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bill pearl enterprises, inc.

20 Months to a Champion Physique month 16 - advanced

select a program **Month 16 - Advanced**

Serious bodybuilding are always looking for more size, more mass, bigger muscles, and I was certainly no exception during my competitive career.; I took that quest so seriously that at my peak as a bodybuilder, when I won the Mr. Universe contest in 1971, I weighed 242 pounds in hard, muscular condition at a height of 5' 10".

What are the keys to maximizing muscle mass? In my opinion there are three: 1) Select exercises that bring the most muscle fibers into play - bench presses, military presses, heavy rows, squats, etc. 2) keep your repetitions relatively low - between six and eight; and 3) do numerous sets of these exercises.

Performing low repetitions with heavy weights causes the muscle fibers to become coarser and thicker - and consequently larger and more massive. On the other hand, if you are doing high repetitions with light weight, the muscle becomes more dense, like a distance runner's muscles, and won't become as thick and bulky. So the body adapts to these workloads.

Developing a pleasing, aesthetic physique is not just a matter of becoming as massive as possible, however. There are numerous other factors that enter the picture. If an individual has good abdominals, but the intercostals and obliques are weak or he's got a layer of fat around his middle, he's not going to look good. Likewise, if a person has large muscles but the muscle attachments and tie-ins leave something to be desired, it will detract noticeably from the physique.

So you have got to be concerned about the composition of your whole body, not just specific muscle groups or simply how much mass you are carrying. Mass by itself does not win contests anymore. Eight-time Mr. Olympia Lee Haney was a very massive bodybuilder, but he also had great muscle definition, separation and impressive symmetry. It takes the whole package to become a world champion.

If you look back through this program, you will notice I've not only varied the exercises, but also the sets and reps. It's all part of developing the whole package - mass, refinement and symmetry. In other words, you are not looking just to build mass but also the muscle symmetry, density and refinement that any serious bodybuilder wants. Of course, now that you have reached the advanced stage of the program, your diet becomes very important. You not only want to provide your body with the best possible fuel for increased training intensity in order to facilitate maximum growth, but it's important to get your bodyfat down to where it will best display the physique you have worked so hard to build. So the types of foods you eat and the amount of fat grams in your diet now become key. Remember, diet and nutrition are an integral part of a good bodybuilding program - and that's never more true than when you reach the advanced level of training.

This month's split routine duplicates what you did last month in terms of the order in which you work the various muscle groups and the sets and reps. Only the exercises themselves are changed. Once again, you train in the following sequence: midsection, chest, back, deltoids, forearms and calves in workout A; midsection, thighs, hamstrings, thighs, calves, triceps, biceps and forearms in workout B. As was the case last month, I suggest you train six days a week, alternating between workout A and workout B, the take the seventh day off.

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.

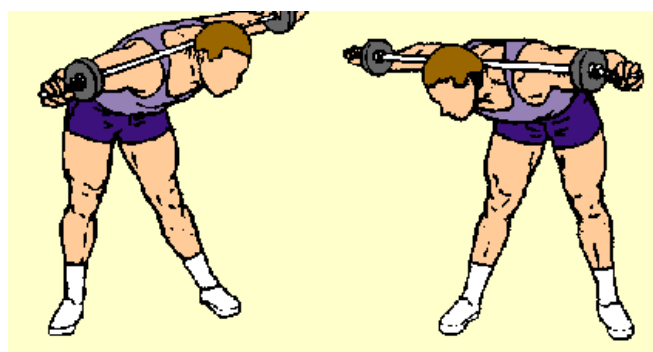
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Workout A

Exercise	Sets	Reps
1) Twisting Barbell Good Morning - Rear Obliques and Abdominals	1	25-50
2) Bent-Knee Alternate Twisting Sit-Up - Abdominals and Obliques	1	25-50
3) Hand-on-Head Dumbbell Side Bend - Obliques	1	50-100
4) Decline Bench Twisting Sit-Up - Abdominals and Obliques	1	25-50
5) Seated Incline Alternate Leg Pull-In - Lower Abdominals	1	25-50
6) Inner-Pec Press on Inner-Pec Machine - Upper and Inner Pectorals	4-5	8-10
7) Bent-Arm Barbell Pullover - Upper Pectorals, Rib Cage, Triceps	4-5	8-10
8) Dip with Weights - Pectorals and Triceps	4-5	8-10
9) Reverse Close-Grip Front Lat Pull-Down - Lats	4-5	8-10
10) Barbell Dead Lift - Buttocks, Thighs, Lower Back	4-5	8-10
11) Buddy Lat Stretch - Upper and Lower Lats	4-5	8-10
12) Standing Close-Grip Half-Way Front Barbell Raise - Front Deltoids	4-5	8-10
13) Standing Barbell Press Behind Neck - Front and Rear Deltoids	4-5	8-10
14) Lying Close-Grip Straight-Arm Barbell Rear Deltoid Raise - Rear Deltoids	4-5	8-10
15) Standing Arms-Extended Wrist-Roller Wrist Curl - Outside Forearms	5	25-50
16) Standing Dumbbell One-Legged Toe Raise - Main Calf Muscles	5	20-25

