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bill pearl enterprises, inc.

20 Months to a Champion Physique month 19 - advanced

select a program Month 19 - Advanced

We enter the next-to-last month of our program, and now you are going to be training exactly like the pros do - working basically two body parts per workout in what can be called a triple-split routine, instead of following a double-split as you have been doing for the past eight months.

This month, as well as next, you will be doing three separate routines per week - training chest and back on Monday and Thursday (Workout A), shoulders and legs on Tuesday and Friday (Workout B), and arms on Wednesday and Saturday (Workout C).

The reason, of course, why most hardcore bodybuilders ultimately graduate to training only two or at most three body parts per workout, instead of staying with a double-split program, can be summed up in one word: Intensity.; To produce maximum muscle growth, you must work the muscle with the greatest possible intensity and then give it sufficient rest for recuperation and hypertrophy.

The program you will be following this month meets both requirements beautifully.; Because you are training basically two muscle groups per workout, you can work those muscles harder than if you were working several other muscle groups as well and had to parcel out your energy accordingly.; And since you are now doing three separate workouts, instead of two as in previous months when you were on a double-split program, each muscle gets an extra day of rest following a workout.; Last month, on the double-split program, you would work your arms, for example, on Tuesday, Thursday and Saturday - if you followed our recommendations regarding workout frequency.; This month, however, you will work arms only on Tuesday and Friday.

So there you have it - greater intensity and longer recuperation.; The final step in your evolution to the most advanced level of training.

Another innovation you will notice in this month's program is that from exercise to exercise, we'll be varying the reps back and forth between 8-10 and 6-8, or 10-12 and 6-8. We're doing that basically for two reasons: 1) Variety, our old standby, and 2) Some muscle groups are smaller than others; therefore fewer reps make sense for those muscle groups to maintain more or less a comparable intensity level from body part to body part.

Consequently, in this month's program, you will be doing 6-8 reps in the chest exercises, and 8-10 reps in the back exercises.; However, the back is a much larger muscle group and can tolerate a larger workload.; Likewise, you are doing 6-8 reps for the deltoids, 10-12 reps (or more) for the legs, and 6-8 reps for the biceps, 8-10 for the triceps.; In each case where you are doing the higher number of reps, the muscle group involved is larger and can handle a greater workload.

Finally, this month we're no longer supersetting exercises, contrary to what you were doing the last two months.; However, if you liked that concept, you can incorporate it back into your training in months to come after this training series has ended and you are making up your own workouts based, in part, on the things you have learned and experienced in following this program.

**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.

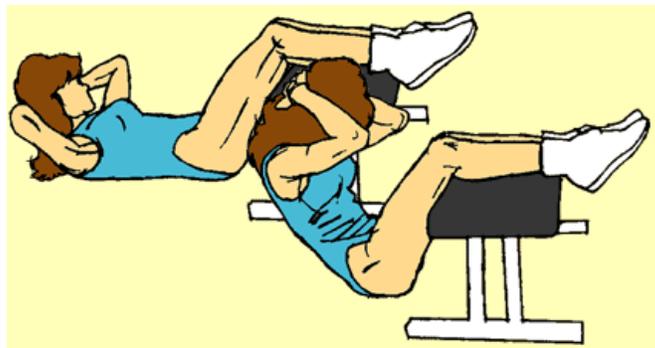
#### Workout A

##### Exercise

Exercise	Sets	Reps
1) Heel-High Sit-Up - Upper Abdominals	1	50-100
2) Medium-Grip Incline Barbell Bench Press - Upper Pectorals	4-5	6-8
3) Close-Grip Front Lat Pull-Down - Lower Lats	4-5	8-10
4) Medium-Grip Bench Press - Chest	4-5	6-8
5) Seated Two-Arm Low Lat Pull-In - Lower Lats and Upper Back	4-5	8-10
6) Wide-Grip Decline Barbell Bench Press - Outer and Lower Pectorals	4-5	6-8
7) Wide-Grip Front Lat Pull-Down - Upper Lats	4-5	8-10
8) Wide-Grip Push-Up on the Floor - Triceps and Chest	4-5	15-25
9) Twisting Hyper-Extension - Low Back	4-5	15-25
10) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles	4-5	20-25

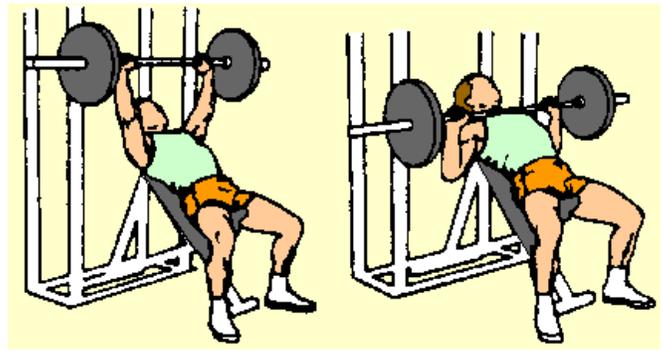
##### 1) Heel-High Sit-Up - Upper Abdominals

- Lie on floor with lower legs on top of bench.
- Position body so thighs are at a 45 degree angle.
- With hands behind head, pull up as far as possible.
- Return to starting position.
- Do not swing body up and down but concentrate on abdominal muscles.
- Exhale up, inhale down.
- To make harder, hold light weight on chest.



