



# **ANABOLIC RELOAD**

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*The Anabolic Reload Mass Workout* was written to help you achieve a muscular physique with sensible bodybuilding strategies. Weight training and dieting can be demanding activities, however, so it is highly recommended that you consult your physician and have a physical examination prior to beginning. Proceed with the suggested exercises and routines at your own risk.

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# Contents

Introduction.....	4
Chapter 1—Max-Growth-Fiber Activation for Major Mass Creation.....	6
Chapter 2—Study 1: High-Rep-First Mass Burst.....	8
Chapter 3—Study 2: Muscle-Training Frequency.....	10
Chapter 4—Study 3: The Anabolic Switch.....	12
Chapter 5—3 Keys for Freaky Hypertrophy.....	14
Chapter 6—Hypertrophic Progression.....	16
Chapter 7—The Anabolic Reload Program.....	18
Chapter 8—Old School, New Muscle: The Over-40 STX Workout.....	24
Chapter 9—Reload for Ultimate Mass.....	32

# INTRODUCTION

"Be water, my friend." It's a famous line from the late martial arts icon Bruce Lee that's so very applicable to life and bodybuilding. Keep moving, like water, or you become stagnant—you must flow to grow. In the gym that means change to gain.

We've been preaching that for decades—and you'll soon see that the change in this book is a radical departure from what most current bodybuilders are used to. It's a "back to the future" science-based mass smart bomb that triggers extreme hypertrophy due to a number of factors. We'll lay out the research in the upcoming chapters so you can unleash the muscle growth you've been missing.

The main method, Slow-Twitch X-haustion (S-T-X), is a more effective off-shoot of our 4X tactic, a moderate-weight, high-fatigue method that builds muscle fast and even burns fat as it strengthens joints rather than crushing them under extreme poundages. That makes it ideal for an Anabolic Reload phase—four weeks to saturate your muscles with new size.

In case you're not familiar with it, 4X is a growth-threshold mass method that minimizes the elevation of cortisol, the stress hormone that can throw precious muscle tissue into the energy furnace. Why? Less joint and nervous system stress on fewer max sets.

For standard 4X you take a weight with which you can get 15 reps, but you only do 10; rest 35 seconds, then do it again—and so on until you complete four sets. You go all out on the last set. If you get 10, you add weight to that exercise at your next workout. Simple—and amazingly effective.

Because you use the same *moderate* poundage all the way through, four sets with your 15RM, and only the last set is to failure, you build muscle fatigue gradually until you crash through the *growth threshold*—and you only have to use moderate poundages, not spine-busting, joint-crushing loads.

Why does it work? It trains all of the components of the fast-twitch growth fibers—you get a double dose of muscle growth there. Plus, the first easy sets fatigue slow-twitch fibers, which primes more fast-twitch activation on the last harder sets. And you get more slow-twitch fiber growth—very important for extreme size. What? Slow-twitch growth for freaky size? Yes!...

Jerry Brainum, a trusted bodybuilding authority for more than 40 years, said: "Emerging evidence shows that the muscle fibers most affected when training with lighter loads and higher reps are the type-1 muscle fibers. These fibers are often referred to as 'endurance fibers,' since they are slower to fatigue compared to the type-2 muscle fibers. In the past, it was thought that most muscular growth resulted from a hypertrophy of type-2 muscle fibers. While this is still true, **it's now known that type-1 fibers are also capable of showing a significant level of muscular hypertrophy.**"

That's exciting stuff and precisely why advanced bodybuilders' muscles look bigger and freakier than most powerlifters' muscles: complete development of the fast-twitch fibers *with significant* slow-twitch hypertrophy as well. In other words, freaky muscle size is not about the heaviest weights you can lift; it's about maximizing *total fiber expansion*.



Let's start with how muscle fibers fire during a set—the Size Principle of Muscle Fiber Recruitment, your first step on the road to anabolic reload so you grow with the flow.

5

The Anabolic Reload Mass Workout



# CHAPTER 1

## The Size Principle of Muscle Fiber Recruitment



The **Size Principle** of muscle-fiber recruitment states that a muscle fires its fibers from slow-twitch to fast-twitch. So on a set of 10 reps to failure, the first easy reps are accomplished with mostly slow-twitch. As the set progresses and the reps get harder, more fast-twitch fibers are dialed into the action. By the end you are firing mostly fast-twitch fibers.

So if you rely on heavy weights and sets in the six-rep range, you are neglecting slow-twitch fibers. No problem, right, as fast-twitch are the ones most responsible for growth. But hold on. As we mentioned in the Introduction, **"It's now known that type-1 fibers are also capable of showing a significant level of muscular hypertrophy."**

That is a big reason bodybuilders' muscles look more complete and freakier, in most cases, compared to powerlifters'—more size components in each muscle are pushed to freaky proportions.