1) Twisting Barbell Good Morning - Rear Obliques and Abdominals

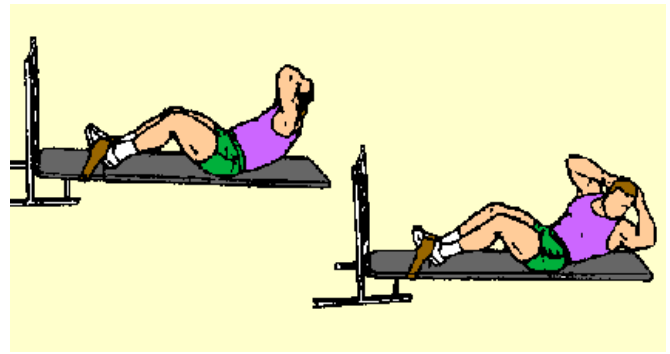
- Stand erect with your feet about 16" apart.
- Place a light barbell on your shoulders.
- Grasp the barbell with both hands in a comfortable position.
- Now twist your torso to the right by twisting at the waist while keeping your hips and legs in a straight line.
- Keep your back straight and your head up as you inhale and bend forward at the waist until your upper body is parallel to the floor.
- Return to the starting position and exhale.
- You will perform the prescribed number of repetitions on the right side and then change to the same position of the left side and repeat the exercise.
- Be sure your knees are in a locked position during the entire exercise.



2) Bent-Knee Alternate Twisting Sit-Up - Abdominals and Obliques

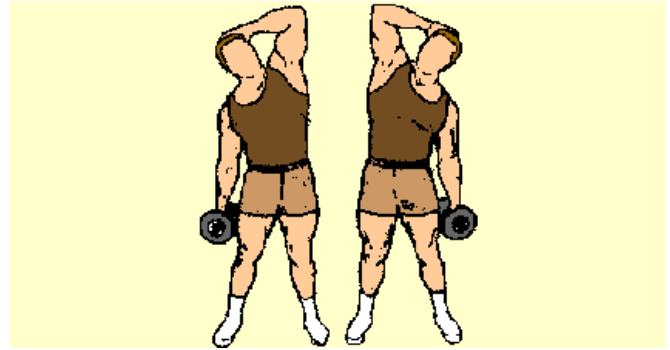
- Sit down on a sit-up board and hook your feet under the strap.
- With your knees bent to about a 45 degree angle, put your hands behind your head and place

- your chin on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso down until your lower back touches the board.
- Return to starting position and exhale.
- Now, twist your upper body to the left and repeat the same movement.
- Two movements are considered one repetition.



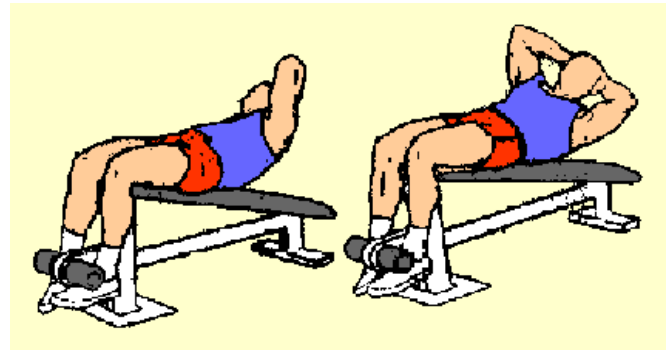
3) Hand-on-Head Dumbbell Side Bend - Obliques

- Stand erect with your feet about 16" apart and grasp a dumbbell in your right hand.
- Your palm will be facing your upper thigh.
- Place your left hand on the left side of your head.
- Inhale and bend to the right as far as possible and the bend to the left as far as possible and exhale.
- You will perform the prescribed number of repetitions and then change the weight to the left hand and put your right hand on the right side of your head, repeating the movement.
- You must remember to keep your back straight and your head up or you will bend too far forward.



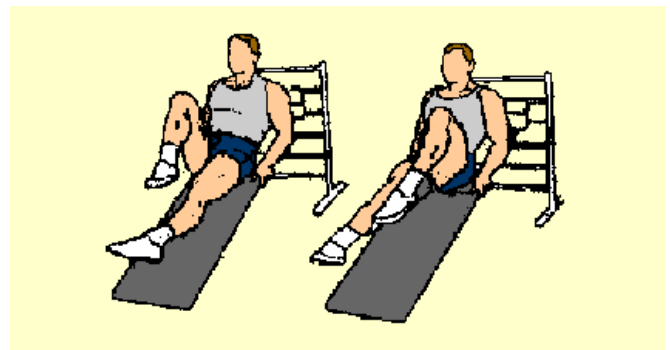
4) Decline Bench Twisting Sit-Up - Abdominals and Obliques

- Sit on a decline bench with your knees bent and your feet held in place.
- Put your hands behind your head and your chin on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso until your lower back touches the board.
- Return to starting position and exhale.
- Do the prescribed number of repetitions on the right side and then change the position of your torso to the left side and repeat the number of repetitions.



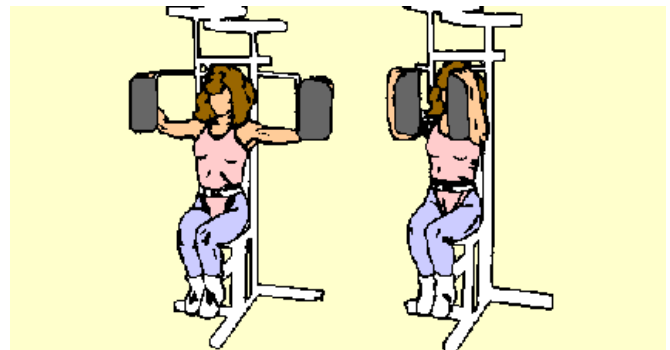
5) Seated Incline Alternate Leg Pull-In - Lower Abdominals

- Position a sit-up board on a 25-30 degree angle.
- Sit on the board so your feet are on the down end.
- Grasp the sides of the board just behind your buttocks.
- Sit back slightly and raise your feet about 3" off the board.
- Inhale and raise your right leg up, bending it at the knee, until it is vertical with your body and your lower leg is parallel with the board.
- As you start to return your right leg to starting position, commence to raise your left leg up, getting the same motion going with your thighs as if you were riding a bicycle.
- Inhale as you raise your right leg and exhale as you lower it.
- A movement with each leg is considered one repetition.



