

ALL-NEW BREAKTHROUGH WEIGHT-TRAINING PROGRAM & JOURNAL!

Are You  
Ready To  
**DOUBLE**  
Your Muscle  
Growth?

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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BY STEPHEN ADELÉ

FEATURING  
**Shawn Phillips'**  
**"Variable Split"**  
**Workouts**

## **The Program:**

A step-by-step, continuation system that spells out *exactly* how to train, eat, and take supplements for maximum growth!

## **The Goal:**

To provide you with the answers you need to keep gaining unsurpassed size, strength, and power — *faster* than you ever imagined.

## **The Community:**

Discover the lively and informative discussion board exclusive to MAXIMUM GROWTH participants at [www.TheMuscleSystem.com](http://www.TheMuscleSystem.com).

## **The Dream:**

To share this book, MAXIMUM GROWTH, with over 200,000 people in the next 18 months — to help them reach their goals.  
(If you wish to help us, please refer your friends to [www.MetaCEL.com](http://www.MetaCEL.com).)

**NOTICE:** Before you begin following the instructions contained in "Maximum Growth"—the 8-Week Muscle Size and Strength Program, you should consult with your primary doctor to ensure that you are in good health. For best results, follow the enclosed instructions as closely as possible, and do not exceed the recommended dosages of the supplements suggested in this guide. If you are diabetic, you should not use this supplement without prior consent from your primary physician. This manual is intended for information purposes only and is not meant to substitute for nor provide any type of medical advice. No liability is assumed by iSatori Global Technologies, LLC, or the authors of this manual for any information contained herein. © Copyright 2003 by iSatori Global Technologies, LLC. Golden, CO USA.

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[www.TheMuscleSystem.com](http://www.TheMuscleSystem.com)

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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# Here's Why Training Your Arms Three Times More Often Than Your Legs Is Not Only Desirable But Will Skyrocket Your Whole Body to Never-Before-Imagined Growth!

**Bigger, stronger arms... A fuller, more powerful-looking chest...**  
just from doing something you've likely been looking for an excuse to do anyway!!  
(Man, it's like finding out the best diet in the world is pizza and beer!)

**Sounds too good to be true, right? Well, it's not. In fact, it's not only desirable,**  
but research proves it can literally skyrocket your muscular growth  
...building on top of the gains you've already made!

**Dear Friend,**

You and I are a lot alike. We have more in common than you might realize. Besides the obvious two hands, two feet, two legs, ten fingers, and ten toes... what goes on *inside* each of us is very much the same as well.

Within a small range, we undergo the same biological processes inside our bodies. And since all humans are pretty much the same, the biological processes that are responsible for muscle growth (known as hypertrophy) must also be the same. In other words, there's no strange, unexplained phenomenon taking place inside us.

This fact alone explains why it can be just as easy for *you* to build a stronger, more muscular physique as it is for me, my brother, my accountant, or any other "average Joe." See, most people tend to overlook this basic, fundamental scientific fact, and as a result, they never "test" or "push" their limits for increased natural, muscular growth. Sadly, very few people ever reach *anywhere* near their full genetic potential.

Granted, there is no magic formula that will show you how much muscle you can ultimately develop. I can tell you, *with complete certainty*, that the new breakthrough training Program I am about to share with you will help you "break the cycle"—**to blast your muscular gains through the roof!** (...it's like there's no ceiling on the amount of new muscle you can grow!!)

Starting out as a competitive bodybuilder in my early years, I've now been weight training for over 15 years. I have to admit, many of my years of training were spent looking for any excuse to "explain" why I was not able to achieve a more muscular body. (*Like the ones I saw in the advertisements anyway!*)

**Then it "hit" me.** It was a true awakening. One day, while flipping through some old research on post-workout resistance weight training, I noticed a few startling facts that pertain to what I now refer to as the "*magical period of maximum growth!*" It's a distinct period of post-training time called "overcompensation."

Now, I won't get too technical or overly scientific here, but I will provide you with the basics – some facts about what overcompensation is, how it serves as the foundation of this new breakthrough Program, and how you can use this critical post-workout period to *your* advantage... **to maximize your gains in (and out) of the gym!!**

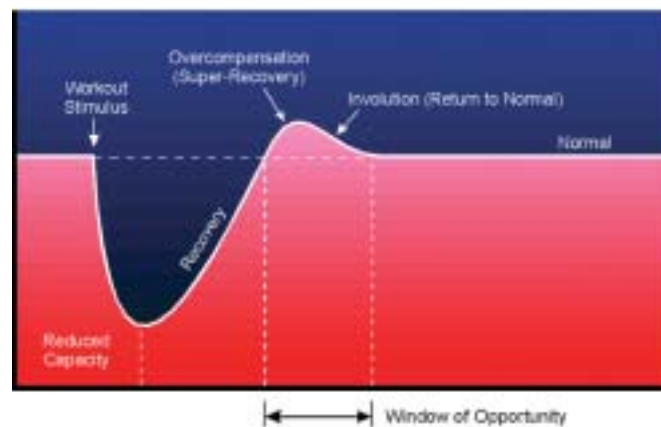
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**First, what is overcompensation?** To understand this, let's take a look at the process of recovery for a single muscle, in response to a stimulus, brought on by a single training session.

**Fact 1:** As you know, post-workout muscle fatigue is followed by a general *recovery* period. Then, something interesting and important takes place... the muscle enters a phase called overcompensation. During this all-important phase, your muscle has an increased capacity to grow—in other words, for a brief, precise amount of time (anywhere from one to five days, depending on the body part) the muscle is actually bigger, stronger, and *much more* able to grow than when it was trained before. Essentially, this period of time—called overcompensation—is a short-lived period where you can actually trigger new muscle growth by working it out again.

On the flip side, if the muscle is not trained again during this period, it undergoes a process known as *involution*. In other words, the muscle returns to normal... and you guessed it, you missed a great “window of opportunity” to blast your muscles into growth mode.

Now, if you “hit” this period just right... voila! **Instant, new muscular growth**. Needless to say, targeting this critically important period of “super-recovery” is the goal of our new Program!! And, in order to hit these critically important periods of overcompensation, with exact scientific accuracy, we've built a custom Program that optimizes your workouts (check out the corresponding graph below to see how all of these phases work) ...combined into one system of training: it's called the Variable Split System.



**Fact 2:** Undoubtedly, the Variable Split System of weight training is like no other Program you have ever tried. I promise. It is a revolutionary approach to a problem that has plagued *literally* hundreds of thousands of people seeking results from their workouts... How much training is enough, and when does enough become too much!? The majority of past training programs have always treated each and every muscle on your body *exactly* the same. **This is a big mistake!!** Let me explain...

Providing the same amount of training to each muscle, at the same intervals, is like feeding an elephant and a mouse the same amount of food and expecting similar results. Without a doubt, the mouse will get fat on an amount that would starve the elephant. In the same light, training your legs every other day would *severely* over train them, while training your biceps once a week would leave them *seriously* under trained. Get the point?

(next page, please)

You see, most standard, run-of-the-mill training fails to take into consideration how the muscles that require the most time to recuperate (i.e., your legs) hold back the rest of your body (i.e., your chest, shoulders, and arms) from being trained as frequently as they *really* should. And as a result, **you literally stunt your “real” genetic potential for muscular growth on these other body parts.** Training all muscle groups at your slowest recovering muscle group’s recovery pace is the absolute worst, most damaging mistake. Amazingly, your fastest recovering muscle groups may actually be in a state of atrophy (*literally shrinking in size*) by the time you get around to training them again.

**This explains why you can, and should, train your arms and chest more frequently than your legs—**once you realize these “little” muscle groups recover *much, much faster* than any other muscle groups, particularly the legs. Pretty fascinating, isn’t it?

While the Variable Split is not an entirely new type of training philosophy, nor is it “earth-shattering,” it *is* a concept that has been grossly overlooked by the majority of people weight training. Look at it this way, the good news is, you’ll be quietly packing on new, solid muscle, while others at the gym are staring at you in disbelief—frustrated by their lack of progress—and *your success...* from following this new breakthrough Program!! You’ll be learning how to stay in your personal “maximum growth zone” during every single workout... allowing you to get results from every rep you do, every set you perform, every workout, every time!

**...With our new Variable Split Program, you could turn yourself into a virtual muscle-growth factory, 24/7.** (With the kind of amazing results that could build on themselves like a muscular landslide!)

Make no mistake, though, to achieve 100% success with this Program, you need to follow the workouts to the letter. I mean it. Like I said before, you can’t expect maximum results with a “hit or miss” system. Of course, switching out an exercise for an equivalent one is fine, but missing a workout here and there or skipping meals *will not produce the results you’re after!*

To make the Program easy to follow, we’ve spelled out *exactly* what you need to do with this new Program, providing a calendar of your workout and non-workout days. It’s separated into two pages—one for the first four weeks and a second page for the last four weeks. **This calendar tells you exactly what days to train and which muscle groups to train each day.** Again, all you do is simply check off your daily scheduled workout after you train. It’s that simple!