Bodybuilders need a mix of heavier and lighter training for more complete, "full-blown" development. First is to train both facets of the fast-twitch growth fibers, the myofibrils, rope-like strands within the fiber itself, and the sarcoplasm, the "juice" surrounding those strands that contain endurance components

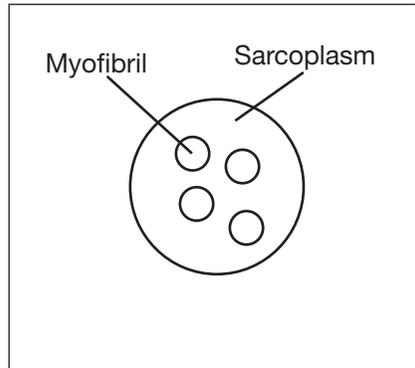
like mitochondria, glycogen, etc. You want both for *extreme* growth in the fast-twitch fibers (see the three illustrations for a more complete explanation).

A 10-to-12-rep set will train both of those fast-twitch components to a degree, but **higher-rep sets will stress the sarcoplasm more AND provide more slow-twitch growth** necessary for extreme hypertrophy. That's because higher reps activate and swell more slow-twitch fibers.

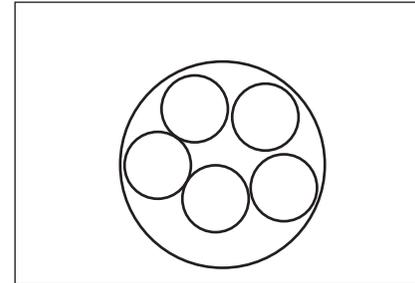
Keep in mind that all fiber types fire on a multi-rep set, just in different capacities. The heavier the weight, the less your slow-twitch type 1s participate.

So on a heavy double or single, very few type 1s fire and there is no extended-tension-time stress for sarcoplasmic expansion. That's why ultra-heavy sets aren't the best way to create ultimate hypertrophy.

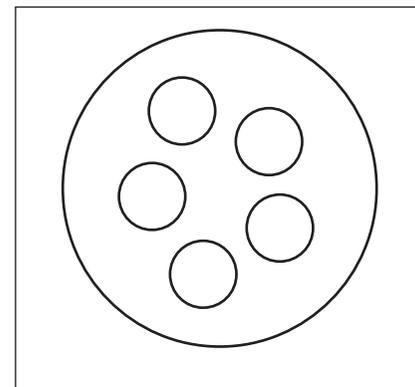
So how do you get that freaky eye-popping muscle development? A few studies provide clues we can use to get huge quick—ultimate size-building "tricks." And we will incorporate them all into our Anabolic Reload program. Let's look at the first key study...



**Fig. 1: Untrained muscle fiber.**



**Fig. 2: Mostly myofibrillar growth, slightly larger fiber—the result of training with lower reps and/or short tension times, which does not significantly expand the sarcoplasm.**



**Fig. 3: Growth in *both* the myofibrils (power) and sarcoplasm (endurance) for maximum fiber expansion.**

# CHAPTER 2

## Study 1: High-Reps-First Mass Burst

This study was done in Brazil and published in the *European Journal of Applied Physiology*. Researchers had one group do a preliminary set of leg extensions to failure with 20 percent of their one-rep-max before moving to heavier sets. The other group did only standard sets with 75 percent of their 1RM. Rests between sets for both groups were 30 seconds to one minute.

**Results: More muscle size and strength occurred in the group that included a preliminary high-rep set.** Why? Because "muscle failure (principally of [slow-twitch] type-1 fibers) and metabolic accumulation induced by prior exhaustive exercise [promoted] a greater global recruitment of type-2 [high-growth] fibers during traditional training sets and, thus, further stimulate muscle performance and adaptations." [Ergo-log.com]

In other words, **the high-rep set fatigues slow-twitch fibers to allow more fast-twitch growth fibers to fire on the heavier sets**, resulting in a better hypertrophic muscular response. **It also elicits a growth response in the slow-twitch fibers.**

Plus, according to Brad Schoenfeld, Ph.D., who conducts studies on muscle hypertrophy, **"Sets that last longer than 20 to 30 seconds substantially increase metabolic stress."** Hydrogen ions that fill your muscles during long tension times lower the muscles' pH due to lactic acid. "That seems to **make them bigger by stimulating the production of proteins and hormones that act as growth factors for muscle tissue.**"

To summarize, performing a high-rep set first can...

**1)** Hypertrophy the slow-twitch endurance fibers.

**2)** Prime more activation and growth in the 2A power-and-endurance (dual-component) fibers as well as 2B power fibers.

**3)** Cause extreme sarcoplasmic, or energy fluid, expansion via mitochondrial growth, glycogen storage, etc. in all fibers.

**4)** Stimulate metabolic stress and thus anabolic hormone release.

In reference to #1 above, a recent study showed that 3 sets of 30-rep sets produced fast-twitch growth almost exactly equal to a heavy set (80 percent of 1-rep-max). **The bonus with the high-rep sets is that they produced almost DOUBLE the growth in the slow-twitch fibers** [*J Appl Physiology*, 2016].

Remember that **slow-twitch fibers have much more growth potential than previously thought**, so if you don't incorporate some high-rep sets, you're leaving lots of growth on the table.