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

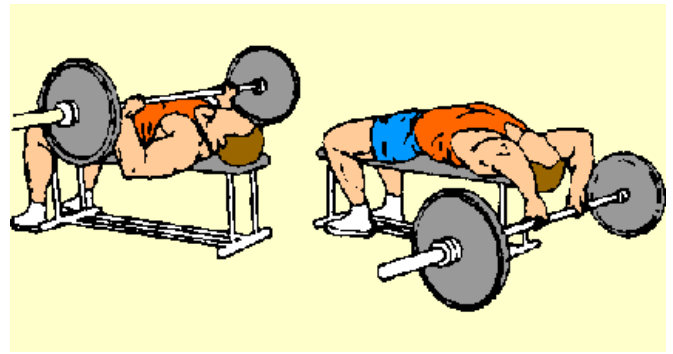
- Position yourself comfortably on machine.
- Keep upper arms high, in line with shoulders.
- Keep forearms vertical, firm against pads, and contract pectorals.
- Inhale as you squeeze, exhale as arms go back.



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

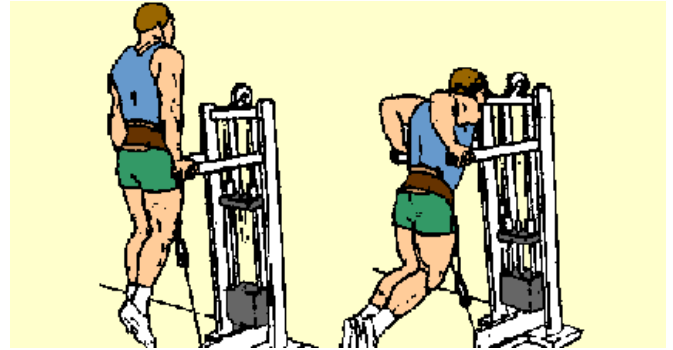
- Lie on bench, head over end, feet flat on floor.

- 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.



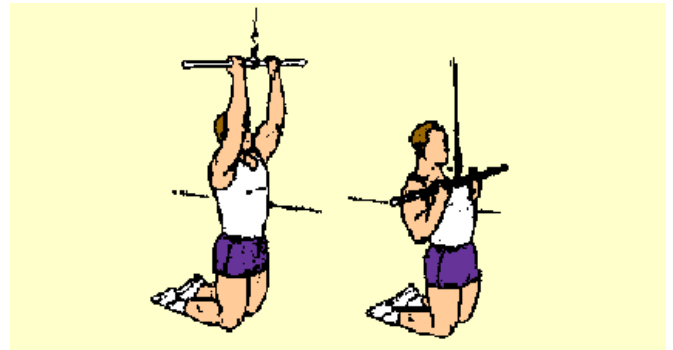
8) Dip with Weights - Pectorals and Triceps

- Use machine as shown or hang dumbbell from waist with webbed belt or piece of rope.
- Hold yourself erect on bars.
- Lower body by bending arms, elbows in close.
- Lower until forearms and biceps touch.
- Pause, then press back to arms' length, elbows locked.
- Do not swing body back and forth.
- Inhale down, exhale up.



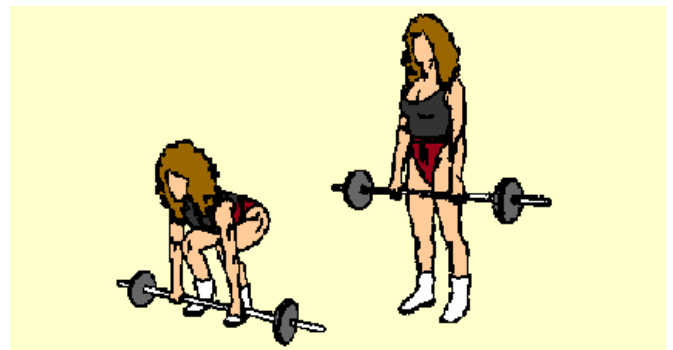
9) Reverse Close-Grip Front Lat Pull-Down - Lats

- Use a reverse hand grip on a lat machine bar keeping the hands about 8" apart.
- Kneel down on your knees until you are supporting the weight stack with your arms while they are extended overhead.
- Inhale and pull the bar straight down until it is even with your shoulders.
- Return to starting position and exhale.



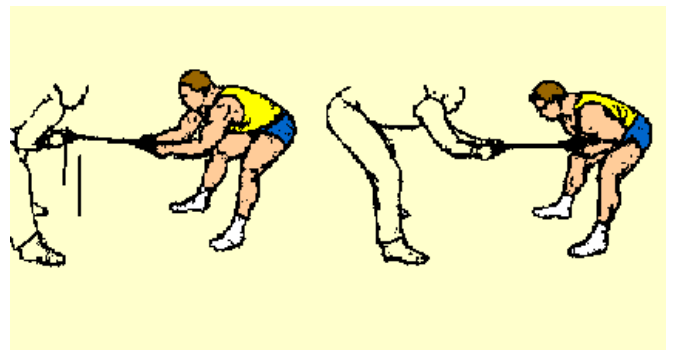
10) Barbell Dead Lift - Buttocks, Thighs, Lower Back

- Place barbell on floor in front of you.
- Keep feet 16" apart.
- Bend down and hold bar just outside of knees.
- Keep knees bent, back straight, head up.
- Using thighs and back, stand erect, arms locked.
- Inhale up, exhale down.
- Can also be done with dumbbells.



