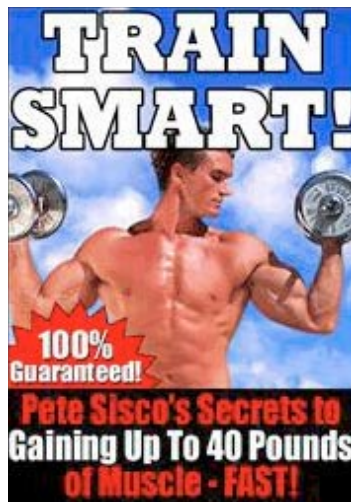


TRAIN! SMART!

By Pete Sisco

Version 1.2



IMPORTANT

This program involves a systematic progression of muscular overload that can lead to lifting very heavy weights. Proper warm up of muscles, tendon, ligaments and joints is mandatory at the beginning of every workout. Although exercise is very beneficial, the potential for injury does exist. Precision Trainer and its owners, agents, affiliates and employees will not be held liable for injuries sustained while lifting, using or moving weights and exercise equipment in a gym or elsewhere. Always consult with your physician before beginning any program of progressive weight training or other exercise. If you feel any strain or pain when you are exercising, stop immediately and consult your physician.

Hello and welcome!

Thanks for purchasing my new e-book, TRAIN SMART! It's loaded with revolutionary, proven knowledge and techniques that will allow you to quickly and efficiently transform your body to whatever level of fitness and muscularity you desire - from muscle toning and firming - to conditioning for a sport—to adding 20, 30 or even 40 pounds of new, hard muscle to your frame. All without drugs, without spending a fortune on nutritional supplements and without wasting your time in the gym.

This e-book is concise. You probably already know that I co-authored seven books and edited five other bodybuilding books for IRONMAN magazine. Those books make a stack of paper about two feet high. But when people ask me what to do in the gym to quickly add some muscle to their bodies, they don't want to read 1,000 pages. They just want the "core" of my knowledge. That fact was the beginning of this project.

You see, a while ago, my 22-year-old nephew told me he was getting into weightlifting and he wanted to know what I thought he should be doing in the gym to maximize his results. He knew John and I wrote books on the subject, performed research with trainees from 18 to 55 years of age, measured their results every step of the way and synthesized them into full workouts and specialization workouts. He knew all of that and more - BUT HE DIDN'T WANT TO READ THAT MUCH ! - he just wanted his uncle to tell him the core knowledge from all those books and all that research! The best of the best, without any preamble, padding or self-serving B.S. about how smart we were compared to others!

So, I gave it to him.

That made me realize I really could condense what I'd learned developing Power Factor Training, Power Factor Specialization, Static Contraction Training, new data, feedback from customers, experience from personal consultations - everything! - into a relatively small book. And I could make it available to anyone in the world via the Internet!

And that's what you have right now. The best information garnered from years of research and real world testing. I urge you to read every word

of it. The knowledge you need is in these pages - but it's concise - I don't repeat the same things over and over. You can jump around all you want. You can just pick a workout and get going. But when a question comes up ... you'll find the answer in here.

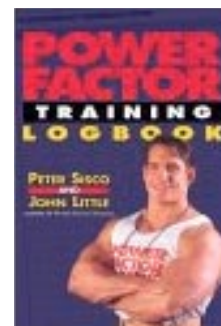
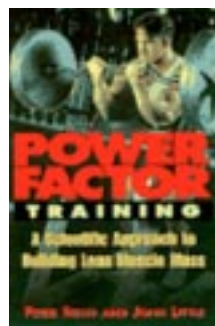
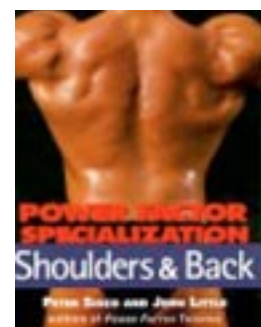
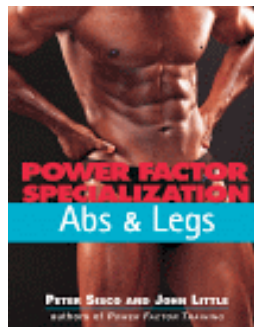
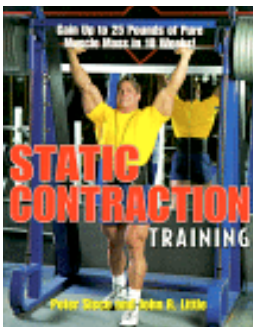
New Information

Even for those few wonderful people reading this who have purchased EVERY one of our printed books, you will find information in this e-book which is not in any of those books. To make this information more apparent. I have **highlighted** portions of it so it will be more obvious to you. So when you see **this**, it is not meant as a marketing ploy, just as a means to draw your eye to the most recent information.

Welcome to the world of productive, efficient, scientific exercise!

Have a great workout, and thanks for being my customer!

Pete





Dedication

This e-book is dedicated to every bodybuilder and athlete who has an inquiring, rational mind; to every person who can throw off the chains of comfortable habit and unproven premises and move in a new direction that is guided by reason and observational evidence, no matter where that direction takes him; to every person who tries a thing and immediately thinks "How can I make this better?"; to every person who is unafraid to challenge the false beliefs of the herd and lead others out of the caves and into the light.

In the parlance of bodybuilding, it is the people with these "genetics" who are truly the greatest champions of the human race. To these people, not just in the science of human strength but in every science, we owe our enormous gratitude.

Thank you.

Pete Sisco

Table of Contents

6	Why an E-Book?
8	The Truth About High Intensity Training (HIT)
10	The Genesis of Power Factor Training
14	The Genesis of Static Contraction Training
16	Alpha Strength and Beta Strength
20	Recovery
24	Maximum Overload
29	Warming Up
30	The Best Power Factor Training Workouts
50	Power Factor and Power Index Calculations
51	Specialization
53	The Best Shoulder Workouts
57	The Best Arm Workouts
64	The Best Chest Workouts
66	The Best Back Workouts
72	The Best Abdominal Workouts
75	The Best Leg Workouts
79	Static Contraction Training
82	Keeping a Log
83	Static Contraction Training Workouts
87	The Tony Robbins Story
89	The 1,000 Shrug Story
91	How to Get Started
95	Training Frequency
97	How to Maintain
98	Frequently Asked Questions
103	Train Smart! Audio Seminar
104	More Information
109	Custom Engineered Workouts
110	Ultimate Information



Why An E-Book?

I've co-written or edited about a dozen books on bodybuilding and strength training. All of those books are published by a mainstream book publisher. So it would be pretty easy for me to take the info in this e-book and sell it to a publisher. Why didn't I do that this time?

I'm glad you asked. There are a few reasons - and they all benefit YOU.

Freedom of content: E-books can contain links to related material, special pages (like the log book pages in this edition and the **NEW audio seminar**) and even built in programs like the **Power Factor calculator**. Also, big publishing companies don't like controversy. They don't like writers being too blunt about certain topics. They prefer to re-edit or re-word certain things. With an e-book (which I both write and publish) I can include whatever content I want to include. Which leads me to ...

Freedom of style: Any writer does better when he uses his own "voice". For example, in a mainstream publication I might have to say, "Many professional bodybuilders use dangerous drugs to augment their muscular development." But in my own e-book I can say, "Pro bodybuilding is awash in the grotesque, unbridled use of every type of drug imaginable. Steroids represent less than 5% of the drugs bodybuilders actually use today. The full truth is they use up to 30 prescription drugs *at the same time ... and at 500% of the recommended safe dose*. They take drugs intended for diabetes, cancer, dwarfism, pain, bloating, cardiology, hematology, impotence ... and on and on ... Athletes and regular folks are dropping dead every year and a huge meltdown is coming because the real health effects (tumors, heart and kidney failure, etc.) appear to take about 15 years to show up. Soon you'll be hearing about the failing health of the great names in bodybuilding from the 80's and 90's ... if you haven't heard already." Try finding that kind of plain talk in a "nice" mainstream book!

Freedom from templates: Mainstream publisher have a formula they have to follow. It's just the realities of the book business. Right now it's larger format books (9" x 11") with approximately 240 pages; it's all about shelf space in bookstores and perceived value. So a 50-page book

loaded with new research that's guaranteed to put 40 pounds of muscle on you doesn't have a prayer of getting into print, but a 240-page book showing women doing "workouts" with 3-pound dumbbells gets in every bookstore and featured in every women's magazine! The perception of what is valuable is very different from what really has value in the gym. An e-book format allows me to get right to the point without adding a bunch of filler to get the book up to 240 pages. (And please don't confuse "concise" with "lack of information" ... the amount of information packed into this small e-book took ten years to determine and compile. It can unlock the greatest muscle growth you've ever experienced! When Einstein writes $E=mc^2$ on a piece of paper, it doesn't take up many pages ... but that knowledge can unlock enormous power!)

Freedom of marketing: Digital content and the Internet is the wave of the future in publishing. When a mainstream book is published it gets an initial marketing push by the publisher and then it's all alone. e-books can be promoted by links, banners, affiliate programs and "word of mouse" that keep it in front of bodybuilders every day. Why should you care about that? The financial success of this e-book fuels the next one - and that brings you more useful research and information instead of the crap that's available in many books.

Freedom of access: Hey, less than 5% of the world lives in America. It can be pretty difficult (and expensive) to get an American book delivered to Alanya, Turkey. But an e-book can be delivered around the world without extra cost and you can be reading it 90 seconds after you buy it. And I'm not talking hypothetically here; the first edition of this e-book not only sold copies in the United States and Canada, it also sold in the United Kingdom, France, Germany, Sweden, Switzerland, Australia, Brazil, Hong Kong, Ireland, Luxemburg, Singapore, Belgium, South Africa, Denmark, Malaysia, Poland, United Arab Emirates and the Netherlands! All in the first 60 days!