How do you use this info? We tried incorporating the high-rep-set-first protocol into the 4X method, but four sets was just too much because that first set was so taxing. Here is the new streamlined version, **Slow-Twitch X-haustion...**

**The STX method:** Pick a weight with which you can get 20 to 25 reps and go to failure. Rest 35 seconds as you add enough weight to limit your second set to around eight reps. Go to failure. Rest 10 seconds, then go to failure one last time.

So it's really three sets, 20-8-5, condensed into a short time frame, ALL three sets to failure. As Vince "Iron Guru" Gironda said, "To increase muscle size, you must increase the intensity of work done within a given time. This means that it doesn't matter how much work you do but how fast you do it."

# CHAPTER 3

## Study 2: Muscle-Training Frequency



**Mike Mentzer, old-school mass monster who trained each muscle two to three times a week with only two to four sets each. (Balik photo)**

This study was performed by the aforementioned Brad Schoenfeld, Ph.D., one of the top hypertrophic scientists in the world. He wanted to determine the best frequency, or number of times, to train a target muscle for optimal growth.

So Schoenfeld compared a workout program that trained each target muscle once a week and the less popular full-body workout performed on Monday, Wednesday and Friday. The trainees were doing the **SAME VOLUME** of work for each muscle...

In other words, if the once-a-week-per-muscle group did 12 sets for chest, the three-times-per-week group did 4 sets for chest at each workout—still 12 total sets but over three workouts instead of all at one. After 12 weeks...

The group that trained each target muscle three times a week (full-body) got better muscle gains than the group that trained each muscle only once a week.

That's right, doing less volume **PER MUSCLE** at each workout but with more frequent sessions produced better size

gains. Oh, and these were experienced lifters, not beginners...

To be fair, Schoenfeld said that the better gains could have been the result of simply introducing a new stimulus—the three-times-per-week group may not have been used to that higher frequency of work, so they grew bigger faster—change to gain.

Now that study compared training each muscle once a week with three times each week, volume being equal. What about training each muscle twice a week? In a "meta-analysis," which means the researchers look at multiple studies to come to their conclusion, Schoenfeld, one of the authors, said this about the findings...

"When comparing studies that investigated training muscle groups between 1 to 3 days per week on a volume-equated basis, the current body of evidence indicates that frequencies of training twice a week promote superior hypertrophic outcomes to once a week.

"It can therefore be inferred that the **major muscle groups should be trained at least twice a week to maximize muscle growth**; whether training a muscle group three times per week is superior to a twice-per-week protocol remains to be determined." (*Sports Med.*, 2016 Apr 21 [Epub ahead of print])



Based on these findings, the STX mass-building program in this ebook will have you train each muscle two to three times a week, the perfect Anabolic Reload frequency.

# CHAPTER 4

## Study 3: The Anabolic Switch



This study looked at one exercise per target muscle vs. multiple exercises—again volume equated.

In other words, using one exercise for eight sets was compared to using four different exercises for two sets each.

In this case the researchers compared muscular growth following performance of Smith machine squats vs. a volume-equated combination of Smith machine squats, leg presses, lunges and deadlifts.

Results? The scientists determined that the varied exercise routine produced more uniform muscle hypertrophy of all four quadriceps muscles compared to performing the Smith machine squat alone. [*J Strength Cond Res.* 28(11) 2014]

In his textbook *Science and Development of Muscle Hypertrophy*, Schoenfeld also discusses a study that had subjects do close-grip bench presses for 12 weeks. Then researchers compared muscle development after another 12 weeks of lying triceps extensions. **Triceps development occurred in different segments of the triceps depending on the exercise.** The take-home message, according to Schoenfeld...

"Evidence suggests that **frequent exercise rotation is warranted to fully stimulate all fibers** within a muscle and thus maximize the hypertrophic response."

You will find this exercise rotation in the upcoming program.

For example, leg presses at one workout, deadlifts at another and squats on the third.

It's one more way this program will get you to flip the Anabolic Switch: Exercise rotation for total hypertrophic activation.

## **Decrease Training, Increase Gaining**

One of the most respected researchers/writers in bodybuilding is **Jerry Brainum**, a man with over 40 years of experience who now writes the monthly newsletter ***Applied Metabolics***. Here is his take on frequency, volume and mass: "I'd been training on a routine that included a vast amount of training volume. I was only 20 years old at the time, so despite what I now realize was gross overtraining, I still made some gains. But the gains did come very slow. I wasn't using any anabolic drugs, so I depended on training and diet to make gains in muscular size and strength. That same year, a friend convinced me to try [lower volume with higher intensity]. **So I went from training 6 days a week with a high volume of training to only 3 whole-body workouts that averaged about 3 to 6 sets total volume for each muscle group.**

**"I was shocked to see how fast I began gaining on this style of training.** I did every set to muscular failure. This intensity of training, coupled with my youth and the fact that my natural anabolic hormones, such as testosterone and growth hormone, were at peak levels, led to some **spectacular gains in muscular size and strength. Even Arnold was impressed** (this all happened at the original Gold's Gym in Venice, California) and didn't believe me when I told him that I 'wasn't taking anything.' Of course, that referred to anabolic drugs. And I really wasn't. **Looking back now, I attribute to what was the most rapid gains in muscular size and strength that I ever made to a reduction in training volume and frequency.** In short, I allowed my body time to grow through increased muscle recovery."

