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TRILOGY

Maximum Muscle Development Phase for Restricted Calorie Diets



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Trilogy

Maximum Muscle Development Phase for Restricted Calorie Diets

by Dave Tate

I have been asked several times what type of training template I used while dropping bodyfat.

I worked on a four day split (described later) and was doing three week phases—high volume–low intensity, moderate volume–moderate intensity, and high intensity–low volume. Each was done for one week and rotated based on how I felt after my two day rest on Monday and Tuesday.





This worked well for me while the Kcals were still high. When they dropped, I was not able to do a full week of high intensity and low volume without killing myself. So I have had to make some changes.

This is the plan I ended up using for the majority of the training cycle.

I will do my best to describe what all this means.

I will list this as a body part split because this is what most people understand. There are notations that will be made that affect this because it is really a movement based split combined with body part training.

Keep in mind the movements are selected based on my training needs, not yours. You will want to add in movements you feel work best.

The Four Day Split

Sunday: Chest and Biceps

- There are no incline barbell
- Fifty percent of my chest work was with flies or machines to lessen the stress on my shoulders. I know this does not sound right but is the case for me.
- Barbell pressing is always first.
- The session ended with 2-3 light sets of rear delt work (machine or face pulls).
- All sessions ended with aggressive stretching.
- All sessions began with band traction.
- One light tricep movement was also part of the cool down. I usually do light press-downs for a couple sets of high reps.

This worked well for me while the Kcals were still high. When they dropped, I was not able to do a full week of high intensity and low volume without killing myself. So I have had to make some changes.

The Four Day Split

Monday and Tuesday

- These days are OFF. I find it best to have two back to back rest days for recovery.

Wednesday: Back and Triceps

- There was no lower back work.
- There was no trap work.
- All sessions begin with some type of row.
- This session ended with 2-3 light sets of rear delt work (machine or face pulls).
- All sessions ended with aggressive stretching.
- All sessions began with band traction.

Thursday: Shoulders

- I did overhead work only on high intensity days.
- Shrugs from various positions were always done on this day.
- All sessions ended with aggressive stretching.
- All sessions began with band traction.
- One light tricep movement was part of the cool down. I usually did light press-downs for a couple sets of high reps.

Friday: Off

- I took this day off because Saturday is a hard training day, but this also leaves space to move Saturday to Friday if I have to travel. The same goes for Monday. If I am out of town on Sunday, it will move to Monday.

The Four Day Split

Saturday: Legs, Lower Back, and Hamstrings

- This session began with sled or prowler work with light glute ham raises and reverse hypers.
- Lunges were always performed at the end of the session.
- The session ended with 2–3 light sets of rear delt work (machine or face pulls).
- All sessions ended with aggressive stretching.
- All sessions began with band traction.
- All sessions had one pull-down type movement in the warm-up or cool down.

Abs and calves are tossed in when I feel like it. Usually, both are trained twice per week. Pull-down abs were part of the warm-up every day.

Loading Parameters

These are three loading parameters that I used.

1. High Volume–Low Intensity

The main muscles groups were trained with 4–6 movements with sub groups trained with 3–4 movements. The rep range will be 12–15 with rest periods around 45 seconds. I actually based the reps on my heart rate instead of time. The loading would be considered light. Some of the other principles I used during this session were double sets, super sets, and lactic acid tolerance training. This is also when any dynamic work will be done.

2. Moderate Volume–Moderate Intensity

The main muscles groups were trained with 4–6 movements with sub groups trained with 3–4 movements. The rep range will be 12–15 with rest periods around 45 seconds. I actually based the reps on my heart rate instead of time. The loading would be considered light. Some of the other principles I used during this session were double sets, super sets, and lactic acid tolerance training. This is also when any dynamic work will be done.

Loading Parameters

3. High Intensity–Low Volume

This is the heavy day. There are 1–2 movements for all groups, with reps ranging from 1–5. Rest was once again based on how I felt. The principles used were any and all max effort methods. I still added in some light rep work at the end of the session if I felt I needed more work. If ME work is not an option because of injury or any other reason then all work sets were taken to failure and beyond.

The Rotation

I rotated these parameters into the training split one after another. For example:

Sunday: high volume–low intensity

Wednesday: moderate volume–moderate intensity

Thursday: high intensity–low volume

Saturday: high volume–low intensity

Wednesday: moderate volume–moderate intensity

Thursday: high intensity–low volume

Saturday: high volume–low intensity

And so on...

This way I had one heavy day every third session (about one time per week), and each muscle grouping gets hit with a heavy day every third time that it is trained (about every 2.5–3 weeks).

With this rotation, I still get in all the training that I felt I needed.

Cardio

Cardio was added to help pull my body fat down below 8 percent. These sessions started light and progressed from there.

The way I built this up was as follows.

I used the Bike for all cardio.

Loading Parameters

Week 1 – 2 sessions of 20 minutes

Week 2 – 3 sessions of 20 minutes

Week 3 – 4 sessions of 20 minutes

Week 4 – 4 sessions of 20 minutes

Week 5 – 5 sessions of 20 minutes

Week 6 – 6 sessions of 20 minutes

Week 7 – 6 sessions of 25 minutes

Week 8 – 6 sessions of 30 minutes

Week 9 – 6 sessions of 35 minutes

Week 10-12 – 6 sessions of 45 minutes

Week 13 – 4 sessions of 45 minutes and 2 sessions of one hour.

