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bill pearl enterprises, inc.

20 Months to a Champion Physique month 18 - advanced

select a program Month 18 - Advanced

This month you continue with the two training concepts I introduced last month - supersetting and variable reps. In fact, this routine is almost a duplicate of last month's except that the exercises are different. You train the various body parts in almost the same order by supersetting exercises for antagonistic muscle groups, and you use the same variable-reps sequence on most exercises - ten, eight, (eight), six, ten. The second set of eight is omitted if you are doing only four sets of an exercise instead of five.

It takes some practice and experimentation to get into the rhythm of this superset and variable-reps approach, but presumably you got all that out of the way last month, so you should be able to go straight into this routine without skipping a beat. Certainly by now you are experienced at coordinating the poundages in a variable-reps sequence to make the last rep or two of each set challenging but not an all-out effort to failure. As I've stated again and again, I am firmly opposed to training to failure, so make sure that on the last set of ten you use weights that are light enough for you to complete all the reps without overtaxing yourself. With a ten, eight, six, ten rep pattern you should be able to increase the weights as the reps decrease, but on the last set of ten you will probably have to go back down to the original weight or even lower, since your muscles will be fatigued by that point.

To anyone who may be just getting into this program, let me repeat what I said last time about supersetting. The term means different things to different people. To many bodybuilders supersetting means doing a set of an exercise for a muscle followed immediately by a set of another exercise for the same muscle with absolutely no rest in between. The theory is that if you hit a muscle from slightly different angles by doing two exercises with no rest in between, you will really blast the muscle and achieve greater hypertrophy.

As I explained last month, however, that type of superset is just another name for doing high reps, and it does not work - at least not by bodybuilding standards. All my years in bodybuilding as a competitor and training adviser have taught me that such high-rep work does not make a muscle grow thick and strong. It develops a muscle that's more sinewy and hard, like the musculature of an endurance athlete, rather than bulky, thick and massive. For that reason I neither favor nor recommend that type of supersetting. The supersetting concept you use here is completely different. Not only do you follow a set for one muscle with a set for a different muscle, but after every individual set you take a rest. In other words, you do a set of exercise 4A and 4B in this way gives you a superset, but you don't do the two exercises with no rest between and the work is not focused on only one muscle group. What's the advantage of supersetting in this way? The answer is simple: variety. Switching back and forth like this between exercises, rather than completing all the sets of a given exercise before moving on to the next exercise, makes a workout more interesting and varied. That's why almost every serious bodybuilder you will ever meet has used this type of superset at one time or another in this or her career.

Next month you will switch back to a more standard approach where you do all the sets of one exercise before moving on to the next. you will also switch to a triple-split routine, in which you train only two or three body parts per workout instead of half your body in one workout and the other half in the next, as you have been doing since month 11.

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.

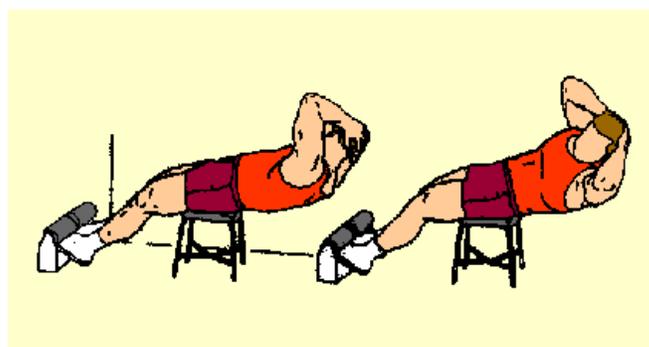
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Workout A

Exercise	Sets	Reps
1) Over-a-Bench Alternate Twisting Sit-Up - Upper Abdominals and Obliques	1	25-50
2) Lying Leg Crossover - Hips and Obliques	1	25-50
3) Flat Bench Weighted Leg Raise - Lower Abdominals	1	15-25
Superset next two exercises		
4A) Wide-Grip Barbell Bench Press - Outer Pectorals	4-5	10,8,8,6,10
4B) Seated Back-Supported Side Lateral Raises - Front and Outer Deltoids	4-5	10,8,8,6,10
Superset next two exercises		
5A) Close-Grip Straight-Arm Barbell Pullover Across Bench - Upper Pectorals and Rib Cage	4-5	10,8,8,6,10
5B) Seated Barbell Press Behind Neck - Front and Outer Deltoids	4-5	10,8,8,6,10
Superset next two exercises		
6A) Medium-Grip Push-Up Between Stools - Upper and Outer Pectorals	4-5	10,8,8,6,10
6B) Standing Low-Pulley Upright Row - Front Deltoids and Trapezius	4-5	10,8,8,6,10
Superset next two exercises		
7A) Bent-Over Wide-Grip Barbell Rowing - Upper Back and Lats	4-5	10,8,8,6,10
7B) Machine Shoulder Shrug - Trapezius	4-5	15
Superset next two exercises		
8A) Lying High-Bench Dumbbell Lat Pull-Up - Back	4-5	10,8,8,6,10
8B) Standing Bent-Over One-Arm Lat Pull-In On Low-Pulley - Lower Lats	4-5	10,8,8,6,10
9) Standing Toe Raise on Power Rack - Main Calf Muscles	4-5	20-25
10) Seated Buddy-System Neck Resistance - Front, Side and Rear Neck Muscles	2	25

