

EASY MUSCLE

AN UNCOMMON WAY FOR MEN OVER 40 TO GROW MUSCLE,
GAIN STRENGTH, AND GET LEANER WITHOUT BURNOUT



BY GEOFF NEUPERT

- CHASING STRENGTH -

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DISCLAIMER

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including *EASY MUSCLE*. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that you have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you not use *EASY MUSCLE*, please follow your Doctor's orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this workout, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.

INTRODUCTION

‘EASY MUSCLE’ was born out of adversity. It was designed for super busy men under a lot of stress. The goal was to get as much work in as possible to make changes in strength, muscularity, and body fat, without overtaxing the Central Nervous System.

The first two men to use it were my private clients, both personal trainers, and both were under a metric ton of stress, expanding their businesses, managing staff, and sleeping when they could.

The first, Paul, gained 8 pounds of lean tissue in 30 days, with no change in waist measurements.

The second, Carl, didn’t follow the guardrails his first month using it, and saw zero progress. We agreed that he’d run the program again, following the guardrails this time. He lost 5.5 pounds of body fat and gained 6.5 pounds of lean tissue.

They used Schedule B.

John, a retired law enforcement officer on the wrong side of his 50s, and veteran “Musclehead,” used Schedule A, and dropped 4.5 pounds in 3 weeks, and went from “snug” to “perfect” in his favorite Levi’s size 35 jeans. His strength endurance / work capacity increased 25% in those 3 weeks. Two things of note: John was caring for his dying father, so he was under a lot of stress, and he didn’t diet.

What makes the ‘EASY MUSCLE’ so different and transformative is its training parameters. It’s built off these three (3) different training variables, which are designed to employ your fast-twitch muscle fibers (your biggest, stronger, most energy-hungry muscle fibers, and also the ones you lose as you age):

1. The Repetition Max (RM)
2. Variable Loading
3. Autoregulation

Let's take a closer look at each...

The Repetition Max (RM)

I've been using this simple training concept from almost "Day 1" of my training back in 1989. The concept is simple: Pick a number - like 5, and perform the heaviest load you can for that number.

A 5RM is a 5 rep max - a weight you can safely lift a maximum of 5 times before your technique crumbles.

RMs are great training tools because they allow you to train hard, and heavy, without burning out your Central Nervous System. And as you'll recall, training heavy is one of the two ways you recruit your fast twitch muscle fibers.

Furthermore, RMs allow us to use percentages of fixed loads - like kettlebells, or sandbags, or limited size dumbbells, resistance bands, or even limited plates for your

A NOTE ON "FIXED LOADS"

"Fixed loads" are actually one of the training "secrets" for men over 40.

Most people think the only way to make progress is to "add weight to the bar"...

... Or weight stack... or use a heavier pair of dumbbells.

Wrong.

This is ONE way.

Using a fixed load - or *same weight* - for multiple training sessions in a row, is one of the fastest ways to make progress. According to Soviet sports scientists and coaches, repeating the same workload allows the body to make - and more importantly - cement - those adaptations, so you keep them longer.

In other words, you don't lose your muscle mass and strength as quickly as you would using traditional progressive overload.

barbell... Which is super important for those of us training at home with limited equipment.

... So our bodies adapt to the load - making the load feel easy - but not the stimulus. This is the key to adaptation - making progress

Finally, RMs allow you to measure progress quickly - week-to-week - as well, especially when you use -

Variable Loading

Variable Loading was used by the Soviet Weightlifting Teams in the 1970s and 80s and has been recently re-popularized by StrongFirst's *PlanStrong* programming and Johnny Parker's book, *The System*.

In traditional American strength programming, volume and intensity are coupled - as volume decreases, intensity increases, and vice versa. This usually happens across a given training cycle, ending with the heaviest weights possible. This is known as Linear Periodization.

In Variable Loading, volume and intensity are not related. They change and may seem random. And many times, heavy weights are strategically planned across a training cycle.

The Soviets demonstrated that Variable Loading produced 61% greater results in strength than traditional Linear Periodization.

What *drives* the Variable Loading in 'EASY MUSCLE' is -

Autoregulation

Autoregulation is when the output during a training session is governed by the athlete/trainee, based on a "loose" or predetermined set criteria or guidelines.

Specifically in 'EASY MUSCLE,' the trainee uses a predetermined number of reps per set and training session length, but he dictates the rest between sets, and therefore the total number of sets and the amount of work performed per session.

On “good” days, you can “push hard” and do a lot of work. On “bad” days, you can “coast” and do a bare minimum. Both contribute to training variability and therefore faster progress.

To do this, we use “guardrails” - criteria/guidelines to keep you from pushing too hard and burning yourself out.

Here are the criteria/guidelines you will use to know when to STOP and START each set:

[1] STOP A Set When:

☐ **Your rep speed decreases**

'EASY MUSCLE' relies on you training your biggest, strongest, most energy-hungry muscle fibers - your Fast Twitch (Type 2x) fibers. When you're pushing a weight overhead and it suddenly feels heavy and your rep speed decreases, this is your sign that your Type 2x fibers have tired out and you're no longer using them. Plus, you're running out of energy.

☐ **Your technique changes**

Technique changes are usually indications of fatigue. Fatigue kills your ability to recruit (use) those Type 2x fibers. Plus, when your technique degrades, it's the perfect “opportunity” to get injured.

[2] START Another Set When You Can Meet Any Of The Following:

- ☐ You can breathe through your nose with your tongue on the roof of your mouth

This allows you to normalize your breathing, decrease your nervous system excitation, and speed up recovery so you can lift again and use those fast twitch type 2x fibers.

- ☐ You can belly breathe into your sacrum (the part of your pelvis just below your beltline between the upper part of your gluts)

This allows you to “charge” your core stability mechanism, so that you are ready to lift safely.

- ☐ You can use the “Talk Test,” which means you can talk normally without gasping for air between words

Usually you can recite a stanza of your favorite song.

[3] Use A Weekly Rate of Perceived Exertion (RPE).

R.P.E. stands for “Rate of Perceived Exertion” and is measured on a scale of 1-10.

An effort level of 1 = Sitting on the couch.

An effort level of 10 = Maximum all out effort, cannot do any more.

We’ll use RPEs of 7-9.

Here’s how you’ll structure your week:

Week 1: RPE = 7 → Medium

Week 2: RPE = 8 → Hard-ish

Week 3: RPE = 8.5 → Hard

Week 4: RPE = 9 → Really Hard

And that means you'll have just ONE week out of 4 where you'll go really, *really hard*.

Why?

Back in the latter half of the 20th Century, Soviet sports scientists discovered the human organism can only tolerate 2 hard weeks out of a month.