Like the bodybuilders in all of the above countries around the world, you're about to discover this e-book is absolutely loaded with useful information you can apply in your next workout. You are literally minutes away from the most productive workouts of your life.



The Truth About High Intensity Training (HIT)

You and I probably read the same bodybuilding magazines, websites and online discussion groups. I'm sure you've noticed how much people talk about "High Intensity Training" or "HIT". What I notice is that nobody has a clear definition of what HIT training is, exactly. There's a general sense that it involves "working heavy" and the influence from Jones/Mentzer leaves most thinking it involves fewer sets than other training, but there is no litmus test to determine if one workout is HIT and another is not.

There is some sleight of hand going on here. Let's just back up and look at strength training over the last century. Leaving aside all the fancy names people (including me) have come up with to describe their "system" of training, what is the one indispensable element of muscle building? Heavy weights. You have to lift heavy weights or simulate the lifting of heavy weight in order to build bigger muscles.

Why?

Your body is designed to respond and adapt to stress. Walk into a hot room and you sweat so the evaporation will cool you. Step outside into the sunlight and your light skin will adapt by darkening with a tan. Shine a light into your eye and your pupil will reduce its aperture. And ... (here's the relevant example) force your muscles to do extra work and they will adapt by growing bigger. How do you force your muscles do extra work? By lifting weights that are heavier than your muscles normally lift. Stated another way: you make your muscles work at a higher level of intensity. Nothing new there ... it's been like that for a million years! - long before HIT, PFT, SCT and any other training "system." Muscles get bigger and stronger as an adaptation to increased demands made of them. Your brain will only send the signals to grow more muscle if there is a good reason for it. That reason must be that your body needs more muscle in order to survive all the hard work it is doing. Normally, your body does not have to lift heavy weights. When you do lift them ... your body starts to grow new muscle.

Every Bodybuilding Program is “High Intensity Training”

So where does that leave us? Well, if you want to make a science out of bodybuilding and weight training, you first need to define your terms. So just WHAT is Intensity? In optics it's candlepower or lumens. In electricity it's amps. In acoustics it's decibels. Each of those terms has an exact definition so when you say, "Light bulb A is brighter than light bulb B." there is an empirical way to show that it is true. There is a measurement.

Ever read the ads for weight training systems? They make giant claims about being the "ultimate" the "most intense" the "best" system possible. Now ask yourself, "Measured how?" "By what standard measure of comparison is Workout X more intense than Workout Z?"

Hey, when compared to not working out with weights at all, ANY training system is "high intensity." And that's why every training system can claim some success, because when a guy goes from doing no weight lifting at all to simple exercises with modest weights ... he'll get some results. But only for a relatively brief period of time.

There is one crude definition of intensity floating around bodybuilding. It comes from Arthur Jones and Mike Mentzer. (Who both did a lot to improve the science of bodybuilding.) Basically, it says you must exert "100% of momentary effort". This is a start. But if you exert 100% effort on a day when you are coming down with the flu, have seriously over-trained or are just worried about some work-related stress ... your 100% effort won't trigger any new muscle growth because it will be less than LAST workout's 100% effort. So the Jones/Mentzer definition of intensity is subjective, not objective. Science needs objective definitions. It needs numbers ... not feelings.

To get consistent progress you need a better way to measure the intensity of every exercise. You need a better way to ensure progressive overload of your muscles. And you need a better way to avoid overtraining.

Read on to learn how to achieve all three.



The Genesis of Power Factor Training

Way back in 1992, John Little and I started working out together. As some of you might know, John and I actually knew each other from childhood but we never lived in the same city at the same time. Well, John and his wife moved to Los Angeles at the time my wife and I lived there so we started to workout together at a gym in Woodland Hills. (The gym was close to the offices of Weider, where John worked as a writer for Joe Weider's Flex Magazine.)

The thing is, John is a lifetime fitness advocate and has always enjoyed working out and staying in good shape. Whereas I am naturally lazy when it comes to exercise and only do it as a way of "taking medicine" that will keep me from dying too prematurely. There are actually very few forms of exercise that I will do for their own sake ... the reality is I just want to get it over with and move on to the next thing on the day's "to do" list. That little fact has relevance here.

When John and I started working out together I'd go into the gym with a pencil and paper and make a note of every exercise, the amount of weight, the number of reps and exactly how long the workout took. Why how long it took? Because I wanted the shortest possible workout. I'm lazy. I don't want to be there. I'm looking for efficiency.

After every workout, we'd go to somewhere (to eat!) and I'd transfer all our workout data onto my laptop computer's spreadsheet program so I could analyze our results. John was a longtime friend of Mike Mentzer's and, through his association with Mike and through his study of physiology in university, John understood the merit of high intensity muscular overload. But I didn't know any of that. What I related to was math and physics. So as soon as the talk went to intensity ... I wanted a way to measure it.

Measuring Intensity - The 'Open Sesame' to Consistent Progress

So how do you measure the "intensity" of "high intensity training"? That's easy. It's already been done by people a lot smarter than I. People like Isaac Newton and James Watt (who coined the term, 'horsepower').

As far as your body is concerned, the intensity of any workout is defined by the amount of weight it has to lift and the amount of time it has to lift it. Lifting 100 pounds in 20 seconds has “x” amount of intensity. Lifting 100 pounds in only 10 seconds has “2x” intensity, since you have to do the same work in half the time.

This is very helpful!

Suddenly, if you bench pressed 200 pounds for 10 reps on Monday, then bench pressed the same 200 pounds for the same 10 reps on Thursday ... you might have made progress! Why? Because if it took you 90 seconds on Monday and only 75 seconds on Thursday it means the intensity went up! More intensity ... more muscle growth stimulation!

How did this fact get missed during 100 years of bodybuilding???

This kind of intensity measurement is called “horsepower” or “watts” outside of the gym. And we could use those same units in the gym. But to do that we also need to measure the distance the weight travels each rep. Here is where a couple of issues come up.

First, it's a pain in the ass to have to measure all those distances. And do you know what? They never really change from workout to workout. The distance you move the bar during a bench press is determined by the length of your arms. Assuming you're older than 17 or so, that distance is not going to change. So the distance number factors out of all your comparisons anyway.

Second ... and this is a little weird ... in the realm of muscle physiology, the distance doesn't have much importance. Here's why it's weird. In physics, moving a 100-pound weight 12 inches is the same amount of work as moving a 200-pound weight 6 inches. Both of the above examples are also equal to moving a 400-pound weight 3 inches. Fine. But have you ever tried it? Most of you reading this can probably throw around 100 pounds easily. Can you even get 400 pounds off the pins? How about moving 800 pounds 1.5 inches? I doubt it.

Why is this the case? I honestly don't know. But I don't need to know the "why" ... and neither do you. (I'm sure there is a biochemist somewhere who can provide a rigorous answer involving nerve discharges, rates of cellular activity and many metabolic factors ... but I just know it's true in all cases I've tested.) By the way, science doesn't yet know "why" a headache hurts. But it does hurt. That's a fact. And lifting 400 pounds **any** distance is a hell of a lot more demanding than lifting 100 pounds through a full range of motion. Don't take my word for it. Try it!

Anyway ... we left distance out of the measurement because it wouldn't change from workout to workout and because (even in 1992) we suspected it didn't matter as much as everyone thought it did. (A few years later we proved it ... big time!)

So if we did a bench press of 200 pounds for 10 reps in one minute, I'd enter the data into my laptop then add up the "work" thusly: 200 lbs x 10 reps = 2,000 lbs. Since it took one minute, we bench pressed 2,000 lbs per minute. I decided to call that number a "Power Factor" because it wasn't a proper unit of horsepower or watts. **Hey!!! ... suddenly we were measuring intensity!** All we had to do now was make sure it was high enough to stimulate muscle growth and that it progressed from workout to workout.

The "Discovery" Of Partial

So we started working out - in an entirely conventional way - except we measured the intensity of every workout with a Power Factor calculation so that the next workout would always have a bit more intensity (after all ... we were supposed to be getting bigger, stronger muscles from **every** workout ... something few other people seemed to realize or to shoot for.) And we progressed nicely for a few weeks. Then we hit a plateau.

That plateau hung on for quite a while. Then John came up with the idea of trying a routine based on using strong range partials.

We kept doing all the same exercises, except we did each one using only our strongest quarter of range. So rather than move the bar, say, 24 inches, we would move it only the last six inches of our reach. The first thing that happened was our Power Factor numbers took an enormous jump. But that is to be expected (and doesn't mean much) because we were adding weight and reducing distance but the Power Factor number did not reflect distance - only the weight. The second thing that happened was truly amazing.

Our strength skyrocketed!

Our shirts got tighter. Our pants got looser. We began a steady progression toward lifting weights far beyond what either of us had ever done before. We knew we're onto something big. And we were right.

It's not that we "discovered" partials. There are records of people using partial repetitions in strength training for at least the last hundred years. What we succeeded in doing was finding a real way to **measure** intensity while simultaneously finding away to **maximize** intensity.

*(see **Measuring Intensity**)*

*(see **Maximum Overload**)*



The Genesis of Static Contraction Training

We sold a ton of (self published) Power Factor Training books in 1993. We received a lot of feedback from many of the tens of thousands of bodybuilders and strength athletes using our new system. We were told over and over again how people had achieved strength gains and muscle growth at unprecedented rates ... even though they were moving the bar in only a six to eight inch range of motion.