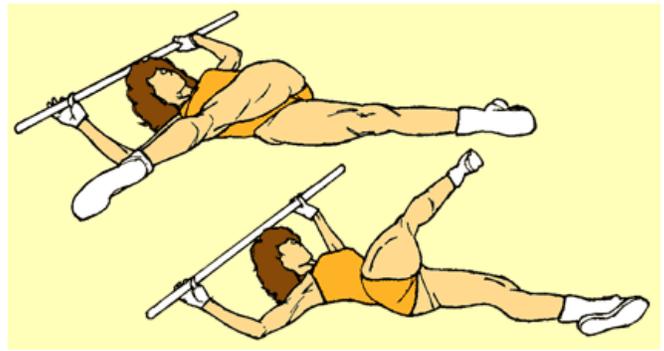
1) Over-a-Bench Alternate Twisting Sit-Up - Upper Abdominals and Obliques

- Position a bench so you are able to sit on it and have an object close by so you can put your feet under it to support your weight.
- You should sit directly on the bench and your knees should have a slight bend to them.
- Put your hands behind your head and place your chine on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso backwards and down until you are just below parallel to the floor.
- 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.

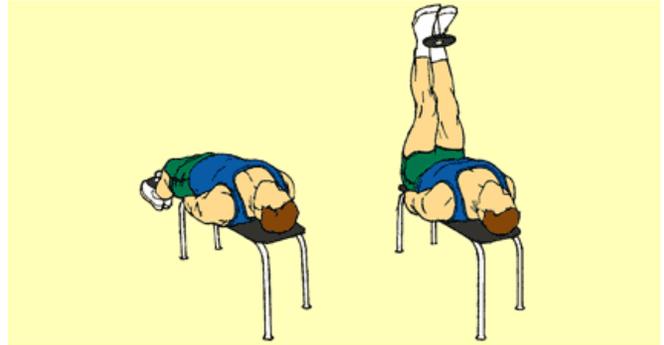


2) Lying Leg Crossover - Hips and Obliques

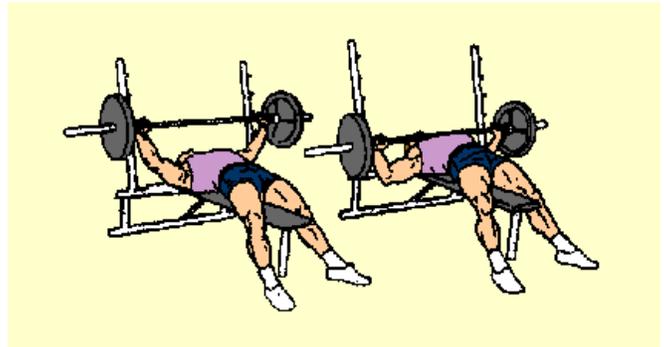
- Lie on back.
- Hold an object behind head with a wider-than-shoulder grip.
- Keep shoulders on floor.
- Swing right leg over left leg, as far to the side as possible until it is nearly as high as your head.
- Keep leg close to floor.
- Return to starting position, then repeat movement with left leg.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

**3) Flat Bench Weighted Leg Raise - Lower Abdominals**

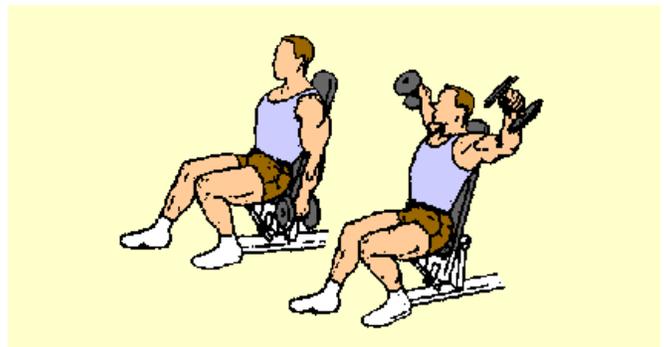
- Place a light dumbbell between your feet and lie on a flat bench with your legs off the end of the bench.
- Place your hands under your buttocks with your palms facing down.
- Keep your legs straight and your knees locked out.
- Inhale and raise your legs to a vertical position over your hips.
- Let your legs down until they are about three inches off the floor and exhale..

**4A) Wide-Grip Barbell Bench Press - Outer Pectorals**

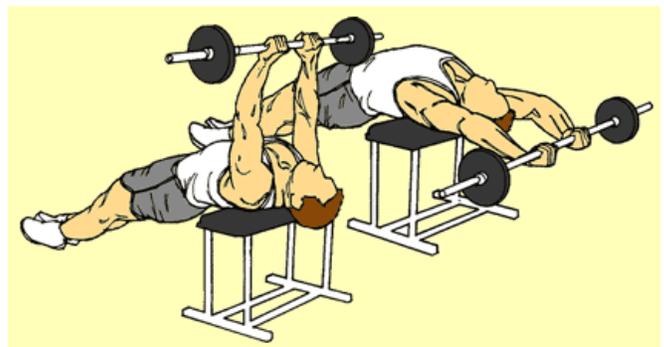
- Lie on bench, feet flat on floor.
- Use collar-to-collar grip.
- Lower barbell to chest about 1" below nipples.
- Raise bar to arms' length.
- Keep elbows out, chest high.
- Lower weight with complete control, making definite pause at chest.
- Keep head on bench, do not arch back too sharply.
- Do not raise hips off bench.
- Inhale down, exhale up.