11) Buddy Lat Stretch - Upper and Lower Lats

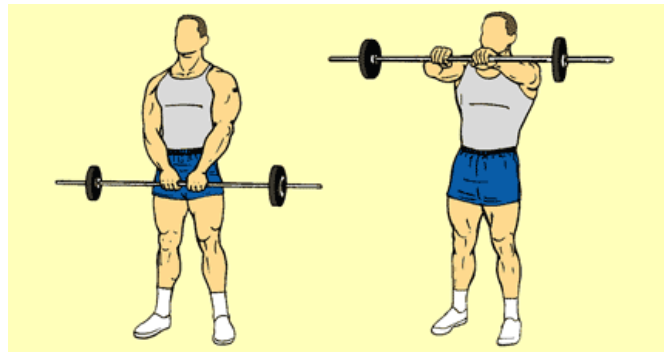
- Use a piece of rope about 40" long or a bath towel for this exercise.
- Grasp one end of the rope while your training partner holds the other end.
- Both of you bend at the waist, keeping your backs straight and heads up.
- Your feet should be about 24" apart and the knees slightly bent.
- With your arms outstretched and your training partner's arms bent at his sides and hands about in line with his lower chest, inhale and pull your hands to your lower chest, keeping your arms in close to your sides.
- Your training partner will apply resistance as you are pulling.
- It is then his turn to pull the rope back to his lower chest as you apply resistance for him.
- Be sure to concentrate on the lats, both pulling in and resisting out.



12) Standing Close-Grip Half-Way Front Barbell Raise - Front Deltoids

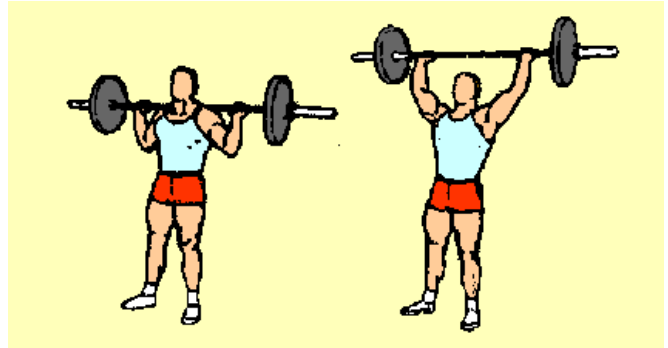
- Use a grip on a barbell that is about 4-6" wide.

- 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.



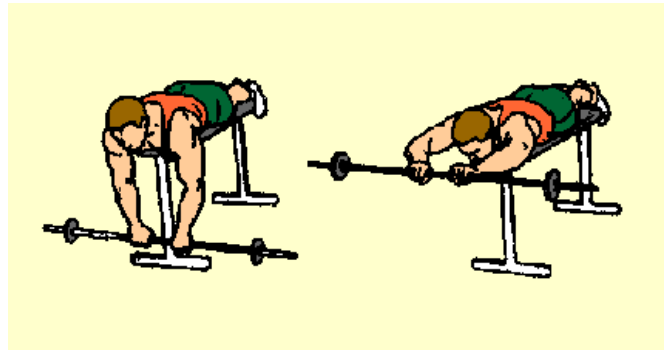
13) Standing Barbell Press Behind Neck - Front and Rear Deltoids

- Place barbell on upper back.
- Stand, feet about 16" apart.
- Keep hands 4" to 6" wider than shoulders.
- Press bar overhead to arms' length.
- Lower back to shoulders.
- Pause at shoulders on each rep.
- Keep legs straight, hips flexed.
- Inhale up, exhale down.
- Can also be done seated.



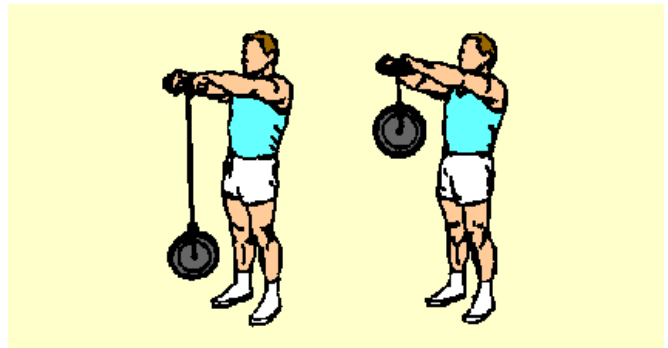
14) Lying Close-Grip Straight-Arm Barbell Rear Deltoid Raise - Rear Deltoids

- Lie face down on high flat bench.
- Hold light barbell at arms' length, not touching floor.
- Keep head over end of bench and up.
- With hands 6" apart, arms straight, elbows locked, raise bar in semicircular motion until parallel to floor.
- Lower to starting position using same path.
- Inhale up, exhale down.
- Can also be done with medium or wide grip.