# CHAPTER 5

## 3 Keys for Freaky Hypertrophy

A few years ago, Schoenfeld identified the 3 key hypertrophy triggers you must attack for optimal mass stimulation. And for those familiar with our Positions-of-Flexion mass training protocol, each one of Schoenfeld's triggers corresponds to each exercise in POF...

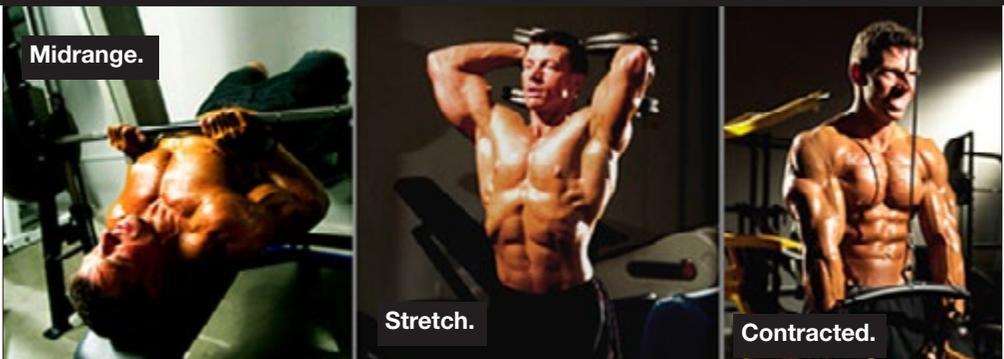
**1) Mechanical tension** (with heavier training) = POF multi-joint **midrange** moves: squats, bench presses, etc.

**2) Metabolic stress** (by blocking blood flow [during sufficient tension time] for cell swelling) = POF continuous-tension **contracted** moves: leg extensions, machine flies, etc.

**3) Muscle damage** (via microtears in the fibers) = POF **stretch** moves: sissy squats, DB flies, etc.

Now, concentrating on any one of those can get a muscle bigger. But to build the most mass possible, you need to get all of those in the right doses.

**POF triceps: close-grip bench presses, overhead extensions and pushdowns.**



With the Anabolic Reload program you will get 3-move POF for each muscle group, but spread over the three workouts each week.

Also, on the big exercises like bench presses, rows and so on that the workouts emphasize, here is how to get some of all three hypertrophic triggers in one exercise...

**1)** Mechanical tension is heavy training, which you will automatically get with sets in the 7-to-9-rep range, especially on multi-joint, or compound, moves like squats.

**2)** Metabolic stress is blocking blood flow; **keep the bar moving** so tension stays on the target muscle and **do NOT go to lockout** at any time during the set (for example, drive the weight up only 3/4 of the way on bench presses).

**3)** Muscle damage is microtears in the fibers, which primarily occurs on the negative, or lowering phase, of an exercise; to emphasize that **lift in 1 second and lower in 3.**

Performing the big exercises with those performance parameters will have you covering all the hypertrophy bases. In addition, you will do full POF for every bodypart over the course of each week for total mass stimulation.

Oh, and on isolation exercises on which tension falls off the target muscle at the top or bottom, like DB flies for chest and laterals for delts. Use the same above performance tips—challenging weight, keep tension on the target and lift in 1 second, lower in 3.

That's how you stimulate freaky hypertrophy.

# CHAPTER 6

## Hypertrophic Progression



An important part of the change-to-gain concept is hypertrophic progression—something about your workout has to progress on an upward trajectory.

For beginners and early intermediates that progression is accomplished via poundage increases. Getting stronger is a form of hypertrophic progression, even though getting stronger does not always translate into getting bigger.

Our hypertrophic-progression technique will be volume. As researcher Jerry Brainum notes, "Adding more training volume, as in additional exercises, sets and reps, does constitute a form of progressive resistance exercise."

What that means is that adding more training volume can lead to greater muscle gains—but we won't just add sets in the standard style. Let's review the initial STX sequence you will do on the big exercises when you begin the program...

**The STX method (1 x 20, 1 x 8 R/P 5):** Pick a weight with which you can get 20 to 25 reps and go to failure. Rest 35 seconds as you add enough weight to limit your second set to around eight reps. Go to failure. Rest/pause for 10 seconds, then go to failure one last time, getting four to five reps. So

it's really three sets, two + a rest/pause, each one to failure in perfect form:

**Set 1:** 20-25 reps

Rest 35 seconds, add weight

**Set 2:** 7-8 reps

Rest/pause 10 seconds, stay with same weight

**Set 3:** 4-5 reps

That third "set" is a rest/pause extension of Set 2. The way you will progress, other than adding weight when you can as you get stronger, is to **add another rest/pause extension every week or every other week...**

For example, to progress from the above, you would add on a "fourth" set at week 2 or 3 like this...

