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bill pearl enterprises, inc.

20 Months to a Champion Physique month 12 - intermediate

select a program Month 12 - Intermediate

You are now entering the second month of split-routine training after spending almost a year on a full body routine. This month marks the end of the intermediate phase of the program, and next month you begin the advanced phase.

Note that this month's routine is exactly the same as last month's except that the exercises have all been changed. The order in which you train the various body parts stays the same: midsection, chest, back, deltoids, forearms and calves in the first workout; midsection, thighs, hamstrings, triceps, biceps, forearms and calves in the second.

I have included some pushups in the second workout. This, of course, is a chest exercise as well as a triceps exercise; however, in this case it serves primarily as a triceps exercise because the triceps are already preexhausted from the two triceps movements that you perform before them. The four sets of pushups simply pump more blood to the triceps to flush out the waste products.

Again, you train four times a week on this split routine - chest, back and shoulders on, say, Mondays and Thursdays and legs, triceps and biceps on Tuesdays and Fridays. Starting next month - and continuing throughout the advanced phase of the program you will work out five or six days per week.

This month you also use the same variable-reps approach for most of the exercises as you did last month. To repeat what I said about variable reps last time, when using a rep sequence such as 10, eight, six, 10, ideally you should pyramid up in weight as the reps decrease rather than staying at the same poundage, then go back to the original poundage or something close to it on the last set of 10. For example, if you were to do 100 pounds on an exercise for 10 reps, you should theoretically be able to do 110 pounds for eight reps and 120 for six reps or if you are doing an exercise for a smaller muscle group, you might go up in five-pound increments. On the last set of 10 you might go back to the original 100 pounds, although you may find this very difficult to do because you have exhausted the muscle by using the increasingly heavier weights.

Whatever weight you use on the last set - or any of the sets - do not train to failure. That's the standard guideline for this program. Make the last rep or two difficult but not impossible. Always strive for success, not failure, in everything you do - and that includes what you do in any set of a weight-training workout. You control the weight; the weight does not control you.

That brings me to another important topic. One advantage of split-routine training is that since you only train half your body at each workout rather than working the whole body, you can do more exercises and sets per body part. Thus, you can train each muscle with greater intensity and work it from more angles. In this intermediate phase you perform as many as three exercises per body part, whereas you were doing only one or two per body part when you were training your entire body at each workout.

There are some other important benefits of split-routine training. By working only half the body at each session, you can focus more energy, mentally as well as physically, on the target muscles. And since you will eventually be training five and six days a week on a split routine, your training will become more of a habit, a regimen, and you will be more focused on what you are trying to do with your physique and your life.

At the same time there are some possible pitfalls. Obviously, your social and family life could suffer, since you are at the gym more often. Therefore, you must take care to plan your time wisely in order to do justice to your training as well as allow quality time for the other important areas of your life.

Another possible disadvantage is that there's a chance you could overtrain. This system is specifically designed to focus more effort on each muscle as you train it. Since you no longer have to conserve your mental and physical energy to work every body part at every session, there's a natural tendency to get carried away and push yourself to the limit or beyond. The result could be overtraining, injury or both. If you stick to the cardinal rule I've emphasized ever since we started this program - don't train to failure! - however, there should be no real danger that you will overtrain.

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.

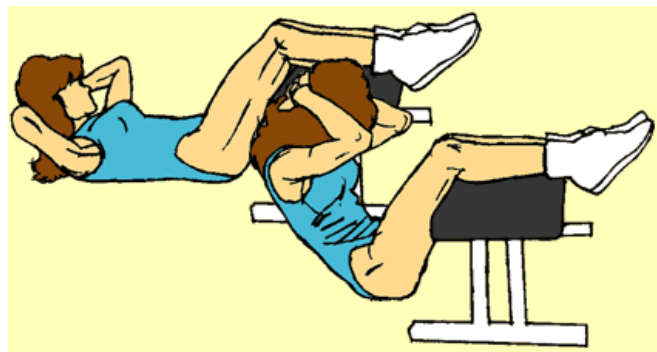
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Workout A

Exercise	Sets	Reps
1) Heel-High Sit-Up - Upper Abdominals	1	25-50
2) Barbell Side Bend - Obliques	1	25-50 each side
3) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals	1	25-50
4) Bend to the Opposite Foot - Obliques and Lower Back	1	25-50 each side
5) Bent-Arm Lateral - Outer Pectorals	4	10,8,6,10
6) Bent-Arm Dumbbell Pullover - Pectorals and Rib Cage	4	10,8,6,10
7) Parallel Bar Dip - Chest, Deltoids and Triceps	4	10-15
8) Wide-Grip Rear Lat Pull-Down - Upper Lats	4	10,8,6,10
9) Bent-Over Two-Arm Dumbbell Rowing - Upper Back and Lats	4	10,8,6,10
10) Straight-Arm Close-Grip Lat Pull-Down - Lats	4	10,8,6,10
11) Standing Low-Pulley Deltoid Raise - Outer Deltoids	4	10,8,6,10 each side
12) Standing Palms-In Alternated Dumbbell Press - Deltoids	4	10,8,6,10
13) Standing Dumbbell Straight-Arm Front Deltoid Raise - Deltoids	4	10,8,6,10
14) Palms-Up Barbell Over-a-Bench Wrist Curl - Inside Forearms	5	20
15) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles	5	20-25