We were always listening for ways to improve results. Soon we started to hear from people who had made steady progress until they hit a plateau that was difficult to break. Then ... they applied our theory further. They increased the weight but decreased the range of motion to only about two or three inches. Guess what happened? They'd bust through their plateau and experience more muscle growth! Time and time again we heard this.

We started to wonder just how much movement of the bar was really necessary to stimulate muscle growth. John had already been curious about static training from years ago when he did some articles about it for a magazine. So we figured we put together a study to see if training with zero range of motion would do anything for bodybuilders.

Sometimes when people do studies like this they sort of "rig the deck" by using subjects that are 20-year-olds and have not trained before. Those guys can put on new muscle easier than anyone - at first. But we wanted our test to be tougher. So we recruited trainees right out of our pool of Power Factor customers.

Our test subjects averaged 38.4 years of age. They had been training on Power Factor, lifting really heavy iron, and they felt they'd made recent gains that were better than ever before. So there was plenty of reason to think these subjects would not improve much. Moreover, we put them on a regimen averaging only 2.1 workouts per week and about 2 minutes of actual exercise per workout. (15-30 second hold per exercise)

So What Happened?

After just ten weeks they averaged:

- 9.0 pounds of muscle gain
- 4.9 pounds of fat loss

- 1/2 inch on each biceps
- 1.1 inches on their chest
- 1.2 inches on their shoulders
- 51.3% increase in static strength
- 34.3% increase in their 10 rep max (full range)
- a 27.6% increase in their 1 rep max (full range)

All of this was accomplished with less than one hour of total exercise time, spread over a 10 week period!! We were blown away and Static Contraction Training was born!

We Continued Researching

We'd also been wondering about the effects of increased strength in other sports. So we put together another study using eight (four male and four female) middle aged golfers. (Actually, one subject was a teenager.) We designed a shorter test period and used reduced hold times. (10-20 seconds per exercise)

After an average of 5.25 workouts each over a six-week period each subject averaged a 95% gain in muscle strength in the 13 groups of muscles we evaluated. They also hit their drives further (up to 30 yards) and reported a better short game and more overall stamina on the course. Oh yeah ... **they averaged 10.6 minutes of total exercise time** over the entire six-week period!!!

Tony Robbins

All of this led to world famous human performance coach, Tony Robbins, hearing about our work. He was so impressed by what he read in our books, he came to Idaho to interview us and created a video showcasing our training methods. Tony was really excited about our training and blasted past his previous personal records in the gym! And when Tony's excited, everybody's excited!

(see Static Contraction Workout)

(see Tony Robbins)

Alpha Strength and Beta Strength

I said I'd be concise in this e-book. So to make a long story short ... it turns out there are two ways to measure human strength.

The best way I can think of to explain this phenomenon comes from two world-record holders. Anthony Clark and Jack Atherton.

Anthony Clark is one of the more recent holders of the record for bench pressing a weight. Last time I heard, he could bench 805 pounds! No one in the world can beat that intensity of muscular output.

My 1995 Guinness Book of Records lists Jack Atherton as having a bench press record of lifting 1,134,828 pounds in 12 hours. No one in the world can beat that intensity of muscular output.

Two "world records" for bench press? What gives?

Well, there really are two forms of muscular strength. We could call them momentary and sustained; or short term and long term; or maybe even speed and endurance. I decided to call them **Alpha Strength and Beta Strength**. (... just a fancy way of saying "A" and "B").

Anthony Clark is the king of Alpha strength and Jack Atherton is the king of Beta strength. Why should you care? Because **it means there are two methods** to adding 10 pounds of muscle to your body! Or 30 pounds. Or 50 pounds.

I'm sure you readily see that in order for Mr. Clark to bench press 805 pounds he has to have a lot of muscle. Duh. Now let's look at what Mr. Atherton did to get his world record in the bench press.

1,134,828 pounds lifted in 12 hours.

Which is equal to: 94,569 pounds per hour.

Which is equal to: 1,576 pounds per minute.

Assuming he **averaged** 6 reps per minute (allowing time for drinking some water, catching his breath and maybe a trip or two to the men's room in those 12 hours of lifting) ... it means he did about 4,320 reps with about 263 pounds!

Hellooo? ... four **thousand** reps with 263!!!

I must confess that I've never seen a photo of Mr. Atherton but I don't need to see one to know that this guy has a lot of muscle. Maybe more than Anthony Clark ... after all, Mr. Clark can't lift that much weight for that long.

The point is there are two ways of getting strong and therefore, two ways to train to build bigger muscles.

Runners Love Beta Strength Workouts

Most people (perhaps 90% or more) respond very well to Alpha Strength workouts. The **Power Factor Training** and **Static Contraction Training** workouts A and B are Alpha workouts.

But I have noticed many distance runners do not get results that are as good as others who use Alpha workouts. I've worked with phone consultation client who are runners and cyclists and many martial artists who make better progress by slightly lowering the intensity but substantially increasing the duration of their workouts. In short, they are more like Mr. Atherton and less like Mr. Clark.

For this reason I created some **new Beta Strength workouts** in the **Specialization** areas of this e-book.

Two Types of Strength - Two Types of Measurement

Very few people even realize there are two different types of muscle strength. Even fewer ever stop to think about how to measure the intensity of each type of strength.

We measured Alpha strength with a **Power Factor** and Beta strength with a **Power Index**.

You can calculate a Power Factor by simply dividing the total amount of weight you lifted per exercise (or per workout) by the total amount of time it took to lift it. If you leg pressed 58,000 pounds in 2 minutes, your

Power Factor is 29,000 pounds per minute. So next time you do the leg press, make sure your Power Factor is more than 29,000. That ensures progressive intensity ... the absolute key to new muscle growth.

Now watch this: Suppose next leg workout you feel much stronger and you lift 87,000 pounds in 3 minutes. That's a lot more weight, right? But when you calculate your new Power Factor (87,000 lbs / 3 min.) it comes out to 29,000. The same! So where is the improvement? Well, last workout you had to stop at two minutes of hammering away on the leg press with a big weight ... you were at complete failure ... but this workout you blasted past two minutes and kept going for three minutes ... so you absolutely, positively must be stronger!! But the Power Factor measurement didn't move! Why? Because your Beta strength got higher ... not your Alpha strength.

Workout #1

Weight = 58,000 pounds • Time = 2 min.

$$58,000 \times 58,000 = 3,364,000,000$$

$$3,364,000,000 / 2 = 1,682,000,000$$

$$1,682,000,000 / 1,000,000 = 1,682$$

Your Power Index was 1,682

Workout #2

Weight = 87,000 pounds • Time = 3 min.

$$87,000 \times 87,000 = 7,569,000,000$$

$$7,569,000,000 / 3 = 2,523,000,000$$

$$2,523,000,000 / 1,000,000 = 2,523$$

Your Power Index was 2,523

Here is the formula for the Power Index that measures Beta strength. Total weight x total weight / time / 1,000,000 = PI or, $W^2 / t \times 10^{-6} = PI$ That might look complicated but it's a piece of cake with a calculator. and if you have Microsoft Excel® you can use the *new calculator* in this e-book.

Let's compare the two workouts.

Your Power Factor stayed the same but your Power Index went up by 841! That's objective proof you operated at a higher muscular output.

By the way, in the above reference to Clark and Atherton, I estimate Clark's Power Factor and Power Index at 4,800 and 3.9, respectively. Whereas I estimate Atherton's to be 1,576 and 1,789, respectively.

We Don't Just Talk "High Intensity"

We don't just talk about "high intensity," ***we actually measure it!*** When you measure the Power Factor and Power Index of every exercise you perform, you'll know exactly how much and what kind of gains you are making. You'll also know how much recovery you'll need and how to adjust your frequency of training. Exactly. No guess work. No "instinct". Just science.

(see Recovery)

Three Links in a Chain

Here is what many people need to be reminded of about why they are going into a gym and lifting weights. They are trying to build NEW muscle. New muscle has to grow. Your brain has to realize that your body NEEDS more muscle. Then it has to actually grow that new muscle. So why not just stay in the gym some Thursday and not leave until the scale says you've gained two pounds?

Because you have to RECOVER first.

You don't grow in the gym. You stimulate growth that will occur in the next few days ... probably while you're asleep.

The way you get your brain to realize you NEED more muscle is to work your muscles at the limits of their capacity. That is very draining on the body's resources and the body doesn't like to get drained. That can be dangerous ... it makes your body vulnerable to bad things. So the first order of business after a draining, muscle stimulating workout is for your body to FULLY recover. That keeps you alive and healthy right now. The next order of business is to grow some new muscle so the next draining workout doesn't deplete the muscles as much. (And if you did the identical workout next time, it wouldn't be as taxingBut we're not going to do identical workouts twice in a row, are we?)

If you aren't fully recovered by the time you go back in the gym, you'll have no new muscle to work with. And how can you ensure progressive overload when there is no new muscle to handle the progression?

These are the three links in the long chain of muscle building: **Stimulate - Recover - Grow - Stimulate - Recover - Grow**. A ton of advice is given out in books and magazine on how you should stimulate new muscle growth with workouts (and many people want you to believe a nutritional supplement will stimulate muscle growth - it won't - not ever! Food doesn't stimulate muscle growth - exercise does.) But almost no advice is given out on the importance of recovery. I think it's because you can't make money telling people to do nothing. I mean it.

Where's the product? Where's the seminar? The book? The e-Book? I can't tell you what a hard time I have getting trainees to take time off. They've all been saturated with the propaganda of "3 times per week" and "supplements will fix your problems." But the honest truth is that very often three weeks of staying out of the gym completely will put far more muscle on you than nine more workouts and \$200 worth of nutritional supplements will!