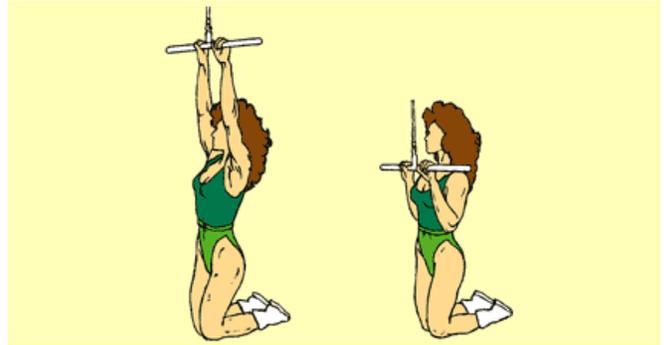
##### 2) Medium-Grip Incline Barbell Bench Press - Upper Pectorals

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



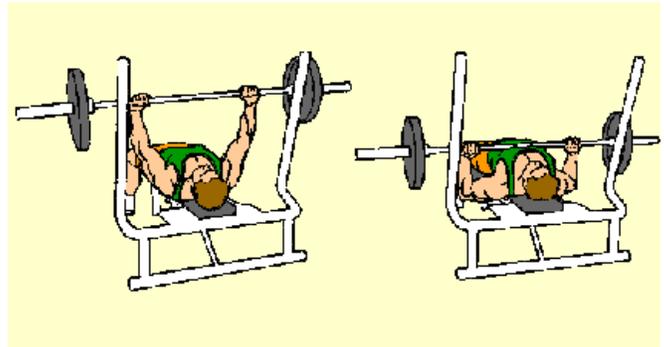
### 3) Close-Grip Front Lat Pull-Down - Lower Lats

- Hold bar with hands about 8" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip.



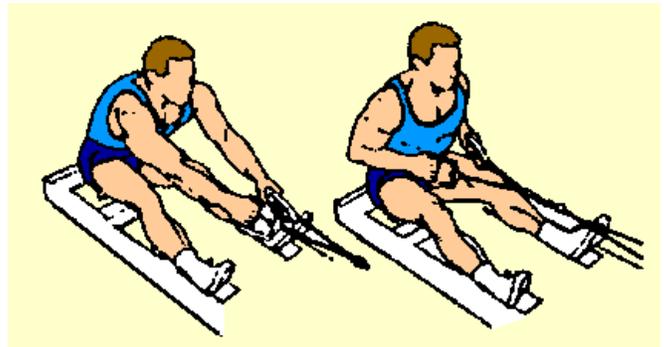
### 4) Medium-Grip Bench Press - Chest

- Lie on your back on a bench with your feet flat on the floor.
- Hold a barbell over your chest with a grip that's about six inches wider than shoulder width.
- Lower the bar to your chest and touch about one inch below your nipples.
- Push the bar to arm's length.
- Keep your elbows out and your chest high.
- Lower the weight with complete control and pause at your chest.
- Keep your head on the bench, and don't arch your back too sharply.
- Don't raise your hips off the bench.



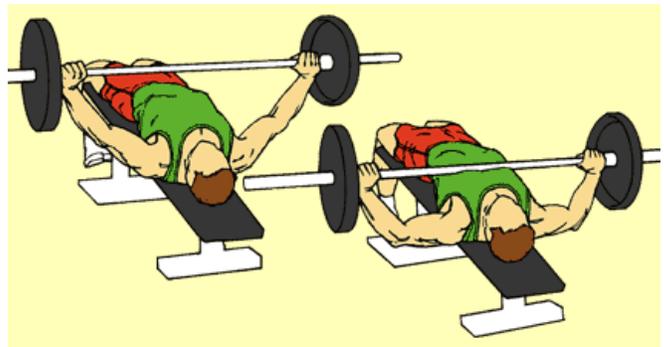
### 5) Seated Two-Arm Low Lat Pull-In - Lower Lats and Upper Back

- Sit on floor in front of low pulley.
- Place feet against object for support.
- Hold low pulley handles.
- Bend forward throughout the exercise, do not go back and forth at waist.
- Pull handles directly to sides of chest just below pectorals.
- Return weight stacks to starting position.
- Inhale at beginning, exhale at end of repetition.
- Can also be done one arm at a time.



