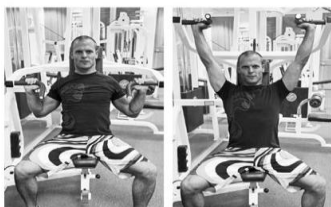


Pull-down



Machine Shoulder Press



WORKOUT A: THE MACHINE OPTION

1. Close-grip supinated¹⁷ (palms facing you) pull-down × 7 reps (5/5 count)
2. Machine shoulder press × 7 reps (5/5 count) (Optional: Abdominal exercises from “Six-Minute Abs”)

WORKOUT B: THE MACHINE OPTION

1. Slight incline/decline bench press × 7 (5/5 count)
2. Leg press × 10 (5/5 count) (Optional: Kettlebell or T-bar swings from “Building the Perfect Posterior” × 50)
3. Stationary bike × 3 minutes at 85+ rpm (to minimize subsequent leg soreness)

Slight Incline/Decline Bench Press (Shown Here: Hammer Machine) If you'll injure your shoulders on any exercise, it will be the flat bench press. For this reason, I suggest a slight (less than 20-degree) incline or decline when possible. For stubborn chest development, Dorian Yates suggests the slight decline. If only flat machines are available, a phone book or thick rolled towel behind the lower back will create a slight decline angle.



To prevent unnecessary shoulder strain, set the pins in the machine (or seat adjustment) so that your knuckles are one fist width above your chest at the bottom of the movement. I also suggest a one-second pause at the bottom of the movement without touching the weight stack, which will aid in chest development and further reduce risk.

Leg Press



For most trainees, I suggest the above routine incorporating machines.

THE KETTLEBELL SWING



HOW DO I DETERMINE STARTING WEIGHTS?

The first A and B workouts will be longer than subsequent workouts, as you need to use trial-and-error to determine starting weights.

Do this by performing sets of five repetitions in each exercise with one minute of rest in between. Cadence should be fast but controlled on the raising and two to three seconds on the lowering. Do not perform more than five reps per set. If you can lift more, wait a minute, increase the weight ten pounds or 10% (whichever is less), and attempt again. Repeat this until you complete fewer than five reps.

After you fail to complete five reps, calculate 70% of your last full five-rep set. Take a three-minute rest and perform a 5/5 cadence set-to-failure using this weight. Congratulations, you just performed your first proper set-to-failure for this exercise,

Then we do the math: $120 \times 0.7 = 84$, and we round up or down to the nearest weight we can actually use on a machine or bar, which leads us to 85 pounds.

(3-min rest)
85 lbs \times 8.4 to failure (5/5)

The 8.4 just means your failure was reached at $8 + 4/10$ of a repetition.

Take a five-minute rest, then repeat this process with the shoulder press. Once finished with this first workout A, record the target weights you will use for your next A. Since this A was done on a Monday, your next few workouts will look like this:

(Just finished: Monday—Workout A)
Thursday—Workout B
Sunday—Workout A
Wednesday—Workout B
Sunday—Workout A (notice the planned increase to 3 rest days preceding this workout)

HOW DO I ADD WEIGHT?

and this weight will be your starting point for Occam's Protocol. For the shoulder press, use 60% of the last successful five-rep set instead of 70%.

Let's look at a hypothetical first workout A, performed on a Monday. Here is how things might look for a semi-trained 150-pound male doing the pull-down (weights will differ from person to person of course, and that's why you budget at least an hour for these first workouts):

90 lbs \times 5 reps (f/2)¹⁹
(1-min rest)
100 lbs \times 5 reps (f/2)
(1-min rest)
110 lbs \times 5 reps (f/2)
(1-min rest)
120 lbs \times 5 reps (f/2)
(1-min rest)
130 lbs \times 4 reps (f/2) (he failed to complete 5 reps, so 120 lbs was the last full 5-rep set)

If you complete your required minimum of reps, add 10 pounds or 10% of the total weight in the subsequent workout, whichever is greater. In the example above, we crossed our seven-rep threshold with 85 pounds in the pull-down, so we will increase the weight to 95 pounds for the next workout, as a 10% increase would be less at 93.5 pounds.

To maintain this rate of progress for even two months, you will need to eat like it's your job. Add shakes or milk if whole food is too difficult.

WHAT IF I MISS A WORKOUT DUE TO TRAVEL?

It is better to take an additional one to three days off than to half-ass a workout with different equipment that makes it impossible to determine progress or proper weights when you return. There is nothing to be lost by an additional one to three days of rest.

The other solution is to always use free weights with standard Olympic barbells, as these will be universal and comparable between facilities. Free-weight options are outlined in the preceding chapter.