A Typical Case

I received a telephone call from a guy named Stanley, in Massachusetts, who had been making good progress with his training but had recently hit a plateau that he just couldn't get past. Stanley is one of those guys with a tough-minded discipline I can only admire. Despite his lack of progress in the gym, he did not get discouraged. He trained three days a week and he never missed a workout. That's not easy. Most of us get demoralized when we give so much effort in the gym and see nothing for our exertion. Not to mention the fact that it's very tough to drag yourself to the gym and perform a decent workout when it feels like every fiber of your body is saying, "Stop, I can't do it today."

Stanley and I did not have to talk very long before I realized he had classic symptoms of overtraining. He lacked energy, he didn't feel like training and he had not made the slightest progress in many weeks. I explained this is the pit into which everyone falls as they get stronger. As your muscles become more powerful, they have the ability to perform workouts that really tax the rest of the body's organs like the liver, pancreas and kidneys. Those organs don't grow significantly along with the muscles so as you get stronger you have to cut back on training frequency.

I told Stanley to take three weeks off of all training. He said there was no way he could stay out of the gym that long. Actually, this is a common problem with serious bodybuilders. Mike Mentzer and I once talked about how he ran into the same resistance when he counseled "brief and infrequent" workouts. Psychologically, when you want to make progress, it is very difficult to do what seems like "nothing." Not training feels like throwing in the towel or admitting defeat in some way. But the

truth is your body needs time to recover. Time off is not wasted time, it's time that is critical to the growth process. It took a lot of talk to convince Stanley but, to his credit, he took three weeks off of all training.

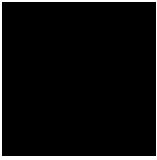
Two months later he called me back with results that will shock you. His strength increased in every area of his body and his shrug power had skyrocketed. **His first workout after the layoff was a personal best.** Now he's training once every 9 days. That's 18 days between workouts for the same bodyparts. Before this correction, he was training 4 times in just 9 days. Look at the numbers that he sent me.

Stanley did not include his times for lifting so I don't know his Power Factor or Power Index numbers, but his total shrug weight went from 15,300 lbs to 25,280 after doing **nothing** for 3 weeks. **When was the last time you had a 3 week period that was that productive?**

October 11	November 8	December 17
365 lbs. 20 reps	405 lbs. 20 reps (easy)	405 lbs. 20 reps
400 lbs. 20 reps (very tough)	455 lbs. 20 reps	505 lbs. 20 reps
	505 lbs. 16 reps	600 lbs. 12 reps

Think about that. Three weeks of no training, no supplements, no "light weight, high reps," nothing but sitting on his ass for three weeks and his progress outpaced everybody's. His training buddies couldn't believe their eyes. There's Stanley, who found it "very tough" to do 20 reps with 400 lbs. now hoisting 505 lbs. for 16 - after doing 455 lbs. for 20! Next time back in the gym he's playing with 600 lbs. And as far as his bone-head buddies are concerned he "missed" the last 20 workouts! That's what I mean when I talk about "training smart."

By the way, can you imagine the advertising campaign if a nutritional supplement delivered the above results in two workouts??? I'd be a millionaire in one month. Well, time off is free. Use it!



Recovery cont.

When you are training at the limits of your muscular capacity, recovery is a crucial element because a miscalculation causes an almost immediate plateau or even retrogression. To learn more about this *see [Maximum Overload](#)*.

Maximum Overload

Power Factor Training and Static Contraction Training are designed to deliver the maximum possible overload to each targeted muscle or muscle group. After years of experimentation and research we discovered the most productive and efficient way to maximize overload was to use strong range partials.

Using your strongest range means operating (in most exercises) in the last inches of your reach. This is the range where you can handle the most weight and are least susceptible to injury.

Fine. Partial maximize overload. But if that were all there was to our research all you would do (if you are like some trainees who don't take the time to actually read about our methods) is switch from overtraining with full range exercises to overtraining with partial range exercises. No thanks.

Measurement Makes it a Science

The key is to understand the balance you are trying to strike.

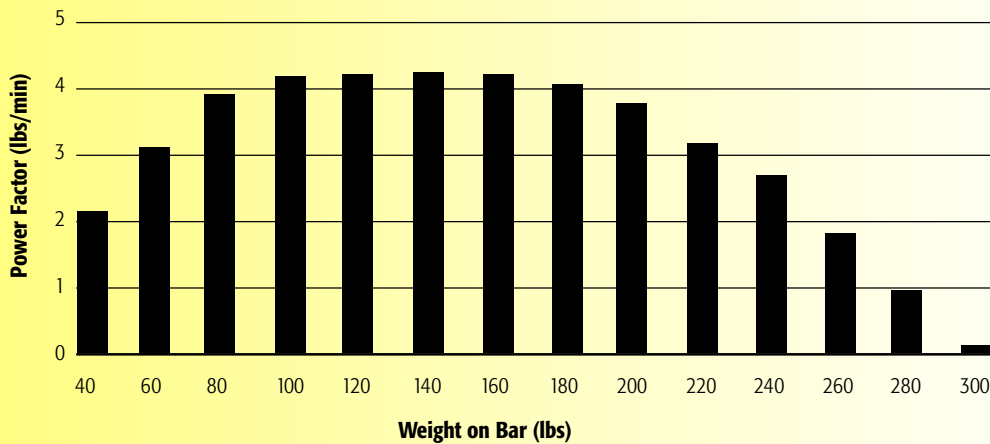
Take a look at this chart, which shows the results of two typical trainees. They both lifted weights from 40 pounds to 300 pounds for as many reps as they could complete in two minutes.

Weight on bar	Subject A			Subject B		
	Total Reps (lbs)	Total Weight (lbs/min)	Power Factor	Total Reps (lbs)	Total Weight (lbs/min)	Power Factor
40	120	4,800	2,400	120	4,800	2,400
60	108	6,480	3,240	111	6,660	3,330
80	96	7,680	3,840	102	8,150	4,080
100	84	8,400	4,200	93	9,300	4,650
120	72	8,640	4,320	84	10,080	5,040
140	63	8,820	4,410	80	11,200	5,600
160	54	8,640	4,320	76	12,160	6,080
180	45	8,100	4,050	72	12,960	6,480
200	36	7,200	3,600	68	13,600	6,800
220	29	6,380	3,190	64	14,080	7,040
240	22	5,280	2,640	50	12,000	6,000
260	15	3,900	1,950	36	9,360	4,680
280	8	2,240	1,120	16	4,480	2,240
300	2	600	300	4	1,200	600

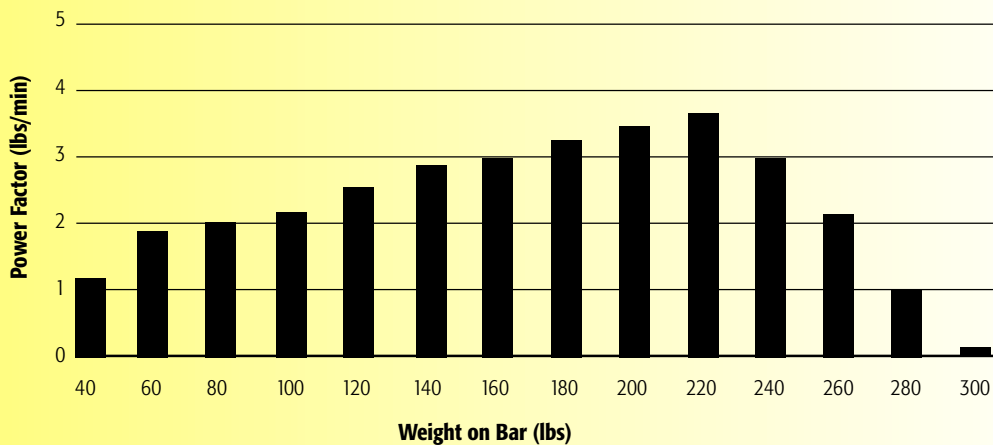
Maximum Overload cont.

When these results are plotted on a graph, something very noticeable appears.

Power Factor for Various Weights: Subject A



Power Factor for Various Weights: Subject B



Subject A achieved his highest Power Factor using 140 pounds but Subject B achieved his highest Power Factor with 220 pounds. Why? Because we are all different. If you did this test you might achieve your highest Power Factor with 180 pounds.

I call this phenomena, your personal sweet spot. When you start training you'll need to do a little experimentation to find your sweet spot then exploit it to maximize the overload of every exercise.

The Two Indispensable Elements of Every Workout

Using the knowledge of your personal sweet spot, you can ensure one of the indispensable elements of every workout - **high intensity**. And, unlike everybody else in the world of bodybuilding, our "high" actually has numerical measurement, not a subjective "feeling." We use Power Factor and Power Index numbers to denote intensity. (In Static Contraction Training we use a simplified measurement that incorporates these same principles.)

Once you have a number to work with, it's easy to ensure the other indispensable element is being met - progressive overload. **Progressive overload** is what keeps your body making more and more muscle. Here's how to **engineer every workout** for progressive overload.

Suppose you bench pressed 200 pounds for three sets of 24 partial reps in 4 minutes. Your Power Factor would be $200 \times 3 \times 24 / 4 = 3,600$ lbs/min. So next workout you shoot for a 5-20% increase in that Power Factor. Let's say 10% for this example. So your next bench press Power Factor needs to be $3,600 + 360 = 3,960$.

To do this you can: (in order of desirability)

- a) increase the weight on the bar
- b) increase the number of reps
- c) increase the number of sets
- d) decrease the total time

So next workout you now decide you will shoot for, say, 215 pounds for 3 sets of 26 reps in the same 4 minutes or less.