**4B) Seated Back-Supported Side Lateral Raises - Front and Outer Deltoids**

- Sit on a bench or chair that will give support to your upper back.
- Keep your legs fairly close together.
- With a dumbbell in each hand, held at arm's length, straight down, slowly raise the weights in a semicircular motion out to the sides to a position a little above shoulder height.
- Pause at the top and then lower them back to starting position.
- Keep your arms as straight as possible throughout the execution of the exercise.
- Inhale when raising the dumbbells, then exhale as they are lowered.

**5A) Close-Grip Straight-Arm Barbell Pullover Across Bench - Upper Pectorals and Rib Cage**

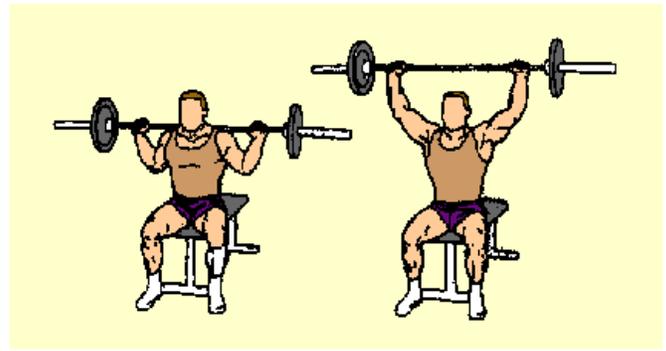
- Lie across bench, upper back supporting torso.
- Have head off bench hanging down.
- Keep body and legs nearly straight, drop hips to raise rib cage.
- Hold barbell at arms' length, hands 10" apart.
- Lower weight in semicircular motion behind head as far as possible without pain.
- Return to starting position, keeping elbows locked.
- Inhale down, exhale up.
- Breathe heavily, keep head down, do not raise hips.

**5B) Seated Barbell Press Behind Neck - Front and Outer Deltoids**

- Sit at the end of a bench with your feet spaced a comfortable distance apart with a barbell

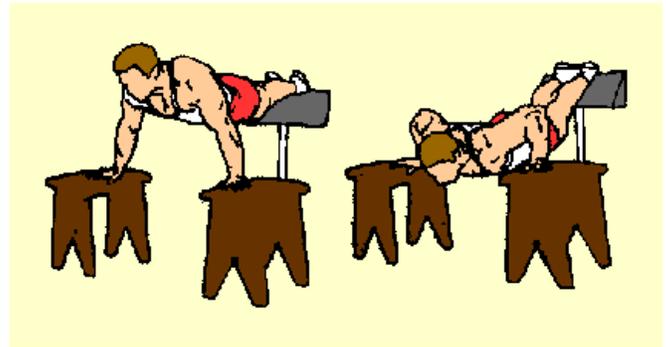
placed on your upper back.

- Use a grip on the bar that is about 4" to 6" wider than your shoulders.
- Keep the elbows directly under the bar.
- Press the barbell overhead and exhale as you lower the bar to the back of your shoulders.
- Maintain a solid foundation with your upper body so as not to hyper extend any more than is necessary.
- Pause at the shoulders on each repetition before pressing the barbell overhead.
- Make a full movement of the exercise by touching the barbell to the shoulders each time it is lowered and locking the elbows each time it is pressed overhead.



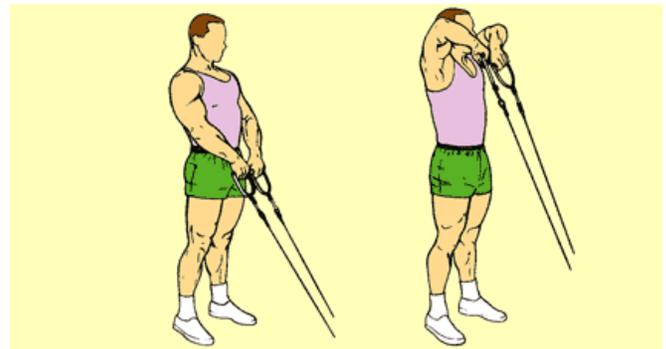
6A) Medium-Grip Push-Up Between Stools - Upper and Outer Pectorals

- Position stools and foot rest as shown.
- Place hands about 24" apart on stools.
- Keeping body rigid, lower yourself until chest is between stools.
- Pause at bottom, then press to starting position.
- Inhale down, exhale up.
- As exercise gets easier, separate stools and dip lower.



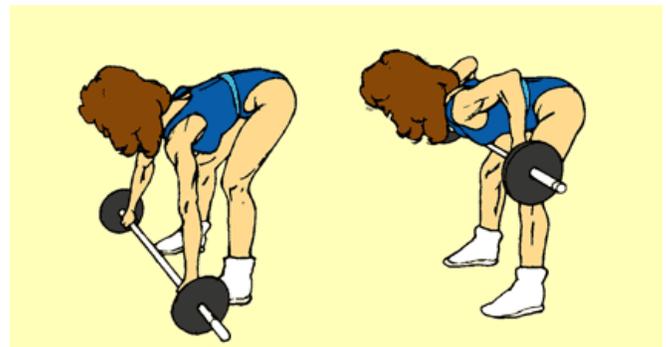
6B) Standing Low-Pulley Upright Row - Front Deltoids and Trapezius

- Grasp the low pulley handles of a wall pulley machine with both hands, palms facing down, and step back far enough away from the pulley so you are supporting the weight stacks with your hands in front of you.
- Keep your back straight and your arms locked out with your feet about 16" apart.
- Inhale and pull the cables up with your shoulder muscles by raising your arms and bending your elbows.
- At the top position your elbows should be about even with the top of your head and your hands in line with your chin.
- Lower the weight stacks back to the starting position and exhale.