Just like on the 4-week Program, we’ve again provided a “Sample Workout” page, so you can see, first-hand how to use the daily workout sheets. As well, we’ve included a page on “How to Read and Follow Your Workout Schedule.” *Read this page carefully, please.* This page discusses the more advanced training techniques like “drop-sets,” “super-sets,” and “failure sets.” To get the most out of your workouts, and prevent misunderstandings, carefully read the instructions. Once you read through them, you’ll be well on your way to having flawless, intense workouts!!

Based on the number of questions we received about the exercises in the first 4-week Program, this time around we’ve included an additional section that covers, in more detail, “how” to perform each exercise. I think you’ll find this section, appropriately titled “The Exercises,” easy to understand, and hopefully, if we’ve done our job right, they will help you perform the exercises prescribed in the Program with maximum output and proper form—*so you can again get the most out of each workout!*

(next page, please)

While the workouts are fundamentally basic, *they are not easy by any means*. Don't fool yourself; they will require your hard work and intensity. Yet, followed to the letter, **these principles are remarkably powerful in their ability to trigger new muscle growth, faster than you ever imagined**. And to make it even more challenging (and fun), we added some unique twists to the Program by adding "super-sets," "drop-sets," and "triple sets." Once you understand how to incorporate these advanced techniques into your workouts... you're going to love them just as much as we do. *I guarantee it*. Make no mistake about it, my friend, over the coming weeks, as you look at yourself in the mirror and witness the drastic, noticeable changes in your physique, you'll be thankful you discovered them too!

While I am not, nor do I pretend to be, a research scientist...**our purpose here is to bring you a completely scientifically based system of training that flat out works!** And, I'm certain, after you've tried our new Variable Split Program for at least six to eight weeks, we'll have delivered on that promise.

In closing, I'd like to congratulate you once again on your worthy achievement in completing your first four weeks on the MAXIMUM GROWTH System. The fact that you not only accepted our invitation but followed through puts you in an elite class of individuals who are committed to building a strong, healthy, more muscular (head-turning) body! I sincerely respect you for that. *Please*, don't take this compliment lightly. You should be proud of yourself. I sure am proud of you! And, more important, I am proud to be helping you on our new journey together... here and now, with the MAXIMUM GROWTH 8-Week Continuation Program. So let's get started!! Here's to a new, more muscular you!

With respect and admiration,



Stephen Adele  
Editor-in-Chief, *Real SOLUTIONS*

**P.S.** By the way, I'd like to remind you that if, after reading this Program manual, or during the course of following the workouts, you have any (*I mean any!*) additional questions about the Program or the new muscle-building supplement Meta-CEL, please feel free to call our expert fitness advisors. (Maybe you already have, if so, you've likely experienced what thousands of other people have—the highest quality, most knowledge and friendly persons in the fitness industry.) You can reach them between the hours of 8 a.m. and 6 p.m., MST by calling toll free 1-866-688-7679 (press option #4). Or, if you prefer, you can always email them at [support@nutros.com](mailto:support@nutros.com). **Our knowledgeable staff will be happy to answer your questions and provide you with all the information you need to make the gains you want!**

**P.P.S. IMPORTANT:** If you would like to win an "endorsement" contract with iSatori (the makers of Meta-CEL), and you're interested in becoming famous overnight... *literally*, as you'll be featured in every muscle and fitness magazine on the newsstands for their national advertising campaign... plus, be awarded thousands of dollars in free supplements... then you need to be certain to submit your strength tests and body measurements (found in Appendix I) to us no later than 12 weeks after you start this Program. And don't forget to accompany your measurements with your before and after pictures. It's important to note, the deadline to send these in is approximately 12 weeks after you've first started this Program. (For more information about Meta-CEL, please refer to The Supplement section of this Program.) We can't wait to hear from you!!

# The Workout

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM TRAINING CALENDAR

Name:	8-Week Continuation	Maximum Growth
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Month: \_\_\_\_\_ Start Date: \_\_\_\_\_ Completion Date: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
<div style="position: absolute; left: -100px; top: 50%; transform: translateY(-50%); background: red; color: white; padding: 5px; font-weight: bold;">WEEK 1</div> DATE: <b>Strength Test/ Body Measurements</b>  Workout #1	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #2	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #3	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #4	DATE: <b>Legs Calves</b>  Workout #5
<div style="position: absolute; left: -100px; top: 50%; transform: translateY(-50%); background: red; color: white; padding: 5px; font-weight: bold;">WEEK 2</div> DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #6	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #7	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #8	DATE: <b>Legs Calves</b>  Workout #9
<div style="position: absolute; left: -100px; top: 50%; transform: translateY(-50%); background: red; color: white; padding: 5px; font-weight: bold;">WEEK 3</div> DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #10	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #11	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #12	DATE: <b>Legs Calves</b>  Workout #13
<div style="position: absolute; left: -100px; top: 50%; transform: translateY(-50%); background: red; color: white; padding: 5px; font-weight: bold;">WEEK 4</div> DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #14	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #15	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #16	DATE: <b>Legs Calves</b>  Workout #17

# MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM TRAINING CALENDAR

Name:	8-Week Continuation	Maximum Growth
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Month: \_\_\_\_\_ Start Date: \_\_\_\_\_ Completion Date: \_\_\_\_\_

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 5</b> →	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #18	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #19	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #20	DATE: <b>Legs Calves</b>  Workout #21
<b>WEEK 6</b> →	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #22	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #23	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #24	DATE: <b>Legs Calves</b>  Workout #25
<b>WEEK 7</b> →	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #26	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #27	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #28	DATE: <b>Legs Calves</b>  Workout #29
<b>WEEK 8</b> →	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #30	DATE: No Training	DATE: <b>Chest Shoulders Triceps Biceps</b>  Workout #31	DATE: No Training	DATE: <b>Back Shoulders Triceps Biceps</b>  Workout #32	DATE: <b>Legs Calves</b>  Workout #33
<b>FINISH</b> →	DATE: No Training	DATE: No Training	DATE: No Training	DATE: <b>Strength Test/ Body Measure- ments</b>  Workout #34			

## HOW TO READ AND FOLLOW YOUR WORKOUT SCHEDULE

The workout page layout is very simple and easy to follow. It reads just like any book—left to right, top to bottom. This explanation is provided to make you aware of some of the more advanced techniques used in the 8-Week Continuation Program, like drop sets and super sets.

**Workout Header:** This contains information about the workout, including your name, the date of the workout (simply fill this in each day), the workout # (of total workouts), and the time it should take you to complete the workout. The last column to the right is used to record the time you start and stop your workout as well as the total time your workout takes.

**SAMPLE OUTPUT PAGE FOR 8-WEEK CONTINUATION PROGRAM**

Name: <i>Shawn B. Phillips</i>		Date: 8/8/03	Start Time:
8-Week Continuation		Workout # 1 of 20	Stop Time:
Maximum Growth		Est. Time: 45 min.	Total Time:

The Program Name

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Bench Press	195 x 8		75 sec.	x
		235 x 8		120 sec.	x
		290 x 6		150 sec.	x
		290 x 6		150 sec.	x
		290 x 6	F	150 sec.	x
	Flat Dumbbell Flye	65 x 6		0 sec.	x
		55 x 8		60 sec.	x
		65 x 6		0 sec.	x
		55 x 8		60 sec.	x
		65 x 6		0 sec.	x
Shoulders	Seated Dumbbell Press	50 x 8		90 sec.	x
		65 x 8		120 sec.	x
		65 x 8		120 sec.	x
		55 x 8	F	120 sec.	x
Triceps	Triceps Pushdown	70 x 15	D	0 sec.	x
		65 x 15		75 sec.	x
Biceps	Preacher Barbell Curl	100 x 12		0 sec.	x
Biceps	Preacher Barbell Curl	90 x 12		90 sec.	x
Biceps	Triceps Pushdown	100 x 12		0 sec.	x
Biceps	Preacher Barbell Curl	90 x 12		90 sec.	x
Calves	Standing Calf Raise	350 x 10		120 sec.	x
		385 x 8		120 sec.	x
		400 x 8		120 sec.	x
		400 x 8		-	400 x 8

**1st muscle group to train.** → Chest

**1st exercise for muscle group (e.g., chest)** → Bench Press

**Weight x Reps:**  
Sets 1-5 for bench press. I suggest doing a couple warm-up sets. Don't limit yourself to these for warm-ups—do what you need to do to get your muscles loose! This is your **GOAL** weight—you should reach it 98% of the time.

**Rest Interval:** The amount of time to rest before doing the next set!

**Advanced Technique**  
**Failure Set (F):** Take this set to complete failure: do as many reps as you can! Then push yourself to do two more but never at the expense of your form!