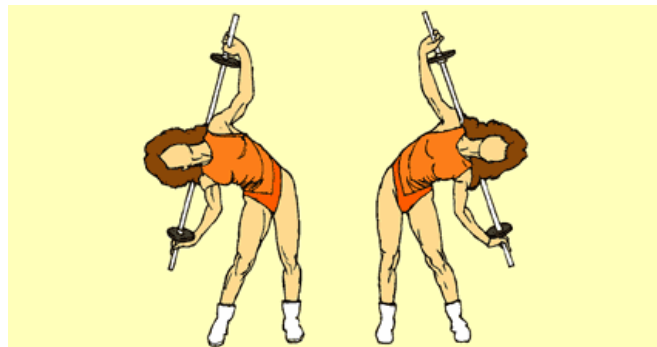
1) Heel-High Sit-Up - Upper Abdominals

- 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.



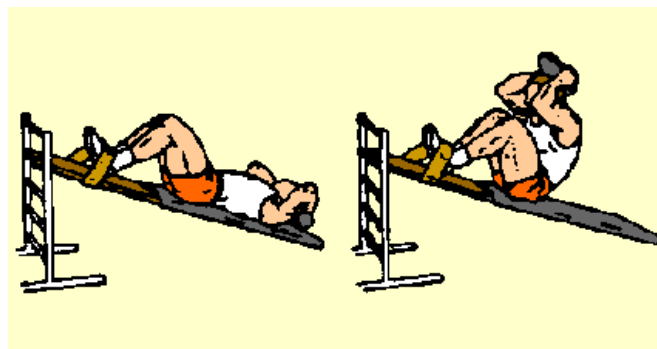
2) Barbell Side Bend - Obliques

- Stand erect, feet 16" apart.
- Place light barbell on shoulders.
- Keep back straight, head up.
- Bend to right as far as possible, then bend to left as far as possible.
- Bend at waist only, not at hips or knees.
- This exercise can also be done seated.
- Inhale to right, exhale to left.



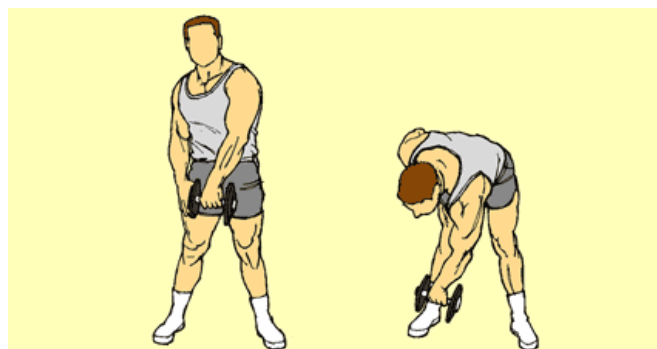
3) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals

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



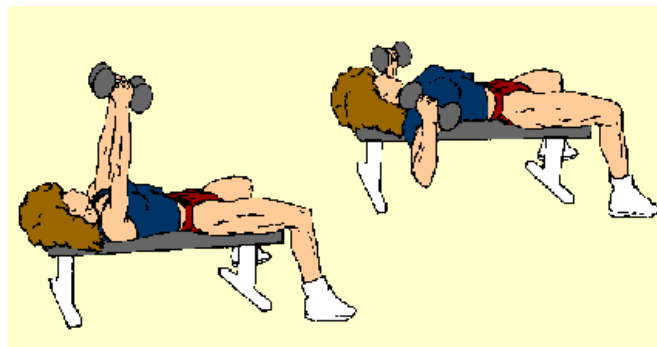
4) Bend to the Opposite Foot - Obliques and Lower Back

- Stand erect, feet 16" apart.
- Grasp dumbbell with left hand, palm in.
- Place right hand on upper right thigh.
- Bend until dumbbell nearly touches right foot.
- Return to starting position.
- Change dumbbell to right hand and repeat.
- Inhale down, exhale up.