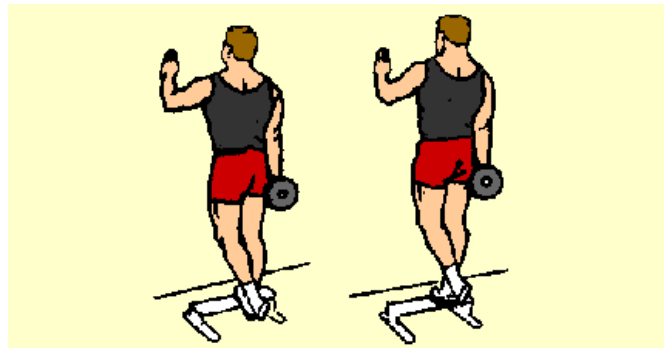
15) Standing Arms-Extended Wrist-Roller Wrist Curl - Outside Forearms

- Place light weight on end of rope of wrist roller.
- Stand erect, back straight, head up.
- Hold wrist roller with both hands, palms down.
- Extend arms straight out.
- Roll weight up by curling right hand over and down, then left hand over and down.
- Keep arms parallel to floor.
- Continue curling right to left hand until weight touches bar.
- Lower weight to starting position by reversing movement.



16) Standing Dumbbell One-Legged Toe Raise - Main Calf Muscles

- Hold dumbbell in right hand, hanging down at side, palm in.
- Step up with ball of right foot on raised object about 24" away from wall.
- Place left hand against wall.
- Keep back straight, head up, leg locked.
- Put left foot against right heel.
- 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.
- Reverse position and repeat movement with left leg.



Workout B

Exercise

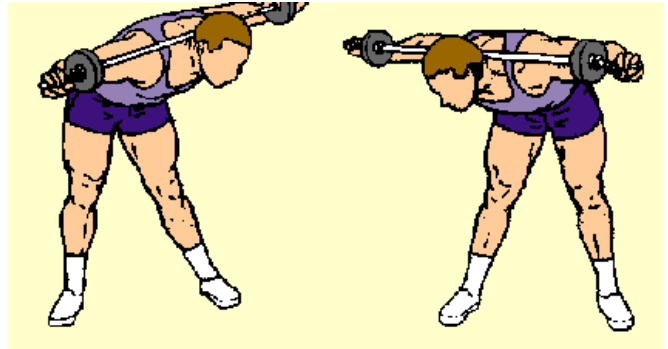
Sets

Reps

1) Twisting Barbell Good Morning - Rear Obliques and Abdominals	1	25-50
2) Bent-Knee Alternate Twisting Sit-Up - Abdominals and Obliques	1	25-50
3) Hand-on-Head Dumbbell Side Bend - Obliques	1	50-100
4) Decline Bench Twisting Sit-Up - Abdominals and Obliques	1	25-50
5) Seated Incline Alternate Leg Pull-In - Lower Abdominals	1	25-50
6) Heels-Elevated Wide Stance Barbell Squat to Bench - Inner Thighs	4-5	10-12
7) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10-12
8) Close-Stance Sissy Squat - Thighs	4-5	10-15
9) Donkey Toe Raise - Main Calf Muscles	4-5	20-25
10) Seated Close-Grip Barbell Triceps Curl - Triceps	4-5	8-10
11) Lying Floor One-Arm Dumbbell Triceps Curl - Triceps	4-5	8-10
12) Standing Towel Triceps Curl - Triceps	4-5	10-12
13) Lying Supine Dumbbell Curl - Biceps	4-5	8-10
14) Scott Bench Close-Grip Barbell Curl - Outer Biceps	4-5	8-10
15) Seated Isolated Dumbbell Curl - Biceps	4-5	8-10
16) Palms-Up Barbell Over-a-Bench Wrist Curl - Inside Forearms	4-5	20-25

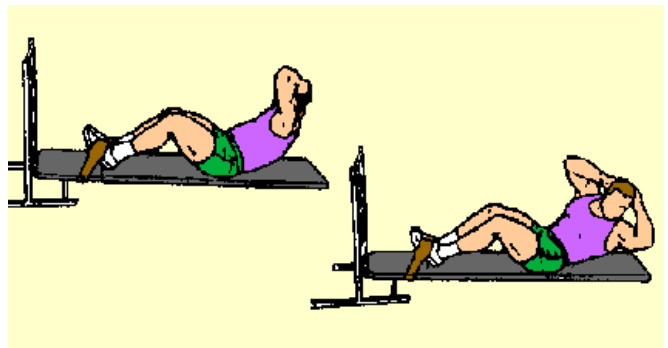
1) Twisting Barbell Good Morning - Rear Obliques and Abdominals

- Stand erect with your feet about 16" apart.
- Place a light barbell on your shoulders.
- Grasp the barbell with both hands in a comfortable position.
- Now twist your torso to the right by twisting at the waist while keeping your hips and legs in a straight line.
- Keep your back straight and your head up as you inhale and bend forward at the waist until your upper body is parallel to the floor.
- Return to the starting position and exhale.
- You will perform the prescribed number of repetitions on the right side and then change to the same position of the left side and repeat the exercise.
- Be sure your knees are in a locked position during the entire exercise.



