

The V Shape Workouts

Back Specialization Workout 1

A. Bent-over dumbbell row

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 8, 6, 4, 6, 8

Rest: 60 seconds

B. Inverted Row

Notes: Pinch and squeeze at the top of the exercise.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Yates Row

C2. Seated cable row

C3. Reverse grip inverted row

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

D1. Snatch

D2. Upright Row (close grip)

Notes: Make sure you're using a wide grip on the snatch.

Cadence: all out for the snatch; upright row: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 3 sets of 8-10 reps

Rest: 45 seconds

Workout 2

A. Pulldowns

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 8, 6, 4, 6, 8

Rest: 60 seconds



B. 2-Arm cable Squeeze

Notes: Pinch and squeeze at the top of the exercise. Grab 2 cables with either arm. Tilt back. Pull each cable in, squeezing your shoulder blades together at the height of the exercise.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Close Grip chin up (or pull-down)

C2. Single Arm Pull-down (cable, start conventional, twist to supine grip).

C3. Face down inclined front raise (works lower trap)

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

D. Inverted Row (have bar placed high, keep vertical as possible)

Notes: go as fast as possible – this is a burnout set.

Cadence: as fast as possible. No slowed tempo.

Reps: 30+ (to failure) 1 set

Workout 3

A. Dumbbell Pullover

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 8, 6, 4, 6, 8

Rest: 60 seconds

B. Behind-back barbell shrug

Notes: Pinch and squeeze at the top of the exercise. Get low, you want the plain to be as vertical as possible.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Face down inclined dumbbell row

C2. Snatch Grip bent over row

C3. Med ball slams

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.



D. Single arm bent over row (stand more vertical than usual)

Chinese Drop Set

5x5 reps consecutively with no rest

1 set

Notes: Do one full set with one arm before moving onto the next.

Full body

A1. Front Squat

A2. Deadlift

8, 6, 4, 12

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Rest: 60 seconds

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B1. Barbell curl

B2. Dips

B3. Skull crusher

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

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C1. Cable pushdowns

C2. Hamstring curl

C4. Leg Press

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 15 reps x 3 sets

Rest: 45 seconds at the end of the entire set.

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Finisher

Barbell curl

Reps: 20,18,16,14,12,10

Rest: 20,18,16,14,12,10 seconds.



Phase 2

Shoulder Specialization

Workout 1

Front delt & pressing.

A. Seated military press

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 8, 6, 4, 6, 8

Rest: 60 seconds

B. Dumbbell front raise

Notes: Perform one arm at a time. Bring the weight higher than eye level at its peak.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Lateral barbell press (single arm pushing away from body)

C2. Single arm bar press (push upwards)

C3. Army's

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

Workout 2

Lateral & rear deltoid.

A. Bent arm lateral raise

Notes: Make sure to pinch and pause at the top of the exercise. Do all lateral raises seated to avoid swinging.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 8, 6, 4, 6, 8

Rest: 60 seconds

B. Face down inclined lateral raise (with a twist)

Notes: Lie face down on an inclined bench. Perform a lateral raise, but as you get to the top of the exercise, rotate the dumbbell as to bring the thumb end of the dumbbell pointing to the ceiling.



Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.
Reps: 10-15 x 3 sets
Rest: 45 seconds

C1. Face down inclined dumbbell row

C2. Snatch Grip bent over row

C3. Med ball slams

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

D. Reverse machine flys (rear deltoid)

1 set of 50 reps.

Perform the exercise at a fast speed. Avoid swinging or momentum.

Workout 3

Full deltoid workout.

A. Seated lateral raise

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 4 sets of 4-8 reps (each set to failure)

Rest: 60 seconds

B. 3 way lateral raise

Notes: Pinch and squeeze at the top of the exercise. Get low, you want the plane to be as vertical as possible.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Bent over lateral raise (face down on inclined bench)

C2. Army's

C3. Lateral barbell press

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.



D. Seated military press.

Chinese Drop Set

5x5 reps consecutively with no rest

1 set

Full body

A1. Front Squat

A2. Deadlift

8, 6, 4, 12

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Rest: 60 seconds

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B1. Barbell curl

B2. Dips

B3. Skull crusher

3x 12 reps

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C1. Cable pushdowns

C2. Hamstring curl

C4. Leg Press

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 15 reps x 3 sets

Rest: 45 seconds at the end of the entire set.

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Finisher

Barbell curl

Reps: 20,18,16,14,12,10

Rest: 20,18,16,14,12,10 seconds.

Chest Specialization

Workout 1

Presses

A. Inclined dumbbell bench press

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 4 sets of 4-8 reps (each set to failure)



Rest: 60 seconds

B. Floor press

Notes: Pinch and squeeze at the top of the exercise.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Dumbbell bench press

C2. Declined bench press

C3. Feet elevated push-ups

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

Workout 2

Flys

A. Inclined chest fly

Notes: Make sure to pinch and pause at the top of the exercise.

Cadence: 1 second concentric; 4 eccentric; 2 second pause.

Reps: 4 sets of 4-8 reps (each set to failure)

Rest: 60 seconds

B. Pec deck fly

Notes: Pinch and squeeze at the top of the exercise.

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.

Reps: 10-15 x 3 sets

Rest: 45 seconds

C1. Cable fly

C2. Decline fly (make pinky's touch)

C3. Thumbs touching push-ups

Notes: Pinch and hold at the top of each exercise.

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.

Reps: 8-10 x 3 sets

Rest: 45 seconds at the end of the entire set.

Workout 3

Hybrid

A. Squeeze press

Notes: Make sure to pinch and pause at the top of the exercise.



Cadence: 1 second concentric; 4 eccentric; 2 second pause.
Reps: 4 sets of 4-8 reps (each set to failure)
Rest: 60 seconds

B. Inclined press + fly on eccentric phase

Notes: Press the weight, then perform the back end of the exercise as a fly. Make sure you stretch the muscle on the way down – really open up.
Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.
Reps: 10-15 x 3 sets
Rest: 45 seconds

C1. Guillotine (neck) press

C2. Pec deck

C3. Upright cable fly

Notes: Pinch and hold at the top of each exercise.
Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.
Reps: 8-10 x 3 sets
Rest: 45 seconds at the end of the entire set.

D. Push-ups

50 reps

Full body

A1. Front Squat

A2. Deadlift

8, 6, 4, 12

Cadence: 1 second concentric; 4 eccentric; 2 second pause.
Rest: 60 seconds

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B1. Barbell curl

B2. Dips

B3. Skull crusher

Cadence: 4 seconds concentric; 4 eccentric; 2 second pause.
Reps: 10-15 x 3 sets
Rest: 45 seconds

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C1. Cable pushdowns

C2. Hamstring curl

C4. Leg Press

Cadence: 1 second concentric; 2 seconds eccentric; 1 second pause.
Reps: 15 reps x 3 sets



Rest: 45 seconds at the end of the entire set.

Finisher:

Barbell curl

Reps: 20,18,16,14,12,10

Rest: 20,18,16,14,12,10 seconds.