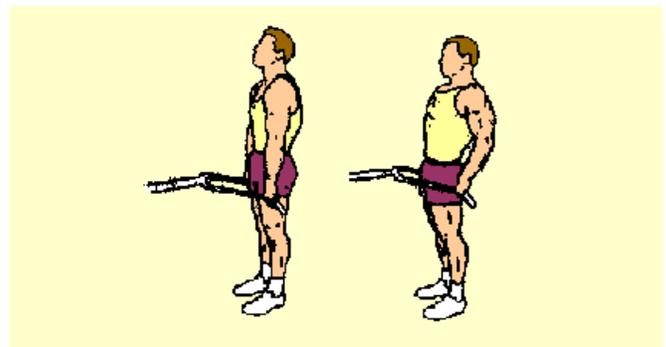
7A) Bent-Over Wide-Grip Barbell Rowing - Upper Back and Lats

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



7B) Machine Shoulder Shrug - Trapezius

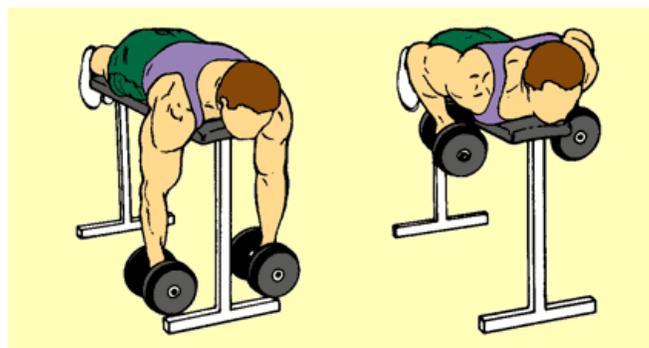
- Stand between handles of bench press station.
- Hold handles close to inside ends.
- Stand erect and raise weight stack with arms locked at sides.
- Droop both shoulders down to front.
- Raise shoulders and rotate in circular motion from front to back.
- Inhale at beginning, exhale at end of repetition.



8A) Lying High-Bench Dumbbell Lat Pull-Up - Back

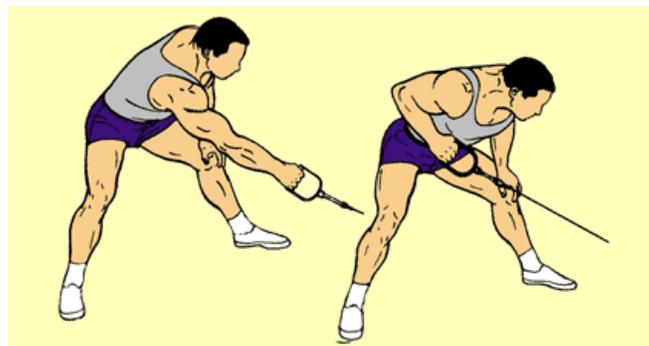
- Place two dumbbells on the floor on each side of a fairly tall bench.

- Lie face down on the bench and grasp a dumbbell with each hand keeping your palms facing each other.
- With the dumbbells off the floor hanging at arm's length, inhale and pull the weights straight up until they are at your sides about even with your chest.
- Keep your upper arms in close as you raise and lower the weights.
- Return to starting position and exhale.
- Do not let the dumbbells touch the floor once you have begun the exercise.



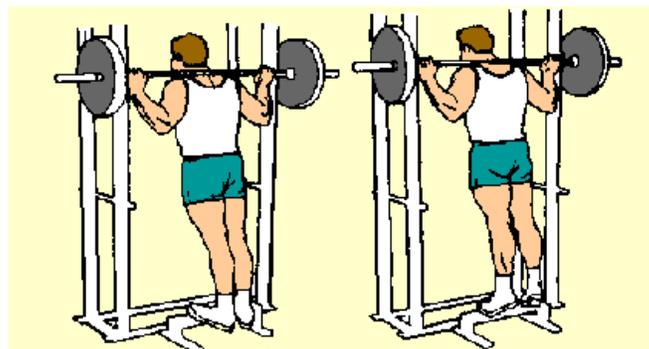
8B) Standing Bent-Over One-Arm Lat Pull-In On Low-Pulley - Lower Lats

- Stand in front of a wall pulley.
- Step back far enough from the pulley to enable your arms to support the weight stacks as you bend at the waist keeping your back parallel to the floor as you grasp the right lower pulley handle with your right hand.
- Place your left hand on your upper left thigh to help support your upper body.
- With your right arm extended in front of you, inhale and pull the pulley cable in your right hand to the side of your right chest even with the right pectoral.
- Return to starting position and exhale.
- Do the prescribed number of repetitions with your right arm and then change positions doing the same number of repetitions with your left arm.