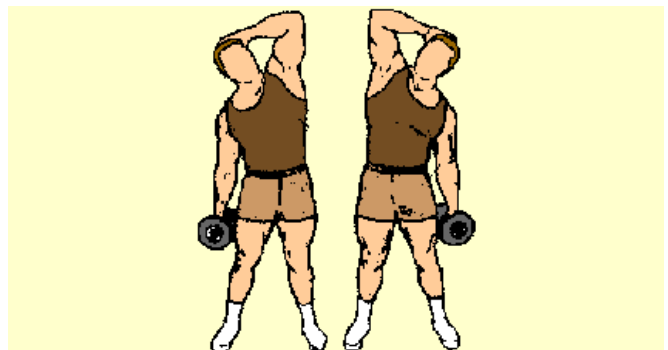
2) Bent-Knee Alternate Twisting Sit-Up - Abdominals and Obliques

- Sit down on a sit-up board and hook your feet under the strap.
- With your knees bent to about a 45 degree angle, put your hands behind your head and place your chin on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso down until your lower back touches the board.
- Return to starting position and exhale.
- Now, twist your upper body to the left and repeat the same movement.
- Two movements are considered one repetition.



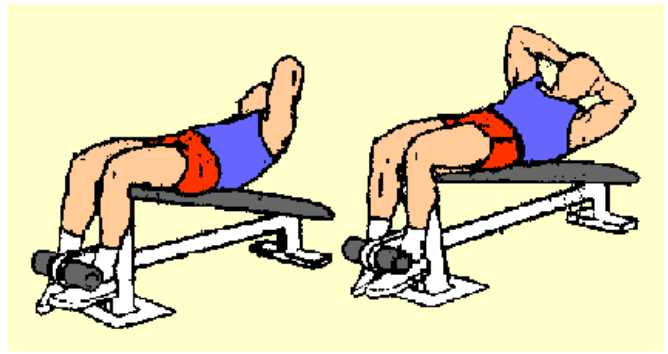
3) Hand-on-Head Dumbbell Side Bend - Obliques

- Stand erect with your feet about 16" apart and grasp a dumbbell in your right hand.
- Your palm will be facing your upper thigh.
- Place your left hand on the left side of your head.
- Inhale and bend to the right as far as possible and the bend to the left as far as possible and exhale.
- You will perform the prescribed number of repetitions and then change the weight to the left hand and put your right hand on the right side of your head, repeating the movement.
- You must remember to keep your back straight and your head up or you will bend too far forward.



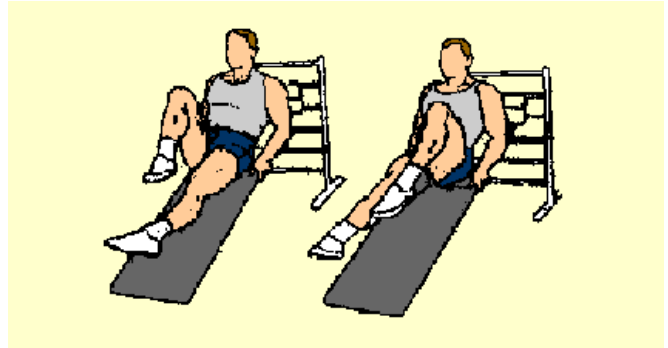
4) Decline Bench Twisting Sit-Up - Abdominals and Obliques

- Sit on a decline bench with your knees bent and your feet held in place.
- Put your hands behind your head and your chin on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso until your lower back touches the board.
- Return to starting position and exhale.
- Do the prescribed number of repetitions on the right side and then change the position of your torso to the left side and repeat the number of repetitions.



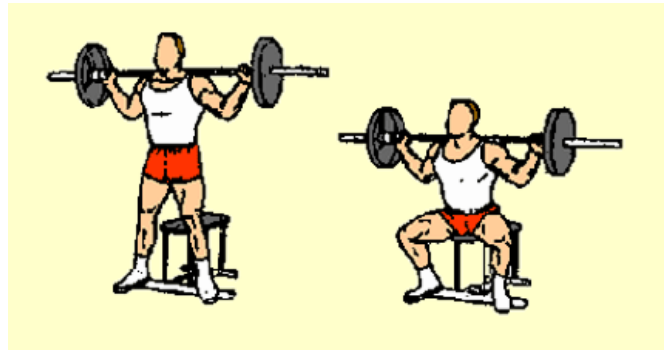
5) Seated Incline Alternate Leg Pull-In - Lower Abdominals

- Position a sit-up board on a 25-30 degree angle.
- Sit on the board so your feet are on the down end.
- Grasp the sides of the board just behind your buttocks.
- Sit back slightly and raise your feet about 3" off the board.
- Inhale and raise your right leg up, bending it at the knee, until it is vertical with your body and your lower leg is parallel with the board.
- As you start to return your right leg to starting position, commence to raise your left leg up, getting the same motion going with your thighs as if you were riding a bicycle.
- Inhale as you raise your right leg and exhale as you lower it.
- A movement with each leg is considered one repetition.



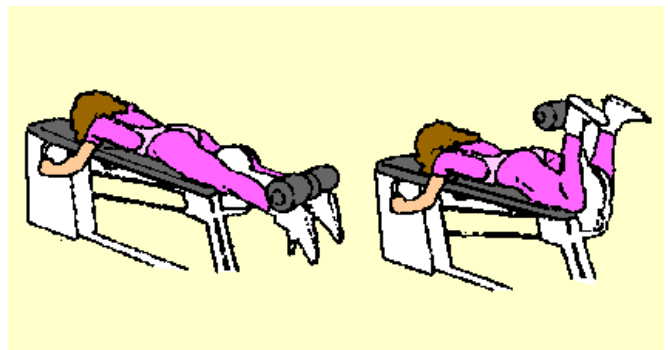
6) Heels-Elevated Wide Stance Barbell Squat to Bench - Inner Thighs

- Place a bench that is about 16" high behind you and stand close enough to the bench so your heels are about even with the end of the bench closest to you.
- Put a 2x4 piece of wood on the floor where your heels are to be during the exercise.
- Place a barbell on your upper back.
- Help stabilize the bar with a hand grip and spacing that feels most comfortable to you.
- Keep your head up, back straight, and place your heels on the 2x4 piece of wood about 30" apart.
- Inhale and squat down until your buttocks touch the bench.
- Do not take the tension off your thighs and totally sit on the bench.
- Your head should remain up, back straight, and knees pointing outward.
- Return to starting position and exhale.