**Advanced Technique**  
**Drop Set (D):** Complete the planned number of reps. Stop (without rest). Drop the amount of weight used, by about one half, then start your next planned set of reps. (If it's a triple-drop set, perform one more similar set.)

**Super Sets:**  
Start by performing the first exercise—complete the planned reps—without resting—start the next exercise and complete the planned reps. Rest only after "super set" is completed.

**Journal:** Use these spaces to record your goal workout weights and actual weights used as you go along. This great tool gives you important data to monitor your progress and refer to later.

### The 5 Simple Steps to Journal Your Workouts:

1. Record the date and start time.
2. Begin on the top left of the page. (The first muscle group in this example is the chest; the first exercise is the bench press; first set is 195 lbs x 8 reps.)
3. Complete each set from top down. Note drop sets, super sets, and rest intervals (the advanced techniques).
4. Finish the final set for the last exercise (at the bottom of each page), and record the stop time.
5. Calculate the total time and compare it to the estimated time.

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name: <i>Shawn Phillips</i>	Date: <i>8/8/03</i>	Start Time: <i>6:15 AM</i>
8-Week Continuation	<i>Sample Workout</i>	Stop Time: <i>6:55 AM</i>
Maximum Growth	Est. Time: 33 min.	Total Time: <i>40 minutes</i>

Group	Exercise	Goal	F/D	Rest	Actual
Back	One-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
x 6		F	150 sec.	x	
Shoulders	Dumbbell Reverse Flye (Rear Dests)	x 12		60 sec.	x
		x 12		90 sec.	x
		x 12		60 sec.	x
Triceps	Lying Triceps Extension (EZ Curl Bar or Barbell)	x 8	D	90 sec.	x
		x 8	D	90 sec.	x
		x 8		90 sec.	x
		x 8	D	90 sec.	x
		x 8	D	90 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	90 sec.	x
		x 8	D	90 sec.	x
		x 8		90 sec.	x
		x 8	D	90 sec.	x
		x 8	D	90 sec.	x
		x 8		-	x

TRIPLE DROP SETS

SAMPLE

*A New Max!!*

*What a burn!!*

Notes:

*Great day of training! Very strong and intense workout! Biceps got a massive pump!*

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM 5-REP MAX STRENGTH TEST DAY—PRE-MEASUREMENTS

Name:	Date:	Start Time:
8-Week Continuation	<b>Workout # 1 of 34</b>	Stop Time:
Maximum Growth	Est. Time: 20 min.	Total Time:

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #1:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #2:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #3:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #4:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

(Once completed, copy your strength test results onto your pre-measurement form/Appendix I.)

Remember, after your eight weeks are completed, you'll take another strength test and measure your body parts.

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 2 of 34	Stop Time:
Maximum Growth	Est. Time: 40 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual	
Chest	Bench Press (Barbell)	x 8		75 sec.	x	
		x 8		120 sec.	x	
		x 6		150 sec.	x	
		x 6	F	150 sec.	x	
	Incline Dumbbell Press	x 10		60 sec.	x	
		x 8		90 sec.	x	
		x 8		120 sec.	x	
		x 8	F	120 sec.	x	
Shoulders	Seated Barbell Press (or Barbell Press)	x 12		75 sec.	x	
		x 10		90 sec.	x	
		x 10		90 sec.	x	
		x 10	F	90 sec.	x	
	Dumbbell Side Raise	x 12		45 sec.	x	
		x 10		60 sec.	x	
		x 10		60 sec.	x	
SUPER SETS Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x	
	Incline Dumbbell Curl	x 15		45 sec.	x	
	Triceps Pushdown (Machine)	x 12		0 sec.	x	
	Incline Dumbbell Curl	x 12		60 sec.	x	
	Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		60 sec.	x
		Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		-	x

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 3 of 34	Stop Time:
Maximum Growth	Est. Time: 33 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	One-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
Shoulders	Dumbbell Reverse Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x
Notes:					

TRIPLE DROP SETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 4 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 12		60 sec.	x
		x 10		60 sec.	x
		x 10		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 5 of 34	Stop Time:
Maximum Growth	Est. Time: 34 min.	Total Time:

TRIPLE DROP SETS	Group	Exercise	Goal	F/D	Rest	Actual
	Legs	Barbell Squat	x 15		60 sec.	x
			x 12		90 sec.	x
			x 10		120 sec.	x
			x 10		120 sec.	x
			x 10	F	120 sec.	x
	Calves	Standing Calf Raise (Machine)	x 10		90 sec.	x
			x 10		90 sec.	x
			x 10		90 sec.	x
	Quads	Leg/Knee Extension (Machine)	x 10	D	0 sec.	x
x 10			D	0 sec.	x	
x 8				90 sec.	x	
x 8			D	0 sec.	x	
x 8			D	0 sec.	x	
x 8				90 sec.	x	
Hamstrings	Leg Curl (Machine)	x 10	D	0 sec.	x	
		x 10	D	0 sec.	x	
		x 8		90 sec.	x	
		x 8	D	0 sec.	x	
		x 8	D	0 sec.	x	
		x 8		-	x	
Notes:						

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 6 of 34	Stop Time:
Maximum Growth	Est. Time: 32 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		45 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		-	x
Notes:					

SUPERSETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 7 of 34	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Bench Press (Barbell)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 10		75 sec.	x
		x 10		75 sec.	x
		x 10		75 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x

TRIPLE DROP SETS

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 8 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Single-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 9 of 34	Stop Time:
Maximum Growth	Est. Time: 42 min.	Total Time:

		Group	Exercise	Goal	F/D	Rest	Actual
SUPER SETS	Legs	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		120 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x	
		Leg Press	x 8	F	150 sec.	x	
	Quads	Barbell Squat		x 12		90 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
	Hamstrings	Straight-Leg Dumbbell Deadlift		x 12		90 sec.	x
				x 12		105 sec.	x
			x 12		120 sec.	x	
			x 12		120 sec.	x	
Calves	Standing Calf Raise (Machine)		x 8		90 sec.	x	
			x 8		90 sec.	x	
			x 8	F	-	x	
Notes:							

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 10 of 34	Stop Time:
Maximum Growth	Est. Time: 40 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual	
Chest	Bench Press (Barbell)	x 8		75 sec.	x	
		x 8		120 sec.	x	
		x 6		150 sec.	x	
		x 6	F	150 sec.	x	
	Incline Dumbbell Press	x 10		60 sec.	x	
		x 8		90 sec.	x	
		x 8		120 sec.	x	
		x 8	F	120 sec.	x	
Shoulders	Seated Barbell Press (or Barbell Press)	x 12		75 sec.	x	
		x 10		90 sec.	x	
		x 10		90 sec.	x	
		x 10	F	90 sec.	x	
	Dumbbell Side Raise	x 12		45 sec.	x	
		x 10		60 sec.	x	
		x 10		60 sec.	x	
SUPER SETS Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x	
	Incline Dumbbell Curl	x 15		45 sec.	x	
	Triceps Pushdown (Machine)	x 12		0 sec.	x	
	Incline Dumbbell Curl	x 12		60 sec.	x	
	Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		60 sec.	x
		Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		-	x

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 11 of 34	Stop Time:
Maximum Growth	Est. Time: 33 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	One-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
Shoulders	Dumbbell Reverse Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x

TRIPLE DROP SETS

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 12 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 12		60 sec.	x
		x 10		60 sec.	x
		x 10		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 13 of 34	Stop Time:
Maximum Growth	Est. Time: 34 min.	Total Time:

TRIPLE DROP SETS	Group	Exercise	Goal	F/D	Rest	Actual
	Legs	Barbell Squat	x 15		60 sec.	x
			x 12		90 sec.	x
			x 10		120 sec.	x
			x 10		120 sec.	x
			x 10	F	120 sec.	x
	Calves	Standing Calf Raise (Machine)	x 10		90 sec.	x
			x 10		90 sec.	x
			x 10		90 sec.	x
	Quads	Leg/Knee Extension (Machine)	x 10	D	0 sec.	x
x 10			D	0 sec.	x	
x 8				90 sec.	x	
x 8			D	0 sec.	x	
x 8			D	0 sec.	x	
x 8				90 sec.	x	
Hamstrings	Leg Curl (Machine)	x 10	D	0 sec.	x	
		x 10	D	0 sec.	x	
		x 8		90 sec.	x	
		x 8	D	0 sec.	x	
		x 8	D	0 sec.	x	
		x 8		-	x	
Notes:						

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 14 of 34	Stop Time:
Maximum Growth	Est. Time: 32 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		45 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		-	x
Notes:					

SUPERSETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 15 of 34	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Bench Press (Barbell)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 10		75 sec.	x
		x 10		75 sec.	x
		x 10		75 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x

TRIPLE DROP SETS

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 16 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Single-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 17 of 34	Stop Time:
Maximum Growth	Est. Time: 42 min.	Total Time:

		Group	Exercise	Goal	F/D	Rest	Actual
SUPER SETS	Legs	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		120 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x	
		Leg Press	x 8	F	150 sec.	x	
	Quads	Barbell Squat		x 12		90 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
	Hamstrings	Straight-Leg Dumbbell Deadlift		x 12		90 sec.	x
				x 12		105 sec.	x
			x 12		120 sec.	x	
			x 12		120 sec.	x	
Calves	Standing Calf Raise (Machine)		x 8		90 sec.	x	
			x 8		90 sec.	x	
			x 8	F	-	x	
Notes:							

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 18 of 34	Stop Time:
Maximum Growth	Est. Time: 40 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual	
Chest	Bench Press (Barbell)	x 8		75 sec.	x	
		x 8		120 sec.	x	
		x 6		150 sec.	x	
		x 6	F	150 sec.	x	
	Incline Dumbbell Press	x 10		60 sec.	x	
		x 8		90 sec.	x	
		x 8		120 sec.	x	
		x 8	F	120 sec.	x	
Shoulders	Seated Barbell Press (or Barbell Press)	x 12		75 sec.	x	
		x 10		90 sec.	x	
		x 10		90 sec.	x	
		x 10	F	90 sec.	x	
	Dumbbell Side Raise	x 12		45 sec.	x	
		x 10		60 sec.	x	
		x 10		60 sec.	x	
SUPER SETS Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x	
	Incline Dumbbell Curl	x 15		45 sec.	x	
	Triceps Pushdown (Machine)	x 12		0 sec.	x	
	Incline Dumbbell Curl	x 12		60 sec.	x	
	Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		60 sec.	x
		Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		-	x

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 19 of 34	Stop Time:
Maximum Growth	Est. Time: 33 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	One-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
Shoulders	Dumbbell Reverse Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x
Notes:					

TRIPLE DROP SETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 20 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 12		60 sec.	x
		x 10		60 sec.	x
		x 10		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 21 of 34	Stop Time:
Maximum Growth	Est. Time: 34 min.	Total Time:

T R I P L E  D R O P  S E T S	Group	Exercise	Goal	F/D	Rest	Actual
	Legs	Barbell Squat	x 15		60 sec.	x
			x 12		90 sec.	x
			x 10		120 sec.	x
			x 10		120 sec.	x
			x 10	F	120 sec.	x
	Calves	Standing Calf Raise (Machine)	x 10		90 sec.	x
			x 10		90 sec.	x
			x 10		90 sec.	x
	Quads	Leg/Knee Extension (Machine)	x 10	D	0 sec.	x
x 10			D	0 sec.	x	
x 8				90 sec.	x	
x 8			D	0 sec.	x	
x 8			D	0 sec.	x	
x 8				90 sec.	x	
Hamstrings	Leg Curl (Machine)	x 10	D	0 sec.	x	
		x 10	D	0 sec.	x	
		x 8		90 sec.	x	
		x 8	D	0 sec.	x	
		x 8	D	0 sec.	x	
		x 8		-	x	
Notes:						

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 22 of 34	Stop Time:
Maximum Growth	Est. Time: 32 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		45 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		60 sec.	x
	Triceps Pushdown (Machine)	x 12		0 sec.	x
	Incline Dumbbell Curl	x 12		-	x
Notes:					

SUPERSETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 23 of 34	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Bench Press (Barbell)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 10		75 sec.	x
		x 10		75 sec.	x
		x 10		75 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x

TRIPLE DROP SETS

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 24 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Single-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Close-Grip Seated Cable Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 25 of 34	Stop Time:
Maximum Growth	Est. Time: 42 min.	Total Time:

		Group	Exercise	Goal	F/D	Rest	Actual
SUPER SETS	Legs	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		120 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
		Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x
			Leg Press	x 8		150 sec.	x
	Leg/Knee Extension	Leg/Knee Extension	x 12		0 sec.	x	
		Leg Press	x 8	F	150 sec.	x	
	Quads	Barbell Squat		x 12		90 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
Hamstrings	Straight-Leg Dumbbell Deadlift		x 12		90 sec.	x	
			x 12		105 sec.	x	
			x 12		120 sec.	x	
			x 12		120 sec.	x	
Calves	Standing Calf Raise (Machine)		x 8		90 sec.	x	
			x 8		90 sec.	x	
			x 8	F	-	x	
Notes:							

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 26 of 34	Stop Time:
Maximum Growth	Est. Time: 40 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual	
Chest	Bench Press (Barbell)	x 8		75 sec.	x	
		x 8		120 sec.	x	
		x 6		150 sec.	x	
		x 6	F	150 sec.	x	
	Incline Dumbbell Press	x 10		60 sec.	x	
		x 8		90 sec.	x	
		x 8		120 sec.	x	
		x 8	F	120 sec.	x	
Shoulders	Seated Barbell Press (or Barbell Press)	x 12		75 sec.	x	
		x 10		90 sec.	x	
		x 10		90 sec.	x	
		x 10	F	90 sec.	x	
	Dumbbell Side Raise	x 12		45 sec.	x	
		x 10		60 sec.	x	
		x 10		60 sec.	x	
SUPER SETS Triceps	Triceps Pushdown (Machine)	x 15		0 sec.	x	
	Incline Dumbbell Curl	x 15		45 sec.	x	
	Triceps Pushdown (Machine)	x 12		0 sec.	x	
	Incline Dumbbell Curl	x 12		60 sec.	x	
	Biceps	Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		60 sec.	x
		Triceps Pushdown (Machine)	x 12		0 sec.	x
		Incline Dumbbell Curl	x 12		-	x

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 27 of 34	Stop Time:
Maximum Growth	Est. Time: 33 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	One-Arm Dumbbell Row	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 8		75 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6	F	150 sec.	x
Shoulders	Dumbbell Reverse Flye (Rear Delts)	x 12		60 sec.	x
		x 12		60 sec.	x
		x 12		60 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		90 sec.	x
		x 8	D	0 sec.	x
		x 8	D	0 sec.	x
		x 8		-	x

TRIPLE DROP SETS

Notes:

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 28 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Flat Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 12		60 sec.	x
		x 10		60 sec.	x
		x 10		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
Biceps	Barbell Curl	x 8		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 29 of 34	Stop Time:
Maximum Growth	Est. Time: 34 min.	Total Time:

		Group	Exercise	Goal	F/D	Rest	Actual
TRIPLE DROP SETS	Legs		Barbell Squat	x 15		60 sec.	x
				x 12		90 sec.	x
				x 10		120 sec.	x
				x 10		120 sec.	x
				x 10	F	120 sec.	x
	Calves		Standing Calf Raise (Machine)	x 10		90 sec.	x
				x 10		90 sec.	x
				x 10		90 sec.	x
	Quads		Leg/Knee Extension (Machine)	x 10	D	0 sec.	x
				x 10	D	0 sec.	x
				x 8		90 sec.	x
				x 8	D	0 sec.	x
				x 8	D	0 sec.	x
				x 8		90 sec.	x
	Hamstrings		Leg Curl (Machine)	x 10	D	0 sec.	x
				x 10	D	0 sec.	x
				x 8		90 sec.	x
				x 8	D	0 sec.	x
x 8				D	0 sec.	x	
x 8					-	x	
Notes:							

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 30 of 34	Stop Time:
Maximum Growth	Est. Time: 32 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Wide-Grip Lat Pulldown (Machine)	x 10		75 sec.	x
		x 10		120 sec.	x
		x 8		150 sec.	x
		x 8	F	150 sec.	x
	Close-Grip Seated Cable Row	x 12		60 sec.	x
		x 10		90 sec.	x
		x 10		120 sec.	x
		x 10	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 15		60 sec.	x
		x 15		60 sec.	x
		x 15		60 sec.	x
Triceps	Triceps Pushdown (Machine)	x 20		0 sec.	x
	Incline Dumbbell Curl	x 20		45 sec.	x
	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		60 sec.	x
Biceps	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		60 sec.	x
	Triceps Pushdown (Machine)	x 15		0 sec.	x
	Incline Dumbbell Curl	x 15		-	x
Notes:					

SUPERSETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 31 of 34	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Chest	Bench Press (Barbell)	x 10		75 sec.	x
		x 10		120 sec.	x
		x 8		150 sec.	x
		x 8	F	150 sec.	x
	Flat Dumbbell Flye	x 12		60 sec.	x
		x 10		90 sec.	x
		x 10		120 sec.	x
		x 10	F	120 sec.	x
Shoulders	Dumbbell Side Raise	x 12		75 sec.	x
		x 12		75 sec.	x
		x 12		75 sec.	x
Triceps	Lying Triceps Extension (E-Z Curl Bar or Barbell)	x 10	D	0 sec.	x
		x 10	D	0 sec.	x
		x 10		90 sec.	x
		x 10	D	0 sec.	x
		x 10	D	0 sec.	x
		x 10		90 sec.	x
Biceps	Single-Arm Dumbbell Curl	x 10	D	0 sec.	x
		x 10	D	0 sec.	x
		x 10		90 sec.	x
		x 10	D	0 sec.	x
		x 10	D	0 sec.	x
		x 10		-	x
Notes:					

