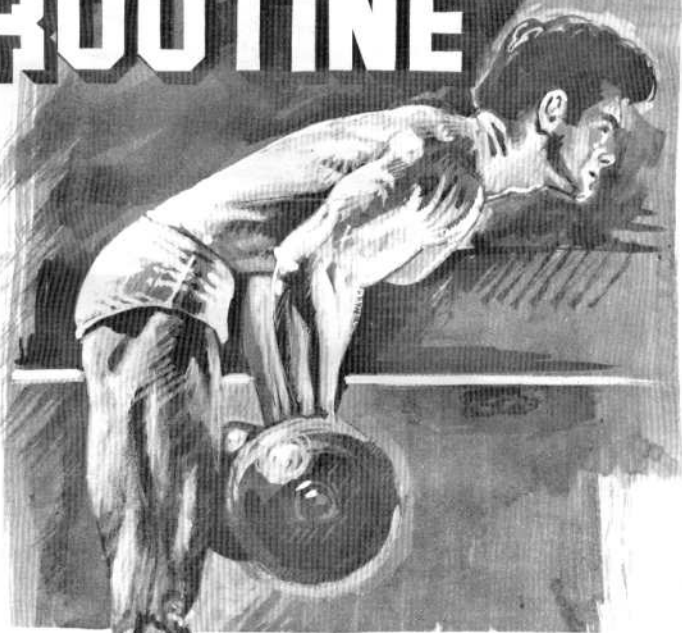


# THE SUPER ROUTINE



**Health Culture  
Publications**

Ross

How many different routines have you tried and failed to make the progress you hoped? Well, here is a routine that could pull you out of the 'no progress doldrums' and set you back on the path to real musclebuilding gains.

## Sets and Reps

You will notice that the amount of repetitions you do on this schedule is indicated after each exercise. There is a definite tendency nowadays towards slightly higher repetitions. But don't make the mistake of thinking that it's either low reps and sizeable weights or high reps and light weights. The 'new game' is to do the higher reps, **but also to use hefty poundages.**

Needless to say, when first starting this routine, take it easy, especially if there are exercises indicated that you haven't done in a while. Also make sure you are in good, robust health. A stress test through your family doctor will indicate your tolerance and suitability for regular strenuous physical exercise.

Yes, the reps are indicated, but the sets are not. Sets are up to the individual, depending on his experience in bodybuilding and recuperative powers.

3-5 sets per body part are enough for beginners. (Per body part, that is not per movement).

More advanced trainers can work up to 20 sets per body part.

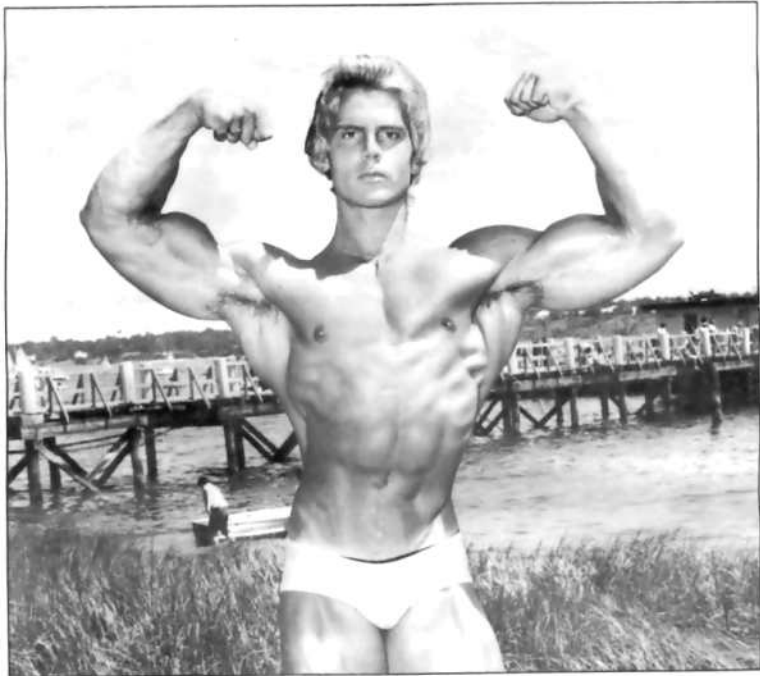
## Important

If you find the schedule a little too demanding or long then do what many champion bodybuilders do:

"Carry" three or four body parts along with just 5 sets, and really slam it! to a couple of underpar areas, going up to 20-25 sets per body part for these areas only.

At a later time you can 'carry' these same areas while really bombing away at other parts. . .

- \* As you get into this routine it is advised that you make a mental point of 'feeling' each exercise as you perform the reps.
- \* Don't think in terms of getting the weight 'up'. Think more about 'feeling' the weight. Get your muscles to **burn** while you perform the last few reps of each set. Force yourself into **and through** the pain barrier.



### Tips on getting the burns for extra size development

- Cramp and flex your biceps at the top of each curl.
- Hang on to the chin bar for a few seconds at the conclusion of each set of chins.
- Tighten the thighs as your legs straighten out of each exercise.
- Keep the abs flexed throughout a set of Roman chair sit ups. Even when the tension's off.
- Grip the edge of the bench tightly during the last few reps when doing triceps reverse dips.