Set 1: 20-25 reps

Rest 35 seconds, add weight

Set 2: 8 reps

Rest 10 seconds, stay with same weight

Set 3: 4-5 reps

Rest 10 seconds, stay with same weight

**Set 4 (add-on):** 3-4 reps

So it's **1 x 20, 1 x 8 R/P 5 R/P 3**. Simple and effective progression. The short 10-second rest will allow some recovery, allowing more fast-twitch contraction; then you will exhaust the majority of those growth fibers again and perhaps even bring in dormant growth fibers with the rest/pause add-on. It's a simple step up the volume ladder for new mass.

# CHAPTER 7

## The STX Anabolic Reload Program



Alright, we're finally going to lay out the STX Anabolic Reload program. So what split are we going to use? A version of the powerful Phase 1 **Size Surge** routine that Jonathan used to pack on 20 pounds of muscle in 10 weeks. Here it is:

Monday: Legs, chest, back, traps/delts

Tuesday: Off

Wednesday: Deadlifts, soleus, delts, triceps, biceps, abs

Thursday: Off

Friday: Legs, chest, back, traps/delts, abs

Weekends: Off (usually with cardio)

You may be saying, "What, arms only once a week?" But that's not really the case...

With all of the residual arm work on Monday and Friday—presses, dips, pulldowns, rows, pullovers (yes, those hit the long head of the triceps hard)—arms get a blistering barrage each week.

In fact, when Jonathan first went on the SS program, his arms were the first thing to blow up big—and he only trained them directly on Wednesday.

What about working chest and back only twice a week? You're actually working those muscle groups three times a week, as you will include undergrip pulldowns and close-grip bench presses for biceps and triceps, respectively, on Wednesday.

Now you may be used to more sets for each bodypart at each workout; however, you're probably not used to training each muscle three times a week. Remember the Schoenfeld study and meta-analysis in Chapter 3 showing the anabolic superiority of frequency.

Keep in mind that this is "anabolic reload"—you are using this program to reset your anabolic hormones, recovery ability and nervous system to efficiently kick-start unbridled new muscle growth. That's extremely important—and it works...

Years ago Nautilus machine creator Arthur Jones wrote in *Iron Man* magazine that "from only one workout I'll put a full half inch of permanent muscle size on your upper arms." That may sound preposterous, but Jones made good on his claim with almost every bodybuilder who challenged him. It had not so much to do with the workout but more to do with "reloading" recovery...

Right off the bat he ordered the athlete to rest completely for three full days to counteract the overtrained state that most lifters are always in. After this recovery period, Jones put the lifter through a full-body workout of 10 exercises, with the last four to six sets devoted to arm blasting.

The next morning the bodybuilder's arms were measured, and almost without fail there was a half inch or more of extra muscle stretching the tape.

And that's what the STX Anabolic Reload program will do—replenish your recovery and anabolic hormones to unleash new growth after only a few workouts. Here it is...

## **The STX Anabolic Reload Workout 1**

### **Monday**

### **Poundage**

Leg presses, 1 x 20, 1 x 8 R/P 5

Leg extensions, 2 x 7-9

Flat-back

hyperextensions, 1 x 20, 1 x 8 R/P 5

Leg curls, 2 x 7-9

Standing calf raises, 1 x 20, 1 x 8 R/P 5

DB bench presses, 1 x 20, 1 x 8 R/P 5

Machine flyes, 2 x 7-9

Pulldowns, 1 x 20, 1 x 8 R/P 5

Chest-supported

dumbbell rows, 1 x 20, 1 x 8 R/P 5

Bent-arm bent-over

laterals, 2 x 7-9

Dumbbell upright

rows, 1 x 20, 1 x 8 R/P 5

Seated laterals, 2 x 7-9

\*Rest: After 20 reps to failure, rest 35 seconds, then use a heavier weight and get 8 reps to failure. Rest 10 seconds and rep out again with that weight.

On standard sets, rest 1 minute between sets. No warmup sets are necessary—the 20-rep set acts as a target-muscle warmup.

## **The STX Anabolic Reload Workout 2**

### **Wednesday**

### **Poundage**

Deadlifts, 1 x 20

Seated calf

raises, 1 x 20, 1 x 8 R/P 5

Lateral raises, 1 x 20, 1 x 8 R/P 5

DB presses, 2 x 7-9

Pushdowns, 1 x 20, 1 x 8 R/P 5

Overhead extensions

or cable pushouts, 1 x 9

Close-grip bench

presses, 2 x 7-9

Machine preacher

or spider curls, 1 x 20, 1 x 8 R/P 5

Incline curls, 1 x 9

Undergrip pulldowns, 2 x 7-9

Incline hammer curls, 1 x 20, 1 x 8 R/P 5

Crunches, 1 x 20, 1 x 8 R/P 5

\*Rest: After 20 reps to failure, rest 35 seconds, then use a heavier weight and get 8 reps to failure. Rest 10 seconds and rep out again with that weight.

On standard sets, rest 1 minute between sets. No warmup sets are necessary—the 20-rep set acts as a target-muscle warmup.