TRIPLE DROP SETS

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 32 of 34	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F/D	Rest	Actual
Back	Single-Arm Dumbbell Row	x 12		60 sec.	x
		x 10		90 sec.	x
		x 10		120 sec.	x
		x 10	F	120 sec.	x
	Close-Grip Seated Cable Row	x 12		60 sec.	x
		x 10		90 sec.	x
		x 10		120 sec.	x
		x 10	F	120 sec.	x
Shoulders	Reverse Dumbbell Flye (Rear Delts)	x 15		60 sec.	x
		x 15		60 sec.	x
		x 15		60 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 10		150 sec.	x
		x 8		150 sec.	x
		x 8		150 sec.	x
		x 8		150 sec.	x
Biceps	Barbell Curl	x 10		150 sec.	x
		x 8		150 sec.	x
		x 8		150 sec.	x
		x 8		-	x
Notes:					

HEAVY ARM DAY

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM

Name:	Date:	Start Time:
8-Week Continuation	Workout # 33 of 34	Stop Time:
Maximum Growth	Est. Time: 42 min.	Total Time:

		Group	Exercise	Goal	F/D	Rest	Actual	
SUPER SETS	Legs	Leg/Knee Extension	Leg/Knee Extension	x 15		0 sec.	x	
			Leg Press	x 10		120 sec.	x	
		Leg/Knee Extension	Leg/Knee Extension	x 15		0 sec.	x	
			Leg Press	x 10		150 sec.	x	
		Leg/Knee Extension	Leg/Knee Extension	x 15		0 sec.	x	
			Leg Press	x 10		150 sec.	x	
		Leg/Knee Extension	Leg/Knee Extension	x 15		0 sec.	x	
			Leg Press	x 10	F	150 sec.	x	
		Quads	Barbell Squat		x 15		90 sec.	x
					x 12		120 sec.	x
					x 12		120 sec.	x
					x 12		120 sec.	x
		Hamstrings	Straight-Leg Dumbbell Deadlift		x 15		90 sec.	x
					x 15		105 sec.	x
	x 15				120 sec.	x		
	x 15				120 sec.	x		
Calves	Standing Calf Raise (Machine)		x 10		90 sec.	x		
			x 10		90 sec.	x		
			x 10	F	-	x		
Notes:								

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM 5-REP MAX STRENGTH TEST DAY—POST-MEASUREMENTS

Name:	Date:	Start Time:
8-Week Continuation	Workout # 34 of 34	Stop Time:
Maximum Growth	Est. Time: 20 min.	Total Time:

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #1:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #2:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #3:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	<b>Primary Lift #4:</b> [ _____ ] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

(Once completed, copy your strength test results onto your post-measurement form/Appendix I.)

# The Exercises

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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**The 8-Week Variable Split Continuation Program is primarily a compilation of basic, yet very effective weight-training movements that are to be performed in a progressive pattern. I will go through a quick review of these exercises just to clarify what I am referring to by the various exercise titles.**

## **CHEST EXERCISES**

### **BENCH PRESS**

This exercise is the king of all upper body exercises. On occasion, you will come across an "expert" who will downplay the importance of developing strength on this lift, but I think that is a mistake. I have never met a guy who could bench 400 lbs or more who wasn't carrying very respectable mass in the upper body. The bench press primarily works the muscles of the chest, but the shoulders and triceps also get involved. For form on this lift, I recommend positioning yourself very securely on the bench and gripping the bar with your hands a bit wider than shoulder width apart. I personally use a grip that is about 30" apart. I don't think very many lifters reach their potential strength on this movement if they keep a relatively narrow grip.

To perform the exercise, simply lower the weight, not too slowly but under control, and make contact with the mid-chest area and explode, driving the weight back up to the lockout position. I prefer to keep this rhythm on virtually all my exercises. That is, I bring the weight down in a controlled manner, hit bottom, and explode, driving the weight back up to the lockout position as fast as possible. You should not be using excessive cheating, bouncing, or kinetic energy from other body parts to do this lift. I do not necessarily endorse using competition form or prohibitively strict form when doing your exercises, but you've got to maintain fairly tight form to get the full benefit of the exercises and avoid injury.

### **WIDE GRIP BENCH PRESS**

The wide grip bench press is a very useful exercise for developing the upper body and for increasing your rep maximum on the bench press. On the wide grip press, your hands should be about 2" wider on each side than they are on the regular bench press. This exercise is performed in the same manner as the bench press with the weight being brought down under control and driven up with rapid force to the lockout position.

### **DUMBBELL BENCH PRESS (INCLINE OR FLAT)**

The dumbbell bench press is a fantastic exercise for not only building upper body mass but increasing your maximum force on the bench press. To perform this exercise, lie back on a flat bench with your two dumbbells and simply drive them up to a lockout position over the chest. It is a good idea to have a spotter on this exercise. Your spotter should be holding his/her hands underneath your elbows and assisting only when necessary. The weights listed on the protocol for dumbbell exercises are per dumbbell.

## SHOULDER EXERCISES

### SHOULDER PRESS (BARBELL OR DUMBBELL)

The shoulder press works the muscles of the shoulders and upper back. This exercise can be performed standing, bringing the bar down in front of the face to a point just below the chin and then driving it back up to the lockout position. The most popular version of shoulder pressing is the military press, which is performed on a seated upright bench, bringing the barbell down to a point just below the back of your head and then driving it back up to the lockout position. I prefer the military press to all other versions of the shoulder press because the backrest keeps the stress off my spine, and it trains the whole shoulder.

### UPRIGHT ROW

This deltoid- and trap-building exercise is performed by holding a straight barbell in front of you with an overhand grip that is about 15" apart. With the barbell close to the body, raise your hands up, keeping the elbows high, until the barbell is in a position just below your chin. Be warned that this exercise has been known to cause injury to the shoulders. If it causes you any discomfort, don't do it.

### SIDE (AND REVERSE) DUMBBELL RAISES

Side: For the side deltoid (shoulders), this exercise starts with the dumbbells down at your sides, by your hips. Then raise the dumbbells up to a point where they are at the same height as the top of your shoulders. Your palms should be facing down, with your arms only very slightly bent. Almost like you're forming an "iron cross." Keep your body still, and don't lean forward or backward. Pause for a quick second at the top, and then slowly bring the weight down.

Reverse: This exercise is somewhat similar to the side raises, only it's concentrated on working the rear deltoid (shoulders). First, bend forward from your hips, lowering your entire upper body, so your back is parallel to the floor. Bring the dumbbells toward your feet, near the floor, about shoulder width apart. Raise the dumbbells straight out to the sides until your hands are about the same height as your shoulders. Again, keep a slight bend at the elbow. Hold the dumbbells in this position for a second, palms facing down, and then let them down slowly. Try not to raise your upper body while doing this exercise; otherwise it will put unneeded pressure on your lower back. The slower you go on this exercise, the better.

## BICEPS EXERCISES

### STANDING BARBELL CURL

In the standing position, hold the loaded barbell in front of you, curl it up using minimal cheating, to a point just below the chin, and repeat. This is a monster biceps builder if you get strong enough to handle heavy weight on it. Try different grip widths. I most often use a shoulder-width grip.

On all biceps exercises, never bring the weight up to the point where there is no stress on the biceps. The top of the movement should be where the maximal stress is placed on the biceps.

### **INCLINE DUMBBELL CURL**

This is a fantastic biceps exercise. Take two dumbbells, sit on an incline bench set at about 60 degrees, with elbows near your sides, curl the dumbbells to the peak of contraction. Dumbbells are held in a palm up position throughout the movement. Don't stop halfway down. Get the maximum stretch on your biceps before coming back up.

### **PREACHER CURL**

This exercise is performed using a preacher bench, which you simply lean over in a seated position and then perform a biceps curl. Use a barbell or dumbbells for this exercise, and be sure to fully extend the biceps on the down movement. This is a solid mass-building exercise for the biceps.

### **SEATED DUMBBELL CURL (ALTERNATING)**

This exercise is performed in a seated position with or without back support. Perform the exercise using dumbbells, curling one arm up to a full contraction and back down, then performing the same motion with the other arm. The required reps are per arm. The seated dumbbell curl is a very effective, general biceps exercise. The alternating motion allows more weight to be used.

## **TRICEPS EXERCISES**

### **CLOSE-GRIP BENCH PRESS**

This is a fantastic exercise for building the chest and triceps. It is performed just like the standard bench press but using a close grip (hands approximately 14" apart). Don't use a grip any closer than this—it puts too much stress on the sides of the wrists. Keep your arms close to your body on this exercise and bring the bar down to a point just below the pecs before driving it back up to a lockout position; this keeps the tension on the inner chest and triceps, which is right where we want it!