I strongly recommend that you go for “everything in the tank” on at least the last set. This will ensure you gave it your all and didn’t leave any intensity in reserve. So the results of your next workout might look like this:

Weight: 215 pounds

Set 1: 26 reps

Set 2: 26 reps

Set 3: 29 reps

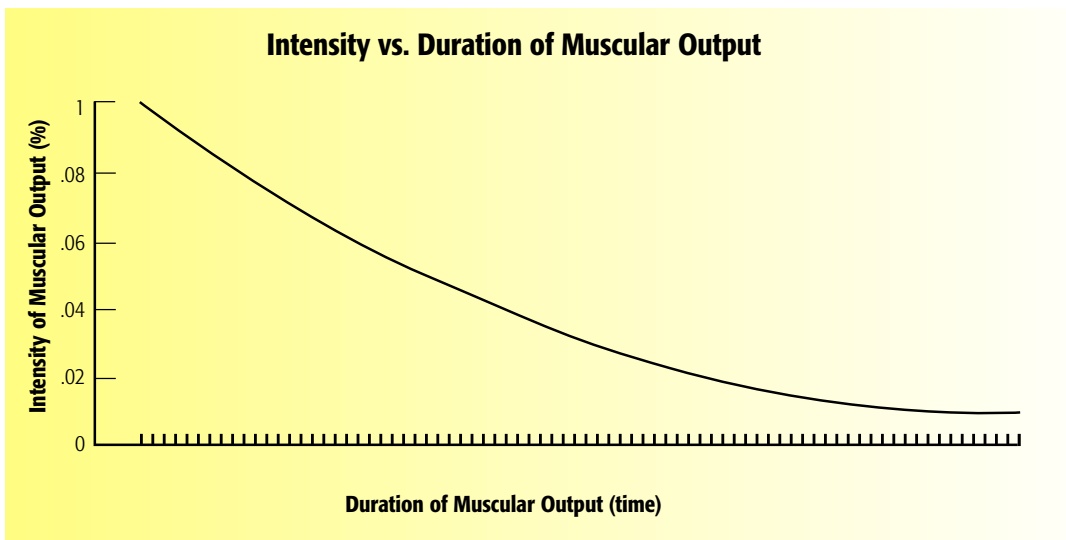
Time: 3 min. 45 sec.

Those results actually reflect a Power Factor of 4,644 an increase* of 29%! Don’t be surprised if you see gains like that. When you apply science to a problem, some wonderful things begin to happen. That’s why all our books are so successful and why our methods are so often called revolutionary.

(* How to calculate your percentage increase. New PF number - Old PF number = x. Then divide x by the Old PF number and multiply by 100. That’s your percentage increase.) *See calculator.*

Intensity vs. Duration

You can work out at a high intensity or you can work out for a long duration, but you can’t do both at the same time. This graph reflects this concept.



This simple concept of intensity vs. duration is one of the most overlooked facts in bodybuilding. Once you start using numbers to **measure** the intensity of your workouts, you'll be very aware of this concept. ***This concept is your friend.*** It keeps you from wasting time. It keeps you from frustration. It keeps you focused. Every workout makes you keenly aware that you need more intensity. That can only be achieved through having more muscle that can lift heavier weights and by reducing the duration of every exercise and every workout. This leads to great efficiency. Eventually it leads to the most intense and efficient system of training ever devised: *see Static Contraction Training.*



Warming Up

When I was younger (not long ago, really) I always worked out without the benefit of any warm up. I always got away with it and never had a serious injury. But I realize I was just lucky. A warm up is great insurance against a strain or injury.

Now I recommend that everyone spend a few minutes doing a warm up before beginning every strength training workout. So people ask me, "What's the best way to warm up? How long should I do it?" The problem is ... warming up is highly subjective. It depends on several factors including your age, your level of conditioning, your history of injury, what you're wearing and even the temperature of the gym. In the end, you have to make your own evaluation of whether you feel ready to do some heavy lifting.

That said, ***here is what I recommend.*** Do ten to 15 minutes on the treadmill, LifeCycle® or similar aerobic equipment. Just go at a brisk pace but not anything that gets anaerobic or high intensity. Then before each weight lifting exercise do 15 - 20 reps with about 1/3 of the weight you'll be lifting. I do the reps in the 2-4 inches of my strongest range. (I never do full range reps anymore. Save that flexibility stuff for yoga class ... with no weights.) Even when I'm going to do a static hold, I first do a few very short reps in the strongest range with less than half of what I'll be lifting statically.

Using this technique I've never had an injury. If I were nursing an old injury, I'd do a little extra warming up there ... assuming my physician said it was OK to be working it at all.

One more thing. Never let your warm-up become part of your workout or your workout calculations! Doing so leads to more and more strenuous warm-ups and that will defeat the purpose ... soon you'd have to warm-up for your warm-up. I'm getting overheated just writing about it.



The Best Power Factor Training Workouts

Power Factor Training is divided into two workouts that each involves half of the major muscles of the body. Always perform these workouts in the order, A, B, A, B, A, B etc. A training frequency of twice per week (the maximum frequency - for beginners only) would look like this:

Mondays: Workout A

Thursdays: Workout B

Workout A

1. Shoulders
2. Trapezius
3. Triceps
4. Biceps
5. Abdominals

See: Photos & Explanation - Workout "A"

Workout B

1. Lower Back
2. Chest
3. Upper Back
4. Legs
5. Calves

See: Photos & Explanation - Workout "B"

What Weight to Use

You will be training in your strongest range of motion only. That means you will be able to lift heavier weights than you normally do. To do that safely you should always use a training partner or a power rack or Smith machine.

Expect to be able to lift 25-100% more weight than normal. If you do full range bench presses with 200 pounds now, expect to be able to strong-range bench press 250-400 pounds. There are exceptions, Tony Robbins was one of them. *(See Tony Robbins)*

Use your first two workouts (A & B) as experiments to determine what weights you can use to start. Your third and fourth workouts are where your real progress will become noticeable.

Movement

You will perform a partial repetition of approximately 2 to 4 inches of movement. Be careful to not to “lock out” the weight. The cadence of reps will be faster than normal because of the reduced distance. Fifteen to 25 reps per set is normal but experiment to find your sweet spot.

Sets and Repetitions

Remember, you need to experiment to find your “sweet spot”. But as a rule of thumb: *(See Overload)*

Beginners: do your first six workouts using one set per exercise

Intermediates: do one to three sets per exercise, depending on where your sweet spot lies and how you respond to multiple sets.

Advanced trainees who have reached the limits of where the intermediate training can take them (and certain distance runners): Do three or five sets per each exercise. *(See Alpha and Beta)*

What Frequency to Train

If you are just beginning, you can train twice per week to start. Within three weeks you **MUST** change to once per week if you want to continue making progress. After about four weeks (your numbers will tell you exactly when) you'll have to change to once every ten days or two weeks. Two months after that, you'll be training once every three or four weeks. That means Workout A once in January, Workout B once in February, Workout A again in March, etc. *(Read more about frequency of training.)*

Time Keeping

Use a stopwatch to record how long it takes you from the beginning of the first rep of your first set to the last rep of your last set. Keep the stopwatch running the whole time - even while you are resting, catching your breath or getting a drink of water. Soon you'll visibly see how wasting time sacrifices intensity.

Write Down Your Numbers

Write down what you do on a log sheet and calculate your Power Factor and Power Index numbers for each exercise! These numbers ensure you are achieving high intensity and progressive overload. Without knowing these numbers you will overtrain very soon. *(See Log Sheet, Calculator, Custom Engineered.)*

Caution And Warning!

This program involves a systematic progression of muscular overload that leads to the lifting of extremely heavy weights. As a result, a proper warm-up of muscles, tendons and ligaments is mandatory at the beginning of every workout.

As this is a very intense program, it requires both knowledge of proper exercise form and a base level of strength fitness. Although exercise is very beneficial, the potential for injury does exist, especially if the trainee is not in good physical condition. Always consult with your physician before beginning any program of progressive weight training or exercise. If you feel any strain or pain when you are exercising, stop immediately and consult your physician.

Photos and Explanations of PFT Workout “A”

These are **new** workouts designed to deliver the highest muscular overload to each muscle group. The exercises are listed in the order of their potential intensity, as measured through a recent Power Factor study.

Workout A

1. Shoulders:

Pick One of - Seated Shoulder Press OR Hammer Strength Shoulder Press OR Press Behind Neck OR Standing Shoulder Press OR Similar Machine



Seated Shoulder Press

Notice how the smith machine safely limits the range of motion.



Hammer Strength Shoulder Press



Press Behind Neck

This is the top of the position, just lower the bar 2-4 inches from here.



Standing Shoulder Press

Perfect placement of the safety bars in the power rack, see how he only has to lift the weight a couple of inches?

2. Trapezius



Barbell Shrug

The safety bars are a little low in this power rack. This model had to dead lift the weight before he could shrug it. Once you are holding the weight, just shrug your shoulders enough to move the weight an inch or two ... don't try to get your shoulders to touch your earlobes.

3. Triceps:

Pick One of - Hammer Strength Dip Machine OR Close Grip Bench Press OR Weighted Dips OR Other Triceps Machine



Hammer Strength Dip Machine

Get a partner to help lift the weight stack up into position or to stand behind you and help you press it down into your strongest range.



Close Grip Bench Press

Notice how the power rack holds the bar right where he needs to start. Just use your triceps to straighten your elbows, don't use chest muscles.



Weighted Dips OR Other Triceps Machine

You'll need to add weights to a belt in order to ensure progressive overload using dips.