## **The STX Anabolic Reload Workout 3**

### **Friday**

### **Poundage**

Squats\* or

Front squats\*, 1 x 8, 1 x 6 R/P 3

Sissy squats, 2 x 7-9

Stiff-legged deadlifts\*, 2 x 10, 8 R/P 5

Leg press calf

raises\*, 2 x 12, 10 R/P 6

Bench presses\*, 2 x 8, 6 R/P 3

Flat or incline flyes, 2 x 7-9

Shoulder-width

cable rows\*, 2 x 8, 6 R/P 3

DB shrugs, 2 x 10-12

Chins, 2 x 8, 6 R/P 3

DB pullovers, 2 x 10-12

One-arm cable laterals, 2 x 8, 6 R/P 3

Machine crunches, 2 x 10, 7 R/P 4

\*Do one or two light warmup sets, not to failure. Use about 70 percent of your set 1 poundage. Then do all work sets of an exercise with the same weight.

Rest: After set 1, rest 1 1/2 minutes, then do set 2. Where a rest/pause is indicated, rest 10 seconds then rep out again.

# STX Anabolic Reload Workout

## Tips and Reminders

**1) Rep tempo.** Lift in 1 second, lower in 3. This "power cadence," 1/3, produced the most mass in a comprehensive 2009 hypertrophy study: *Int J Sports Med.* 30(3):200-204. The slow lowering produces more muscle damage in the target muscle, while the more explosive positive activates more growth fibers due to the myotatic reflex.

**2) Warmups.** Warmup sets are not required in workouts 1 and 2. The first high-rep set of the first exercise for each muscle group acts as a specific warmup as well as pre-exhausting slow-twitch fibers and triggering anabolic hormone release via lactic acid accumulation. Heavy day, workout 3, do one or two light warmup sets, *not to failure*, on exercises marked with an asterisk (\*). Use about 70 percent of your set 1 poundage.

**3) Rest.** On STX sequences, rest 35 to 45 seconds between the 20-rep set and the next heavier set. Then rest 10 seconds and use that same heavier weight to rep out (rest/pause). On standard sets, rest one to 1 1/2 minutes between sets.

**4) Progression.** On exercises designated with a rest/pause set (R/P), add another rest/pause set with that same weight each week if you are using the program for three weeks. If you are using it for four weeks to six weeks, add a rest/pause set every other week. The volume on standard-set exercises remains constant.

**5) Duration.** You can use this program for one to six weeks. Use rest/pause progression as indicated in #4 above. If you use it for six weeks, you may want to take five to seven days away from the gym before training again with a new workout—or go back to this workout with the 4X method in place of STX.

# CHAPTER 8

## Old School, New Muscle The Over-40 STX Workout



When most bodybuilders reach their 40s, complete recovery becomes harder and harder to achieve. In order to keep gains piling on at a furious pace, a reduction in volume is necessary.

That means we need a somewhat reduced Anabolic Reload program for the older, bolder bodybuilder. And even hardgainers, skinny ectomorph types with limited recovery ability, will find the Over-40 STX Anabolic Reload program the better choice.

On a personal note, Steve noticed his recovery waning when he got into his mid-to-late 40s. That eventually led to reducing both volume and frequency—once reality overtook stubbornness. Plus, he found that exhausting his slow-twitch fibers first with either multiple easy sets, as in 3X or 4X training or one high-rep set, as in STX, helped invigorate his gains without joint trauma and/or tendon/ligament damage. And he still finds himself in bodybuilder condition training only three days a week on a program similar to this one...

## **Over-40 STX Anabolic Reload Workout 1**

### **Monday**

### **Poundage**

Leg presses, 1 x 20, 1 x 8 R/P 5

Leg extensions, 1 x 7-9

Flat-back

hyperextensions, 1 x 20, 1 x 8 R/P 5

Leg curls, 1 x 7-9

Standing calf raises, 1 x 20, 1 x 8 R/P 5

DB bench presses, 1 x 20, 1 x 8 R/P 5

Machine flyes, 1 x 7-9

Pulldowns, 1 x 20, 1 x 8 R/P 5

Chest-supported

dumbbell rows, 1 x 20, 1 x 8 R/P 5

Bent-arm bent-over

laterals, 1 x 7-9

Dumbbell upright

rows, 1 x 20, 1 x 8 R/P 5

Seated laterals, 1 x 7-9

\*Rest: After 20 reps to failure, rest 35 seconds, then use a heavier weight and get 8 reps to failure. Rest 10 seconds and rep out again with that weight.

On standard sets, rest 1 minute between sets. No warmup sets are necessary—the 20-rep set acts as a target-muscle warmup.

## **Over-40 STX Anabolic Reload Workout 2**

### **Wednesday**

### **Poundage**

Seated calf

raises, 1 x 20, 1 x 8 R/P 5

Lateral raises, 1 x 20, 1 x 8 R/P 5

DB presses, 1 x 7-9

Pushdowns, 1 x 20, 1 x 8 R/P 5

Overhead extensions

or cable pushouts, 2 x 9

Lying extensions, 1 x 7-9

Machine preacher

or spider curls, 1 x 20, 1 x 8 R/P 5

Incline curls, 2 x 9

Seated dumbbell curls, 1 x 7-9

Incline hammer curls, 1 x 20, 1 x 8 R/P 5

Crunches, 1 x 20, 1 x 8 R/P 5

\*Rest: After 20 reps to failure, rest 35 seconds, then use a heavier weight and get 8 reps to failure. Rest 10 seconds and rep out again with that weight.