You will notice that the arms are worked last in the schedule. We believe that there is a great psychological lift in ending your workout with a super arm pump. I'm sure you will agree.

Follow this schedule to the letter. Don't add exercises of your own. Nor leave out any movements. It is important that you follow the sequence as shown. Pay particular attention to the method advocated on training the arms.

## **For those who wish to split this routine**

It is advocated that you split it so that you train six days a week and rest one.

### **For example**

#### **Monday, Wednesday and Friday**

**Shoulders**

**Chest**

**Neck & traps**

**Triceps**

#### **Tuesdays, Thursday and Saturdays**

**Thighs**

**Back**

**Calves**

**Forearms**

**Abs**

**Biceps**

## **The Super Routine**

**Skipping** (Jump Rope) 200-300 jumps

### **Shoulders**

Seated Press Behind Neck

Non-Stop Combination Forward, Side and Bent Over Dumbbell Raises

Upright Rowing

### **Thighs**

Front Squat (heels on 3" block wood)

Hack Lift

Thigh Curls

### **Chest**

Wide Grip Bench Press to Upper Sternum

Incline Dumbbell Bench Press (45° angle)

### **Back**

Prone Hyperextensions

Wide Grip Chin Behind Neck

Single Dumbbell Rowing

### **Calves**

Heel Raise (block but no weight)

Donkey Calf Raise

## Neck & Traps

Dumbbell Shrugs

## Abs

Roman Chair Situps

Broomstick Twists - **Standing**

## Forearms

Seated Wrist Curls (Barbell)

## Arms

### Biceps

Cheating Barbell Curl

Incline Dumbbell Curl (45° angle)

Supine Dumbbell Curl

### Triceps

Lying Triceps Stretch

Standing E-Z Bar Triceps Stretch (holding center of bar)

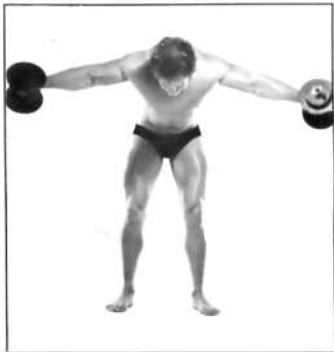
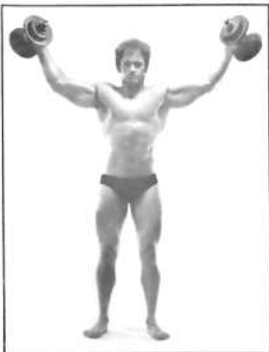
Reverse Dips on Bench.



## Shoulders

**Press Behind Neck** (Seated) Heavy 5-7 reps

- \* Remember when doing this version of the press behind neck, to take a grip that allows your forearms to be at a 90° angle to your upper arms when the upper arms are parallel to the floor.
- \* Always keep elbows well **back** during this movement.



### **Non-Stop Combination Forward, Side and Bent Over Laterals**

Use light dumbbells and just keep repping. Try ten bent over laterals, then ten side raises and ten alternate front raises. Continue like this for as long as you can, starting again with the bent over laterals, and continuing through the cycle. . . You can take a short half minute 'breather' between cycles if you find it necessary.



### **Upright Rowing 20 Reps**

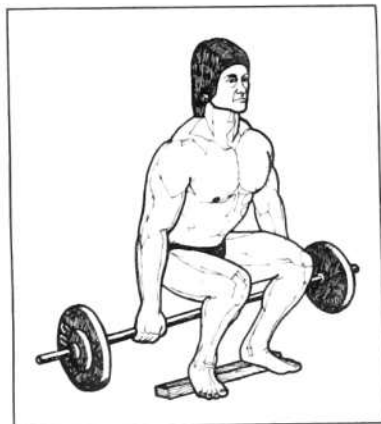
This is your final deltoid 'pumping' movement. High, fast reps are indicated. Straight arms completely at the beginning of each movement.



### Thighs

**Front Squat** heels on 3" block 10-15 reps

- Always keep back flat, and head up.
- Don't allow top of thighs to go below parallel to floor.



**Hack Squat** 3" block 10-12 Reps

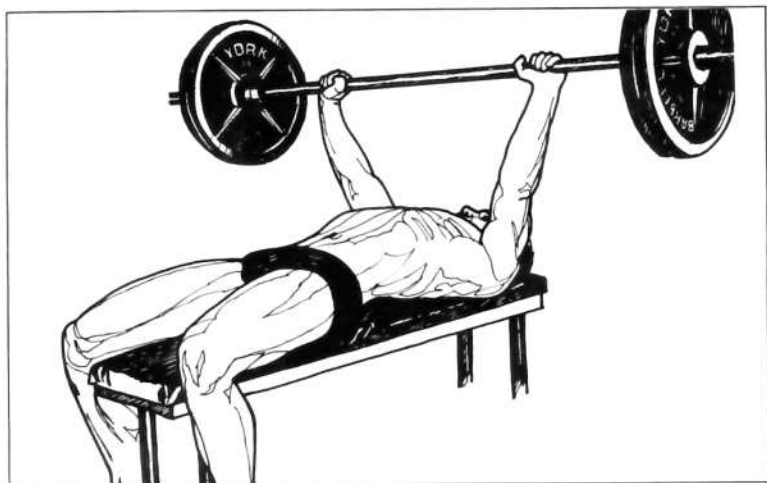
- Keep barbell held close to back of thighs
- Head **must** be held high.
- Lower slowly. Do not 'bounce' out of low position.