5) Bent-Arm Lateral - Outer Pectorals

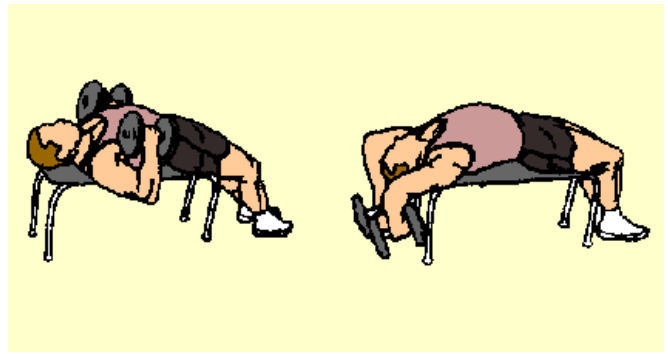
- Lie on bench, feet flat on floor.
- Hold dumbbells together at arms' length above shoulders, palms facing each other.
- Slowly lower dumbbells so they are even with chest and 10" from each side.
- Elbows in line with ears.
- Forearms slightly out of vertical position.
- Return to starting position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



6) Bent-Arm Dumbbell Pullover - Pectorals and Rib Cage

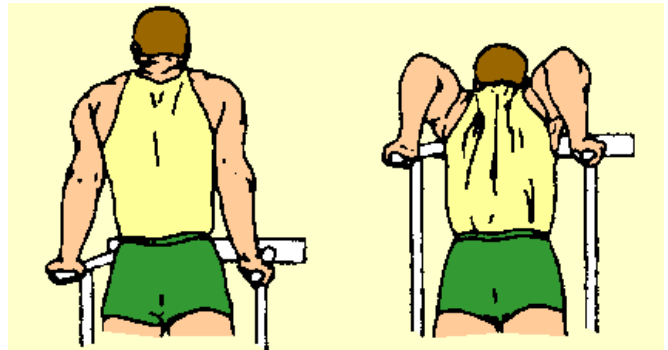
- Lie on bench, head over end, feet flat on floor.

- Hold dumbbell in each hand at sides of chest in line with nipples.
- Keep elbows in at all times.
- Lower weights just past ears in a semicircular motion towards floor.
- Lower dumbbells to floor or as low as possible without pain.
- Pull dumbbells to floor or as low as possible without pain.
- Pull dumbbells back to sides of chest using same path.
- Inhale down, exhale up.
- Breathe heavily, keep elbows in, hold chest high.



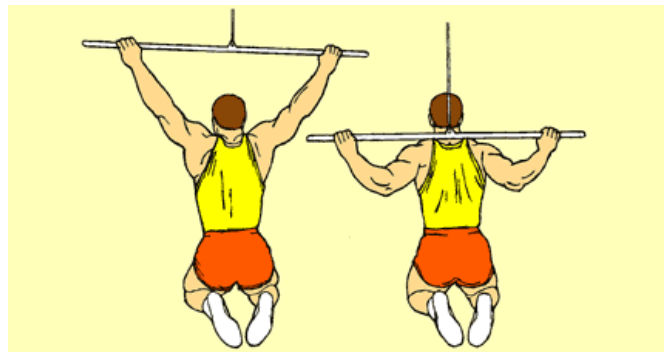
7) Parallel Bar Dip - Chest, Deltoids and Triceps

- Use a set of parallel bars or a regular dip stand for this exercise.
- Position yourself on the bars so you are held erect by your arms but able to drop to a low position without having your feet touch the floor.
- Keep your elbows into your sides as much as possible while lowering your body downward by bending your arms.
- You should continue downward until your forearms and biceps come together.
- Pause a short time and then press yourself back to arm's length forcing a lock out of the elbows thereby contracting the triceps and pectoral muscles.
- Do not let your body swing back and forth during this exercise.
- With a little practice and concentration, it will be very easy for you to control the body position.
- Inhale as you lower yourself and exhale as you push yourself back to the starting position.



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

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



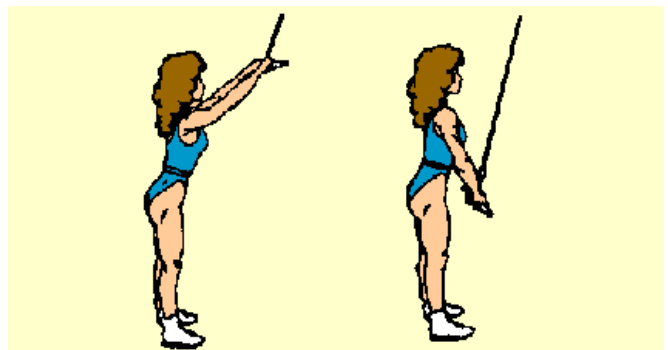
9) Bent-Over Two-Arm Dumbbell Rowing - Upper Back and Lats

- Put feet close together.
- Place dumbbell outside of each foot.
- Bend forward and grasp dumbbells.
- Keep knees slightly bent, torso parallel to floor.
- Pull dumbbells straight up to sides of chest.
- Inhale up, exhale down.
- Do not let dumbbells touch floor during exercise.
- Keep head up, back straight.