### **SEATED DUMBBELL EXTENSION**

This is an excellent movement for the triceps. Using a single dumbbell, place your hands, palms up, on the inside of one end of the dumbbell. Start with your arms overhead and locked out. To begin the exercise, simply lower the dumbbell behind the head keeping the elbows in a stationary position and drive the dumbbell back up to the lockout position. You may prefer to use a seat with back support on this exercise.

### **TRICEPS PUSHDOWN**

This exercise is performed in the standing position with a cable machine of some sort. You can use a straight bar or a v-shaped bar, whichever you prefer. This exercise not only builds the bulk in the triceps, but it also aids in your overall strength on the bench press. I use a straight bar on this exercise and lean slightly forward starting with the bar at a height about mid-chest level before driving it down to the lockout position and flexing the triceps. Keep the upper arm still during this movement.

### **TRICEPS EXTENSION**

This is a premier triceps exercise, performed lying on a flat bench using a straight barbell or an E-Z curl bar. The grip should be just inside shoulder width, and the weight should be brought down to the forehead area and driven back up to a lockout position with minimal elbow flare or motion of the upper arm. A problem with this exercise is it can cause tendon inflammation in the elbow. If you don't have tendinitis in your elbows though, use this exercise. It is a great one!

## BACK EXERCISES

### DEADLIFT

This is an excellent growth exercise if done properly. It's one that too many bodybuilders overlook in their rush to get to the isolation exercises. This is not a dangerous exercise unless you have existing back trouble. Improper form is the most common cause of injury when deadlifting. Grip the bar, one hand over, one hand under, at shoulder width so that your arms are straight down to the bar. Place your feet just inside your hands. Do not be too close to the bar nor too far. Either will put too much stress on the spine. Do not wear shoes with a heel as they will make you "fall" into the lift. With your hips down well below your shoulders and a straight back and head up position, pull the weight up with your legs and back together. Do not try to jerk the bar up, pull it with a smooth force. Pulling your head and shoulders back from the start will keep the lift moving and prevent rounding of the back. Practice this lift with light weight until you feel comfortable with the movement. Then always keep your abs tight and be alert. I might even suggest wearing a belt for this exercise.

### BARBELL ROW

This is one of the great compound movements for the back, when done correctly. The knees should be bent and the abs should be leaning against the upper thighs. With your back parallel to the floor, grip the barbell with a shoulder-width grip, and it pull to your lower chest. Use your arms to initiate the movement, not a swing of the upper body. This should be a smooth movement, no jerking! Try varying your grip; see what works for you.

### PULLDOWNS & PULL-UPS

Cable pulley machines are commonly used in place of pull-ups because of the ability to change the resistance on the machines. Many people cannot do pull-ups adequately. A variety of grips can be used on these exercises, including wide, parallel, narrow, and reverse grips. When doing any back pulley exercises, always keep the head vertical and your shoulders tight. Control the weight during the negative motion. Relaxing at the bottom, especially during wide pulls, can cause serious damage to the shoulders. Use good form, controlling the weight, and this will be a productive exercise for your back. If you prefer to do pull-ups, do so. Just add weight as necessary.

### SEATED CABLE ROW

This back exercise is performed on a cable machine, with the cable running parallel to the floor. Sit upright and pull to your abs as you slightly arch and contract your back muscles. Control the negative portion of the lift, keeping tension on the back and shoulders. Stretch the back but do not bend at the waist. Don't make your lower back do the work.

## LEGS (QUADS & HAMSTRINGS) EXERCISES

### SQUAT

The squat is one of the most productive exercises you can do. It is performed by positioning a barbell at a spot just below the traps and above the rear deltoids. It does not belong on your neck or on top of your traps! Your feet should be positioned just outside shoulder width. To perform the exercise, bending your knees, carefully lower the hips down to a point where the hip joint breaks parallel with the knee joint, and then drive the weight back up to the standing position. Some people prefer using a 2" block under their heels to improve their posture on this exercise. When lifting heavy weights, I recommend having a competent spotter. Knee wraps are acceptable for the maximum sets, but try not to get addicted to them. Done correctly and safely, the squat will not injure your knees but will actually prevent injury.

### LEG PRESS

This can be a productive leg exercise provided you have access to a good leg press. Some of the older leg presses are not well designed and can place damaging stresses on joints. Most of the popular 45 degree angle sleds are good. After getting firmly situated in the leg press machine, the weight can be slowly lowered to a point where the top of the thighs touch the abdominal area. Then the weight should be driven out to a point just before a full lockout position. Use a full range of motion on this exercise, or you won't enjoy maximum (or even minimal) benefits.

### STRAIGHT-LEGGED DEADLIFT

While this lift involves a lot of muscles, it is primarily used as a hamstring exercise. It is an excellent exercise for developing the hamstrings. Caution should be taken if you have had any back injuries. Grip the bar shoulder-width apart, so your arms are vertical. If your flexibility is not great, you may want to start by doing these off the floor to limit your range of motion. As you increase your flexibility, you can do these off a block, platform, or a bench. Keep your head up and your knees locked or close to locked. Pull smoothly upward, keeping the bar close to your legs all the way up. If the bar gets away from your body, it places too much stress on the spine. Never do less than six reps with this exercise, and always keep your form tight.

## WARM UP FIRST

Before you jump into your workout, it is important that you spend some time warming up. When your muscles are cold, they can be as fragile as glass. This is consistent with why most muscle tears happen away from the gym, when your muscles are cold. As you pump blood into your muscles, warming them, they become much more elastic. Depending on the temperature in your gym, you may need to do some general warm-up on a stationary bike or a Stairmaster before you focus on the specific muscles. This should be just five or so minutes of light work. Working your abs during this time also works as a general warm-up. Do just enough work to begin to perspire.

Once you have completed the general warm-up, you can begin to focus on the muscles you are about to train. Warm-up sets are not included in the workout. Do only what you need to do to feel ready.

Don't exhaust yourself; just make sure you are adequately warmed up for the intense sets ahead. Some light stretching during warm-up is good, but save the major stretching until after the workout when your muscles are really hot and ready to go!

# The Meals

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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**SAMPLE #1:** Here’s an example of what a day might look like as far as your daily food intake is considered. *(Remember, this example is for a 175-lb man. To find your caloric requirements, simply multiply your bodyweight—that is, the weight you want to weigh—by 15):*

Sample Daily Food Intake	Protein (g)	Carbs (g)	Fat (g)	Calories
<b>Meal #1 (7:00 a.m.)</b>				
1 cup cooked oatmeal	6	25	2	142
6 egg whites (one whole egg)	24	6	6	180
1 cup of black coffee (sweetened with Splenda®)	0	0	0	5
1 protein shake (e.g., Designer Protein) mixed with 10 oz of water	20	4	2	120
<b>Meal Total</b>	<b>50</b>	<b>35</b>	<b>10</b>	<b>447</b>
<b>Meal #2 (10:00 a.m.)</b>				
1 meal-replacement shake (e.g., VitaPro or Myoplex) mixed with water or skim milk	42	20	2.5	280
1 medium-sized apple	0	21	0	80
<b>Meal Total</b>	<b>42</b>	<b>41</b>	<b>2.5</b>	<b>360</b>
<b>Meal #3 (12:30 p.m.)</b>				
Two 4-oz chicken breasts	54	0	6	284
1 cup of brown rice	5	46	2	218
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>59</b>	<b>46</b>	<b>8</b>	<b>502</b>
<b>Meal #4 (4:00 p.m.)</b>				
1 cup low-fat (1%) cottage cheese	28	6	2	163
1 large orange	1	17	0	69
10 oz of water	0	0	0	0
<b>Meal Total</b>	<b>29</b>	<b>23</b>	<b>2</b>	<b>232</b>
—Workout—(5:30 to 6:30 p.m.)—				
<b>(6:45 p.m.)—[Post-Workout Supplement]</b>				
1 serving of Meta-CEL	0	5	0	20
<b>Meal #5 (7:30 p.m.)—[Post-Workout Meal]</b>				
1 meal-replacement shake (e.g., VitaPro or Myoplex) mixed with water or skim milk	21	10	1	140
1 medium-sized apple	0	21	0	80
1 large baked yam	2	40	0	160
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>23</b>	<b>71</b>	<b>1</b>	<b>380</b>
<b>(9:30 p.m.)</b>				
1 serving of Meta-CEL	0	5	0	20
—Second serving on Workout Days—(before last meal of the day)—				
<b>Meal #6 (10:00 p.m.)</b>				
1 protein shake (e.g., Designer Protein) with mixed 8 oz of low-fat/sugar-free frozen yogurt and water	28	41	3	320
<b>Meal Total</b>	<b>28</b>	<b>41</b>	<b>3</b>	<b>320</b>
<b>Daily Total</b>	<b>231 g</b>	<b>267 g</b>	<b>26.5 g</b>	<b>2,281</b>
<b>Daily Caloric % Total (approximate)</b>	<b>41%</b>	<b>47%</b>	<b>11%</b>	<b>—</b>