On standard sets, rest 1 minute between sets. No warmup sets are necessary—the 20-rep set acts as a target-muscle warmup.

## **Over-40 STX Anabolic Reload Workout 3**

### **Friday**

### **Poundage**

Sissy squats, 1 x 20

Squats\* or

Front squats\*, 1 x 8, 1 x 6 R/P 3

Stiff-legged deadlifts\*, 1 x 15 R/P 7

Leg press calf

raises\*, 1 x 12, 1 x 10 R/P 6

Flat or incline flyes, 1 x 20

Bench presses\*, 1 x 8, 1 x 6 R/P 3

DB shrugs, 1 x 20

Shoulder-width

cable rows\*, 1 x 8, 1 x 6 R/P 3

DB pullovers, 1 x 20

Chins, 1 x 8, 1 x 6 R/P 3

One-arm cable laterals, 1 x 8, 1 x 6 R/P 3

Machine crunches, 1 x 10, 1 x 7 R/P 4

\*Rest: Try to keep rest between your 20-rep stretch-move set and the first midrange set to 35 seconds, if possible. Then on the midrange exercise do set 1, rest 1 1/2 minutes, then do set 2. Where a rest/pause is indicated, rest 10 seconds then rep out again.

## **Over-40 STX Anabolic Reload Workout**

### **Changes and Reductions**

**1) Volume.** In Workout 1, many of the isolation contracted-position exercises are down to one set instead of two. At Workout 2, the opening high-rep set of deadlifts is gone to minimize recovery drain. Plus, the compound midrange exercises for triceps and biceps—close-grip bench presses and undergrip pulldowns—are replaced with more isolated midrange exercises: lying extensions and seated dumbbell curls. As for Workout 3...

**2) Stretch Pre-Ex.** Instead of doing the big midrange move first, you do an isolated stretch exercise for high reps. Unlike the first programs on which you used Friday as an all-lower-rep day, you do STX at this Friday workout too. It's unique STX, however, because you pre-exhaust the target muscle with a high-rep stretch exercise. That will enhance fiber activation on the compound midrange move that follows, force you to use slightly lighter poundages on the midrange exercises but still produce anabolic trauma in the target muscle due to starting with higher-rep targeted stretches against resistance.

**3) Rest.** On Friday, as with all S-T-X sequences, rest only 30 to 40 seconds between your 20-rep stretch move and your first set of the midrange exercise. Then rest 1 1/2 minutes between the first and second heavy midrange-move sets. You follow the second set with a 10-second rest/pause. Notice that you use that same heavy weight on all midrange-exercise sets.

**4) Progression.** On exercises designated with a rest/pause set (R/P), add another rest/pause set with that same weight every other week or every third week. After six weeks you could go to another program or stick with this one using 3X or 4X instead of STX.

## **My Updated Workout at Age 59**

### **The Older You Get, The Less Work You Need**

Let's face it, getting older is no picnic. But there is a silver lining—and not just on the top of your head. LOL. It has to do with going to the gym less often and perhaps even reducing the amount of work you do at each session...

I've found that I need both of those workload reductions as I push toward 60. I was making decent gains with the workout on the previous pages, but I noticed starting to feel more sluggish between gym sessions and even some minor aches and pains despite my short workouts.

My first solution was to simply follow the three workouts in order but only go to the gym on Tuesday and Friday. I got an instant uptick in progress, such as more noticeable muscle size.

Plus, the aches I was having disappeared. And that's even taking into account my twice-a-week two-mile jogs, which I do on Monday and Thursday.

Being impatient with my progress, I also recently reduced my training volume at each workout as well for another surge in muscle size. Love this new workout, which has me do only one exercise per muscle each time, splitting with the Positions-of-Flexion moves. In other words, a midrange day, a contracted day and a stretch day. I follow the sequence, still training only two days a week, Tuesday and Friday.

And I do every exercise with STX: Set 1, 20 reps to failure; rest 30 seconds, add weight; Set 2, 8 reps to failure; rest 10 seconds; 5 reps to failure.

Those workouts are on the next page....