10) Straight-Arm Close-Grip Lat Pull-Down - Lats

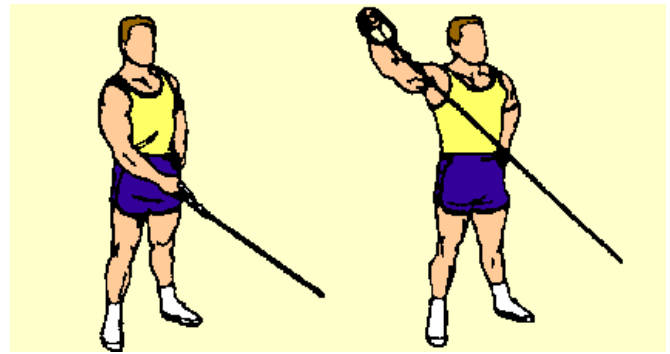
- Hold lat bar with hands 8" apart.
- Step back from machine until arms support weights while extended in front, even with top of head.
- Pull bar straight down, in semicircular motion with arms locked, until it touches top of thighs.
- Return to starting position using same path.
- Inhale down, exhale up.



11) Standing Low-Pulley Deltoid Raise - Outer Deltoids

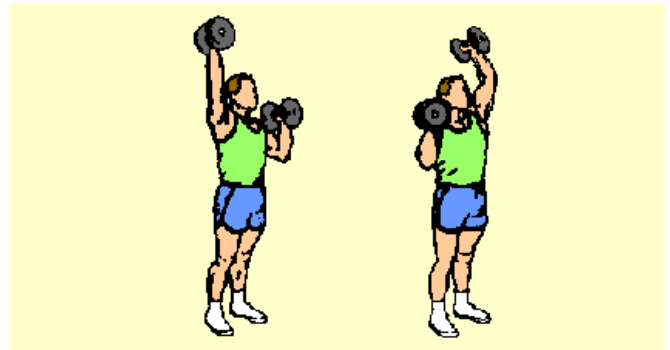
- Stand with left side facing wall pulley.

- Hold bottom handle of pulley with right hand.
- Stand erect, far enough from machine to create tension on cable.
- Right hand should be in line with groin area of left side.
- Raise pulley in semicircular motion, arm straight, elbow locked, until arm is just above parallel to right shoulder.
- Lower to starting position using same path.
- Inhale up, exhale down.
- Reverse position and repeat with left arm.
- Can also be done with pulley handle to rear.



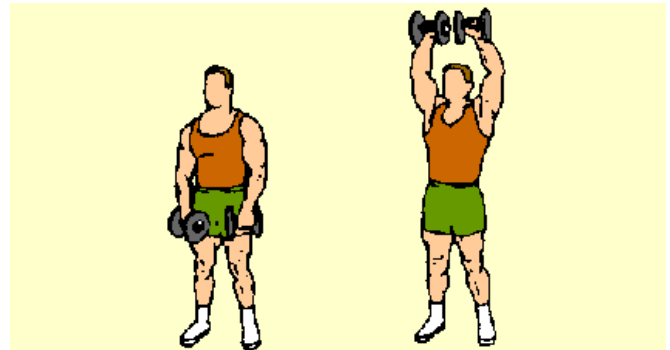
12) Standing Palms-In Alternated Dumbbell Press - Deltoids

- Clean two dumbbells for shoulder height.
- Lock the legs and hips solidly.
- Keep elbows in slightly and have the palms of your hands facing each others.
- Take a deep breath and press the right arm straight up over your right shoulder.
- As you commence to lower the right arm, begin to press the left arm to arm's length above your left shoulder, letting the air out as the left arm is raised.
- Be sure to keep the palms of the hands facing each other during the entire exercise.



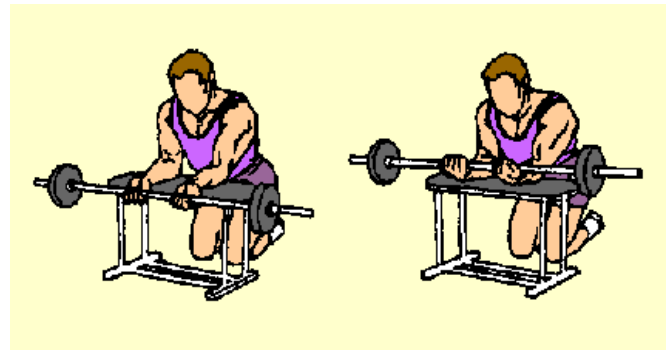
13) Standing Dumbbell Straight-Arm Front Deltoid Raise - Deltoids

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



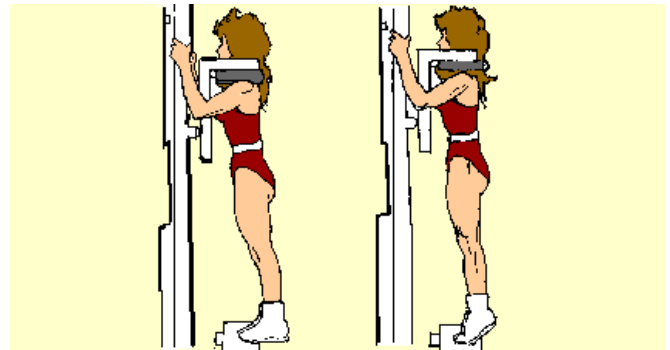
14) Palms-Up Barbell Over-a-Bench Wrist Curl - Inside Forearms

- 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.



