



JOE MEGLIO & CHAD HOWSE'S

WARRIOR MUSCLE

THE PROGRAM THAT WILL TRANSFORM YOUR BODY



Warrior Muscle

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Table of Contents

Muscle	----- 5
Structuring Your MUSCLE Program	----- 9
The Programs	----- 10
In Closing	----- 14

MUSCLE

The Setup

Strong like a warrior is a 3-day a week program focused on building the strength of a warrior. The training in the first 3 days of your week *will build that strength and pure athletic power*, using training techniques that have been passed down from generation to generation.

We – as in Joe and I – wanted to give you more than just the *strength* of a warrior, we wanted to help you look like one as well.

There's a quiet confidence that comes from having athletic power, there's also a powerful sense of pride that comes in having a strong, lean, muscular physique.

The strength aspect of the program lends a hand to the muscle aspect. The finishers in the first 3 days will help you stay lean, they'll also help you build lactic acid which raises our growth hormone levels. The power aspects will help raise your T levels – both of which will help you *look* like a warrior.

For this *MUSCLE* portion of your program, we're focusing purely on varying our cadences. That is, creating differences in our time under tension. It's almost the complete opposite of the strength days, this will dramatically increase your lean muscle gains.

- **Have you ever heard the statement; *the best program for hypertrophy is the one you're not doing?***

Confused?

What it basically means is that our bodies are so adept to adapting to the demands we place upon them, that as we become more advanced with our training, we tend to more easily plateau – the plateau being the killer of progress in everything having to do with regards to building consistent muscle.

So if the goal in training is to see *consistent* gains, then how do we break through the killer of progress that threatens to stop our results? How do we, week after week, show our muscles something new so that they don't adapt?

The problem is, we can't just change our workouts every week, our bodies will get used to that. We actually want them to get close to adapting to the demands – i.e. reps, sets, and tempos – then change these variables, once again spiking our growth.

The solution lies in recent studies out of the *European Journal of Applied Physiology*, and, *the Journal of Strength and Conditioning Research* which show that temporal changes in an exercise result in varying physiological results.

That is, by changing the tempo, or pace, of an exercise, you can break through plateaus, boost your metabolism, and build bigger, *stronger*, muscles. Simply by altering the tempo we use in each set, we're going to affect our muscles in a different way. We're going to attack different muscle fibers, having our muscles develop fully and consistently each week.

This is what makes *Strong Like a Warrior* such an incredible program. The third day of your training will have completely different tempos than your first 3 days. We're creating plateau-busters before our bodies ever have a chance to plateau; thus, you'll never stop growing stronger, and more muscular.

Cadences/Tempos

The tempo of each exercise is how long it takes for you to complete each phase of the lift. We're breaking each exercise into 4 aspects. They are as follows...

The Eccentric Contraction

This is the first number in the “tempo” section of the program. This is where you're going to see the most variation.

4,1,1,1 for example, would mean you're taking 4 seconds to lower the weight on the bench press, with a 1 second pause at the top and the bottom, and an explosive press.

For the lat pull-down, the eccentric contraction will be when you slowly return the weight back to its starting position.

The eccentric contraction is the contraction where the muscle lengthens. It's usually the lowering of the weight on a press, or returning the weight to its starting position on a pull.

The Concentric Contraction

For each exercise, the concentric contraction will be at full speed. Really focus on exploding on this contraction. This is where most of us think of actually "performing the exercise". It's the curl in the biceps curl, the press in the bench press, and the squat in the squat.

The two other phases are simply the top and the bottom of the exercise. You're either going to pause for a second (a full second), or not. When you're not pausing, you're usually performing the exercise at a full, explosive tempo with no real cadence.

Sets

The Chinese Drop Set

The Chinese Drop Set is a straight set with no rest in between each drop. Start with a weight that will get you to max out at 5 reps. Complete 5 reps, drop down by 10-20%, or to a weight that will get you to max out once again at 5 reps, and continue for 5 sets.

The goal is to reach your max with every drop. It's a killer set and an awesome way to end a workout.

Supersets

Each set is done with letters and numbers.

When two or three exercises are paired, like...

A1.

A2.

A3.

That means that you're doing each exercise back-to-back-to-back, with no rest period coming until the entire set is finished. That is, don't rest until each of the 3 exercises have been completed in succession.

The same principle applies when two exercises are paired back to back.

Abs

Although each abs workout is set up in the same way, we're going to be doing it a little differently...

Instead of having the rest come at the end of each superset, we're taking a 15 second rest after each exercise. So do A1, rest 15 seconds, then do A2, rest 15 seconds, then back to A1 and repeat until you've finished 4 sets of each exercise.

The Biggest Rule of The MUSCLE Program:

Let the cadence, and reps, dictate your load.

What that means is, look at the cadence (tempo), and the rep count. Choose a weight that will get you to fail at – or close to – that rep count.

Structuring Your MUSCLE Program

This portion of *Strong Like a Warrior* is meant to coexist with the strength training.

So, you're going to do the first 3 days of strength training, then add in *ONE* MUSCLE day at the end of your strength week (which will most likely be a Saturday).

So here's how the program will look.