Any more than that, and athletes' performances would tank from over-stressing their endocrine systems .

Why are we only using *one* hard week instead of two?

Experience tells me this works the best for regular guys.

It allows you to ramp up the amount of work you do for 3 weeks of the month, each week getting harder and harder...

Then you can “stomp on the accelerator” during the last week of the month and still be able to recover without collapsing on the couch in a heap on the weekend.

These may seem like strange criteria, but I can tell you from experience, they work every time. Plus, they empower you to make continual progress from week-to-week, so you can see measurable results, without burning out.

Finally, it's critically important to understand that the key to getting stronger, leaner, and more muscular is to *mitigate fatigue*, **not seek it out**. And that's because fatigue decreases force production.

The more tired you become, the less force you can produce.

And the less force you produce, the less overall work you can do.

And that's unfortunate, because the more work you can do in a given training session, the faster you'll see results.

'EASY MUSCLE' enables you to manage fatigue while producing the highest available levels of force in your workout, so you can do the most amount of work each day.

Using the 'EASY MUSCLE' enables you to see and measure progress each and every week, which keeps you motivated and moving forward toward your goals.

EQUIPMENT

Finally, 'EASY MUSCLE' programs can be used with any training tool: Barbell, dumbbells, kettlebells, sandbags, rocks, kegs, even resistance bands. How do you choose what tool is right for you?

[1] Use what you have access to.

If you have PowerBlock dumbbells or kettlebells or sandbags at home, use those.

If you have access to a gym, use whatever tool you prefer. (See #3.)

[2] Use what feels good.

I cut my teeth on barbells and bodyweight exercises. I used dumbbells and machines, but never enjoyed either of them. About 20 years ago, I started using kettlebells. So, my preferred training tools are: The barbell, kettlebells, and my own bodyweight.

[3] Use what you prefer (as long as it doesn't hurt you).

Furthermore, make sure whatever you're using doesn't hurt your joints or muscles while using them, or afterwards. (This is different from muscle soreness, which you may or may not get.)

For example: My friend John Grahill, doesn't like the barbell. Beats up his shoulders and elbows. He prefers kettlebells to dumbbells because he can feel his muscles work more using them.

And in my case, there have been periods in my life when I trained too close to failure (late 20s/early 30s) where I hurt myself with the barbell. So even though I preferred the barbell, I had to use bodyweight and kettlebells, because they didn't (a) hurt during the exercise, nor (b) cause me to hurt the next day.

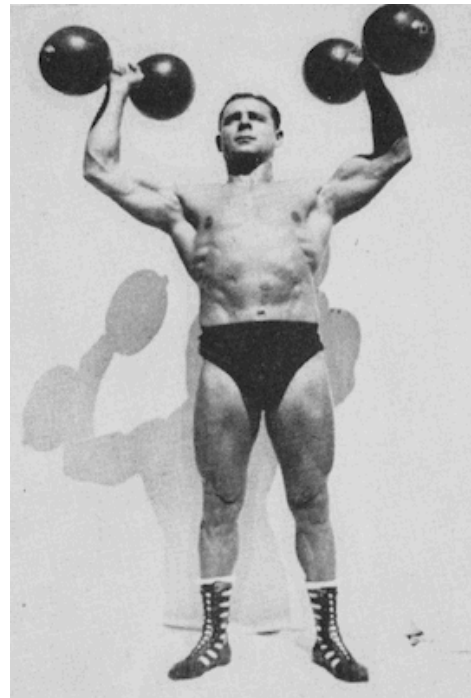
“THE ONE BEST EXERCISE”

When you’re looking to build your body, strip off fat, and get in great shape, few exercises compare to the Clean and Press.

And it is the Backbone, the Foundation, of the ‘EASY MUSCLE’ program.

That’s because the repetition Clean & Press, is a Transformative Exercise.

So much so, that Old Time Strongman, Sig Klein (1902-1987), credited it as *“The One Best Exercise”* that Performing Strongmen of his day used to build up their tremendous strength and pre-steroid physiques.



Sig favored the repetition dumbbell Clean + Press and before you dismiss this powerful exercise, go take his challenge:

Perform 12 non-stop Clean + Presses with a 75lbs (34kg) dumbbell in each hand (150lbs / 68kg) total.

Sig accomplished this feat weighing 155lbs (70kg).

Most men today at any weight cannot replicate this feat of strength.

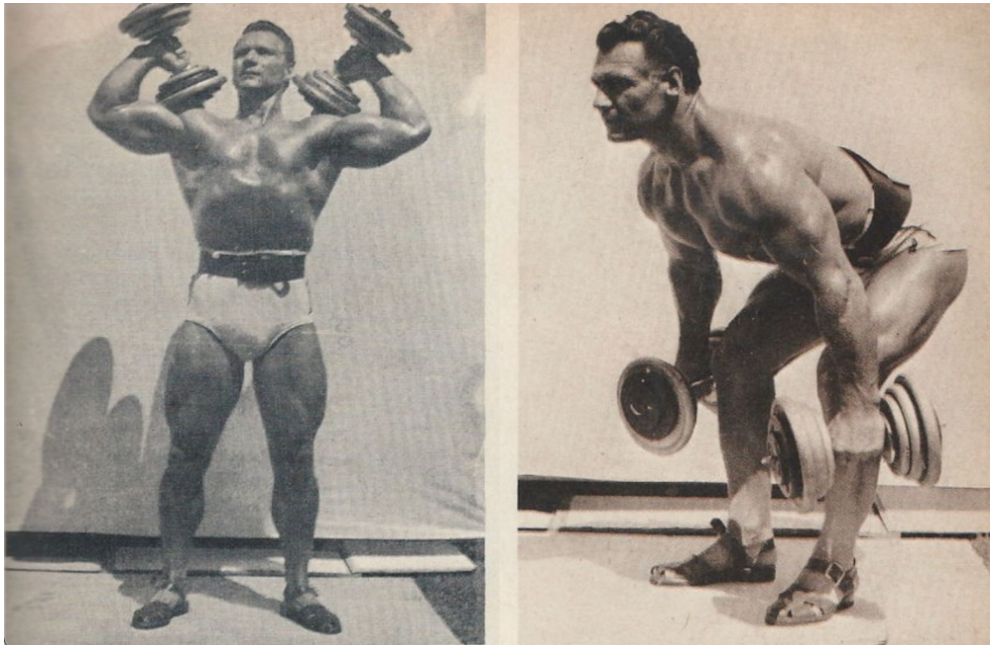
Furthermore, you can and will train your fast twitch fibers with “just” this one exercise.