### 6) Wide-Grip Decline Barbell Bench Press - Outer and Lower Pectorals

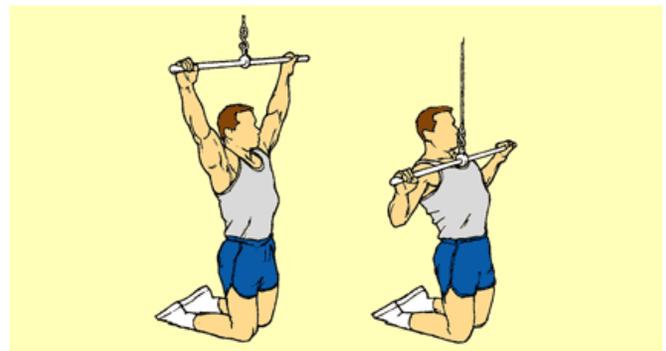
- Lie on decline bench.
- Use collar-to-collar grip.
- Lower barbell to chest about 3" below nipples.
- Raise bar to arms' length.
- Keep elbows out, chest high.
- Lower weight with complete control, making definite pause at chest.
- Keep head on bench, chest held high.
- Inhale down, exhale up.



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

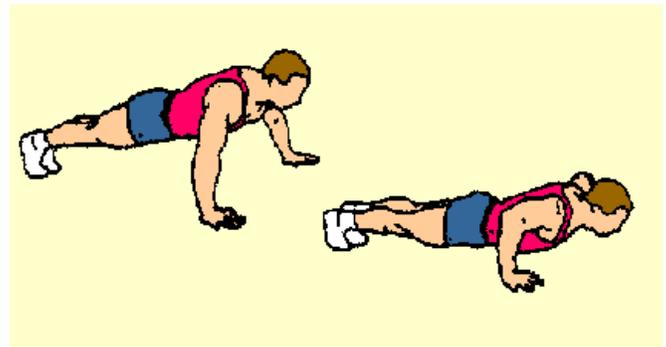
- Hold lat bar with hands about 36" apart.

- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position.
- Inhale down, exhale up.



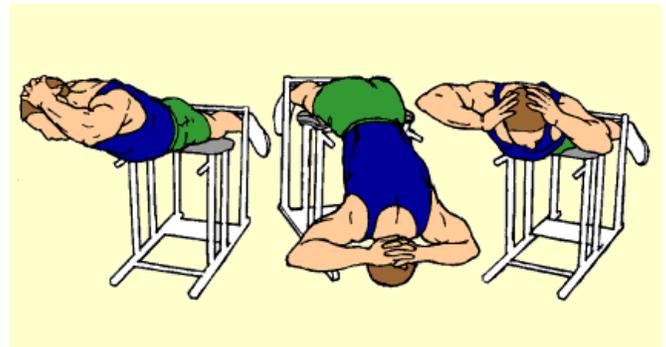
**8) Wide-Grip Push-Up on the Floor - Triceps and Chest**

- Kneel on floor, hands 36" apart or as wide as comfortably possible.
- Place legs straight behind, back straight, head up.
- Keeping body rigid, lower yourself until chest touches floor.
- Pause at bottom, then press to starting position.
- Inhale down, exhale up.
- Keep elbows in.



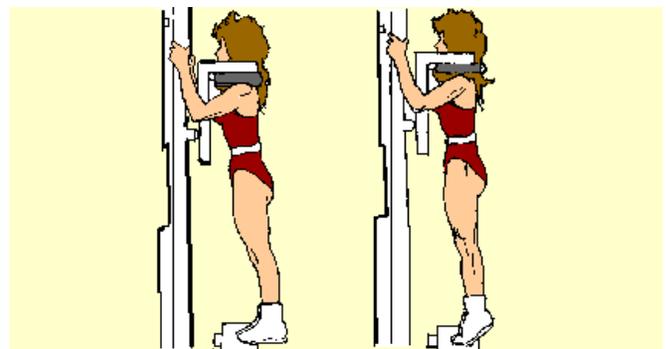
**9) Twisting Hyper-Extension - Low Back**

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



**10) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles**

- Position shoulders under bars of wall calf machine.
- Stand erect with balls of feet on foot pad.
- Keep back straight, head up, legs locked.
- Do not let hips move backward or forward.
- Raise up on toes as high as possible.
- Hold position momentarily, then return to starting position.
- Inhale up, exhale down.