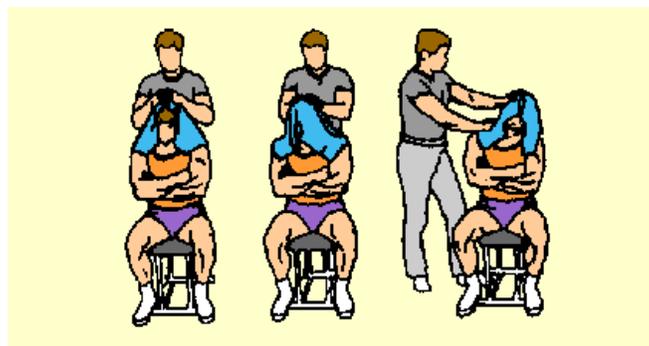
9) Standing Toe Raise on Power Rack - Main Calf Muscles

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



10) Seated Buddy-System Neck Resistance - Front, Side and Rear Neck Muscles

- Sit at end of flat bench.
- Cross arms or hold end of bench for support.
- Keep back straight, head up.
- Have training partner place towel over your head to keep head from slipping.
- Partner stands to rear, straddling bench, with hands on your forehead.
- Pull your head down as partner provides resistance.
- Partner then smoothly and evenly pulls head back to a comfortable position.
- Resist with neck muscles.
- Do prescribed number of reps.
- Do same up and down movement with partner's hands on back of neck.
- Partner now shifts to right side.
- Repeat up and down movements.
- Then shift to left side and repeat.
- Do not let partner push or pull head far enough to cause discomfort.



Workout B

Exercise

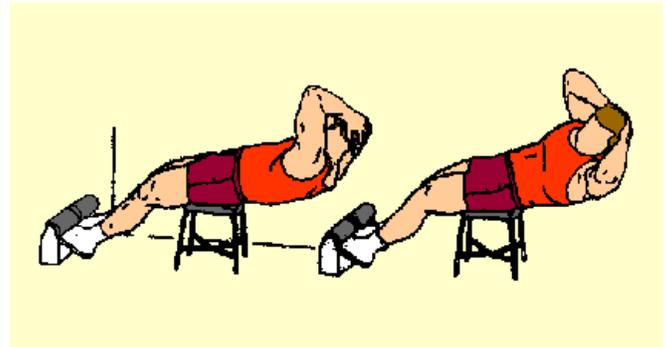
- 1) Over-a-Bench Alternate Twisting Sit-Up - Upper Abdominals and Obliques**
- 2) Lying Leg Crossover - Hips and Obliques**
- 3) Flat Bench Weighted Leg Raise - Lower Abdominals**
- Superset next two exercises**
- 4A) Decline Close-Grip Barbell Triceps Curl - Triceps**
- 4B) Lying High Bench Close-Grip Barbell Curl - Outer and Lower Biceps**
- Superset next two exercises**
- 5A) Seated Incline Dumbbell Triceps Curl - Triceps**
- 5B) Seated Incline Dumbbell Curl - Biceps**
- Superset next two exercises**
- 6A) Reverse Grip Dip - Lower Pectorals and Triceps**
- 6B) Standing Low-Pulley Bar Curl - Biceps**
- Superset next two exercises**

Sets	Reps
1	25-50
1	25-50
1	15-25
4-5	10,8,8,6,10
4-5	10,8,8,6,10
4-5	10,8,8,6,10
4-5	10,8,8,6,10
4-5	10-15
4-5	10,8,8,6,10

7A) Flat-Footed Medium Stance Barbell Squat to a Bench - Inner Thighs	4-5	10,8,8,6,10
7B) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10,8,8,6,10
Superset next two exercises		
8A) Medium-Stance Leg Press on Wall Type Leg Press Machine - Upper Thighs	4-5	10,8,8,6,10
8B) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10,8,8,6,10
9) Standing Toe Raise on a Hack Machine - Main Calf Muscles	4-5	20-25
10) Low-Pulley Palms-Up Wrist Curl - Inside Forearms	5	20-25

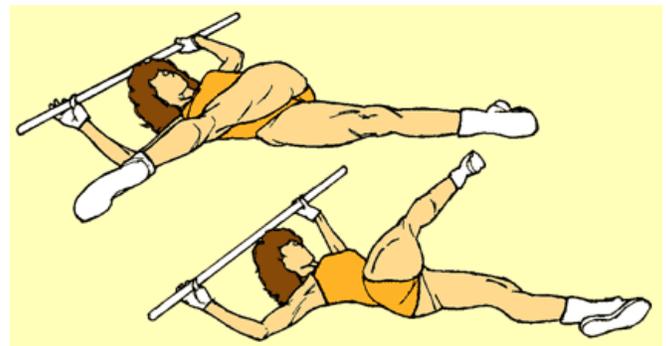
1) Over-a-Bench Alternate Twisting Sit-Up - Upper Abdominals and Obliques

- Position a bench so you are able to sit on it and have an object close by so you can put your feet under it to support your weight.
- You should sit directly on the bench and your knees should have a slight bend to them.
- Put your hands behind your head and place your chine on your chest.
- Twist your upper body to the right.
- Retaining this position, inhale and lower your torso backwards and down until you are just below parallel to the floor.
- 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.