**SAMPLE #2:** Here’s an example of what a day might look like as far as your daily food intake is considered.

Sample Daily Food Intake	Protein (g)	Carbs (g)	Fat (g)	Calories
<b>Meal #1 (7:00 a.m.)</b>				
1 cup cooked oatmeal	6	25	2	142
2 scoops of Designer Protein, (chocolate is my favorite!)	35	4	3	180
1/4 cup Walnuts, chopped all mixed into oatmeal	7	3	17	175
1 cup of black coffee (sweetened with Splenda®)	0	0	0	5
<b>Meal Total</b>	<b>48</b>	<b>32</b>	<b>22</b>	<b>502</b>
<b>Meal #2 (10:00 a.m.)</b>				
1 meal-replacement shake (e.g., VitaPro or Myoplex) mixed with water or skim milk	42	20	2.5	280
1 medium-sized apple	0	21	0	80
<b>Meal Total</b>	<b>42</b>	<b>41</b>	<b>2.5</b>	<b>360</b>
<b>Meal #3 (12:30 p.m.)</b>				
6 oz. Salmon, canned	34	0	10	236
1 medium-large potato	4	37	0	161
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>34</b>	<b>37</b>	<b>10</b>	<b>397</b>
<b>Meal #4 (4:00 p.m.)</b>				
2 cups low-fat (1%) yogurt	26	34	8	308
1 large banana	1	32	1	125
10 oz glass of water	0	0	0	0
<b>Meal Total</b>	<b>26</b>	<b>66</b>	<b>9</b>	<b>433</b>
—Workout—(5:30 to 6:30 p.m.)—				
<b>(6:45 p.m.)—[Post-Workout Supplement]</b>				
<b>1 serving of Meta-CEL</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>20</b>
<b>Meal #5 (7:30 p.m.)—[Post-Workout Meal]</b>				
One 4-oz. Chicken breasts	26	0	3	142
1 large baked yam	2	40	0	160
1 medium-sized apple	0	21	0	80
Mixed green salad (with one Tbs olive oil/vinegar dressing)	0	0	14	119
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>26</b>	<b>61</b>	<b>17</b>	<b>501</b>
<b>(9:30 p.m.)</b>				
<b>1 serving of Meta-CEL</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>20</b>
—Second serving on Workout Days—(before last meal of the day)—				
<b>Meal #6 (10:00 p.m.)</b>				
1 Protein shake (e.g., Designer Protein) with mixed 8 oz of low-fat/sugar-free frozen yogurt and water	28	41	3	320
<b>Daily Total</b>	<b>204 g</b>	<b>288 g</b>	<b>63.5 g</b>	<b>2,553</b>
<b>Daily Caloric % Total (approximate)</b>	<b>32%</b>	<b>45%</b>	<b>22%</b>	<b>—</b>

**SAMPLE #3:** Here’s an example of what a day might look like as far as your daily food intake is considered.

Sample Daily Food Intake	Protein (g)	Carbs (g)	Fat (g)	Calories
<b>Meal #1 (7:00 a.m.)</b>				
8 egg whites, scrambled(use 1 whole egg)	28	1	7	213
1 cup cooked oatmeal with 1/4 cup raisons mixed into oatmeal	6 1	25 34	2 0	142 129
1 cup of black coffee (sweetened with Splenda®)	0	0	0	5
10 oz water	0	0	0	0
<b>Meal Total</b>	<b>35</b>	<b>60</b>	<b>9</b>	<b>489</b>
<b>Meal #2 (10:00 a.m.)</b>				
1 meal-replacement shake (e.g., VitaPro or Myoplex) mixed with water or skim milk	42	20	2.5	280
1 medium-sized apple	0	21	0	80
<b>Meal Total</b>	<b>42</b>	<b>41</b>	<b>2.5</b>	<b>360</b>
<b>Meal #3 (12:30 p.m.)</b>				
6 oz Chicken (wheat) Pita/Sandwich (with lettuce, tomato, mustard, etc.)	38	35	6	242
1 cup low-fat (1%) yogurt	13	17	4	154
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>51</b>	<b>52</b>	<b>10</b>	<b>396</b>
<b>Meal #4 (4:00 p.m.)</b>				
1 cup low-fat (1%) cottage cheese	28	6	2	163
1 large orange	1	17	0	69
10 oz glass of water	0	0	0	0
<b>Meal Total</b>	<b>29</b>	<b>23</b>	<b>2</b>	<b>232</b>
<b>Meal #5 (7:30 p.m.)—[Post-Workout Meal]</b>				
6 oz Top-sirloin steak, barbequed/broiled	50	0	16	366
1 large baked yam	2	40	0	160
1 cup broccoli, steamed	4	8	0	44
Mixed green salad (with one Tbs olive oil/vinegar dressing)	0	0	14	119
20 oz of water	0	0	0	0
<b>Meal Total</b>	<b>56</b>	<b>48</b>	<b>30</b>	<b>689</b>
<b>(9:30 p.m.)</b>				
<b>2 servings of Meta-CEL</b>	<b>0</b>	<b>10</b>	<b>0</b>	<b>40</b>
——Serving on Non-Workout Day——(before last-evening meal) *I always drink two servings daily!——				
<b>Meal #6 (10:00 p.m.)</b>				
1 Protein shake (e.g., Designer Protein) with mixed 8 oz of low-fat/sugar-free frozen yogurt and water	28	41	3	320
<b>Meal Total</b>	<b>28</b>	<b>41</b>	<b>3</b>	<b>320</b>
<b>Daily Total</b>	<b>241 g</b>	<b>275 g</b>	<b>56.5 g</b>	<b>2,526</b>
<b>Daily Caloric % Total (approximate)</b>	<b>38%</b>	<b>44%</b>	<b>20%</b>	<b>—</b>

# The Supplement

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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# Q&A's

## HERE ARE THE FACTS ABOUT META-CEL



**Q:** Who makes Meta-CEL?

**A:** Met-CEL was developed by Anthony Almada (B.Sc., M.Sc.), a leading sports nutrition researcher and co-founder of EAS®, in collaboration with the researchers at iSatori Global Technologies, the company who introduced LEAN SYSTEM 7 (triple-action fat loss activator)—the fastest growing, most effective fat-loss supplement available today.

**Q:** What is Meta-CEL, and how does it work?

**A:** Meta-CEL is a new dietary supplement designed specifically for individuals who are trying to gain lean body mass fast, without adding fat weight. Meta-CEL provides a precise synergistic blend of two revolutionary new complexes—the **patent-pending Phosphitol™** and the **exclusive Potentin™**, shown in recent studies to help promote volumizer transport into muscle cells and increase lean body mass—safely and effectively, *without* the use of high amounts of sugars and/or carbohydrates, harmful

pro-hormones, or pro-steroids.

**Q:** What are Phosphitol and Potentin, and how do they work synergistically within Meta-CEL?

**A:** Potentin and Phosphitol work synergistically within Meta-CEL to enhance two different functions in the body: **the highest achievable gut tolerance and increased myocellular (muscle cell) retention of creatine**—formulated to promote complete absorption (thereby avoiding any possible intestinal distress) and to enhance whole body creatine retention... all without adding unnecessary sugars or producing insulin spikes, which makes it ideal for “carbo-phobics” or calorie cutters.

First, *Phosphitol* contains a vital “energy-producing” compound stored in muscle cells. “Supersaturating” the muscles with elements in **this revolutionary complex** may “open the door” to new muscle growth by activating the muscle cells to respond to increased hydration within cells, which may assist in muscle cell development and gains in lean or fat-free mass.

Next, *Potentin* contains critical “nutrient-driving” elements, which may increase the activity of existing creatine-specific proteins in muscle cells. Using **this compound may help “revolve the door” by potentiating or boosting the effects of Phosphitol and transporting its primary components into the muscle cells, to store them there and promote muscle cell volume.**

Together only in Meta-CEL, they offer a unique, research-driven solution, so you can achieve new gains in fat-free muscle mass. Fast!

**Q:** What kind of results can I expect from using Meta-CEL?

**A:** Although it’s literally impossible to say exactly how much muscle size and strength each person will gain from using Meta-CEL—obviously, as individuals differ, so will results—**numerous people have experienced extraordinary results (lean body mass gains of up to 7 to 10 lbs in as little as 10 days).**

**Q:** What does the research say about Meta-CEL?

**A:** In a recent study evaluating the key Phosphitol complex ingredients in Meta-CEL, some participants showed up to an 83% whole body creatine retention rate, which is simply phenomenal, considering that several studies have shown that greater muscle creatine retention means greater gains in fat-free mass! **To date, no studies have shown a retention rate of this magnitude. What’s more, it’s theorized that adding Potentin may push the absorption to an astonishing 100%!** This means as the muscle cells undergo complete “supersaturation” of the Meta-CEL compounds, they could reach their maximum volume—to appear fuller, rounder, and harder, and as a result, continue to build muscle faster and more efficiently.