**Workout B**

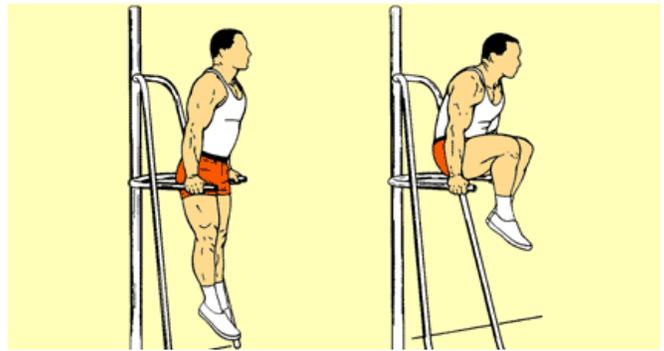
**Exercise**

Exercise	Sets	Reps
1) Dip Stand Leg Pull-In - Lower Abdominals	1	25-50
2) Thigh Extension on Leg Extension Machine - Lower Thighs	4-5	10-12
3) Seated Side Lateral - Deltoids	4-5	6-8
4) Seated Medium-Stance Leg Press on Machine - Thighs	4-5	10-12
5) Standing Military Press - Front and Outer Deltoids	4-5	6-8
6) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4-5	10-12
7) Medium-Grip Barbell Upright Rowing - Front Deltoids and Trapezius	4-5	6-8
8) Dumbbell Front Lunge - Thighs and Hamstrings	4-5	10-12
9) Lying Rear Deltoid Circle - Rear Deltoids	4-5	6-8
10) Toe Raise on Seated Calf Machine - Main Calf Muscles	4-5	20-25

**1) Dip Stand Leg Pull-In - Lower Abdominals**

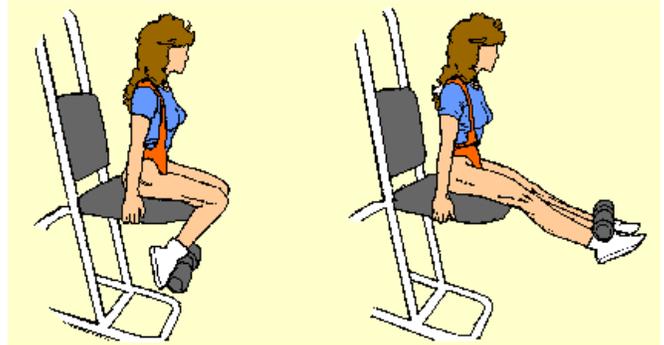
- Position yourself on a dip stand facing away from the machine with your body being supported

- by your arms, having your elbows locked out.
- Hanging in a vertical position, inhale and bend your knees while pulling your upper thighs into your midsection.
- Return to starting position and exhale.
- Concentrate on your lower abdominals during the exercise.
- Note that your lower legs are vertical to the floor at the halfway point of the exercise.



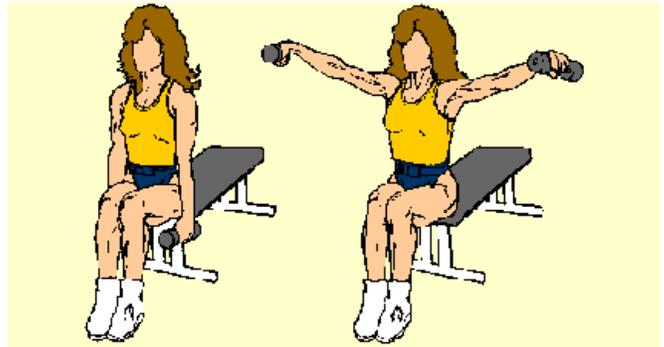
## 2) Thigh Extension on Leg Extension Machine - Lower Thighs

- Sit on machine with feet under lower foot pads as shown.
- Have seat against back of knees.
- Hold seat behind buttocks.
- Point toes slightly down.
- Raise weight up until legs are parallel to floor.
- Return to starting position.
- Inhale up, exhale down.