- The Saturday of Weeks 1-2: Hips/Back Day
- The Saturday of Weeks 3-4: Chest + Bi's
- The Saturday of Weeks 5-6: Quads + Calves
- The Saturday of Weeks 7-8: Shoulders

The last 4 weeks, however, are different. We're focusing only on upper body weak-points, as the strength portion of our training will take care of the lower body training. The last 4 weeks will look as follows:

- The Saturday of Weeks 9-10: Upper Push Day
- The Saturday of Weeks 11-12: Upper Pull Day

The Programs

Weeks 1-8

<u>Weeks 1-2 - Hips/Back</u>	Sets	Reps	Cadence	Rest
Exercise				
A. Deadlift	4	12,8,6,8	0,0,0,0	60 sec
B1. RDLs	3	8 to 10	3,1,1,1	
B2. Yates Row		"	"	60 sec
C1. Pull-ups	3	4 to 8	4,1,1,1	
C2. Seated Cable Row		12 to 15	3,1,1,1	
C3. Inverted Row		20 to 25	0,0,0,0	60 sec
D. Hamstring Curl	5*	5,5,5,5	0,0,0,0	0 sec
E. Bent-over Dumbbell Row	5*	5,5,5,5	0,0,0,0	0 sec
*Chinese Drop Set				
	Sets	Reps	Cadence	Rest

Weeks 3-4

Chest + Bi's

Exercise

A. Declined Bench Press	4	12,8,6,8	0,0,0,0	60 sec
B1. Inclined Dumbbell Press	3	8 to 10	3,1,1,1	
B2. Standing Cable Fly		"	"	60 sec
C1. Squeeze Press	3	4 to 8	4,1,1,1	
C2. Barbell Curl		12 to 15	3,1,1,1	
C3. Dumbbell Curl		20 to 25	0,0,0,0	60 sec
D. Single-arm Dumbbell Curl	5*	5,5,5,5	0,0,0,0	0 sec
E. Reverse Grip Barbell Curl	5*	5,5,5,5	0,0,0,0	0 sec
*Chinese Drop Set				
	Sets	Reps	Cadence	Rest

Weeks 5-6

Quads Calves

Exercise

A. Squat	4	12,8,6,8	0,0,0,0	60 sec
B1. Hack Squat	3	8 to 10	4,1,1,1	
B2. Quad extensions		"	"	60 sec
C1. Seated Calf Raise	3	4 to 8	4,1,1,1	
C2. Let Press Calf Raise		12 to 15	3,1,1,1	
C3. Standing Calf Raise		20 to 25	0,0,0,0	60 sec
D. Leg Press	5*	5,5,5,5	0,0,0,0	0 sec
E. Weighted Calf Raise	5*	5,5,5,5	0,0,0,0	0 sec

*Chinese Drop Set

.

Sets Reps Cadence Rest

Weeks 7-8

Shoulders

Exercise

A. Dumbbell Military Press	4	12,8,6,8	0,0,0,0	60 sec
B1. Barbell Front Raise	3	8 to 10	3,1,1,1	
B2. Upright Row		"	"	60 sec
C1. Seated Lateral Raise	3	4 to 8	4,1,1,1	
C2. Army's		12 to 15	3,1,1,1	
C3. Rear Delt Raise		20 to 25	0,0,0,0	60 sec
D. Bent-arm Lateral Raise	5*	5,5,5,5	0,0,0,0	0 sec
E. Rear Delt Pec Deck	5*	5,5,5,5	0,0,0,0	0 sec

*Chinese Drop Set

Weeks 9-12

For the final two weeks the eccentric contraction is the only portion of the lift where we'll see a change in cadence.

"EC" is the eccentric contraction. At the end of each exercise you'll see "EC" and then the second count.

We're also increasing the set count to 5 sets for every exercise. This will create more lactic acid in the muscle, and really help us shed fat while gaining muscle mass. This is where the *Lean* in *Lean Gains* will occur.

Rest Periods: We say rest for 45-60 seconds. You DO NOT want to fully recover. We're trying to make the muscle burn (lactic acid) as much as possible. So keep the rest periods as short as you can.

Weeks 9-10

Upper Push Day

A1. Squeeze + Fly (cable)

5 sets of 6-8 reps (EC4sec)

A2. Inclined Dumbbell

Reps: 12,8,6,12,12 (EC1)

Rest: 45-60 seconds

B1. Lateral Raise

5 sets of 6-8 reps (EC4sec)

B2. Rear Delt w/ Twist

5 sets of 20-25 reps (EC 1)

Rest: 45-60 seconds

C1. Dips

5 sets of 6-8 reps (EC1sec)

C2. Cable Pushdowns

5 sets of 20-25 reps (EC 1)

Rest: 45-60 seconds

Weeks 11-12

Upper Pull Day

A1. Pull-ups

5 sets of reps to failure (add weight for sets 2+3)

A2. Bent over Row

5 sets of 5 reps (EC 1 sec)

Rest: 45-60 seconds

A3. Inverted Row

5 sets of reps to failure – 30 sec rest

A4. Upright Row (or power shrug)

5 sets of 5 reps (EC 1 sec)

Rest: 45-60 seconds

B1. Standing Barbell Curl

Reps: 12,10,6,10,12

B2. Seated Dbell Curl

5 sets of 10 reps (EC4)

Rest: 45-60 seconds

Abs

Declined Sit-ups (add weight if possible).

To failure x 5

Plank as rest (30-60 seconds)

In Closing

For the muscle portion of *Strong Like a Warrior*, we're completely focusing on creating maximum tension in the muscle. We're doing this through cadence variation.

The weights you're using will be lighter, but the workouts may even be tougher – or at least more painful – because you're constantly training to failure within proper form.

The key to the MUSCLE workouts is to experience pain. You want that pain in the muscle. That means you're breaking down muscle tissue, and that you're going to see growth.

That pain exists in the final few reps before failure, so embrace the pain, and let's build some serious muscle.