**Q:** How do I take Meta-CEL for maximum results?

**A:** Meta-CEL is a delicious, easy-to-use dietary supplement drink mix that you simply stir into 8 oz of water. To achieve results similar to those found in the initial study, it is suggested you consume four servings of Meta-CEL for the first three days, followed by one to two servings daily. Consume two servings on training days, and one serving on non-training days.

Always consume one serving immediately following your workout, or right before an evening meal on non-training days. Remember, **Meta-CEL provides the exact science-based amounts of Phosphitol and Potentin, so it’s important to follow these usage instructions exactly.**

**Q:** Does Meta-CEL cause any side effects?

**A:** No significant side effects (except lean body mass gains) have been reported or observed in Meta-CEL users. **Meta-CEL contains no sugars like dextrose (it is sweetened with sucralose) or pro-hormones like “andro,” and it does not contain any “illegal” pro-steroids.**

**Q:** Does Meta-CEL come with a guarantee?

**A:** Every first purchase of Meta-CEL is backed by an **unconditional, no-questions-asked 60-day money-back guarantee.** Which means if, *for whatever reason*, after you’ve tried Meta-CEL, you aren’t completely satisfied with your results, simply return the unused portion (or used—we would like you to use the entire container to give it a fair chance), along with your original receipt, within 60 days of your initial purchase for a complete refund of the entire purchase price. That means there’s no risk to you, *whatsoever*, for trying it. That’s how confident we are of the results you’ll experience with Meta-CEL.

**Q:** WHERE CAN I BUY META-CEL?

**A:** Look for Meta-CEL at your nearest health-food store, supplement retailer, or gym. Or, if you can’t find it there, you can always visit them online at **www.MetaCEL.com**, or for faster service, call them direct (toll-free) at **1-866-688-7679** (press option #4), and an operator for Meta-CEL will be glad to help you locate your nearest supplement retailer—so you can get your hands on your own supply.

**For more questions and answers about Meta-CEL (such as, other supplements can you take with it, whether you should take it with food, etc.), please visit us at [www.MetaCEL.com](http://www.MetaCEL.com)**

# Appendix I

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**MAXIMUM GROWTH**  
8-Week Continuation Program

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## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM MUSCLE SIZE & STRENGTH PRE-MEASUREMENT FORM

To receive the guaranteed maximum results in muscle size and strength, take a few minutes of your valuable time before you continue the 8-Week Continuation Program and complete the following strength test and body part measurements.

### Copy Your Pre-Muscle Size & Strength Measurements Here:

**TIP:** Choose four primary lifts, such as the bench press, barbell squat, shoulder press, barbell row, etc. to determine your 5-repetition maximum. Simply increase your weight used on each lift until you reach a full set of 5 repetitions, without help from a spotter. This is your 5-Rep Max. Please be cautious when lifting heavy weights. As a rule of thumb, don't ever go below four reps, and always keep a spotter on hand, just in case you reach complete muscle failure during your lift.

Date:	5-Rep Maximum Strength Test <small>Description (bench, squat, shoulder press, leg press, etc.)</small>	Weight Lifted <small>(lbs) for 5 reps</small>
Bodyfat %*:	Lift #1:	
	Lift #2:	
Bodyweight (lbs):	Lift #3:	
	Lift #4:	

(\*Note: Bodyfat measurements are optional.)

### Record Your Pre-Muscle Size & Strength Measurements Here:

**TIP:** Use a measuring tape or the new MyoTape (from Accufitness). Simply stretch the tape around the entire girth of each body part and measure. For example, to measure the chest: stretch the tape so it goes all the way around your upper body (not just across the front of your chest), at or about level with your nipples, under the armpits and across your shoulder blades. Do the same for each body part.

Body Part Dimensions	Measurement (in inches) <i>Use full circumference</i>
Chest:	
Shoulders:	
Waist:	
Quad (use the right leg only):	
Arm (use the right arm only):	

Remember, after your eight weeks are completed, you'll take another strength test and measure your body parts (on the following page).

## MAXIMUM GROWTH 8-WEEK CONTINUATION PROGRAM MUSCLE SIZE & STRENGTH POST-MEASUREMENT FORM

Now, take a few minutes of your valuable time after you have completed the 8-Week Continuation Program to complete the following strength test and body part measurements.

### Copy Your Post-Muscle Size & Strength Measurements Here:

**TIP:** Use the same four primary lifts you used in the pre-measurement form to determine your 5-repetition maximum now. As you did four weeks ago, simply increase your weight used on each lift until you reach a full set of 5 repetitions, without help from a spotter. This is your 5-Rep Max. Please be cautious when lifting heavy weights.

Date:	5-Rep Maximum Strength Test <small>Description (bench, squat, shoulder press, leg press, etc.)</small>	Weight Lifted <small>(lbs) for 5 reps</small>	Increases <small>(in weight lifted)</small> <small>Subtract your pre- from your post-measurements</small>
Bodyfat %*:	Lift #1:		
	Lift #2:		
Bodyweight (lbs):	Lift #3:		
	Lift #4:		

(\*Note: Bodyfat measurements are optional.)

### Record Your Post-Muscle Size & Strength Measurements Here:

**TIP:** Again, use a measuring tape or the new MyoTape (from Accufitness). Simply stretch the tape around the entire girth of each body part and measure.

Body Part Dimensions	Measurement <small>(in inches)</small> <small>Use full circumference</small>	Increases <small>(in inches)</small> <small>Subtract your pre- from your post-measurements</small>
Chest:		
Shoulders:		
Waist:		
Quad <small>(use the right leg only):</small>		
Arm <small>(use the right arm only):</small>		

Send Us Your Results...

(and you could find yourself being featured in Meta-CEL's national advertising campaign!)

Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Age:  18-25  26-35  36-45  46-60  61+      Gender:  Male  Female

Please return the completed pre- and post-measurement forms by fax (1-303-215-1386) or mail (iSatori, C/O "Continuation Program," P.O. Box 17172, Golden, CO 80402). All participants who return their forms will be entered to win a one-year free supply of Meta-CEL—and be evaluated for possible inclusion in Meta-CEL's national advertising campaign.



## About the Author:

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As an avid weight trainer and one-time national competitive bodybuilder, **Stephen Adelé** has always had an intense interest in physique enhancement and muscular performance. With a burning desire to “know more” about human physiology, Stephen began following the latest scientific findings on performance-enhancement aids and their impact on the physique. It was then he was confronted with a world of confusing and oftentimes conflicting information and theories. Using real-world applications as a foundation, Stephen looked for scientific evidence to support his theories (which is the opposite of how this process “normally” works!). Stephen has since committed and dedicated his time to continually discovering and reporting the absolute “truths” about such topics as which exercise routines, nutrition plans, and supplements work and which ones don’t. Under the direction of Stephen as Editor-in-Chief, and working in tandem with co-founder Shawn Phillips, their “tell-it-like-it-is” publication, *Real SOLUTIONS* magazine, has quickly become the fastest growing, most talked about physique development magazine in the world—distributed in 12 countries—with a loyal and growing readership of over 150,000 weight trainers.

MAXIMUM GROWTH incorporates the many “inside connections” and lessons learned over the past 15 years in Stephen’s own pursuit of building a lean, muscular physique. This book combines the latest scientific research, real-world experiences, and a good dose of commonsense (something greatly overlooked in today’s world of over-hyped and under-performing “Holy Grail” tactics for building a respectable physique). Now, you have the answers you need to build muscle and gain strength *the right way!*



## About Shawn:

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**Shawn Phillips** began sharing his expertise on training, nutrition, and supplementation over 20 years ago, by helping his brother Bill Phillips (author of the #1 New York Times bestseller *Body-for-LIFE*), write articles and develop programs that were featured in Bill’s first newsletters and later in Muscle Media magazine.

Although Shawn Phillips is probably best known, publicly, for his absolutely fabulous abs, and for being the brother of Bill Phillips, Shawn is actually better known by his family and close friends as a hard-working, soft-spoken man with a passion for designing and developing customized, computer-generated exercise programs, which he utilized to design training programs for numerous celebrities and world-class athletes.

Shawn enthusiastically states that his personal and primary purpose, as well as his business’ mission, is to help people become clear and focused on their opportunity to enjoy a style of life that is empowering, exciting, and fun, and also allows them to live that life in a body they can feel good about.

## Join Our Community...

Discover the lively and informative discussion board exclusive to MAXIMUM GROWTH participants at [www.TheMuscleSystem.com](http://www.TheMuscleSystem.com).

Ask your questions and read firsthand accounts of the amazing results people just like you are having right now with this breakthrough Program.