4. Biceps:

Pick One of - Seated Barbell Curl OR Standing Barbell Curl OR Hammer Strength Biceps Machine OR Similar Machine OR Preacher Curl



Seated Barbell Curl

Strong range curls can be tricky. Keep the range of motion in the top third, but not so close to your chest that the load decreases.



Standing Barbell Curl

Be careful not to lean back.



Hammer Strength Biceps Machine OR Similar Machine



Preacher Curl

Make sure you have a strong partner lift the weight into your strongest range and keep you from lowering the bar too far.

5. Abdominals:

Pick One of - Low Pulley Crunches OR Weighted Incline Crunches
OR Weighted Crunches.



Low Pulley Crunches

Note the rope he is holding and that the weight stack is elevated about two inches. Perfect.



Weighted Incline Crunches



Weighted Crunches

Just get your shoulders off the ground.



Photos and Explanations of PFT Workout “B”

These are *new workouts* designed to deliver the highest muscular overload to each muscle group. The exercises are listed in the order of their potential intensity, as measured through a *recent Power Factor study*.

Workout B

1. Lower Back :

Pick one of Deadlift or Weighted Hyperextensions



Deadlift

Position the bar just above the knees. Keep your back straight and use your lower back muscles to stand up.



Weighted Hyperextensions

You can also use a barbell for more weight. Use the back muscles (not the arms) to raise the weight an inch or two off the floor.

2. Chest

Pick one of Bench Press OR Decline Bench Press OR Cable Crossovers.



Bench Press

Notice the safety bars - well positioned so the weight only moves a few inches.



Decline Bench Press

Use a spotter or power rack!



Cable Crossovers

The power is in the last few inches.

3. Upper Back:

Chose one of Close Grip Chins OR Hammer Strength Pulldown machine OR Barbell row OR T Bar Row OR Cable Rows OR Lat Pulldown



Close Grip Chins

You'll need to add weigh to a belt in order to ensure progression.



Hammer Strength Pulldown machine

Use a partner to help you "cheat" the weight into position.



Barbell Row

You don't need to stand on a box. Just use your lats to raise the weight an inch or two.



T Bar Row



Cable Rows

Keep your back stationary and just use your lats to raise the weight stack an inch or two.



Lat Pulldown

Just use your lats. Don't bend your elbows.

4. Thighs:

Pick one of Leg Press OR Hack Squats OR Squats



Leg Press

Notice he is just moving the weight the last inch or two. (The safeties are up.)



Hack Squats



Squats

Perfect placement of the safety bars. He only has to straighten up an inch or two and he's holding the weight.

5. Calves:

Pick one of Standing Calf Raise OR Toe Press



Standing Calf Raise



Toe Press

The weight is on the safety stops ... his toes move it up an inch.

Power Factor and Power Index Calculations

When you do a workout, keep track of each weight you lift, how many reps and sets you do and how long it takes. Here is what we'll do with those numbers. And don't let a little math throw you, it's very basic stuff and it will be very worthwhile to you! and now you can use a *new calculator*.

a) Add up the total weight lifted. For example,

1 set of 12 reps with 200 lbs = 2,400 lbs

1 set of 10 reps with 210 lbs = 2,100 lbs

1 set of 7 reps with 220 lbs = 1,540 lbs

Total weight is 2,400 + 2,100 + 1,540 = 6,040

b) Divide the total weight by the number of minutes it took to lift it. For example, if it took 4 and a half minutes:

$$6,040 / 4.5 = 1,342$$

Now you know your Power Factor is 1,342 lbs/min in that exercise.

Microsoft Excel® Calculator

To make these calculations a snap I created a very simple calculator program in Excel.

Here is one for *Excel 5.0*

And here is one for the older, *Excel 4.0*

Please note you have to already own the Excel program in order for these to work. If you don't have Excel, a simple hand held \$5 calculator will do the math for you.

$$\text{Power Factor} = \text{Total Weight} \div \text{Time}$$

$$\text{Power Index} = (\text{Total Weight})^2 \div \text{Time} \div 1,000,000$$

People are all the same and they're all different. Huh? OK, we all have the same physiology. None of us reading this is a fish. (Although I did have this shop teacher in high school ...) However, there is some pretty interesting variation between all of us. So some of us end up with a lagging bodypart or two, even when our training is otherwise very productive and efficient.

What Do You Do?

Well, the only thing you can do is focus a little more of your energy and recovery ability on the exact muscles that are lagging. That's why you might need a specialized, focused routine for your one lagging bodypart.

Since we don't know what your lagging part is, we had to devise workouts for all of them. How did we go about that? Scientifically, of course. We measured! We examined the most common exercises and we tested each of them with a group of trainees to determine which exercises delivered the highest overload to each targeted muscle. It was a ton of work and the full results are in our specialization books. [Link to More Information] But you just want the "meat" right? OK this e-book has specialized routines for:

Chest (*see Best Chest Workouts*)

Arms (*see Best Arm Workouts*)

Shoulders (*see Best Shoulder Workouts*)

Back (*see Best Back Workouts*)

Abdominals (*see Best Abdominal Workouts*)

Legs (*see Best Leg Workouts*)

Each of these categories breaks down into more specifics so you can just focus on, say, your triceps.

Here's What to Do

Suppose all your numbers are going up except for your triceps. Since your other numbers are going up, you can't be overtraining. It must mean your triceps need more stimulation.

On your next workout, leave your triceps exercise until the end. Instead of doing the one exercise you normally do for triceps, substitute the specialized triceps routine. It that easy. Do that for three triceps workouts.

If you don't see an increase in your triceps numbers by the third workout, do this new routine: Split your entire routine into and A, B, C routine. A and B stay the same as always except you don't do anything for your triceps. Workout C is only triceps. This strategy fits into whatever your current training frequency is. If you train once every two weeks, it's:

A - then two weeks off

B - then two weeks off

C - then two weeks off

A - etc.

After three of these workouts you'll be buying new shirts!

The Best Shoulder Workouts

We went into the gym and tested the muscular overload created by 27 popular shoulder exercises. Here are the winners.



Anterior/Lateral Delts

Seated Smith Machine Shoulder Press



Hammer Strength Machine Shoulder Press



Seated Barbell Press Behind Neck

Here's what to Do:

High Alpha Workout

- 1 Set of Seated Smith Machine Shoulder Press
- 1 Set of Hammer Strength Shoulder Press OR Similar Machine
- 1 Set of Seated Barbell Press Behind Neck

Note: The Standing should Press is excellent when weights get very high and seated exercises begin to put compression strain on the spine. I've used Standing Shoulder Presses to lift 550 pounds, which I could never do in a seated position.

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

- 4 Sets of Seated Smith Machine Shoulder Press
- 4 Sets of Hammer Strength Shoulder Press OR Similar Machine
- 4 Sets of Seated Barbell Press Behind Neck



Trapezius Barbell shrug

Nothing else comes close to this exercise. If your traps are lagging, try this.

Here's What to Do:

High Alpha Workout

2 Sets of Barbell Shrugs

Rest

2 Sets of Barbell Shrugs

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout.

High Beta Workout

4 Sets of Barbell Shrugs

Rest

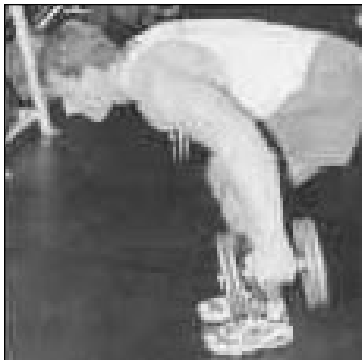
4 Sets of Barbell Shrugs



Rear Delts

Standing Bent-Over Dumbbell Lateral

Nothing else comes close to this exercise.



Here's what to Do:

High Alpha Workout

2 Sets Standing Bent-Over Dumbbell Laterals

Rest

2 Sets of Standing Bent-Over Dumbbell Laterals

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout.

High Beta Workout

4 Sets Standing Bent-Over Dumbbell Laterals

Rest

4 Sets of Standing Bent-Over Dumbbell Laterals

The Best Arm Workouts

We went into the gym and tested the muscular overload created by the most popular arm exercises. Here are the winners.

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

Triceps



Hammer Strength Dip Machine



Close Grip Bench Press



**Seated Barbell Triceps Extensions
(or Weighted Dips)**

Here's what to Do:

High Alpha Workout

- 1 Set of Hammer Strength (or similar machine) Dips
- 1 Set of Close-Grip Bench Press
- 1 Set of Seated Triceps Extensions OR Weighted Dips

High Beta Workout

- 4 Sets of Hammer Strength (or similar machine) Dips
- 4 Sets of Close-Grip Bench Press
- 4 Sets of Seated Triceps Extensions OR Weighted Dips

Biceps



Seated Barbell Curl



Standing Barbell Curl



**Hammer Strength Biceps Curl
(or Preacher Curl)**

Here's what to Do:

High Alpha Workout

- 1 Set of Seated Barbell Curls
- 1 Set of Standing Barbell Curls
- 1 Set of Hammer Strength Biceps Curls OR Preacher Curls

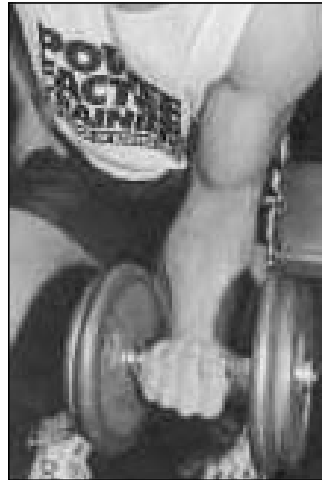
High Beta Workout

- 4 Sets of Seated Barbell Curls
- 4 Sets of Standing Barbell Curls
- 4 Sets of Hammer Strength Biceps Curls OR Preacher Curls

Forearms



Standing Barbell Wrist Curl Behind Back



Seated Dumbbell Wrist Curl



Seated Dumbbell Reverse Wrist Curl



Seated Barbell Reverse Wrist Curl



Standing Barbell Reverse Curl

Here's What to Do:

High Alpha Workout

- 1 Set of Standing Barbell Wrist Curl Behind Back
- 1 Set of Seated Dumbbell Reverse Wrist Curl OR Seated Barbell Reverse Wrist Curl
- 1 Set of Standing Barbell Reverse Curl

High Beta Workout

- 4 Sets of Standing Barbell Wrist Curl Behind Back
- 4 Sets of Seated Dumbbell Reverse Wrist Curl OR Seated Barbell Reverse Wrist Curl
- 4 Sets of Standing Barbell Reverse Curl

The Best Chest Workouts

We went into the gym and tested the muscular overload created by the ten most popular chest exercises. Here are the winners.