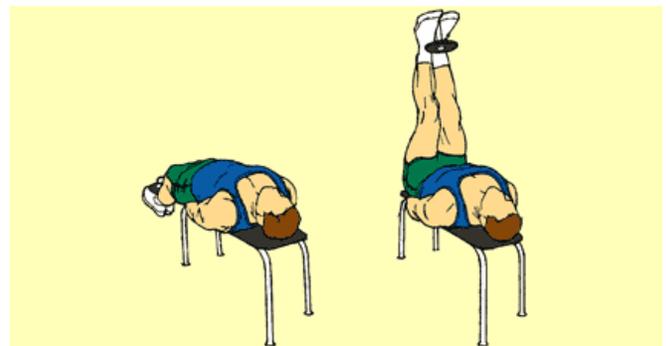
2) Lying Leg Crossover - Hips and Obliques

- 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.



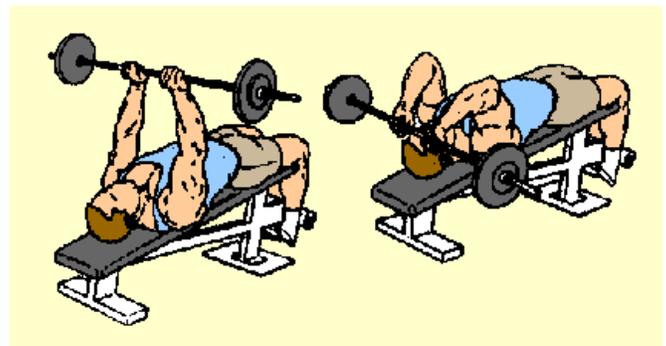
3) Flat Bench Weighted Leg Raise - Lower Abdominals

- Place a light dumbbell between your feet and lie on a flat bench with your legs off the end of the bench.
- Place your hands under your buttocks with your palms facing down.
- Keep your legs straight and your knees locked out.
- Inhale and raise your legs to a vertical position over your hips.
- Let your legs down until they are about three inches off the floor and exhale..



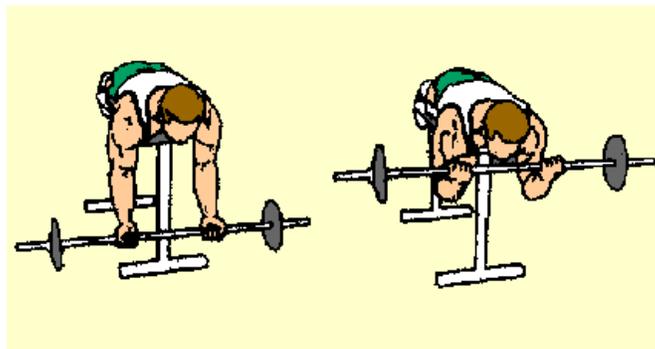
4A) Decline Close-Grip Barbell Triceps Curl - Triceps

- Hold a barbell with both hands using a palms down grip about 6" apart.
- Lie back on a decline bench with your head on the bench and your chin pointing upward.
- Press the barbell to arm's length, keeping it in line with your shoulders.
- Inhale and lower the barbell straight down in a semicircular motion by bending your arms at your elbows but keeping your upper arms vertical throughout the exercise.
- The barbell should be lowered to your forehead and your forearms and biceps should touch.
- Press the barbell back to starting position using the same path and exhale.



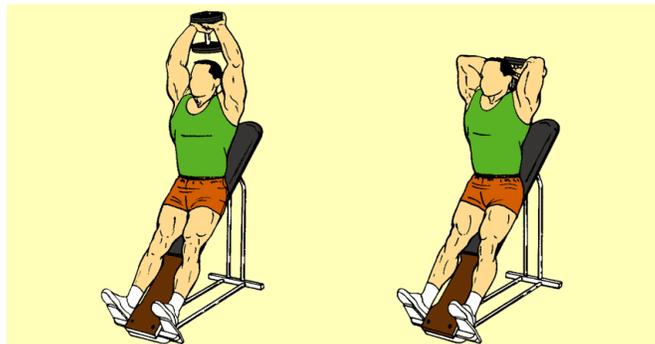
4B) Lying High Bench Close-Grip Barbell Curl - Outer and Lower Biceps

- Lie face forward on tall flat bench.
- Have upper body down to upper pectorals over end of bench.
- Hold barbell with both hands, palms up, 12" apart.
- Start with bar at arms' length.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms vertical to floor.
- Return to starting position using same path.
- Inhale up, exhale down.



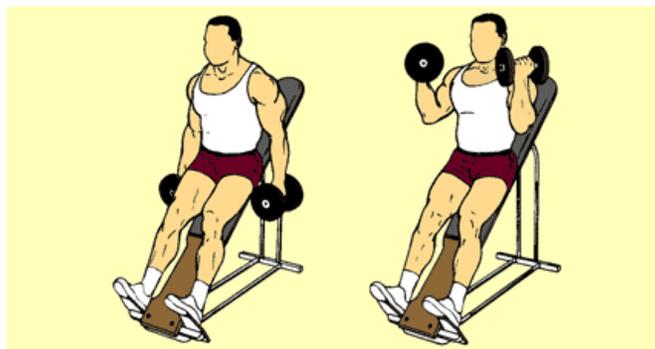
5A) Seated Incline Dumbbell Triceps Curl - Triceps

- Grasp one dumbbell with both hands and raise it overhead to arm's length vertical with the floor.
- As you are raising the dumbbell rotate your hands up and over until the top plates are resting in the palms of your hands while your thumbs remain around the handle.
- Sit on the incline bench with your feet on the foot pads and your back in close to the sides of your head during the exercise.
- Inhale and lower dumbbell behind your head in a semicircular motion until your forearms and biceps touch.
- Return the weight to starting position using a similar path and exhale.