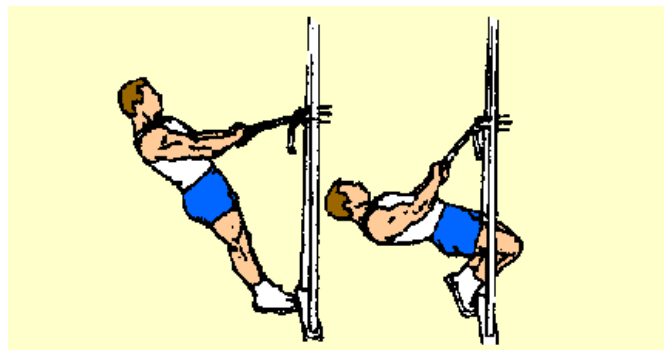
7) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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) Close-Stance Sissy Squat - Thighs

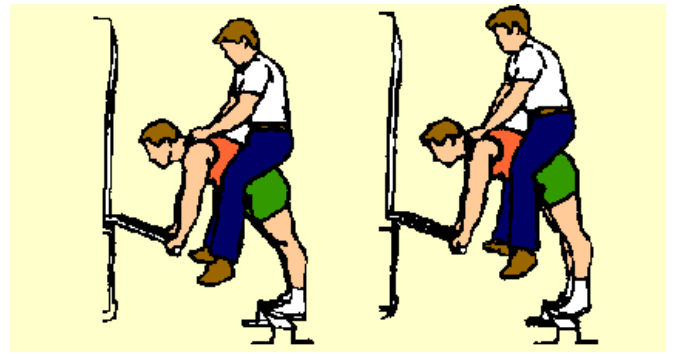
- Place a 24" strap chest-high around a piece of pipe away from wall.
- Put feet about 3" apart on each side of pipe.
- Hold strap with both hands.
- Support body with outstretched arms and strap.
- Squat while raising toes, thrust hips forward, arch back forward.
- Squat in semicircular motion until thighs are parallel to floor.
- Keep back arched, knees close.
- Return to starting position.
- Inhale down, exhale up.



9) Donkey Toe Raise - Main Calf Muscles

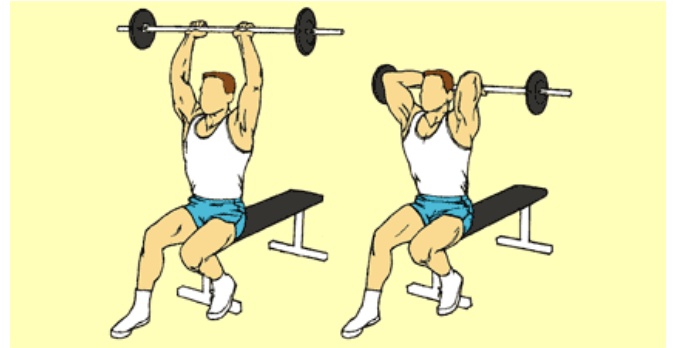
- Place raised object on floor about 36" away from a waist-high object.

- 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.



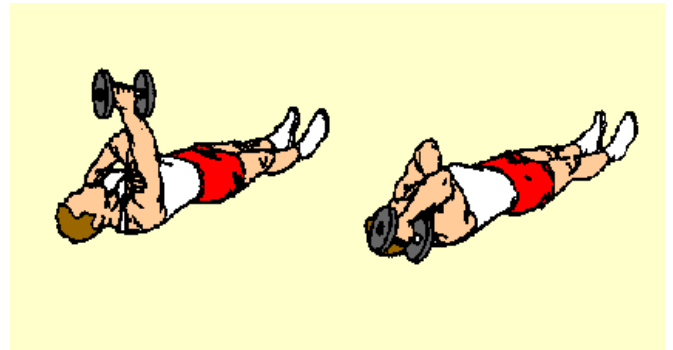
10) Seated Close-Grip Barbell Triceps Curl - Triceps

- Hold barbell with hands 6" apart, palms down.
- Sit at end of bench, feet firmly on floor, back straight, head up.
- Raise bar overhead to arms' length.
- Keep upper arms close to head.
- Lower bar behind head in semicircular motion until forearms touch biceps.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip, seated or standing.



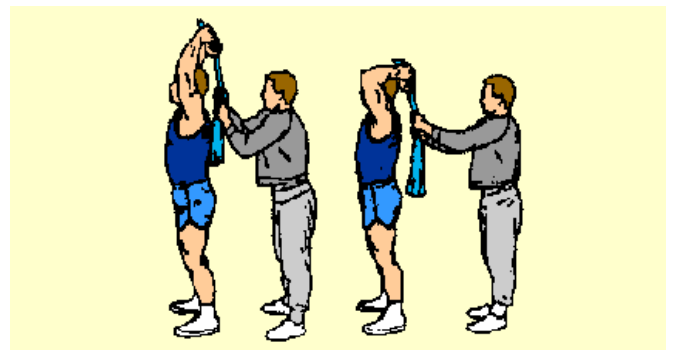
11) Lying Floor One-Arm Dumbbell Triceps Curl - Triceps

- Lie on back on floor.
- Hold dumbbell in right hand at arms' length above shoulder.
- Lower dumbbell in semicircular motion to side of head, bending arm at elbow, keeping upper arm vertical.
- Return to starting position.
- Inhale down, exhale up.
- Repeat with left arm.
- Can also be done on flat or incline bench.