### Thigh Curls 15-20 Reps

This movement may be done on a thigh curl machine, with iron boots or with a partner holding your legs.



### Chest

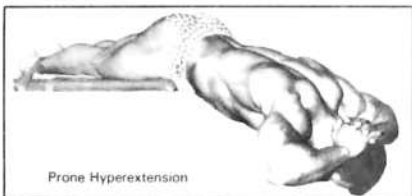
#### Wide Grip Bench Press Heavy 6 reps

- \* Lower weight to the upper sternum (just below neck)
- \* Do not bounce or arch back to assist weight on way up.



**Incline Dumbbell Press 10 reps**

- Touch dumbbells together (lightly) as you lockout between each repetition.



Prone Hyperextension

**Back**

**Prone Hyper-extensions 15 reps**

- Arch up as high as you can each rep
- Legs may be placed under 'strap' on bench or a partner can hold into position.



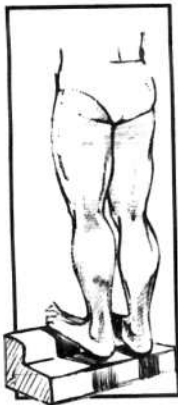
**Wide Grip Chin Behind Neck 10-15**

- Hold elbows back throughout movement
- Pull right up until bar is below level of ears
- Hang onto bar at the end of each set for count of 6



### Single Dumbbell Rowing 10 reps

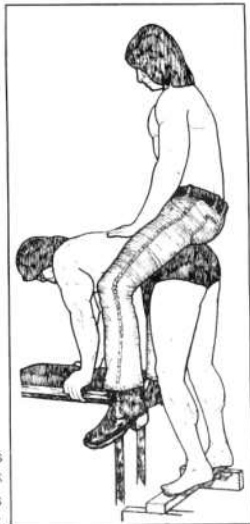
- Lift dumbbell into waist area
- Start from straight arm position each reps, allow lat to stretch out as much as possible.



### Calves

#### Heel Raise-Stretches 30-50 reps

- Use high block (6" at least)
- This exercise is solely for **stretching** the calves
- Go all the way up each movement; and all the way down.



#### Donkey Calf Raise 30 reps

- Use high block
- Massage calves immediately after each set.



**Neck, traps**

**Dumbbell Shrugs 12 reps**

- Do not bend arms during this movement.
- Attempts to touch ears with shoulders each reps.



**Abdominals**

**Roman Chair Situps 20-30 reps**

- Special Roman chair apparatus is not essential. You can use a regular bench, hooking feet under some heavy object. Keep abdominals tensed throughout movement.



**Broomstick Twists 100-300 reps**

- Attempt to keep hips still while the upper body only twists from side to side.



**Forearms**

**Wrist Curls** 12-15 reps

- Allow hands to open between reps so that fingers and hands are brought into play. Close up grip as you raise the barbell.



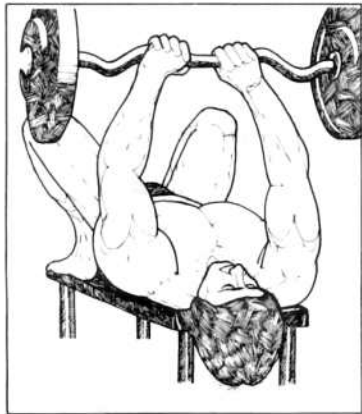
**Arms (Biceps)**  
**Cheat Barbell Curl**  
 6-8 reps (heavy)  
 \* Attempt to lower the barbell fairly slowly each rep.

*Supine Dumbbell Curls* ♥



**Incline Dumbbell Curl (45°)**  
**and Supine Dumbbell Curl** 12-15 reps each  
 \* These two exercises are alternated, with no appreciable rest (other than the time it takes to get from one bench to the other).  
 \* Keep alternating until the biceps are thoroughly congested... And then do another two or three sets of each for good measure.





**Arms (Triceps)**

**Lying Triceps Stretch** 6-8 reps (heavy)

- \* Lower weight to just behind head.

**Standing EZ Bar Triceps Stretch Alternating with Reverse Bench Dips** 12-15 reps

- \* Go for the pump from the first set.
- No rest between exercises other than the time it takes to get from one apparatus to the other.
- \* When doing the EZ Bar triceps exercises, keep elbows as near to ears as possible.

*Standing Triceps Stretch* ♥



- \* When doing the reverse dips, lower deep so that body dips below height of elbows.
- \* Alternate these two exercises until triceps are totally pumped. Then add another couple of sets of each exercise as insurance.