There was no method to this. I just started where I could and worked up from there.

I feel I walked on thin ice because I did not want to loose lean body mass. I did light cardio instead of heavy interval work for two reasons. First, I did not need anything else tearing me down and tapping into my recovery. Second, I was not in the shape to do heavy interval work so it would beat the crap out of me and have an adverse effect on my training.

I checked Body Fat every three weeks to make sure I was not loosing muscle.

Sample Training Days

Here are a few sample-training days for you to see.

Chest and Biceps – High Volume, Low Intensity

Band Traction Warm Up

Barbell Bench Press – 4 sets 12 reps

Incline Dumbbell Presses – 3 sets 15

Magnum Machine Flies – 3 sets 15

Cable Crossover Pulled Low – 3 sets 15

Wide Grip Push Ups – 3 sets failure

Barbell Curls – 3 sets 15

Dumbbell Curls – 3 sets 12

Hammer Curls – 3 sets 15

Band Pushdowns – 2 sets 25

Rear Delt Raises – 3 sets 12

Stretching

Chest and Biceps - Moderate Volume–Moderate Intensity

Band Traction Warm Up

Flat Dumbbell Presses – 4 sets 8-10 reps

Incline Machine Press – 3 sets 8-10 reps

Cable Crossovers High – 3 sets 10 reps

Incline Flies – 3 sets 8-10

Incline Dumbbell Curls – 3 sets 10

Preacher Curls – 3 sets 8-10

Band Pushdowns – 2 sets 15

Rear Delt Raises – 3 sets 12

Stretching

Sample Training Days

Chest and Biceps – Low Volume - High Intensity

One Board Press – work up to 2 heavy sets of 3 reps

Incline Dumbbell Presses – work up to 2 sets 5

Barbell Curl – work up to 2 heavy sets of 5

Band Pushdowns – 2 sets 15

Rear Delt Raises – 3 sets 12

Stretching

Back and Triceps - High Volume - Low Intensity

Band Traction

Dumbbell Rows - 4 sets 12

Wide Grip Chins - 3 sets to failure

Double D Pull Downs - 4 sets 12

Low Rows with wide Grip - 3 sets 10

Barbell Extensions - 4 sets 12 reps

Dumbbell Incline Extensions - 4 sets 12 reps

Pushdowns with Reverse Grip - 3 sets 12 reps

Face Pulls - 2 sets 15

Pull Down Abs - 2 sets 8-10

Stretching

Sample Training Days

Back and Triceps - Moderate Volume - Moderate Intensity

Band Traction

Barbell Rows - 3 sets 8 reps

Close Grip Chins - 3 sets to failure

Close Grip Pulldowns - 3 sets 8

JM Press - 3 sets 8 reps

Dumbbell Extensions - 3 sets 12 reps

Face Pulls - 2 sets 15

Pull Down Abs - 2 sets 8-10

Stretching

Back and Triceps - Low Volume - High Intensity

Band Traction

Chest Supported Rows - work up to 3 heavy sets of 3

4 Board Presses - work up to 2 heavy sets of 3

Face Pulls - 2 sets 15

Pull Down Abs - 2 sets 8-10

Stretching

Sample Training Days

Shoulders - High Volume - Low Intensity

Band Traction

Barbell Shrugs - 4 sets 15 reps

Dumbbell Side Raises - 3 sets 12

Dumbbell Front Raises - 3 sets 15

Dumbbell Rear Delt Raises - 3 sets 15

Hanging leg Raises - 2 sets to failure

Stretching

Shoulders - Moderate Volume - Moderate Intensity

Band Traction

DB Shrugs - 3 sets 8 reps

Seated Side Raises - 3 sets 10

Rear Delt Raises - 3 sets 10

Hanging leg Raises - 2 sets to failure

Stretching

Shoulders - Low Volume - High Intensity

Band Traction

Log Presses - work up to 2 heavy sets of 3 reps

Hanging leg Raises - 2 sets to failure

Stretching

Sample Training Days

Legs, Lower Back and Hamstrings - High Volume - Low Intensity

Sled Dragging - 3 sets 50 steps

Glute Ham Raises - 1 sets 15

Reverse Hypers - 1 sets 15

Belt Squats - 4 sets 15 reps

Lunges - 4 sets 15 reps

Side Lunges - 3 sets 15 reps

Glute Ham Raises - 3 sets to failure

Seated Leg Curls - 3 sets 15 reps

Rear Delt Machine - 2 sets 10

Stretching

Legs, Lower Back and Hamstrings - Moderate Volume - Moderate Intensity

Sled Dragging - 3 sets 50 steps

Glute Ham Raises - 1 sets 15

Reverse Hypers - 1 sets 15

Box Squats - 4 sets 8-10 reps

Leg Presses - 3 sets 10 reps

Step Ups - 3 sets 10 reps

Glute Ham Raises - 3 sets to failure

Standing Leg Curls - 3 sets 10 reps

Rear Delt Machine - 2 sets 10

Stretching

Sample Training Days

Legs, Lower Back and Hamstrings - Moderate Volume - Moderate Intensity

Sled Dragging - 3 sets 50 steps

Glute Ham Raises - 1 sets 15

Reverse Hypers - 1 sets 15

Dead Lifts - work up to 2 heavy sets of 3

Glute Ham Raises - 2 sets to failure

Rear Delt Machine - 2 sets 10

Stretching

NOTE: These movements are provided as SAMPLES. Use what works best for you.