(Yes, there are other exercises in the ‘EASY MUSCLE’ program. We’ll get to them shortly.)

Recall, the only two ways to train your fast twitch muscles are to lift heavy and explosively.

The Clean is power-based, explosive total body movement, with emphasis on the hips and legs - the posterior chain - the part of your body responsible for sprinting fast, jumping high or far, or lifting heavy.

The Press is a strength-based upper body movement that requires you tense your lower body to create a stable platform from which to push the load overhead.



*(John Grimek, Mr. America, Mr. Universe, member of the 1936 U.S. Olympic Weightlifting Team.
Advocate of the 2 dumbbell Clean + Press.)*

Transform Yourself With The Clean + Press

The Clean + Press (C+P) works every single muscle in your body:

- ☐ Fingers, hands, and forearms for a powerful grip
- ☐ Biceps and triceps, for thicker arms
- ☐ Shoulders, upper and lower back
- ☐ Abs (your core)
- ☐ Hips, hamstrings, calves (your posterior chain, used in running and jumping)
- ☐ Quads
- ☐ Heart and lungs, reversing the effects of heart disease, the #1 killer of men

Do you *need* to do other exercises?

No.

You can, and I'll show you how to do so later in this book, but for now, you'll focus on "just" the Clean + Press.

The result is a stronger, leaner, more muscular physique that is more "go" than "show" when compared to using more traditional exercises.

Furthermore, this "transformation" can be done in 90 minutes a week - 3X 30 minute training sessions, making it incredibly time-efficient, yielding a very large ROI for time actually invested.

Do you need to use a pair of dumbbells?

No.

You can use your tool of choice (refer back to p. 9 - "Equipment").

And yes, you can “just” use one dumbbell at a time. Or one kettlebell at a time.

What if you’ve never done the Clean and Press?
Not a problem.

Included with ‘EASY MUSCLE’ is a 3-part video series:

- ☐ Video 1: Barbell Clean + Press Quick Start
- ☐ Video 2: Dumbbell Clean + Press Quick Start
- ☐ Video Series: Kettlebell Clean + Press Deep Dive

The barbell and dumbbell videos are less than 7 minutes long.

The kettlebell videos are more in depth because the kettlebell version is more complicated to learn. But more beneficial, in my opinion, than the dumbbell. Whether you choose to learn it is up to you. The point here is to get you going, not to get you bogged down.

“THE ‘SECOND BEST’ EXERCISE”



Like the Clean and Press, the Kettlebell Swing is a transformative exercise.

My first tangle with the Kettlebell Swing was in January 2002.

I had just received my “Starter Set” from Dragon Door - a 4kg, 8kg, 16kg, 24kg, and 32kg.

I had been practicing my kettlebell “technique” by snatching heavy dumbbells. I’d worked my way up to 130lbs for 5 reps each side.

So I was supremely confident a 32kg kettlebell would be a piece of cake - perhaps even a waste of time.

Pavel Tsatsouline, in his book, *The Russian Kettlebell Challenge*, recommended training outdoors in a clear training area.

I of course, being an Olympic lifter who'd qualified for the National Championships, knew better than this skinny Russian.

So, upon arrival, I opened the box containing the 32kg and proceeded to snatch it in my living room of my rented townhome.

The skinny Russian was right:

I should've been outdoors.

The 32kg kettlebell was a toy compared to the 130lbs dumbbell and as such, it stalled "bottom's up" - bottom pointing at the ceiling, and then fell with a "*THWAP!*" on the back of my wrist.

... Which of course made me want to drop it.

So I did what any meathead would do -

Another rep.

The same outcome.

Determined not to put a hole in my floor, I retreated to the front yard where I proceeded to test out the 2-Hand Swing.

Back in those days, we did what is now called the American Swing -

A 2-Hand Swing that finishes overhead.

So that's what I did.

Just 20 of them.

“Piece of cake,” I said to myself, puffing slightly, as I put the kettlebell down.

I was not prepared for what happened approximately 2.5 seconds later.

Suddenly, it felt as if *all the air had been ripped from my lungs!*

I stood there, bent over, gasping for breath.

I walked over to my car, put my hands on the hood, and muttered, *“This is good! This is good!”*

I knew I had found what I was looking for -

Not just for me, but also for my personal training clients.

And thus began my “love affair” with the kettlebell.

Swings - 2-Hand and 1-Hand became a staple for my clients. Then *all* the clients in Triangle Personal Training, my personal training business.

And over 20 years later, it still is.

After spending some time - 10,000 reps or more - with the Swing, you’ll gain a keen understanding why it’s the “entry point” or “foundational” exercise for major kettlebell certifications like StrongFirst and the RKC.

So much can and should be done with it, from:

- ☐ Rehabbing lower backs
- ☐ Rehabbing knees
- ☐ Building and rebuilding conditioning levels
- ☐ Training the grip
- ☐ Strengthening the posterior chain - hips, hamstrings, lower back, and calves

- ❑ Building muscle in the upper back, shoulders, and arms
- ❑ Improving cardiovascular conditioning
- ❑ Increasing mobility and flexibility in the lower body
- ❑ Strengthening the abdominals
- ❑ Training for power

... To name but some.

If you tangle with the Swing for any length of time, I'm sure you can add to that list.

Finally, the most fascinating and appealing thing to me about the Swing, is the SIMPLICITY.

For the overworked, underpaid, overstressed, over-tired, under-slept professional or parent, **the Swing allows you to get “in shape,” make progress *almost daily, and see the results* -**

More energy, better sleep, less stress, less fatigue, better focus, less body fat, looser clothes, more muscle, more strength, and more confidence to tackle and tame life.

One of the major reasons I've used the Swing with every single client - from 71 year old arthritic grandmothers, to some military special operators is for what I consider to be the “Holy Grail” of training -

POWER-ENDURANCE

Power is the ability to produce force quickly.

The more force produced in less time, the greater the power.

We see its expression in sports like the 100m Dash... the High Jump... the Shot Put... and Olympic Weightlifting.

And you'll notice that these are all "explosive" events.

People and objects move very quickly - in some cases - *lightning fast*, in the near blink of an eye.

This requires the use and training of your fast-twitch muscle fibers, primarily your Type 2X.

These produce the largest amounts of force and use the most energy.

Training them is energy-intensive. Great for burning large amounts of fat. Just one of the reasons why legendary strength coach, Dan John, calls the Swing,

"... a fat-burning athlete builder."

... And they're the first fibers that atrophy and weaken as we age.

This makes the Swing ideal for anyone over 30 who's been surfing a desk on his butt (especially if he's had shoulder issues or injuries and can't press overhead).