Barbell Bench Press



**Decline Barbell
Bench Press**



**Bilateral High Pulley
Cable Crossover**

Here's What to Do:

High Alpha Workout

1 set of Bench Press

1 set of Decline Bench Press OR Cable Crossovers

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

4 sets of Bench Press

4 sets of Decline Bench Press OR Cable Crossovers

Make CERTAIN your numbers go up every workout.

Three of these workouts will stimulate growth in everyone but a corpse.

The Best Back Workouts

We tested eighteen common back exercises. Here are the best.

Upper Back



Close-Grip Underhand Chin-up

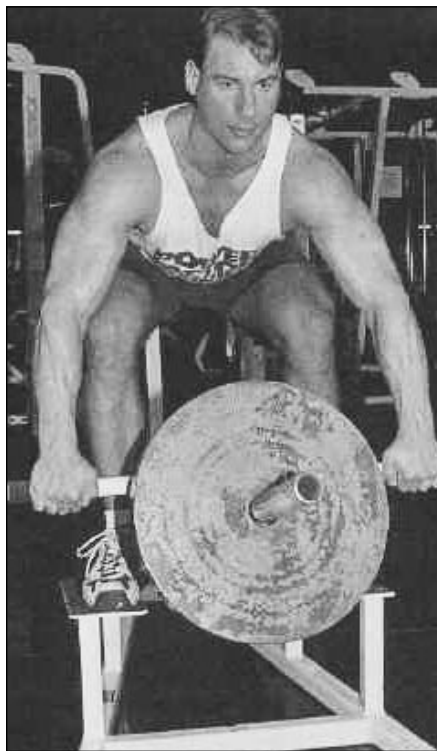
Just use your traps/lats to pull you up an inch or two.



Hammer Strength Pull Down



Barbell Row



T-Bar Row



Wide-Grip Lat Pulldown



One Arm Lat

TIP: One-Arm Lat Pulldowns have the effect of doubling your weight stack!

Here's What to Do:

High Alpha Workout

1 Set of Close-Grip Underhand Chin-up (If you are strong enough. Then add weight each workout.)

1 Set of Hammer Strength Pull Down OR Similar Machine

1 Set of Barbell rows OR T Bar Rows

Or you can substitute one set of wide grip Lat Pulldowns.

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

4 Sets of Close-Grip Underhand Chin-up (If you are strong enough. Then add weight each workout.)

4 Sets of Hammer Strength Pull Down OR Similar Machine

4 Sets of Barbell rows OR T Bar Rows

Or you can substitute 4 sets of wide grip Lat Pulldowns.

Lower Back



Barbell Deadlift



Low Pulley Row

TIP: Keep your arms locked out and use your lower back to keep tension on the cable.



Weighted Hyperextension

Here's What to Do:

High Alpha Workout

- 1 Set of Barbell Deadlifts.
- 1 Set of Low Pulley Rows (arms locked)
- 1 Set of Weighted Hyperextensions

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

- 4 Sets of Barbell Deadlifts.
- 4 Sets of Low Pulley Rows (arms locked)
- 4 Sets of Weighted Hyperextensions

The Best Abdominal Workouts

We rated nine common abdominal exercises. Here are the ones that will do the job best. Hey ... compare these to the intensity of these to those crappy devices you see sold on late-night TV.



Weighted Crunches

Notice the model is holding the rope handles and the weight stack is up about 4 inches.



Weighted Incline Sit-ups on Slant Board



Weighted Sit-up on Floor

TIP: Just get your shoulders off the floor, no need for a full sit up.



Side Bends with Dumbbell

This one is just for the obliques.

Here's What to Do:

High Alpha Workout

- 1 Set of Weighted Crunches
- 1 Sets of Weighted Sit-up on Floor OR on Slant Board
- 1 Set of Side Bends with Dumbbell

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

- 4 Sets of Weighted Crunches
- 4 Sets of Weighted Sit-up on Floor OR on Slant Board
- 4 Sets of Side Bends with Dumbbell

The Best Leg Workouts

We rated fifteen common leg exercises. These were best.

Thigh



Leg Press



Hack Squat



Squats

Here's What to Do:

High Alpha Workout

- 1 Set of Leg Press
- 1 Set of Hack Squats
- 1 Set of Squats

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

- 4 Sets of Leg Press
- 4 Sets of Hack Squats
- 4 Sets of Squats

Calf



**Standing Calf Raise
(Machine)**



Toe Press on Leg Press

Here's What to Do:

High Alpha Workout

1 Set of Calf Raises

1 Set of Toe Presses

If you are a distance runner, cyclist or an endurance athlete of any kind (including some martial artists) try a Beta Workout

High Beta Workout

4 Sets of Calf Raises

4 Sets of Toe Presses

Static Contraction Training

Minimum Dosage/ Maximum Efficiency Exercise

I've already told you [Link To Genesis of SCT] about how we evolved toward Static Contraction Training. From the beginning, I was interested in efficiency. I want to get in and out of the gym as fast as possible with the best results possible. People already knew about the maximum exercise a human could tolerate ... just look at how people became champion bodybuilders ... twenty five sets per bodypart, six days a week!! Yeah, right! I can roll a peanut with my nose, but is that the best way to move it 100 feet? I wanted to know how little exercise would stimulate muscle growth. (Why use radical chemotherapy on a headache? How about one aspirin? Or one half of one aspirin?)

It turns out that when you actually investigate these issues with an open mind, there's a ton of good things to learn:

Do you really need to work out three days a week to stimulate new muscle growth? No.

Do you really need to get back to the gym within 72 hours or risk losing muscle? No.

Do you really need to lift weights in a position of weakness that invites injury? No.

Do you really need drugs or expensive supplements to build 30-40 pounds of new muscle? No.

Do you really need to perform 3 or 4 exercises for each bodypart? No.

Do you really need to work out for 45 - 60 minutes? No.

The truth is that while the human body will withstand all of the above ... it really isn't necessary in order to build new muscle!

Productive, intense, muscle-building workouts can be spaced weeks apart, involve just holding weights in the safest possible range, and can be very brief.

How Brief?

We have now tested all the way down to **5 to 10 second holds**. So a complete workout consists of only five exercises lasting a total of 25 to 50 seconds!! And the frequency of training quickly gets to only two or three workouts a month. Many advanced trainees are training once every six weeks and seeing consistent improvement every workout. So much for that “you start to lose the new muscle after 72 hours” B.S.

Revolutionary

This leads me to the Number One question I get from trainees ... “Which should I do, Power Factor or Static Contraction Training?” The number two question is, “Which is better?” My answer is, “Better by what measure?” Nothing is more efficient than SCT. But PFT appeals to “hardcore” trainees who love to train and like to be in the gym. If that’s you, I suggest starting with the PFT routine and taking it as far you can. When it starts to get stale, switch to SCT ... but, when you switch, be mentally prepared to spend a lot less time working out. SCT is the ultimate high Alpha strength routine. Very intense and very brief. (Note: At PrecisionTrainer.com **we are now conducting a study** of a side-by-side comparison of PFT and SCT to definitively measure the the relative merits of each system.)

To have real science in bodybuilding requires this kind of testing and evaluation. There are too many myths in bodybuilding ... too much gym lore that has absolutely no foundation in reality. We started with ourselves as the Power Factor guinea pigs; then we used other bodybuilders to perform the original Static Contraction Research Study; then we used golfers to conduct a Static Contraction study on golf performance, then more bodybuilders to measure the overload of individual specialization exercises. Now I’m doing the biggest study so far. This is the way old knowledge is verified and new knowledge is discovered.

This type of training has been called revolutionary ... and for good reason. It turns almost every myth about strength training on its ear. NASA

is now examining static exercise for space missions. (Hey, who wants to lug iron into space if you can press against a hydraulic ram instead?)

A Static Contraction *home exercise machine* is under development. This will permit all of the best exercises to be performed in your home with resistances that are unachievable with conventional equipment.

I believe the day is coming when people achieve their optimum muscularity by doing thirty seconds of exercise once per month ... or about as often as they get a haircut.

That's what I call training smart!

Get started.



Keeping A Log

Monitoring High Intensity/Progressive Overload/Frequency

Every time you go into the gym to stimulate new muscle, you need a plan!

Want a laugh? (Or cry?) Look around the gym next time and watch how many people just sort of wander from machine to machine and pump out a few reps. Then move on. Even the guys who seem to be there every day just pound away at the same exercises with the same weights and their physiques never seem to change ... despite the hundreds of hours they pour into their training.

If you're a cynic you laugh at these guys. If you're compassionate you feel sorry for them -- I won't tell you which I am. ;-) -- ... but I am trying to help.

I think these *new log sheets* will help you.

