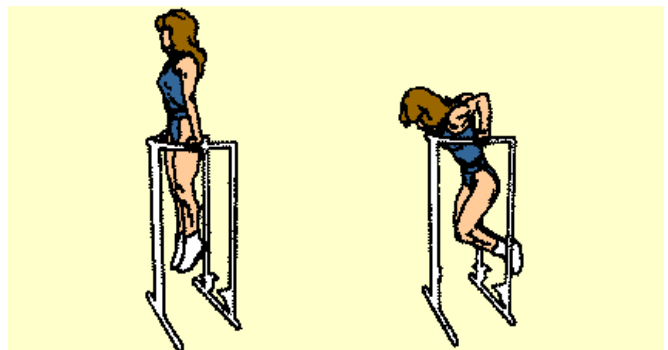
11) Incline Close-Grip Barbell Triceps Curl - Triceps

- Hold barbell with hands 6" apart, palms down.
- Lie back on incline bench, keeping head off bench.
- 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 with medium grip or with 2 dumbbells, palms facing in.



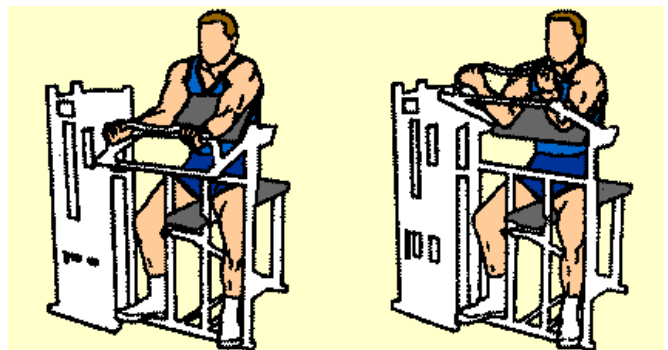
12) Dip - Pectorals and Triceps

- Hold yourself erect on bars.
- Keep elbows into sides, lower body by bending shoulders and elbows.
- Continue down as far as you can.
- Pause, then press back to arms' length.
- Do not let body swing back and forth.
- Inhale down, exhale up.



13) Seated Medium-Grip Machine Curl on Biceps Machine - Biceps

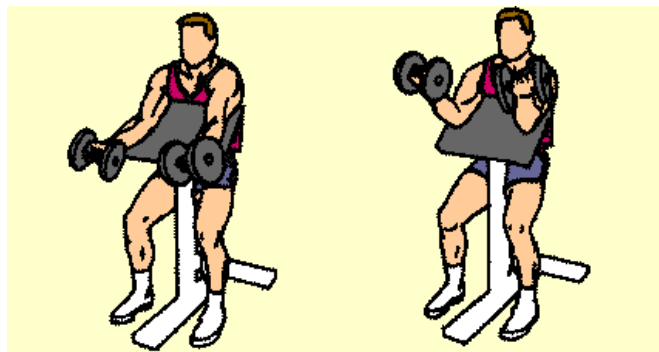
- Sit on seat of biceps curling machine.
- Hold bar at second curves, palms up.
- If machine has straight bar, keep hands 16" apart.
- Place upper arms against pad.
- Curl bar up in semicircular motion until forearms touch biceps.
- Try to keep upper arms from moving outward.
- Return to starting position using same path.
- Inhale up, exhale down.



14) Seated Scott Bench Two-Arm Dumbbell Curl - Lower Biceps

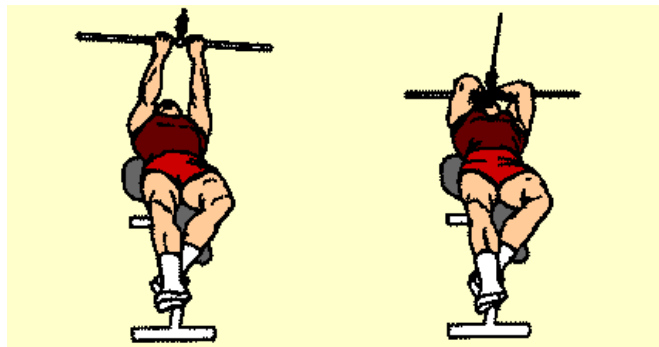
- Hold dumbbells, palms up.

- Sit on bench, arms resting on slanted pad.
- Curl dumbbells up in semicircular motion until forearms touch biceps.
- Keep upper arms drawn in.
- Return to starting position using same path.
- Inhale up, exhale down.
- Can also be done with barbell or EZ-Curl barbell.



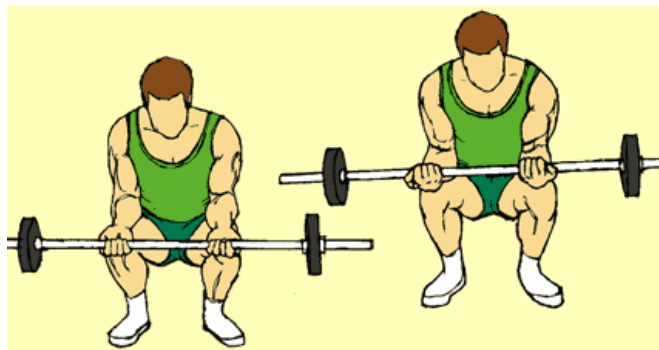
15) Lying Supine Close-Grip Bar Curl on High Pulley - Outer Biceps

- Place flat bench in front of high pulley.
- Hold bar with both hands, palms down, 8" apart.
- Lie on your back with head over end of bench.
- Extend arms straight above shoulders.
- Curl bar down in semicircular motion until it touches chin.
- Keep upper arms vertical at all times.
- Return to starting position using same path.
- Inhale down, exhale up.



16) Squatting Palms-Up Barbell Wrist Curl - Inside Forearms

- Hold barbell, palms up, hands 16" apart.
- Squat until upper thighs are parallel to floor.
- Place forearms on upper thighs.
- Place back of wrists over knees.
- Lower bar as far as possible, keeping tight grip.
- Curl bar as high as possible.
- Do not let forearms raise up.
- Inhale up, exhale down.



Training Suggestions for Month 15

- For best results train six days a week on the following schedule:
 - Monday: Workout A
 - Tuesday: Workout B
 - Wednesday: Workout A
 - Thursday: Workout B
 - Friday: Workout A
 - Saturday: Workout B
 - Sunday: Rest
- If a set range is indicated, such as 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, where a fairly wide rep range is indicated, start with the minimum number of reps in the first week and gradually add repetitions as the weeks go by until you reach the maximum.
- **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, always concentrate on correct 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 three days per week in addition to your weight training program.

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

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height of 5'10" and his arms measured 21 inches!

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