And that's because the Swing works the lower body - butt (gluts)/hips, and upper and lower legs like few other exercises can.

It can literally reverse the “chair posture” commonly found among office workers - practically restoring your youth.

Power is also a *measure of work*.

The more power produced, the more work performed.

The Swing allows people from all walks of life to do large volumes of work -

Explosive, fast-twitch dominant work...

From 71-year old arthritic grandmothers... to members of the US military special forces units... to everyone in between...

And to get unbelievably strong and well-conditioned, while packing on usable muscle in all the places that matter most for longevity - grip, back, and legs.

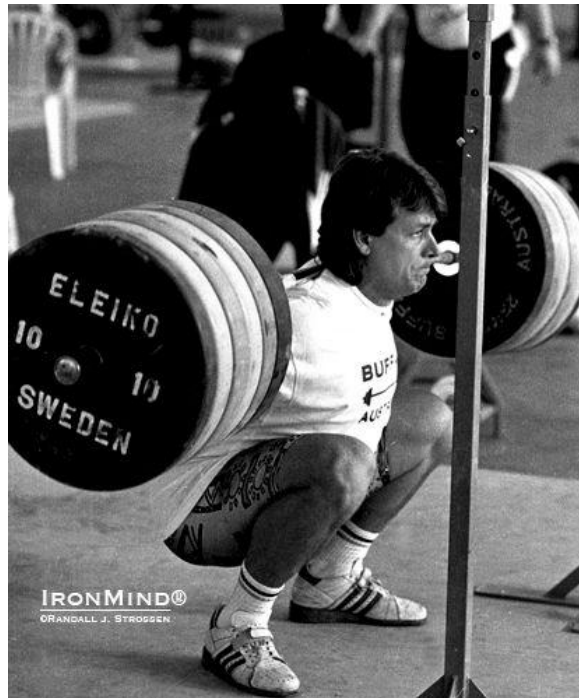
Power-Endurance is the ability to display power, *repeatedly*, without fatigue - or at least with *minimal* fatigue.

And having high levels of Power-Endurance means you'll have the energy and strength to conquer pretty much anything life throws at you.

I'll leave you with the words of my good friend, Mark “Rif” Reifkind, an athletic Renaissance Man, who used the Swing to overcome a crippling, career-ending powerlifting injury, and who has been training people for over 40 years:

“It has been said that a properly executed kettlebell swing is better than 99% of all strength and conditioning exercises. I respectfully disagree. I believe it is better than 100% of all the strength and conditioning exercises - at least for 99% of all people.”

“THE ‘THIRD BEST’ EXERCISE”



(Ivan Charakov, 1993 World Champion, 91kg, performing a 270kg “No-No-No” Squat - No wraps, No belt, No spotters. Image courtesy Ironmind Enterprises.)

Very few exercises have the ability to transform the human body like the Squat - especially the barbell Back Squat.

Much has been written over the last 100 years or so about the superiority of the Squat for building a strong, muscular body.

Twenty years ago we had to present an airtight case to trainees for why they *should* squat, overcoming objections like:

“Squats are bad for your knees.”

“Never squat below parallel.”

“Squats only build a big butt and don’t work your legs hard enough.”

... To name a few.

Nowadays, almost everyone is familiar with why they should squat, yet, many people still have trouble, primarily due to the odd combination of being tight and weak.

I personally experienced the Squat's *real* power when I was 23 and separated my left shoulder in a bike accident. After taking a week off from all activity, I spent the next three weeks using only the barbell Back Squat and the barbell Good Morning, with ZERO upper body exercises.

I lost 5lbs off my bench press, and there was no change in my seated Military Press.

'EASY MUSCLE' uses a *Squat pattern*, but lets you decide which squat is right / best for you, based upon your training and injury history, and your current ability.

Personally, even though I love the barbell Back Squat, it's one of the last on my list of recommendations because of the strain it places on the nervous system. It can be very hard to recover from.

Furthermore, I've found that it "punishes" you by finding any "weaknesses" you have, resulting in more tightness, stiffness, and even injury.

Unless you have a solid, proven, restoration practice, or you're injury free and haven't experienced the erosion of your posture from "riding a desk" for the last 10-20+ years, there are other, "better" squats to choose from, to challenge your legs and make them grow.

Squat Variations:

- ☐ Goblet Squat
- ☐ Dumbbells by sides Squat
- ☐ Dumbbells on shoulders Squat
- ☐ Single Kettlebell Front Squat
- ☐ Double Kettlebell Front Squat
- ☐ Sandbag Front Squat
- ☐ Sandbag Back Squat
- ☐ Zercher Squat
- ☐ Barbell Front Squat

We use these variations because they allow for the largest ranges of motion possible, allowing those who get stuck at 90 degrees or parallel on the Back Squat, to achieve near-Olympic lifter depth.

This is because placing the weight in front of the spine, especially in the case of the Goblet Squat, Kettlebell Front Squats, and the Zercher Squat, creates a reflexive contraction of the deep abdominal musculature.

In other words, these Squat variations cause your body to automatically contract your abs, to stabilize your spine, which in turn creates more hip mobility. This means:

- [1] Your abs get stronger
- [2] Your hips and legs get worked harder from extra/ new ranges of motion
- [3] You get stronger and more muscular

My personal recommendation to anyone who “rides a desk” or has any sort of flexibility or mobility issues, but who insists on using a barbell, is to use the Zercher Squat.

If you haven't squatted in awhile, I recommend the following progression:

1. Goblet Squat
2. Dumbbells on the Shoulders Squat
3. Single Kettlebell Front Squat (assuming you have access to kettlebells)
4. Double Kettlebell Front Squat (assuming you have access to kettlebells)
5. Zercher Squat

'EASY MUSCLE' includes video demonstrations of the Goblet Squat, Zercher Squat, and Barbell Front Squat.

THE UNLOADED SPINE:

MORE MUSCLE & STRENGTH THROUGH FASTER RECOVERY

Many guys think that the harder, and more often they workout or train, the faster they'll see results.

While that's true to a point, it's not entirely true.

And that's because you have to be able to *recover* from your workouts.

One of my mantras is:

It's not how much work you can do, but how much work you can recover from that determines your results.

Case in point: In late 2010, I hung up all traditional strength training due to yet another lower back injury, despite intensive "rehab" for the previous five years. I decided, along with another form of specialized restoration work, that I would do the opposite of what I had been doing, which was heavy Olympic lifting, including heavy squats, pulls, and overhead work. And that meant switching over to bodyweight and gymnastics work.