15) 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

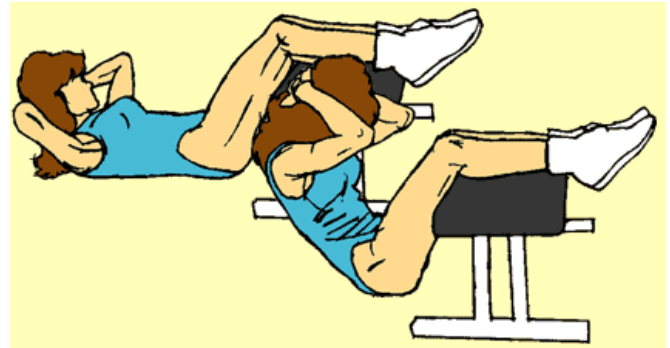
Sets

Reps

1) Heel-High Sit-Up - Upper Abdominals	1	25-50
2) Barbell Side Bend - Obliques	1	25-50 each side
3) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals	1	25-50
4) Bend to the Opposite Foot - Obliques and Lower Back	1	25-50 each side
5) 45 Degree Leg Press - Thighs	4	12,10,8,12
6) Thigh Biceps Curl on Leg Extension Machine - Hamstrings	4	12,10,8,12
7) Flat-Footed Medium-Stance Freehand Squat - Upper Thighs	4	12,10,8,12
8) Lying Two-Arm Dumbbell Triceps Curl - Triceps	4	10,8,6,10
9) Seated One-Arm Dumbbell Triceps Curl - Triceps	4	10,8,6,10 each side
10) Wide-Grip Push-Up on the Floor - Triceps and Chest	4	12-15
11) Standing Close-Grip EZ-Curl-Bar Curl - Outer Biceps	4	10,8,6,10
12) Seated Dumbbell Curl - Biceps and Arms	4	10,8,6,10
13) Standing Low-Pulley Bar Curl - Biceps	4	10,8,6,10
14) Palms-Down Barbell Over-a-Bench Wrist Curl - Outside Forearms	5	20-25
15) Standing Toe Raise on Wall Calf Machine - Main Calf Muscles	5	20-25

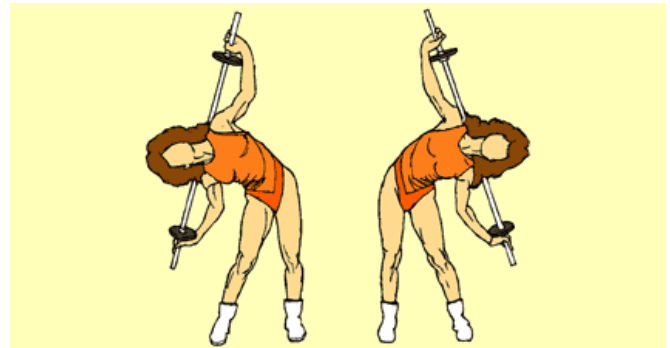
1) Heel-High Sit-Up - Upper Abdominals

- 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.



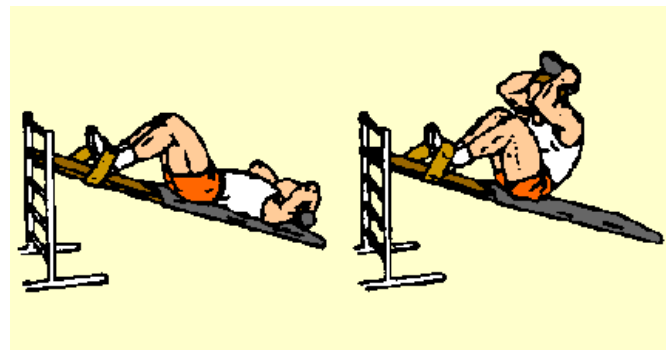
2) Barbell Side Bend - Obliques

- Stand erect, feet 16" apart.
- Place light barbell on shoulders.
- Keep back straight, head up.
- Bend to right as far as possible, then bend to left as far as possible.
- Bend at waist only, not at hips or knees.
- This exercise can also be done seated.
- Inhale to right, exhale to left.