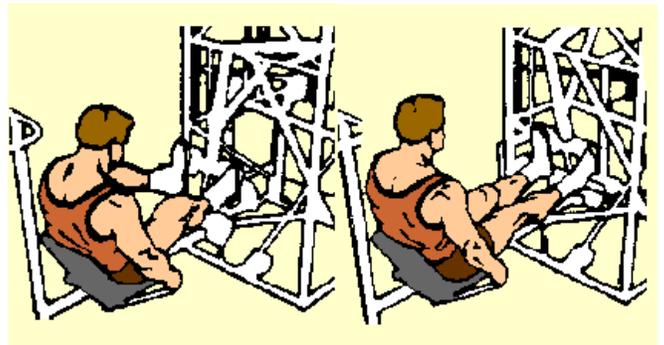
## 3) Seated Side Lateral - Deltoids

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



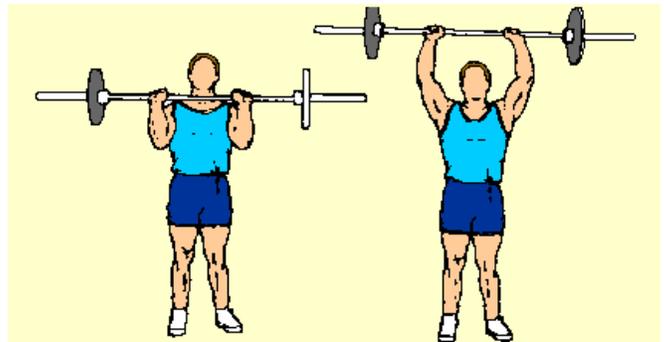
## 4) Seated Medium-Stance Leg Press on Machine - Thighs

- Adjust seat so upper thighs are nearly vertical to floor in contracted position.
- Hold hand rails under buttocks.
- Place feet on top pads.
- Press out until thighs are straight, knees locked.
- Let weight stack down until it nearly touches remaining plates.
- Keep knees slightly out.
- Inhale down, exhale up.



## 5) Standing Military Press - Front and Outer Deltoids

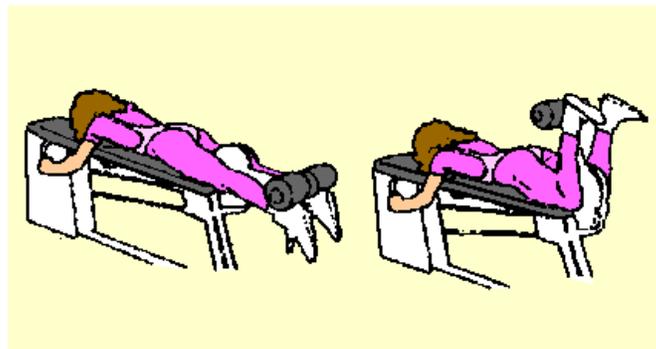
- Raise barbell to chest, hands shoulder width apart.
- Lock legs and hips solidly.
- Keep elbows in, slightly under bar.
- Press bar to arms' length overhead.
- Lower to upper chest.
- Be sure bar rests on chest and is not supported by arms between reps.
- Hold chest high.
- Inhale up, exhale down.



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

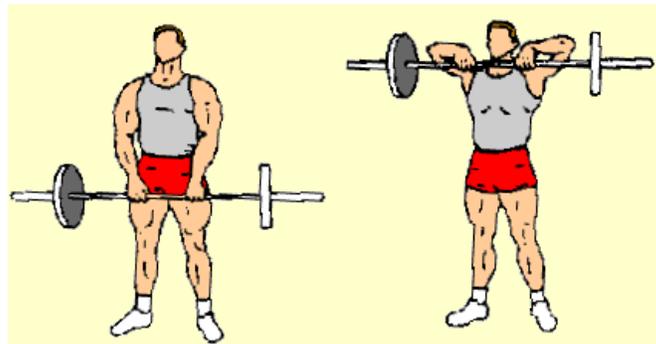
- Lie face down on machine.

- 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.



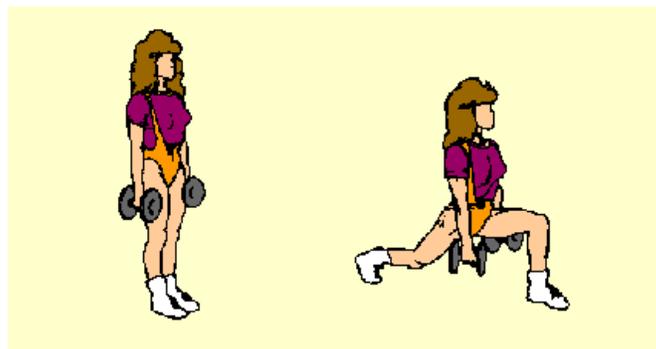
#### 7) Medium-Grip Barbell Upright Rowing - Front Deltoids and Trapezius

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



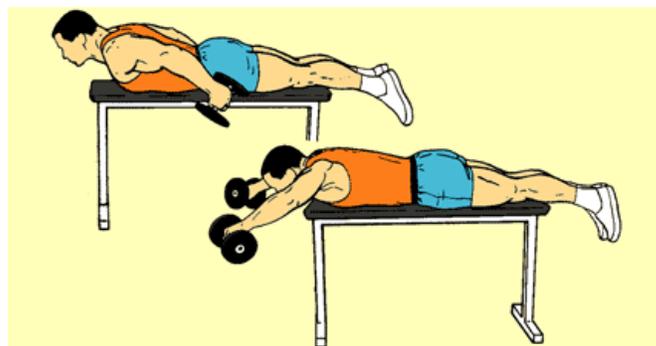
#### 8) Dumbbell Front Lunge - Thighs and Hamstrings

- 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.