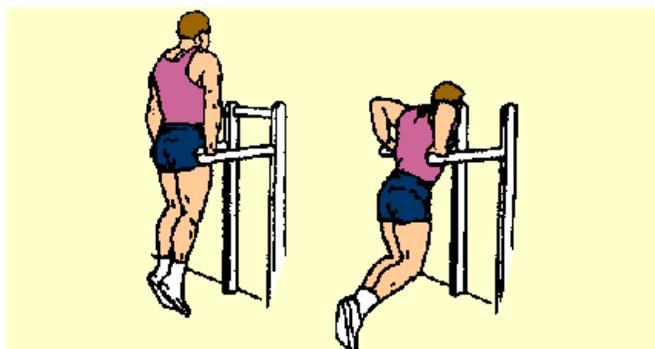
5B) Seated Incline Dumbbell Curl - Biceps

- Hold a dumbbell in each hand and sit on an incline bench with your back straight, head up and feet on the foot pads.
- With the dumbbells hanging at arm's length at your sides, with your palms in, inhale and curl the dumbbells up to the height of your shoulders.
- As you commence the curl and the dumbbells are past your thighs, then turn your palms up and keep them in this position throughout the exercise until you are lowering the weights and again near your upper thighs before turning your palms in again and exhaling.
- Keep your upper arms in close to your sides and concentrate on your biceps raising and lowering the weights.



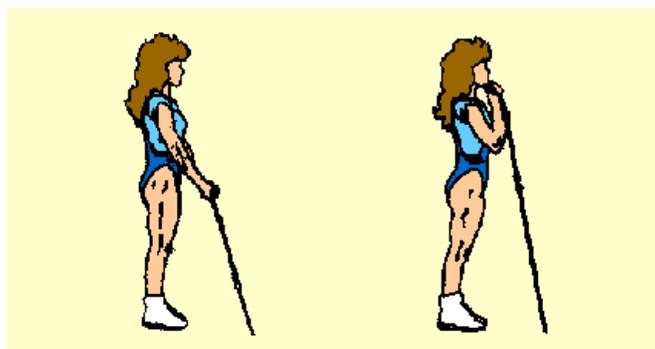
6A) Reverse Grip Dip - Lower Pectorals and Triceps

- Hold yourself erect on bars, reverse grip.
- Lower body by bending arms, elbows out to sides.
- Lower until forearms touch biceps.
- Pause, then press back to arms' length, elbows locked.
- Do not swing body back and forth.
- Inhale down, exhale up.
- Can also be done with weight hanging from waist.



6B) Standing Low-Pulley Bar Curl - Biceps

- Stand facing low pulley station of machine.
- Hold short bar attached to low cable, palms up.
- Stand back from pulley to allow arms to support weight with arms extended.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms close to sides.
- Return to starting position using same path.
- Inhale up, exhale down.

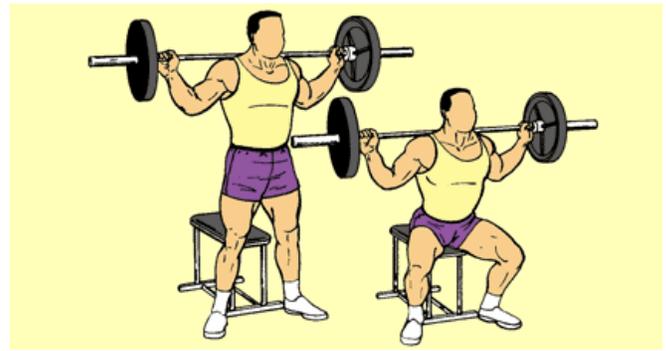


7A) Flat-Footed Medium Stance Barbell Squat to a Bench - Inner Thighs

- Place a bench that is about 16" high behind you and stand close enough to the bench so your

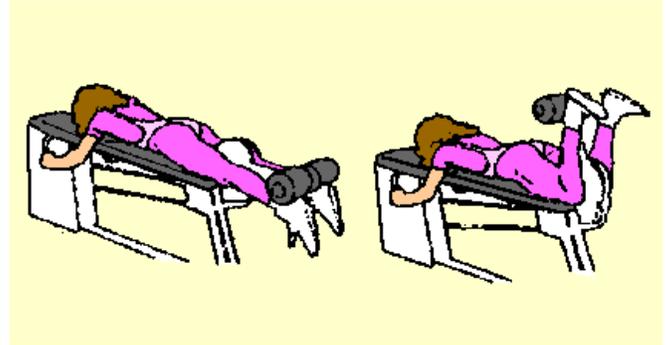
heels are about even with the end of the bench closest to you.

- 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 your feet planted firmly on the floor about 16" 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 your knees slightly out to the sides.
- Return to starting position and exhale.



