

#GETSTACKED14

BROUGHT TO YOU BY



MONDAY - GNARLY BACK PUMP

CORE WARMUPS -- 3 Set Superset

GHD: 3 sets of 10–20 reps

Toes 2 Bar: 10 reps

FRONT SQUAT

*Work to a 1 Rep Max with a Pause + Belt

(Optional: Add Westside-Barbell.com mini bands) (GetStacked 14 Video Forms for instructions)

*20 reps with bar only, then 10,5,3,1,1,1 reps

DEADLIFT (CONVENTIONAL STANCE)

Weeks 1–2: Work up to a 1 Rep Max standing on 1 plate at a deficit (optional add mini bands) ; 1 Plate= 1 Steel 45 lb. plate or one 25 lb. Bumper plate

Weeks 3–4: Work up to a heavy single from right below the knee cap (Rack or Block pulls) (Optional: add mini bands)

PUMP SETS (What's Your Best Total)

Pull-ups: 3 set Till Complete Failure; Try to beat your TOTAL each week!!!!!!

COMPETITION SETS

Seated Rows: Use your Bodyweight for the weight on the stack. If you weigh 200 lbs., row 200 lbs.

*5 sets of Max Reps (Battle against yourself or your training partners)

5 Set Superset WORK SETS

1 Arm Pulldowns: 8–10 reps Each Arm (Video on Feature)

Dumbbell Pullovers: 10 reps

CORE

100 Ab Wheels

800m Walking Lunges

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head

TUESDAY - CHEST SO STRONG SO SWOLE

CORE WARMUPS -- 3 Set Superset

GHD: 10–20 reps

Toes 2 Bar: 10 reps

FRONT SQUAT

*Work up to a 1 Rep Max no pause With a Belt

(Optional Add Westside–Barbell.com mini bands) (GetStacked 14 Video Forms for instructions)

*20 reps with bar only, then 10,5,3,1,1,1 reps

WARMUP PUMP: 1–2 sets

Push-ups: 30–50 reps

Band Pull Aparts or Face Pulls: 30–50 reps (GS14 Video)

BENCH PRESS (ALL FLAT BENCH PRESS)

(Optional Add Westside–Barbell.com mini bands) (GetStacked 14 Video Forms for instructions)

Week 1: 10,3,3,1,1,1,1 (All 1 seconds pauses)

Week 2: 20,8,8,8,8,8

Week 3: Pause Work ; Work to 3 work sets of 3 reps, Then 1 Max Rep with pause

Week 4: Close Grip 10,5,5,5,5

PUMP SETS (3–5 sets Each)

Incline Barbell Bench Press (Close grip / Medium grip/ Wide grip): 5 reps Each

*No rest ; change the grip on your chest

*Challenge yourself to go heavy, but get all 15 reps in a row

COMPETITION SUPER SETS FOR MAX REPS (3–5 sets)

Flat Bench Press with Dumbbells (Pick a Weight)

AND

Weighted Heavy Dips

Example: My crew did 80's–100Lbs on Dumbbells & 45lb on Dips

800m Walking Lunges

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head

WEDNESDAY - XTRA LEGS

WARMUPS -- 3 Set Superset

GHD: 10–20 reps

Toes 2 Bar: 10 reps

SQUAT COMPETITION SETS -- 3 Sets (NO BANDS)

Front Squat with a Belt

*For example, my crew did 225 lbs. till Failure for 3 sets

*Set a number & beat your training partners ; hang it all out

POSTERIOR CHAIN 3–5 Set Tri-set

GHD: 5 reps Weighted

Hamstring Curls: 15 reps

Back Extensions: 15 reps

Frank Zane Leg Extensions

6 sets of 10 reps

*Alternate using 1 leg at a time

*Go Back & Forth with no rest

*3 Total sets

Seated Calf Raises

5 sets of 5 reps Heavy

100 AB WHEELS

NO Lunges

NIGHTLY ABS:

WEIGHTED CRUNCHES 100–200 reps with a 25lb plate behind head

THURSDAY - SHOULDERS STRONG & NASTY

CORE WARMUPS -- 3 Set Superset

GHD: 10–20 reps

Toes 2 Bar: 10 reps

BACK SQUAT

*Work to a 1 Rep Max with Belt

(Optional Add Westside–Barbell.com mini bands) (GetStacked 14 Video Forms for instructions)

*20 reps with bar only, then 10,5,1,1,1,1,1 reps

STIFF LEG DEADLIFT

*4 Sets of 10 Reps (no bands)

ALTERNATING MILITRAY PRESS (TOUCH EARLOBES, THEN CHIN) (GS14 Video)

*5 reps Each, so 10 reps total

*5 Total sets HEAVY

PUMP SETS -- 5 Set Superset

Arnold Press: 12 Reps

1 Arm Lateral Raises Standing: 12 reps

5 Set Tri-set (We use 8–10lb DB's)

Chest supported Rear Delt Flys in the form of an ARROW: 15 reps

Chest supported Rear Delt Flys in the form of a T: 15 reps

Inline Chest supported Press: 15 reps

Walking Lunges: 800m

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head

FRIDAY - ALL SORTS OF BLOWN UP ARMS

WARMUPS -- 3 Set Superset

GHD: 10–20 reps

Toes 2 Bar: 10 reps

FRONT SQUAT

*Work up to a 3 Rep Max no pause; With a Belt

(Optional Add Westside–Barbell.com mini bands) (GetStacked 14 Video Forms for instructions)

*20 reps with bar, then 3,3,3,3,3

15 REP LARRY SCOTT PREACHER WORKOUT: 5 Set Superset

Dumbbell Curls: 12–15 reps

*Start like a hammer, then rotate to peak the bicep ; (GS14 Video)

Straight Bar Heavy: 12–15 reps

Reverse Curls Heavy: 12–15 reps

While RESTING

*Do 1 set of DIPS Till Failure to start warming up Triceps

TRICEP PUMP: 5 Set Superset

Straight Bar Pushdowns (Close grip / Medium grip / Wide grip): 12 reps Each Way

Bench Dips: 20 reps

*While resting Triceps,

Forearm Curls: 20 reps

3 SET SUPERSET FINISHER

SKULL CRUSHERS: 20 rep Light Pump (To the Nose)

BICEP Machine or 1 Arm Concentration Curls: 12 reps

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head

SATURDAY - THE DUMBBELL POLISH WORKOUT

FRONT SQUAT

*No Bands or Belt

*Use 135 lbs. or Scale from there

*3 sets of 10 reps to groove the lift light

1-2 SETS

Incline Chest Supported Rows: 50 reps

Incline Dumbbell Press: 50 reps

Tricep Kickbacks: 50 reps

Standing Alternating Dumbbell Curls: 50 reps

Seated Lateral Raises: 50 reps

Dumbbell Pullovers: 50 reps

Flat Chest Flys: 50 reps

Dumbbell Skull Crushers: 50 reps

Hammer Curls: 50 reps

Frontal Raises: 50 reps

Weighted Crunches: 100 reps

Walking Lunges: 800 meters

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head

SUNDAY – JUST FUCKING SQUAT

BACK SQUAT

*High Bar with a Pause (Go Light)

*3,3,3,3,3,3

THEN REST

NIGHTLY ABS:

WEIGHTED CRUNCHES: 100–200 reps with a 25lb plate behind head