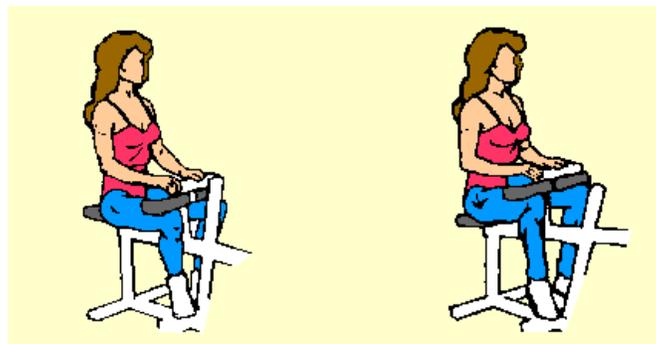
#### 9) Lying Rear Deltoid Circle - Rear Deltoids

- Lie face down on a flat bench with a dumbbell in each hand.
- Your arms should be held directly at your sides, elbows locked, with the palms of your hands at the sides of your upper thighs.
- Inhale and bring the dumbbells in a semicircular motion out past your torso until the dumbbells touch at arm's length.
- Return the dumbbells in the same path and exhale when they reach the sides of your thighs.



#### 10) 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 C

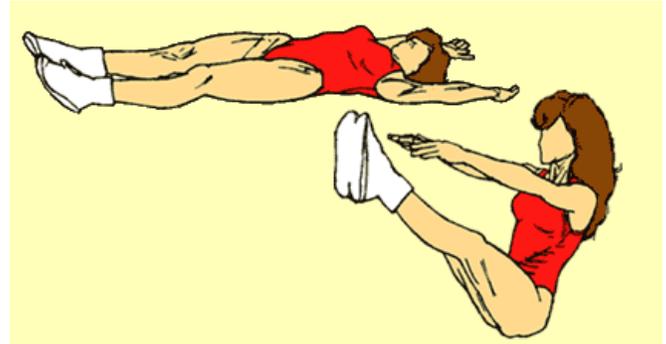
##### Exercise

Sets      Reps

1) Jackknife Sit-Up - Upper and Lower Abdominals	1	25-50
2) Kneeling Head-Supported Close-Grip Triceps Extension on High Pulley - Triceps	4-5	8-10
3) Standing Medium-Grip Barbell Curl - Biceps	4-5	6-8
4) Lying Decline Medium-Grip EZ-Curl-Bar Triceps Curl to Forehead - Triceps	4-5	8-10
5) Seated Dumbbell Curl - Biceps and Arms	4-5	6-8
6) Seated Close-Grip Barbell Triceps Curl - Triceps	4-5	8-10
7) Incline Dumbbell Curl - Biceps and Arms	4-5	6-8
8) Kneeling Concentrated Triceps Curl on High Pulley - Outer Triceps	4-5	8-10
9) Flat Preacher Bench Medium-Grip EZ-Curl-Bar Curl - Biceps	4-5	6-8
10) Seated Palms-Up Barbell Wrist Curl - Outside Forearms	4-5	20-25
11) Seated Palms-Down Barbell Wrist Curl - Inside Forearms	4-5	20-25

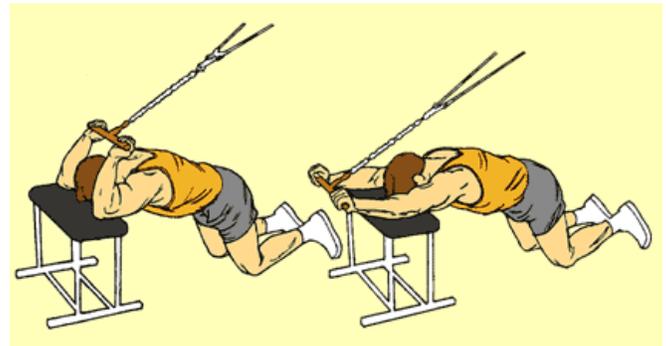
**1) Jackknife Sit-Up - Upper and Lower Abdominals**

- Lie on floor on your back.
- Place arms straight back behind head.
- Bend at waist while raising legs and arms to meet in jackknife position.
- Lower arms and legs to floor.
- Inhale up, exhale down.
- Keep elbows and knees locked.