About that time, I read an article by Chad Waterbury, DPT, neurophysiologist, and MMA strength coach from Santa Monica, CA. In it, he mentioned that bodyweight training, particularly inverted and suspended bodyweight training, the kind that gymnasts do, is easier on the nervous system to recover from because they do not directly or axially load the spine like a deadlift, squat, the Olympic lifts, or even to a lesser extent, dumbbells or kettlebells.

It confirmed what I'd been experiencing: I felt amazingly fresh after my workouts, and I was getting measurably stronger and leaner, in spite of

having a newborn child and not getting a lot of sleep. In other words: My recovery was “on point.”

Later, I discovered that Olympic Weightlifting Champ (1952, 1956), Mr. World (1954), and Mr. Universe (1955, 1957, 1961), Tommy Kono, advocated specialty “post exercise stretching exercises” hanging from a bar after heavy barbell lifts to speed up recovery.



In his book, *Weightlifting, Olympic Style*, Kono states,

“After performing overhead lifts (Snatches and Jerks) and squatting movements..., it is important to counter the “compressive” nature of the exercises by performing a stretching movement [one or more exercises hanging from a bar, with your feet off the ground - Editor] to “decompress” the body.

*“... The few minutes spent in doing these exercises will more than pay off in recuperative value and the feeling of well being afterwards.”
(p.78)*

So unloading the spine with Pull Ups, Chins, and Dips, is less draining on your nervous system, and that means you can perform them at a higher frequency than traditional barbell, kettlebell, and dumbbell exercises.

And as a result, you can make faster progress in strength and muscularity. The added bonus in using these bodyweight exercises, is that they cause greater *neuromuscular activation* because you're moving your body through space instead of something around your body, like a barbell or dumbbells.

Neuromuscular activation is simply the amount of neural stimulation a given muscle or muscle group receives from its environment. The greater demand for joint stability from these exercises demands more from the nervous system. A great example would be Parallel Dips on a set of gymnastic rings.

Yet in spite of the greater activation, the unloading of the spine reduces the amount of stress and decreases the recovery time between workouts.

This is one of the reasons male gymnasts show spectacular upper body development and have otherworldly levels of strength. They use a large amount of these types of exercises at a very high frequency.



And let's face it: Gymnastic type exercises not only look super-cool, but they can be done virtually anywhere at any time. Your body should ultimately be your gym, because you can't always carry a barbell, a set of dumbbells, or a kettlebell with you.

So including these exercises will serve you well both now and in the long run for overall strength, vitality, and increasing your coolness factor when you're on the beach, in the woods, or wherever. (Cause it's only "showing off" to people who can't do it.)

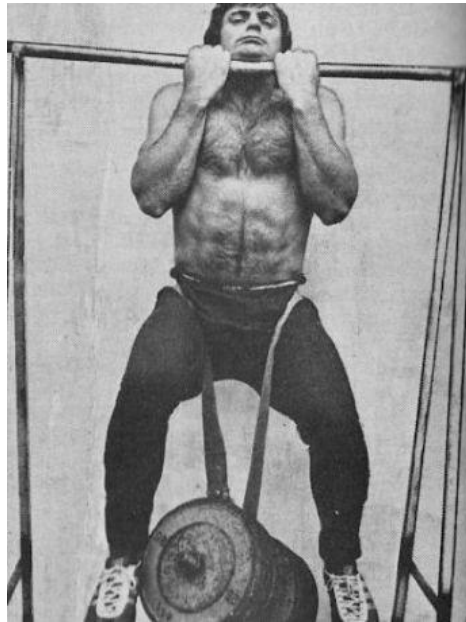
'EASY MUSCLE' uses the Chin Up and the Parallel Dip to unload the spine and build upper body muscle and strength.

One of the key measurements of strength (until recently) was how many Pull Ups you can do.

Twenty (20) or more bodyweight pull ups is exceptional (and rare).

Pull Ups build “relative strength,” or strength, relative to your bodyweight.

So do Chin Ups, and 20 in a row are almost equally as hard to perform as Pull Ups.



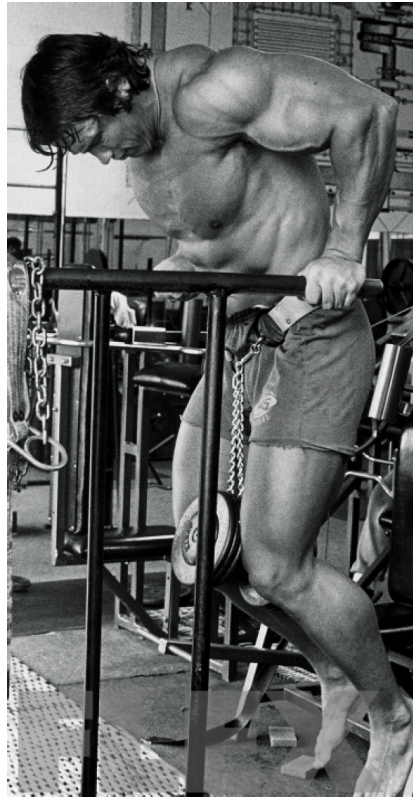
We use the Chin Up instead of the Pull Up for three main reasons:

1. The Chin Up is easier to perform than the Pull Up.
2. The Chin Up is a regression to learning the Pull Up.
3. Most men spend their days with their hands pronated (palms down).

The Chin Up counters that movement and contributes to healthier elbows and shoulders.

Chin Ups will build strong, muscular arms, and a strong, wide, set of lats.

The Parallel Dip



Often called the “Squat for the Upper Body,” Parallel Dips were a favorite mass builder for old- school bodybuilders. They pack on mass all across the upper body with a special emphasis on the chest, shoulders, and triceps, especially when weighted.

‘EASY MUSCLE’ starts with the unweighted version. But if you’re strong already, or if you re-run the program, you will want to add weight, either hanging from a weight belt like Arnold in this picture, or a weighted vest.

If you don’t have access to external load, there are various ways to make the Parallel Dip harder. The simplest is to “lock up” your torso using the following progression*, in order of difficulty, from easiest to hardest:

- ☐ **Parallel Dip with Hollow Hold** (legs straight, knees and ankles squeezed, glutes squeezed with pelvis in posterior tilt; look down at

the floor)

- ☐ **Parallel Dip with Tuck Sit** (knees pulled up so they are parallel to floor, shins/calves perpendicular to floor, knee and hip angles are roughly at 90 degrees)
- ☐ **Parallel Dip with L-Sit** (legs straight, knees locked, legs held parallel to the floor, torso-leg angle approximately 90 degrees)
- ☐ **Ring Dips**
- ☐ **Ring Dips with Hollow Hold**
- ☐ **Ring Dips with Tuck Sit**
- ☐ **Ring Dips with L-Sit**



(The author performing Ring Dips with an L-Sit.)