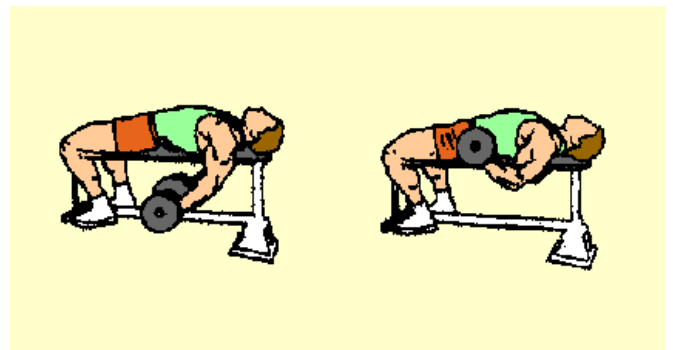
12) Standing Towel Triceps Curl - Triceps

- Hold one end of towel, or rope, with both hands.
- Stand erect, head up, feet 16" apart.
- Raise arms overhead.
- Have training partner hold other end of towel and apply controlled pressure, pulling arms back in semicircular motion until forearms touch biceps while you resist.
- Upper arms must remain close to head.
- Press arms back to starting position while partner resists.
- Inhale down, exhale up.



13) Lying Supine Dumbbell Curl - Biceps

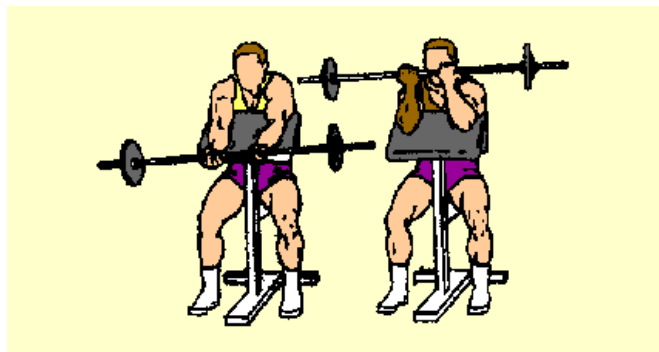
- Hold dumbbells.
- Lie on back on flat bench, head up, legs to side of bench.
- Start with dumbbells at arms' length, palms in.
- As you begin curl, turn palms up.
- Turn palms in at end of each rep.
- Keep upper arms close to sides.
- Inhale up, exhale down.



14) Scott Bench Close-Grip Barbell Curl - Outer Biceps

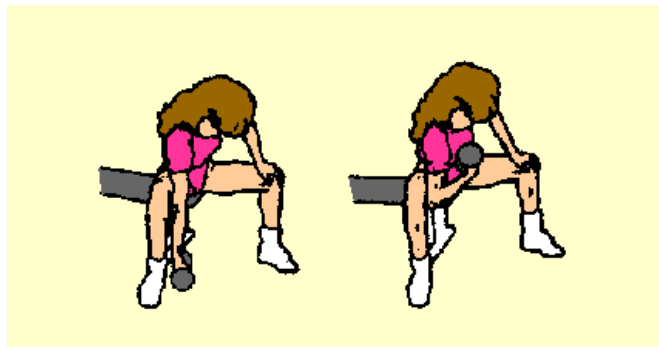
- Hold barbell, palms up, 12" apart.

- Sit on bench, upper arms against pad.
- Curl bar until forearms and biceps touch.
- Keep upper arms in close.
- Return to starting position.
- Inhale up, exhale down.
- Can also be done with medium or wide grip.



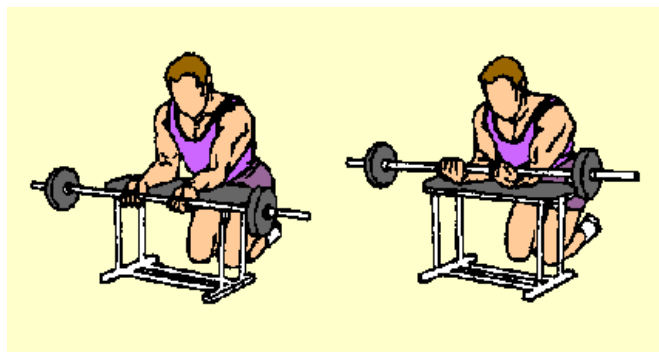
15) Seated Isolated Dumbbell Curl - Biceps

- 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.
- Curl dumbbell up in semicircular motion to shoulder height.
- Do not let upper arm rest against inner thigh at all.
- Upper arm should remain vertical to floor.
- Lower dumbbell to starting position using same path.
- Inhale up, exhale down.
- Reverse body position and repeat movement with left arm.



16) Palms-Up Barbell Over-a-Bench Wrist Curl - Inside Forearms

- Place barbell beside flat bench, kneel on opposite side of bench.
- Hold bar, palms up, hands 16" apart.
- Place forearms flat on bench, backs of wrists on edge of bench.
- 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 16

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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