

The Hardgainer Solution



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IMPORTANT NOTE:

In this PDF you will find seven workouts. That's enough for one week, assuming you go to the gym all seven days of the week (most people won't do this).

You'll notice these are whole body workouts. That gives you a lot of flexibility. You could work out three days a week, and just pick three workouts to go through again and again. Or you could do a two week split that looked like this.

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 1		Workout 2		Workout 3		

Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 4		Workout 5		Workout 6		

It's up to you.

The full program has **80 workouts** instead of 7, and many trainees go through the full program. Innervation and activation of muscle fibers is always better when you hit the muscle from a variety of ranges and planes of motion.

That's why proper program design is all about making sure you hit those various planes!

Performing Complexes Correctly

As you look through the workouts you will notice that all of the exercises are grouped into either groups of two or three exercises like 'a' and 'b' (for two exercises), or 'a', 'b' & 'c' (for three). There are only a few exceptions where there is a single exercise not performed in a complex/superset of some sort.

These two or three individual exercises are grouped together by number. These groups are known as "complexes" and the idea is that exercise a), exercise b) and exercise c) of that complex are performed back to back. Performing all three (or all two) of those exercises constitutes 1 set of a complex.

After a set, you rest until you are ready to repeat the set again, and ready to perform the two or three exercises again back to back. You repeat the total amount of sets prescribed before moving on to the next group of exercises (i.e. the next complex) and you execute the next complex in the same fashion.

I will illustrate with an example from "Workout 1" below:

Workout 1	Sets X Reps
1a) DB or BB Squats	5 X 5
1b) DB Incline Press	5 X 8-10
1c) DB or BB Upright Rows	5 X 20
2a) Pulldowns Behind the Head	4 X 12-15
2b) 2 Arm DB Curl	4 X 20
3a) One Arm DB triceps extension	4 X 5-6
3b) Any sit up or leg raise variation	4 X 20

Exercise 1a), 1b) and 1c) represent your first complex.

You perform them all back to back and at an even pace for the amount of reps prescribed for each of the three exercises. In other words, you perform 5 reps of dumbbell or barbell squats, then immediately you perform 8-10 reps of dumbbell incline press, then immediately you perform 20 reps of dumbbell or barbell upright rows, then you rest, and that's one set. You have 4 more sets of this complex, for a total of 5. Then you move on to complex 2.

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Workout 1

	Sets	Reps
1a) DB or BB Squats	5	5
1b) DB Incline Press	5	8-10
1c) DB or BB Upright Rows	5	20
2a) Pulldowns Behind the Head	4	12-15
2b) 2 Arm DB Curls	4	20
3a) One Arm DB triceps extension	4	5-6 EA
3b) Any sit up or leg raise variation	4	12-20

Intraworkout Biofeedback & Notes:

Workout 2

	Sets	Reps
1a) Seated cable rows	5	15-20
1b) Triceps Dips Between Benches	5	15-20
2a) Seated Cable Flyes	4	8-12
2b) Leg Extensions	4	20
3a) Seated DB Shoulder press	4	8-12
3b) Alternate Hammer Curls	4	5 EA
3c) Any sit ups or leg raise variation	3-4	12-20

Intraworkout Biofeedback & Notes:

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Workout 3	Sets	Reps
1) Incline DB Press	5	5
2a) Seated Side Laterals	4	20
2b) Straight Arm Pulldowns	4	15-20
2c) One Leg Leg Press*	4	20
3a) Seated Alternate DB Curls	4	5-6 EA
3b) Lying Triceps extensions	4	12-15
3c) Continue One Leg Press as directed above		

*on these types of workouts, only do ONE SIDE of a unilateral movement unless otherwise indicated. So for exercise 2c) you will do left side one leg press the first round of sequence 2 and you will do the right side on the second round of sequence 2. So, one leg leg press will spill into exercise 3 in order to complete all 4 sets on each side

Intraworkout Biofeedback & Notes:

Workout 4	Sets	Reps
1a) DB Bent Lateral Raises	5	12-15
1b) Fly DB Flyes	5	8-10
1c) BW Bulgarian Split Squat*	5	20 EL
2a) Reverse Grip Pulldowns	4	8-10
2b) Continue Split Squat as above		20 EL
3a) One arm DB concentration curls	4	8-10
3b) One Arm Reverse Grip Triceps Pushdowns	4	15-20

*Again this is a single side movement, so do right or left leg on the first round, then the other leg on the next round and continue till you've done all 5 sets for each leg

Intraworkout Biofeedback & Notes:

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Workout 5	Sets	Reps
1a) Cable Crossovers	5	15-20
1b) One Arm DB Rows	5	5 EA
1c) DB Single Leg Lunges*	5	8-10 EL
2a) Front Alternate DB Raises	4	12-15
2b) Over Rope Triceps Extensions	4	12-15
2c) Continue left over Single Leg Lunges	till all 5 sets	
3a) One Arm Zottman Curls	4	5 EA
3b) Any sit up or leg raise variation	4	12-15

*Single leg lunge is done only one side per round -so left leg on the first round of 1c and right leg on the second round - Therefore this exercise continues into the next sequence until all 5 sets are complete

Intraworkout Biofeedback & Notes:

Workout 6	Sets	Reps
1a) Flat DB or BB Press	5	5
1b) DB Squats	5	5
2a) Seated DB Shoulder Press	4	5
2b) Alternating Pulldowns (palms face each other)	4	8-10
2c) Any sit ups or leg raise variation	4	15-20
3a) Triceps Pushdowns	4	8-10
3b) Standing Simultaneous DB Curls	4	20

Intraworkout Biofeedback & Notes:

Workout 7	Sets	Reps
1a) Cable or machine rear delts	5	15-20
1b) Low Incline DB Flyes	5	10-12
1c) DB or BB alternating lunges	5	5 EL
2a) One Arm DB Triceps Extension	4	15-20
2b) One Arm Preacher Curls	4	15-20
3a) One Arm Reverse Grip Pulldowns	4	8-10
3b) Any sit up or leg raise variation	4	12-15

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