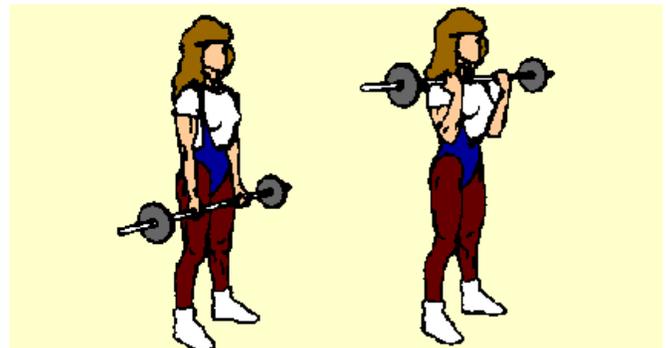
**2) Kneeling Head-Supported Close-Grip Triceps Extension on High Pulley - Triceps**

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



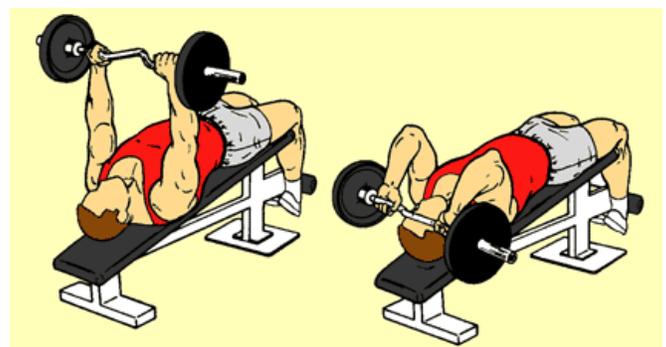
**3) Standing Medium-Grip Barbell Curl - Biceps**

- Hold barbell with both hands, palms up, 18" apart.
- Stand erect, back straight, head up, feet 16" apart.
- Start with bar at arms' length against upper thighs.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms close to sides.
- Lower to starting position using same path.
- Do not swing back and forth to help lift bar.
- Inhale up, exhale down.
- Can also be done with wide grip.



**4) Lying Decline Medium-Grip EZ-Curl-Bar Triceps Curl to Forehead - Triceps**

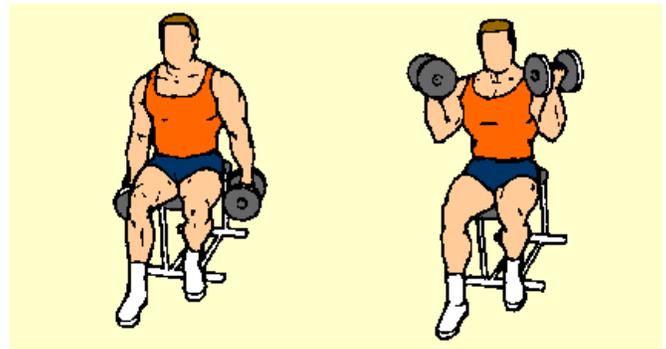
- Hold an EZ-Curl-Bar with both hands using the medium hand spacing curves.
- Lie back on a decline bench with your head on the bench and your chin up.
- Press the bar to arm's length, keeping it in line with your shoulders.
- Inhale and lower the bar straight down in a semicircular motion by bending your arms vertical throughout the exercise.
- The bar should be lowered to your forehead and your forearms and biceps should touch.
- Press the bar back to starting position using the same path and exhale.



**5) Seated Dumbbell Curl - Biceps and Arms**

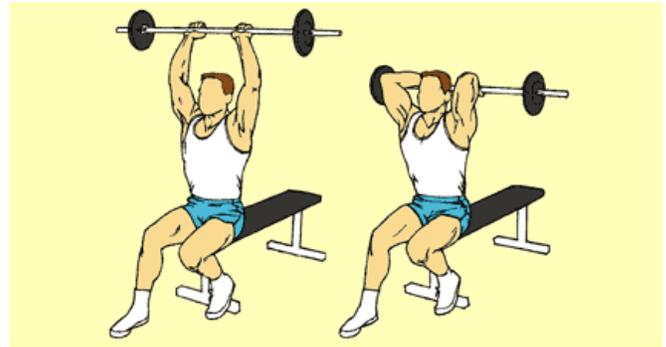
- Hold dumbbells.
- Sit at end of bench, feet firmly on floor.

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



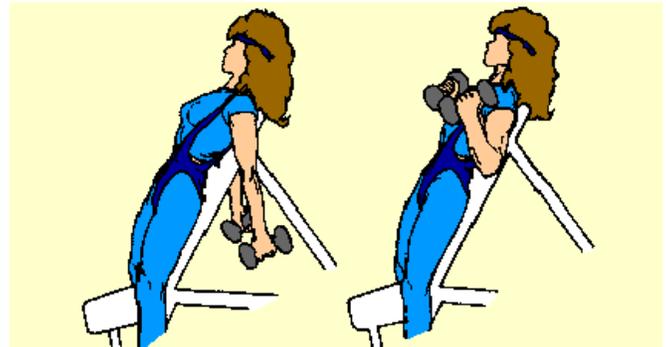
#### 6) Seated Close-Grip Barbell Triceps Curl - Triceps

- 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.