This progression has an added bonus built into it: *It works your abs progressively harder!*

(*NOTE: The same progression can be used for Chin Ups if you can perform 20 or more right from the start and don't want to or can't add external load.)

The beautiful thing about the Parallel Dip, is that most guys who have “bad” shoulders that keep them from pressing overhead, find that it's safe for them.

In ‘EASY MUSCLE’ programming, we alternate between sets of Chin Ups and Parallel Dips for the specified amount of rest. This mitigates fatigue in the muscles used for each exercise and allows for more total work to be done on each exercise. This of course means you'll get stronger and more muscular, faster.

THE PROGRAMS

There are THREE (3) 'EASY MUSCLE' Programs:

SCHEDULE A

SCHEDULE B

SCHEDULE C

Here are their general guidelines:

1. Train 3x a week, non-consecutive days
2. Train for 20 to 30 minutes a day - the choice is yours
3. Autoregulate your rest periods - respect the “guardrails”
4. Respect the weekly RPEs we discussed earlier
5. Never train into or in pain
6. Use “perfect” technique on each exercise
7. Use a controlled “negative” - the lowering or “eccentric” portion of the lift. And a fast “positive” or “concentric” - the actual “lifting” of the weight. Presses will be “fast” - or moved quickly while under control. Cleans will be “explosive” - which is faster than the “fast” of the Presses.

The rest of the programming details are spelled out on the pages that follow...

SCHEDULE A

EXERCISES:

“The One Best Exercise” - The Clean + Press

- ☐ Your choice of equipment
- ☐ Just be consistent. Once you make your choice, stick with it for the duration.

SCHEDULE A				
	PHASE 1 (WEEKS 1-4):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	5	6	4
WEEK 2	RPE = 8	5	6	4
WEEK 3	RPE = 8.5	5	6	4
WEEK 4	RPE = 9	5	6	4

	PHASE 2 (WEEKS 5-8):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	6	7	5
WEEK 6	RPE = 8	6	7	5
WEEK 7	RPE = 8.5	6	7	5
WEEK 8	RPE = 9	6	7	5

	PHASE 3 (WEEKS 9-12):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6
WEEK 10	RPE = 8	7	8	6
WEEK 11	RPE = 8.5	7	8	6
WEEK 12	RPE = 9	7	8	6

- Program duration: 12 weeks
- Set your timer for 20 to 30 minutes (your choice)
- Use your 10 Rep Max (10RM)
- Perform as many sets as possible in the allotted time period, respecting the “guardrails”
- Try to get one more set each week
- Rest as needed between each set using autoregulation
- It should go without saying – using great form

Additional Exercises?

- Pick either a Squat, Chin Ups, Pull Ups, or Parallel Dips
- Perform ONE exercise for 2-3 sets of 3-5 reps, with a moderately heavy weight and add it after your Clean + Press training is completed for the day.

What Do You Do After The 12 Weeks Is Up?

OPTION 1: Re-Test your 10RM on the Clean + Press.

Then run Schedule A again if you’d like.

OPTION 2: Swap out the Clean + Press for a month of Pull Ups or Chin Ups, followed by a month of Parallel Dips (on bars or rings).

This is what my friend Michael O’Malley does.

OPTION 3: Move on to SCHEDULE B.

SCHEDULE B

EXERCISES:

“The One Best Exercise” - The Clean + Press, Squat, Chin Ups, Parallel Dips

- ☐ Clean + Press: Your choice of equipment
 - Just be consistent. Once you make your choice, stick with it for the duration.
 - Find your 5RM

- ☐ Squat: Your choice. I recommend:
 - Goblet Squat
 - Zercher Squat
 - Double Kettlebell Front Squats
 - Barbell Front Squat
 - Use whichever you're the most comfortable with
 - Find your 10RM

- ☐ Chin Ups: Bodyweight or Loaded
 - Grip = palms facing you, just outside shoulder width
 - Find your 10RM

- ☐ Parallel Dips: Look down at the floor and squeeze your gluts to keep your body straight
 - Can use weighted
 - Can use rings
 - Find your 10RM

- ☐ Train 3X Week: Non-consecutive days are best.

MONTHLY PLAN					
PHASE 1	WORKOUT:	PHASE 2	WORKOUT:	PHASE 3	WORKOUT:
WEEK 1	1,2,3	WEEK 5	1,2,3	WEEK 9	1,2,3
WEEK 2	4,5,6	WEEK 6	4,5,6	WEEK 10	4,5,6
WEEK 3	7,8,9	WEEK 7	7,8,9	WEEK 11	7,8,9
WEEK 4	10,11,12	WEEK 8	10,11,12	WEEK 12	10,11,12

SCHEDULE B, PHASE 1 is below:

SCHEDULE B							
SESSION A	PHASE 1 (WEEKS 1-4):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	2	3	1	2	3	1
WEEK 2	RPE = 8	2	3	1	2	3	1
WEEK 3	RPE = 8.5	2	3	1	2	3	1
WEEK 4	RPE = 9	2	3	1	2	3	1
B. SQUAT (Your Choice)		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	4	5	6	4	5	6
WEEK 2	RPE = 8	4	5	6	4	5	6
WEEK 3	RPE = 8.5	4	5	6	4	5	6
WEEK 4	RPE = 9	4	5	6	4	5	6

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
A2. PARALLEL DIPS							
WEEK 1	RPE = 7	5	6	4	5	6	4
WEEK 2	RPE = 8	5	6	4	5	6	4
WEEK 3	RPE = 8.5	5	6	4	5	6	4
WEEK 4	RPE = 9	5	6	4	5	6	4

SCHEDULE B, PHASE 2 is below:

SCHEDULE B							
SESSION A	PHASE 2 (WEEKS 5-8):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	3	4	2	3	4	2
WEEK 6	RPE = 8	3	4	2	3	4	2
WEEK 7	RPE = 8.5	3	4	2	3	4	2
WEEK 8	RPE = 9	3	4	2	3	4	2
B. SQUAT (Your Choice)		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	5	6	7	5	6	7
WEEK 6	RPE = 8	5	6	7	5	6	7
WEEK 7	RPE = 8.5	5	6	7	5	6	7
WEEK 8	RPE = 9	5	6	7	5	6	7

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
A2. PARALLEL DIPS							
WEEK 5	RPE = 7	6	7	5	6	7	5
WEEK 6	RPE = 8	6	7	5	6	7	5
WEEK 7	RPE = 8.5	6	7	5	6	7	5
WEEK 8	RPE = 9	6	7	5	6	7	5