# **Alternate Over-40 STX Anabolic Reload Workout**

**(Follow the workout order, but train two day a week)**

## **Workout 1: Midrange**

Leg presses or squats  
Flat-back hyperextensions  
Seated calf raises  
Machine bench presses or  
Wide-grip machine dips  
Medium-grip machine rows  
Machine overhead presses  
Pulldowns  
Dumbbell pullovers  
Dumbbell hammer curls  
Lying or incline kneeups

## **Workout 2: Contracted**

Leg extensions  
Leg curls  
Standing calf raises  
Machine flies  
Forward-lean DB shrugs  
Stiff-arm pulldowns  
Seated lateral raises  
V-bar pushdowns  
Concentration curls  
DB wrist curls  
Planks

## **Workout 3: Stretch**

Sissy squats  
DB semi-stiff-legged  
deadlifts  
Leg press calf raises  
Flat-bench DB flies  
Facedown incline DB rows  
DB pullovers  
One-arm cable laterals or  
Incline one-arm laterals  
Overhead extensions or  
Cable pushouts  
Incline curls  
Machine crunches or  
Bench crunches

### **STX Method**

#### **Use on every exercise**

**Set 1:** 20 reps to failure

Rest 30 seconds

Add weight

**Set 2:** 8 reps to failure

Rest 10 seconds

**R/P:** 5 reps to failure

You can add on R/P sets to increase volume for lagging muscles.

# STX Anabolic Reload Workout

## Unfamiliar Exercises



### 1) <-- Sissy squats (quads, stretch).

Hold onto the side of the leg extension machine or stable upright for balance. Squat, keeping your thighs and torso on the same plane until your hamstrings meet your calves.

**2) One-arm cable laterals (delts, stretch).** If possible, set the pulley at just below waist height so that at the bottom the pull is almost horizontal on the lateral-delt head. Alternate arms for standard sets. If you ever use it for STX (20, 8 R/P 5), work all sets for one arm before moving to your other arm. That's necessary to maintain short rests (density).

**3) Pushouts --> (triceps, stretch).** Grab the pushdown handle or rope, face away from the machine and lunge forward until your torso is parallel to the floor. Extend the bar from behind your head to out in front of the top of your head.



**4) <-- DB pullovers (lats, stretch—also triceps long head).** With a DB in each hand, recline on a bench (do not lay crosswise). With the dumbbells at arm's length over your face, lower back in an arc behind your head until the DBs are on the same plane as the bench. Without pausing in the stretch position, retrace the arc and pull the dumbbells back over your face. Immediately begin the next rep.

# CHAPTER 9

## Reload for Ultimate Mass

While our very first e-book was titled *The Ultimate Mass Workout*, that's really a more appropriate title for this one. Because no matter how you choose to use it, you will get an ultimate surge in muscle size.

It's that powerful! The reason is that we've infused it with proven science-based hypertrophy triggers. Here's a summary:

**1)** Beginning with a high-rep set for each muscle can produce more slow-twitch growth, prime more fast-twitch activation and growth stimulation on the heavy sets that follow and trigger fatigue products that coax anabolic hormone release.

**2)** Training each muscle with fewer sets but more frequency—up to three times a week—can produce a burst of new hypertrophy, especially if you aren't used to the more frequent muscle hits.

**3)** Rotating different exercises for each muscle can produce more overall mass in each muscle structure.

**4)** Training each muscle over its full range of motion with Positions of Flexion will have you automatically training Schoenfeld's three hypertrophy requirements: mechanical tension (heavier sets = POF midrange), metabolic stress (blood-flow blockage = POF contracted) and muscle damage (microtears = POF stretch).

**5)** Adding rest/pause "sets" every few weeks will provide systematic progression, another key to extreme hypertrophy.

While the programs as they are listed are solid, don't be afraid to make alteration or put your own spin on them. Just don't get carried away with added volume. Remember, this is anabolic "reload." Small additions are okay...

For example, we had a motivated young reader of our newsletter say that he added just one 80-rep set at the end of each bodypart routine—and he started "growing like crazy."

Of course, volume decreases may be necessary rather than adding sets. If the first program feels like too much, make reductions—for instance, do only one set for the exercises on which you do NOT employ STX, like leg extensions, leg curls, machine flyes, etc.

Or simply move to the over-40 reduced-volume version in Chapter 8. It's probably a better choice for hardgainer types as well. And over-50 trainees may need even less work.

Remember, you can use either program as a one-to-four-week "reload" or you can attack it for up to eight weeks. Either way, use the rest/pause add-on for progression every few weeks and your hypertrophy will launch into full-blown hyper-drive.

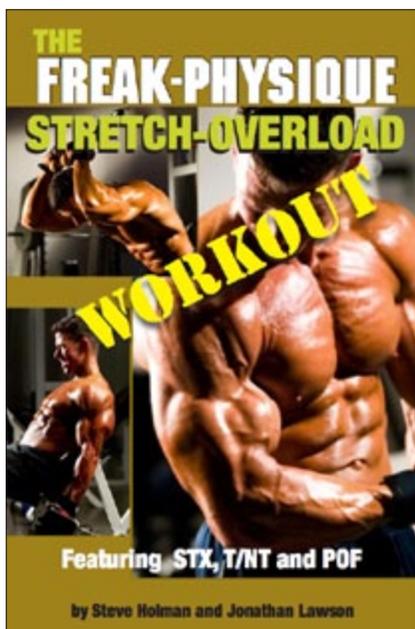


For more on us, our training and previous research, go to our web site **X-Rep.com**. You'll find loads of information there. Now it's time for you to reload and grow with the flow—open the hypertrophy flood gates!



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