3) Weighted Incline Bent-Knee Sit-Up - Upper Abdominals

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



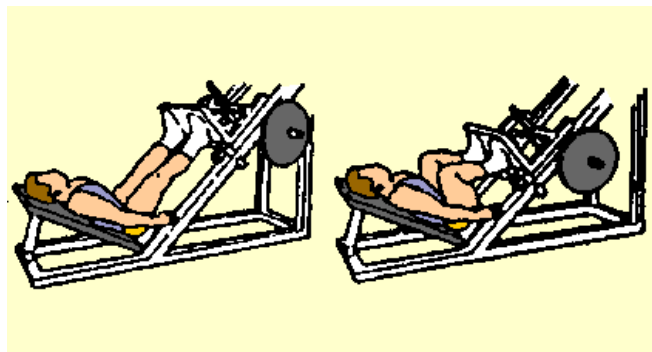
4) Bend to the Opposite Foot - Obliques and Lower Back

- Stand erect, feet 16" apart.
- Grasp dumbbell with left hand, palm in.
- Place right hand on upper right thigh.
- Bend until dumbbell nearly touches right foot.
- Return to starting position.
- Change dumbbell to right hand and repeat.
- Inhale down, exhale up.

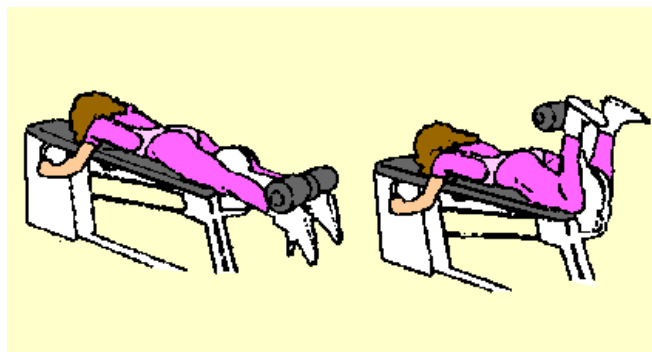


5) 45 Degree Leg Press - Thighs

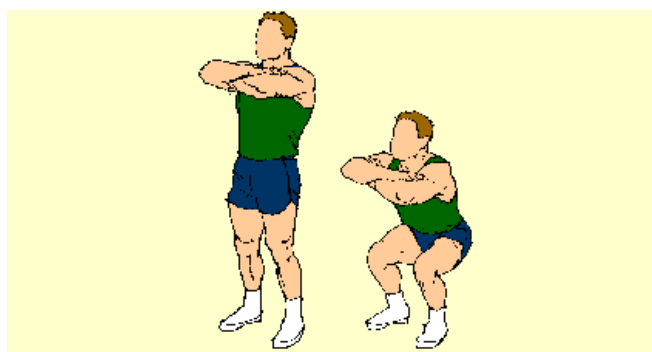
- Position yourself on the leg press with your back against the support pad and your feet firmly on the foot plate 16 to 18 inches apart.
- Press the weight out to full extension, release the support pins and then lower the weight carriage until your upper thighs are near your torso.
- Don't let your upper thighs get so close to your torso that they press against your chest.
- Return to the starting position.

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

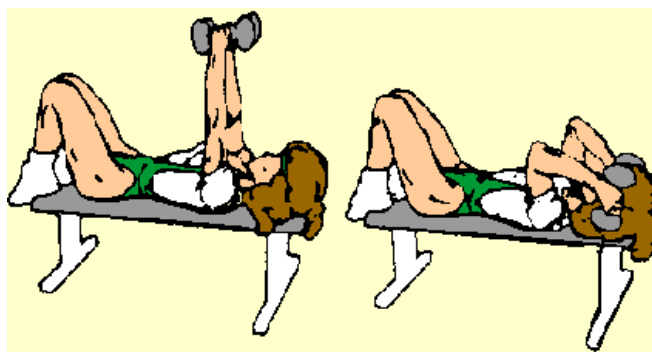
- Lie face down on machine.
- Place heels under top foot pad.
- Hold front of machine for support.
- Curl legs up until calves touch biceps.
- Return to starting position.
- Inhale up, exhale down.

**7) Flat-Footed Medium-Stance Freehand Squat - Upper Thighs**

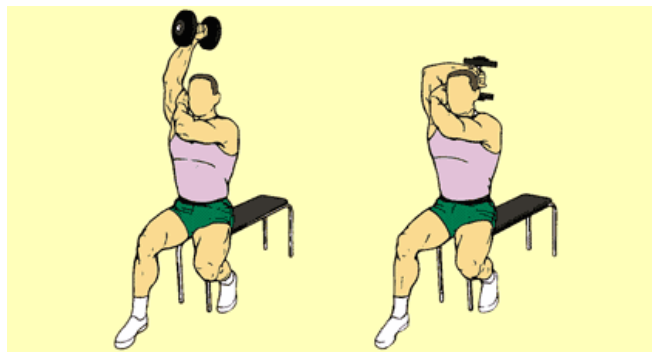
- Stand erect, arms crossed over chest.
- Head up, back straight, feet 16" apart.
- Squat until upper thighs are parallel to floor.
- Keep head up, back straight, knees slightly out.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with close or wide stance.