SCHEDULE B, PHASE 3 is below:

SCHEDULE B							
SESSION A	PHASE 3 (WEEKS 9-12):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	4	5	3	4	5	3
WEEK 10	RPE = 8	4	5	3	4	5	3
WEEK 11	RPE = 8.5	4	5	3	4	5	3
WEEK 12	RPE = 9	4	5	3	4	5	3
B. SQUAT (Your Choice)		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	6	7	8	6	7	8
WEEK 10	RPE = 8	6	7	8	6	7	8
WEEK 11	RPE = 8.5	6	7	8	6	7	8
WEEK 12	RPE = 9	6	7	8	6	7	8

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
A2. PARALLEL DIPS							
WEEK 9	RPE = 7	7	8	6	7	8	6
WEEK 10	RPE = 8	7	8	6	7	8	6
WEEK 11	RPE = 8.5	7	8	6	7	8	6
WEEK 12	RPE = 9	7	8	6	7	8	6

- ☐ Program duration: 12 weeks
- ☐ Session A: Set your timer for 35 minutes
 - ☐ Exercise A: Set your timer for 15 minutes
 - ☐ Rest 5 minutes between exercises
 - ☐ Exercise B: Set your timer for 15 minutes
- ☐ Session B: Set your timer for 20 minutes
- ☐ Perform as many sets of each exercise, using the specified reps for that day, as possible in the allotted time period, respecting the “guardrails”
- ☐ To measure progress:
 - ☐ Attempt to get one more set each week, or...
 - ☐ Attempt to do the same amount of work in less time
- ☐ Rest as needed between each set using autoregulation
- ☐ Use great form on each exercise

SCHEDULE C

EXERCISES:

The 2-Hand Kettlebell Swing, Chin Ups, Parallel Dips

This is the perfect plan if you have trouble pressing weight over your head. Recall, the 2-Hand Kettlebell Swing is the “Second Best Exercise” for men over 40. It’s like sprinting or jumping without the pounding on the joints or the worry about rupturing an achilles tendon.

- ☐ 2-Hand Kettlebell Swing:
 - Find your 10RM - the kettlebell that’s comfortably heavy
- ☐ Chin Ups: Bodyweight or Loaded
 - Find your 10RM
 - Grip = palms facing you, just outside shoulder width
- ☐ Parallel Dips: Bodyweight or Loaded; Bars or Rings (*These are optional if you have shoulder mobility problems.*)
 - Find your 10RM
 - Look down at the floor and squeeze your gluts to keep your body straight
- ☐ Train 3X Week: Non-consecutive days are best.

MONTHLY PLAN					
PHASE 1:	SESSION:	PHASE 2:	SESSION:	PHASE 3:	SESSION:
WEEK 1	1,2,3	WEEK 5	1,2,3	WEEK 9	1,2,3
WEEK 2	4,5,6	WEEK 6	4,5,6	WEEK 10	4,5,6
WEEK 3	7,8,9	WEEK 7	7,8,9	WEEK 11	7,8,9
WEEK 4	10,11,12	WEEK 8	10,11,12	WEEK 12	10,11,12

SCHEDULE C, PHASE 1 is below:

SCHEDULE C							
SESSION A	PHASE 1 (WEEKS 1-4):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	5	6	4	5	6	4
WEEK 2	RPE = 8	5	6	4	5	6	4
WEEK 3	RPE = 8.5	5	6	4	5	6	4
WEEK 4	RPE = 9	5	6	4	5	6	4

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
A1. CHIN UPS							
WEEK 1	RPE = 7	5	6	4	5	6	4
WEEK 2	RPE = 8	5	6	4	5	6	4
WEEK 3	RPE = 8.5	5	6	4	5	6	4
WEEK 4	RPE = 9	5	6	4	5	6	4
A2. PARALLEL DIPS							
WEEK 1	RPE = 7	4	5	6	4	5	6
WEEK 2	RPE = 8	4	5	6	4	5	6
WEEK 3	RPE = 8.5	4	5	6	4	5	6
WEEK 4	RPE = 9	4	5	6	4	5	6

(PHASE 2 on the next page...)

SCHEDULE C, PHASE 2 is below:

SCHEDULE C							
SESSION A	PHASE 2 (WEEKS 5-8):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	6	7	5	6	7	5
WEEK 6	RPE = 8	6	7	5	6	7	5
WEEK 7	RPE = 8.5	6	7	5	6	7	5
WEEK 8	RPE = 9	6	7	5	6	7	5
SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	6	7	5	6	7	5
WEEK 6	RPE = 8	6	7	5	6	7	5
WEEK 7	RPE = 8.5	6	7	5	6	7	5
WEEK 8	RPE = 9	6	7	5	6	7	5
A2. PARALLEL DIPS							
WEEK 5	RPE = 7	5	6	7	5	6	7
WEEK 6	RPE = 8	5	6	7	5	6	7
WEEK 7	RPE = 8.5	5	6	7	5	6	7
WEEK 8	RPE = 9	5	6	7	5	6	7

(PHASE 3 is on the next page...)

SCHEDULE C, PHASE 3 is below:

SCHEDULE C							
SESSION A	PHASE 3 (WEEKS 9-12):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6	7	8	6
WEEK 10	RPE = 8	7	8	6	7	8	6
WEEK 11	RPE = 8.5	7	8	6	7	8	6
WEEK 12	RPE = 9	7	8	6	7	8	6
SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6	7	8	6
WEEK 10	RPE = 8	7	8	6	7	8	6
WEEK 11	RPE = 8.5	7	8	6	7	8	6
WEEK 12	RPE = 9	7	8	6	7	8	6
A2. PARALLEL DIPS							
WEEK 9	RPE = 7	6	7	8	6	7	8
WEEK 10	RPE = 8	6	7	8	6	7	8
WEEK 11	RPE = 8.5	6	7	8	6	7	8
WEEK 12	RPE = 9	6	7	8	6	7	8

- ☐ Program duration: 12 weeks
- ☐ Session A: Set your timer for 20 minutes
- ☐ Session B: Set your timer for 20 minutes
- ☐ Perform as many sets of each exercise as possible, using the specified reps for that day, in the allotted time period, respecting the “guardrails”
- ☐ To measure progress:
 - ☐ Attempt to get one more set each week, or...
 - ☐ Attempt to do the same amount of work in less time
- ☐ Rest as needed between each set using autoregulation
- ☐ Use great form on each exercise

CONCLUSION

'EASY MUSCLE' is a simple, yet powerful strength training and body recomposition program. You could literally stay on these programs for months at a time, if not years. And many have.

Your "reward" would be a much stronger, leaner, better conditioned and more "functional" body than the one you have now.