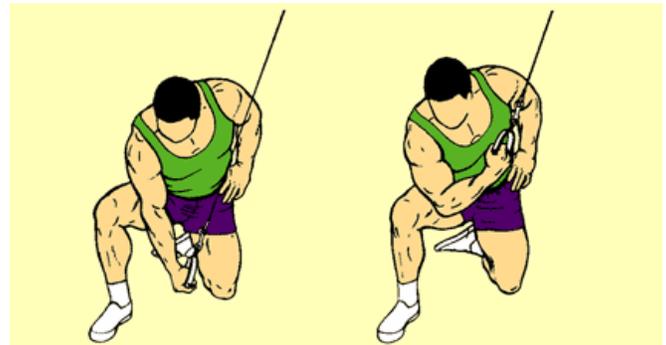
#### 7) Incline Dumbbell Curl - Biceps and Arms

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



#### 8) Kneeling Concentrated Triceps Curl on High Pulley - Outer Triceps

- Hold handle of high pulley with right hand.
- Kneel on left knee, left side toward machine.
- Keep right knee bent, upper thigh parallel to floor.
- Keep right arm against right thigh.
- Extend down in semicircular motion until arm is vertical.
- Return to starting position.
- Inhale down, exhale up.
- Reverse position and repeat with left arm.



#### 9) Flat Preacher Bench Medium-Grip EZ-Curl-Bar Curl - Biceps

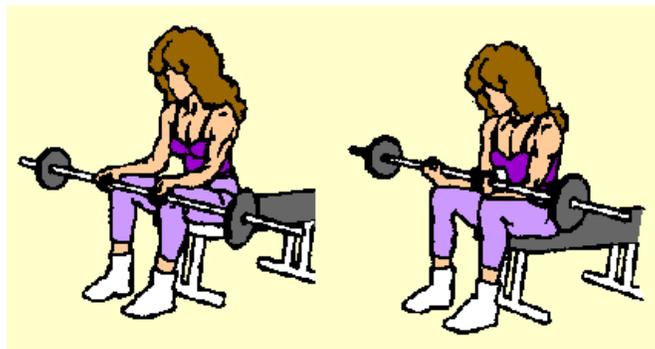
- Hold EZ-Curl-Bar with both hands on second curves of bar, palms up.
- Lie face forward on preacher bench.
- Support upper arms against pad.
- Curl bar up in semicircular motion until forearms touch biceps.
- Try to keep upper arms from moving outward as you curl.
- Return to starting position using same path.
- Inhale up, exhale down.



#### 10) Seated Palms-Up Barbell Wrist Curl - Outside Forearms

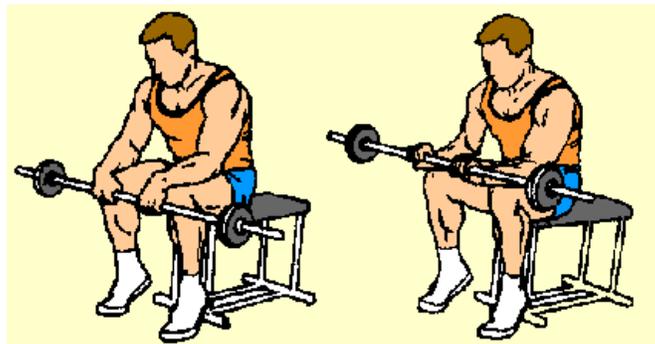
- Hold barbell with both hands, palms up, hands 16" apart.

- Sit at end of bench, feet on floor about 20" apart.
- Lean forward, place forearms on upper thighs.
- Place backs 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.



#### 11) Seated Palms-Down Barbell Wrist Curl - Inside Forearms

- Hold barbell with both hands, palms down, hands 16" apart.
- Sit at end of bench, feet on floor about 20" apart.
- Lean forward, place forearms on upper thighs.
- 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.



### Training Suggestions for Month 19

- For best results, train six days a week. So your recommended weekly schedule would be as follows:
  - Monday - Workout A
  - Tuesday - Workout B
  - Wednesday - Workout C
  - Thursday - Workout A
  - Friday - Workout B
  - Saturday - Workout C
  - Sunday - Rest
- Whenever a range in the number of sets is indicated (e.g., 4-5 sets), do four sets per exercise the first two weeks of the month, then increase it to five sets per exercise the last two weeks.
- **Do not train to failure.** The last set of each rep should feel difficult, but should not be an all-out effort. It may be necessary, and is acceptable, to decrease the weight in the latter sets of an exercise to stay within this guideline.
- Increase the poundages in each exercise as your strength increases, always concentrate on correct form, and keep accurate records of you exercises, sets and reps from workout to workout so you can easily monitor your progress.
- Do 20-30 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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