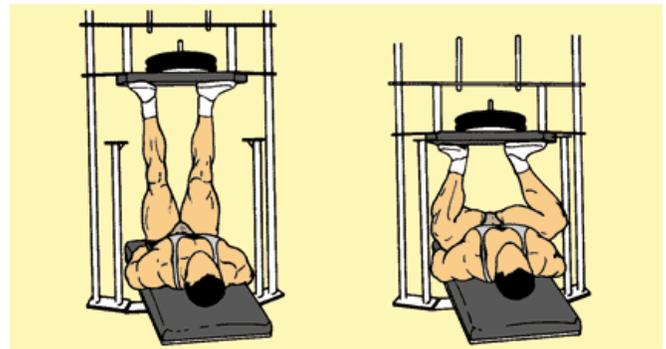
7B) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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.



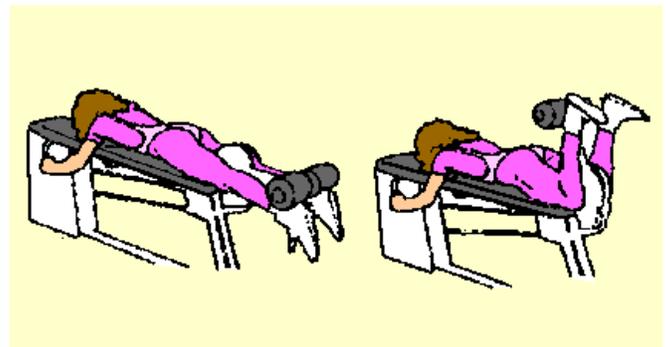
8A) Medium-Stance Leg Press on Wall Type Leg Press Machine - Upper Thighs

- Lie on the support pad in a supine position under a wall type leg press machine.
- Position your body backward or forward under the machine until your hips are directly under the foot pad of the machine.
- Position your feet on the foot pad about 12" apart and keep the whole foot planted firmly on the pad.
- Press the weight rack upward until your legs are straight and knees lock.
- Release the safety stops with both hands and then place your hands under your buttocks, palms facing down.
- Inhale and bend your legs to lower the weight rack until your upper thighs are just touching the outer sides of your torso.
- Keep your knees slightly out to the sides.
- Keep your hips down and do not cause a rotating motion with your lower back.
- Return to starting position and exhale.



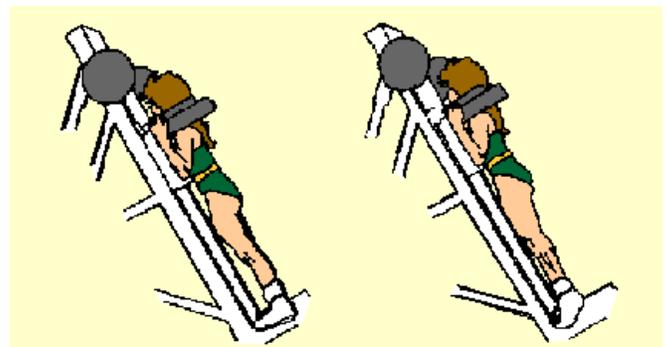
8B) Thigh Biceps Curl on Leg Extension Machine - Hamstrings

- 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.



9) Standing Toe Raise on a Hack Machine - Main Calf Muscles

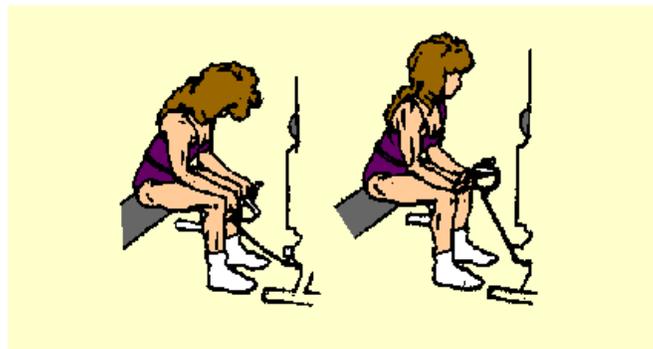
- Face machine.
- Position shoulders under bars of machine, grasp bars on each side of sled, arms straight.
- Do not let hips move backward or forward.
- Raise up on toes as high as possible.
- Hold momentarily, then return to starting position.
- Inhale up, exhale down.



10) Low-Pulley Palms-Up Wrist Curl - Inside Forearms

- Put stool in front of low wall pulley.

- Move stool far enough away to support weight stack.
- Hold handles with both hands, palms up.
- Step back, sit on stool with feet about 16" apart.
- Lean forward, place forearms on upper thighs.
- Place backs of wrists over knees.
- Lower handles as far as possible, keeping tight grip.
- Curl handles up as high as possible.
- Do not let forearms raise up.
- Inhale up, exhale down.



Training Suggestions for Month 18

- For best results train six days a week, as follows:
 - Monday: Workout A
 - Tuesday: Workout B
 - Wednesday: Workout A
 - Thursday: Workout B
 - Friday: Workout A
 - Saturday: Workout B
 - Sunday: Rest
- Rest 30 to 60 seconds between sets even if you're supersetting two exercises.
- Whenever a set range is indicated, do four sets per exercise the first two weeks of the month, then increase it to five sets for the last two weeks.
- For the midsection exercises start with the minimum and gradually add repetitions each week until you reach the maximum number.
- **Do Not Train to Failure.**
- Increase the poundages in each exercise as your strength increase.
- 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 height of 5'10" and his arms measured 21 inches!

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