**8) Lying Two-Arm Dumbbell Triceps Curl - Triceps**

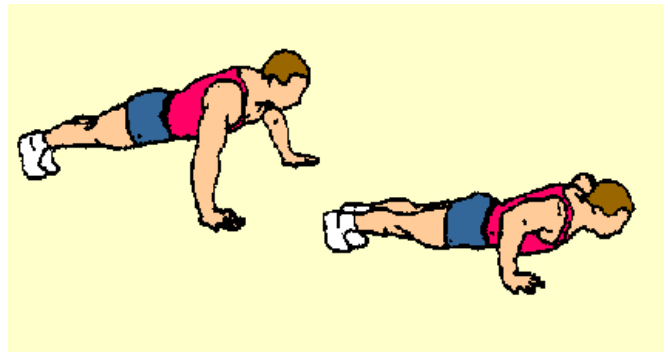
- Lie on back on bench.
- Hold dumbbells at arms' length above shoulders.
- Lower dumbbells in semicircular motion, bending arms at elbows, keeping upper arms vertical until forearms touch biceps.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done on floor, or on seated or standing incline bench.

**9) Seated One-Arm Dumbbell Triceps Curl - Triceps**

- Grasp a dumbbell in your right hand.
- Press it overhead to arm's length as you sit at the end of a bench with your feet about 16" apart and planted firmly on the floor.
- Keep your head up, back straight, and right upper arm in close to the right side of your face.
- Inhale and lower the dumbbell straight down in a semicircular motion by bending your arm at the elbow but keeping your upper arm vertical throughout the exercise.
- The dumbbell should be lowered until your forearm and biceps touch.
- Press the dumbbell back to starting position using the same path and exhale.
- Do the prescribed number of repetitions with your right arm and then change positions repeating the same number with your left arm.

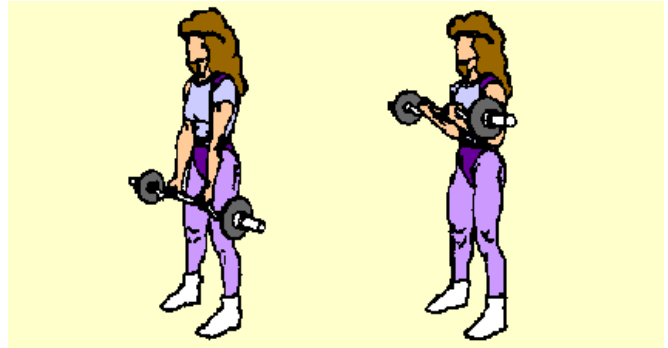
**10) Wide-Grip Push-Up on the Floor - Triceps and Chest**

- 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.



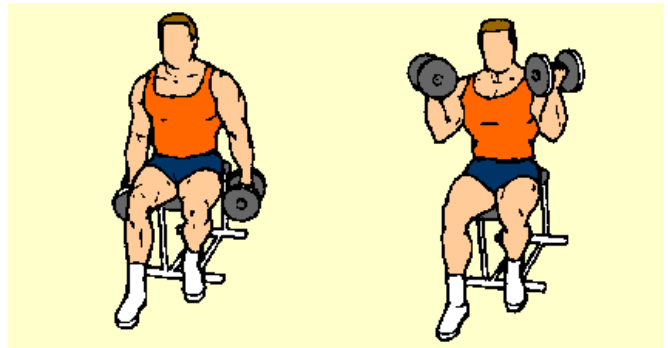
11) Standing Close-Grip EZ-Curl-Bar Curl - Outer Biceps

- Hold EZ-Curl-Bar with both hands on first curves or bar, palms up.
- Stand with legs slightly spread, knees locked.
- Hold bar at arms' length against upper thighs.
- Curl bar up in semicircular motion until forearms touch biceps.
- Keep upper arms against sides.
- Return to starting position using same path.
- Inhale up, exhale down.



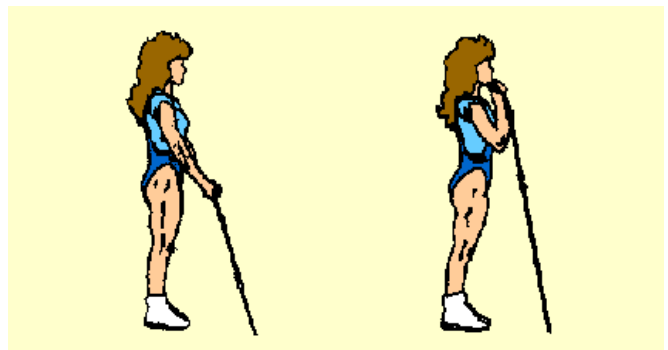
12) Seated Dumbbell Curl - Biceps and Arms

- 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.