The question really is, can you maintain your focus in order to do so?

Or will you be distracted by Shiny Object Syndrome?

At the end of the day, "only" training "The One Best Exercise" and a few supplementary exercises isn't sexy or entertaining, but the results sure as heck are.

I wish you much success.



Geoff Neupert

P.S. If you have any questions that aren't covered in the "FAQs" section on the next page, email me at support@chasingstrength.com with the subject line, "Questions about 'EASY MUSCLE' and I'll get back to you within 48 hours.

FAQs

1. Is there a difference between using a barbell, dumbbells, or kettlebells for the Clean + Press? How about a sandbag?

Yes, there is.

The barbell will generally allow you to use the heaviest weight of the three tools. However, it will punish you if you have old injuries, or strength imbalances between your left and right sides, possibly exposing you to [more] injuries.

The older and more “mileage” you have, the more I recommend you stay away from the barbell. It feels great when you start, but it’s a great way to get stiff and sore quickly, and accumulate nagging aches and pains if your mobility work isn’t on point.

A pair of dumbbells will be unwieldy and cause you to stabilize the loads more, especially when you get them to the rack, and then overhead. They require more coordination. As a result, many find them more taxing on the body as a whole.

But Sig Klein swore by a pair of dumbbells so you can’t go wrong using them.

And a pair of kettlebells can be really demanding because unlike a barbell or a pair of dumbbells, the offset handles allow you to swing the kettlebells between your legs and under your body, which places extra demand on your posterior chain and abdominals.

This in turn increases the energy demand because you’re using your muscles in larger ranges of motions they’re not accustomed to.

A sandbag is the most difficult to use of the implements because it’s “Living Weight” - it moves and shifts as you lift it, causing your body to work harder.

The right tool for you is:

The one you have at your disposal that you know how to use without hurting yourself, or the one that you want to use.

2. Is there a difference between using one or two dumbbells or kettlebells for the Clean + Press for these programs?

Yes.

Using a pair of dumbbells or kettlebells creates more “systemic overload” - more stress on your system because you’re using more total weight. This creates faster results for many.

However...

A single dumbbell or kettlebell allows you to find strength discrepancies and imbalances between sides, which can lead to injury for some, when using a pair.

Neither is “right” or “wrong.”

Your choice to use a single dumbbell or kettlebell or a pair is based upon:

1. Your skill and comfort level with dumbbells or kettlebells and the Clean and Press in general
2. The availability of dumbbell or kettlebell sizes and pairs
3. Any past injuries you might need to work around

3. If I use a single dumbbell or kettlebell, how do I execute the programming?

Find your 10RM or 5RM with your stronger side (usually your dominant hand) first, and rest 5 minutes. Then find your 10RM or 5RM with your strong side. Then use whichever is less.

For the workouts/training, perform a set with your strong side, then your stronger side.

Do not rest between sides unless you absolutely need to.

4. What can I do on my “off” days?

REST! RELAX! Enjoy your life!

If you must do *something*, go for a walk... do joint mobility work... flexibility work... light and easy stuff that will enhance your recovery, not detract from it.

5. Can I do { INSERT EXERCISE OF CHOICE HERE } along with ‘EASY MUSCLE’?

Yes, you can... But I wouldn't.

It might tap into your ability to recover. If you must, use an incredibly low volume like 2x3, 3x3, or 2x2 twice a week.

Use exercises like Pull Ups, Squats, or Rows on SCHEDULE A. (Alternatively, just use SCHEDULE B.) If you're going to use the barbell Squat, use the Zercher or Front Squat varieties; they're easier to recover from. Otherwise use a heavy dumbbell / kettlebell and do Goblet Squats. Or if you prefer kettlebells, use a pair for the Front Squat.

If you find you have “too much energy,” work harder during your ‘EASY MUSCLE’ sets. Kill distractions. Focus on your technique. Rest less than you think you need to or have been. All these add up to “working harder” during your training session.

6. What should I eat if I want to lose weight faster?

Less.

Seriously, think about it.

7. Can I combine ‘EASY MUSCLE’ with { INSERT SOME OTHER PROGRAM NAME HERE }?

See #3.

8. How about direct ab work? I don't see any in 'EASY MUSCLE.' Do you recommend any, and if so, what exercises are best?

My favorite exercises are Dead Bugs and Hanging Leg Raises.

Add them in after your training sessions, but do not do both exercises on the same day.

Dead Bugs should be done for up to 5 sets of 30 (30 each side, not total).

Hanging Leg Raises should start around 5 sets of 2-3. Eventually work them up to 5 sets of 10.

9. Is there an order in which I should do 'EASY MUSCLE' programs?

Great question!

No. Do the one that appeals to you the most.

If you're pinched for time, and you enjoy minimalist, "big bang for your buck" training, use SCHEDULE A.

If you have more time and need more variety, use SCHEDULE B.

If you have shoulder problems that prohibit you from pressing overhead, use SCHEDULE C. (Please note, if you do have shoulder problems, you may or may not be able to do the Parallel Dips. You'll have to test them and see. If you can't do them, a steady diet of 2-Hand Kettlebell Swings + Chin Ups will still pack some muscle on your frame, make you stronger, and lean you out.)

10. Can I "recycle" 'EASY MUSCLE' programs?

Yes.

Simply do another 10RM or 5RM test with your implement(s) of choice.

11. What happens if my 10RM is only 7 reps? Or my 5RM is only 2 to 3 reps?

Simple.

Wait 10 minutes and retest with a lighter weight.

If you're using kettlebells or a sandbag, or some other fixed weight implement, do the following:

Use the Push Press instead of the Press.

Perform the Push Press the following way:

Cycle 1: Push Press with drop into the rack. (Do this for 4 weeks.)

Cycle 2: Push Press with active negative into the rack. (Do this for another 4 weeks.)

Cycle 3: Run the 'EASY MUSCLE' of your choice using the Press.

12. Can I use the Push Press or the Jerk instead of the Press?

Yes.

13. How do I increase my RPE level if I'm not supposed to increase weight?

Simple. You'll rest less between sets, which means you'll do more sets per workout session.

14. Do I need to add cardio?

No. The "power" exercises - the Clean + Press and the Kettlebell Swing will drive up your heart rate and improve your heart health.

15. You recommend against the barbell Back Squat, but I'm fine with it. Can I still use it?

Absolutely, if you're proficient with it.

16. Do you recommend any supplements?

Not really, other than a high quality protein powder. You'll most likely need more protein so you can build muscle and lean out. And that's because most guys don't eat enough.

I recommend BioTRUST Low Carb.

[You can check it out here.](#)