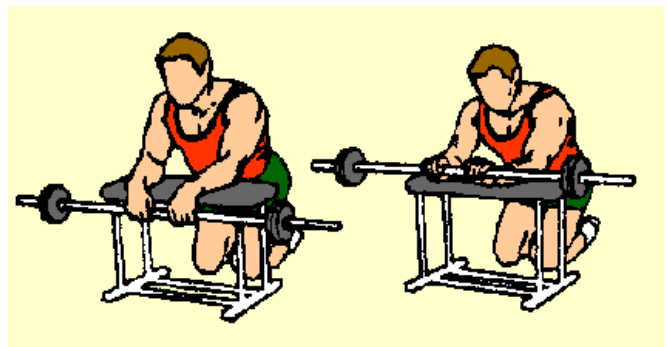
13) Standing Low-Pulley Bar Curl - Biceps

- 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.



14) Palms-Down Barbell Over-a-Bench Wrist Curl - Outside Forearms

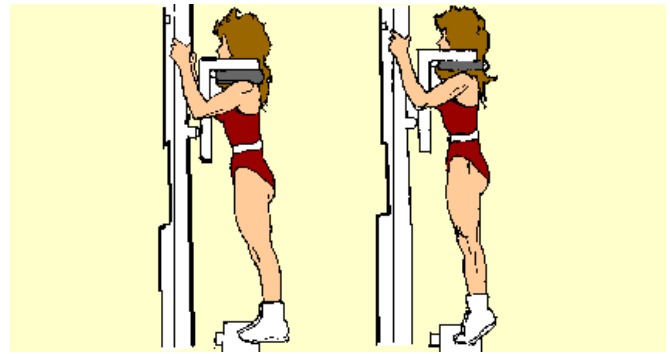
- Place barbell beside flat bench, kneel on opposite side of bench.
- Hold barbell, palms down, hands 16" apart.
- Place forearms flat on bench, wrists on edge of bench.
- Lower bar as far as possible, keeping tight grip.
- Curl bar as high as possible.
- Do not let forearms raise up.
- Inhale up, exhale down.



15) 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.



Training Suggestions for Month 12

- Train four times a week: chest, back and shoulders on Monday and Thursday and legs, triceps and biceps on Tuesday and Friday, with Wednesday, Saturday and Sunday as rest days.
- On the exercises for which a rep range is indicated, start with the minimum number in the first week and gradually add repetitions until you reach the maximum number.
- **Do not train to failure.** The last rep of each set should feel difficult but should not be an all-out effort.
- Increase the poundages in each exercise as your strength increases, always concentrate on correct form, and keep accurate records of your exercises, sets and reps from workout to workout so you can monitor your progress.
- Do 20 to 30 minutes of aerobic, conditioning in addition to your weight-training program three days per week.

Do Not Train to Failure

People ask me why I don't believe in training to failure at a time when the popular notion in bodybuilding is that the only way to make maximum progress is to always go for that last impossible rep (in other words, train to failure). I tell them the answer is quite simple: If you do a workout of, say, nine exercises, three sets per exercise, and in each set you go to failure, which means you couldn't complete the last rep, what you have done in these 27 sets is trained yourself to fail 27 times! That doesn't sound like success in my book.

My approach to training has always been to push yourself in your workouts, but do not train to failure! The last rep should be difficult, but not impossible or unachievable. And I've always been a great believer that you should leave the gym each day feeling like you had a great workout but you've still got a little bit left in the gas tank, so to speak. Because if you don't leave the gym with the feeling of having something in reserve, you will sooner or later reach a point where your training begins to seem so hellish and burdensome, you will either start missing workouts or stop training altogether. And then where is your progress?

So speaking from experience, I urge you: Train hard, yes, but not to failure. Complete what you start -- and that means every rep. I believe that this approach will not only ensure that you'll stay with your training program year after year (obviously training longevity is a very important aspect of all of this) but you'll also make the greatest progress. Why? Because you'll be training yourself for success in each and every rep, set and workout. Your training will be a positive rather than negative experience. And you'll be much more likely to keep your enthusiasm high and to avoid injury, overtraining and mental burnout.

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Editor's Note: Bill Pearl, 84, is a five-time Mr. Universe and author of the best-selling bodybuilding books, **Keys to the Inner Universe**, **Getting Stronger**, and **Getting in Shape**. He has personally coached more major contest winners than anyone else in history. At his own peak as a bodybuilder when he last won the Universe in 1971 at age 41, he weighed 242 pounds at a height of 5'10" and his arms measured 21 inches!

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