I created them to be used with both PFT and SCT. The Power Factor elements are blue and the Static Contraction elements are red. The common elements are in black ink.

Use one sheet for each workout. These will allow you to compare workouts to ensure that your intensity (and muscle growth stimulation) are progressing every time you go to the gym.

(see Log Sheet)

This pdf file requires Adobe Acrobat Reader. This is a free program available at www.adobe.com



Static Contraction Training Workouts

Static Contraction Training is divided into two workouts that each involve half of the major muscles of the body. Always perform these workouts in the order, A, B, A, B, A, B etc. A training frequency of twice per week (the maximum frequency - for beginners only) would look like this:

Mondays: Workout A

Thursdays: Workout B

Workout A

1. Shoulders
2. Trapezius
3. Triceps
4. Biceps
5. Abdominals

(see Photos & Explanation - Workout "A")

Workout B

1. Lower Back
2. Chest
3. Upper Back
4. Legs
5. Calves

(see Photos & Explanation - Workout "B")

What Weight to Use

You will be training in your strongest range of motion only. That means you will be able to lift heavier weights than you normally do. To do that safely you should always use a training partner or a power rack or smith machine.

Expect to be able to lift 25-100% more weight than normal. If you do full range bench presses with 200 pounds now, expect to be able to strong-range bench press 250-400 pounds. There are exceptions, Tony Robbins (*see Tony Robbins*) was one of them.

Use your first two workouts (A & B) as experiments to determine what weights you can use to start. Your third and fourth workouts are where your real progress will become noticeable.

Static Holds

We have now determined that static holds can be **reduced to 5 to 10 seconds with outstanding results**. If you can only hold a weight for 5 seconds, it is the correct weight. Next workout you should try to hold the weight for up to 10 seconds. If you hold it 10 seconds, it's time to increase the weight so you can only hold it for 5 seconds. This is the Static Contraction simplified method of ensuring very high intensity and progressive overload.

Remember, you need to experiment to find what you are capable of holding statically. Ninety percent of trainees should start with workouts using one set per exercise. If you are a distance runner [Link to Alpha & Beta] or martial artists with extraordinary endurance you might do better with three or four sets. Use the numbers from your first four workouts to adjust your training as required.

Sets and “Repetitions”

You don't really do “reps” with Static Contraction because there is no movement ... but you know what I mean. Some trainees respond well to two or more sets of one static “rep”. As a rule of thumb:

Beginners: do your first six workouts using one set per exercise

Intermediates: do one to three sets per exercise, depending on how you respond to multiple sets.

Advanced: trainees who have reached the limits of where the intermediate training can take them (and certain distance runners) [Link to Alpha & Beta]: Do three or five sets per each exercise.

What Frequency to Train

If you are just beginning, you can train twice per week to start. Within three weeks you **MUST** change to once per week if you want to continue making progress. After about four weeks (your numbers will tell you exactly when) you'll have to change to once every ten days or two weeks. Two months after that, you'll be training once every three or four weeks. That means Workout A once in January, Workout B once in February, Workout A again in March, etc. (*see Frequency of Training*)

Write Down Your Numbers

Write down each weight and the number of seconds you held it. Put them on your **new** SCT Log Sheet. These numbers ensure you are achieving high intensity and progressive overload. Without knowing these numbers you will overtrain.

Caution And Warning

This program involves a systematic progression of muscular overload that leads to the lifting of extremely heavy weights. As a result, a proper warm-up of muscles, tendons and ligaments is mandatory at the beginning of every workout.

As this is a very intense program, it requires both a thorough knowledge of proper exercise form and a base level of strength fitness. Although exercise is very beneficial, the potential for injury does exist, especially if the trainee is not in good physical condition. Always consult with your physician before beginning any program of progressive weight training or exercise. If you feel any strain or pain when you are exercising, stop immediately and consult your physician.



The Tony Robbins Story

One quiet day in Idaho my phone started ringing, my e-mail thing kept going “ding dong” and voice mail messages started piling up. Five miles across town, John Little was experiencing the same thing.

Tony Robbins was looking for us! More accurately, some of the friendly people who work for Tony were looking for us. Right now! And, believe me, they were taking what Tony calls “massive action.” When they finally reached us we were told, “Tony’s started Static Contraction Training and he loves it! He wants to meet with you guys right away and make a video.”

A few days later his Lear 35A biz jet landed in Boise and we were in front of the cameras and in the gym showing Tony everything. If you’ve seen his video (he sells it ... not us) you know he was pretty jazzed about how much weight he lifted. A 500 pound bench press and a 2,200 pound leg press!!

But it wasn’t until a few days after he left that I learned my biggest lesson from our experience with Tony.

Here’s what happened.

During videotaping, we asked Tony what weight he normally bench-pressed. He said, as big as he is, (6’6”) he didn’t have much upper body strength and could “only” bench about 180 pounds.

So we set him up with about 300 pounds in a power rack so he only had to lift it in his strongest range and hold it for 10 seconds. Bang. Easy. We bumped the weight to 390. He did it. We increased it to an amazing 450 pounds and ... he did it. He was absolutely jazzed! He couldn’t believe he hoisted 450 pounds! It was more than double what he normally worked with.

As taping continued, we chatted about his bench press and he told me how happy he was to have lifted that weight and how he could feel it working his chest muscles so thoroughly. He never thought he’d be able to hoist so much in the bench press. (Not his best area of strength, remember.)

I mentioned to him that I thought he handled the 450 pounds well and probably “had 500 in him” that day. His eyes twinkled. We continued

taping the rest of the exercises, but Tony kept glancing back at that power rack and the heavy barbell resting in it. At the end of the shoot Tony asked, "Pete, would you and John mind setting up that barbell for 500?" So we piled on some more plates and Tony positioned himself in the power rack. On his first attempt he rammed up the 500 pounds and held it there for a full count of ten!

There were many congratulations as, by this time, Tony had also performed a strong range leg press of 2,200 pounds! It was a day I'll never forget.

But here's the lesson.

Sometime later I realized that, at first, Tony underestimated what he was capable of. He was hampered by his perceived limitation of his upper body strength. So what? Well, Tony Robbins is the absolute King of Not Being Limited by Your Perceived Limitations! And perceived limitations are a common thing in Power Factor and Static Contraction Training. I'm always telling people they can do much heavier lifts than they think. But now I understand how powerful this is ... if Tony Robbins can underestimate himself ... what chance do the rest of us have???

So when you try strongest range training for the first time, expect to do something extraordinary. It is absolutely amazing to see what the human body is capable of doing. I talk to phone consultation clients who are now (after a few months of training) doing 3,000+ pound leg press and one guy who is doing 1,500 pound shrugs and shooting for 2,000! So please don't let your perceptions limit your effort.

Lesson Number Two

Tony didn't stay "limited" for long. He tested! He deliberately tried to press beyond his perceived limitation and he was richly rewarded. I think he does that all the time in every way he can. That's why he's an icon of success and high-level human performance.

The moral of this story is that you should not limit yourself by your perceptions of what you can achieve in the gym. You can do far more than you think you can. Even Tony Robbins did more than he thought he could!

The 1,000 Pound Shrug Story

During the development of Static Contraction Training, John and I picked a couple of exercises to focus on as measurements of how far we could develop.

Because of the equipment available at a local gym where we trained, we picked the Hammer Strength High Row machine and the Shrug machine. These were more or less random choices that were only due to equipment availability.

Over the next four months we performed these two exercises about once every two weeks. We'd do a ten second static hold in the strongest range. That's it. Ten seconds, then back to the treadmills or the racquetball court.

At the end of four months, I performed a 900-pound High Row and a 1,000-pound shrug! That's a lot. That draws a crowd in a gym. Partly because after you fully load the machine, you have to place an Olympic barbell across it and add another four or five hundred pounds of plates to the barbell so you end up with quite a menacing contraption.



By the way, if you still want to hoist really heavy iron, I strongly suggest you buy a good pair of lifting hooks. (See below) Personally, my grip (getting slightly arthritic) is good for only about 400 pounds, but my other muscles are capable of more so if I want to work them maximally, I need the hooks.

After those two lifts (on the same day) we started thinking about how high the weight could go. 1,200? 1,500? Then it hit me. What for? How strong do I need my trapezius muscles to be? And, by the way, it hurts like hell to hold that 1,000 pounds. It drives your feet into the ground and grinds your spinal vertebrae together. And in the grand scheme of things, what percentage of people on this earth can shrug more than 1,000 pounds? 0.0001 percent maybe? (That would be 6,000 of us.) And in what other category of life am I at 0.0001 percent. Intellect?

How to Get Started - Today!

If you are a complete beginner to weightlifting, I designed a *new* 4 week simplified conditioning program to get you ready for Power Factor or Static Contraction Training. These five basic exercises are excellent for building up your strength and your tolerance for exercise.

Do this workout once per week for four weeks:

For PFT do one set of 20 repetitions. For SCT do one 5 to 10-second static hold.

Each time you do this workout, increase each weight by ten percent.



1. Strong Range Bench Press



2. Strong Range Squat



3. Strong Range Shrug



4. Strong Range Seated Barbell Curl



5. Strong Range Hammer Strength Dip Machine (or other triceps machine)

What Weight to Use

You will be training in your strongest range of motion only. That means you will be able to lift heavier weights than you normally do. To do that safely you should always use a training partner or a power rack or smith machine.



Expect to be able to lift 25-100% more weight than normal. If you do full range bench presses with 100 pounds now, expect to be able to strong-range bench press 125-200 pounds. There are exceptions, *Tony Robbins* was one of them.

Time to Move Up

After four weeks on this routine, switch to a *Power Factor* or *Static Contraction* routine and begin with a frequency of once per week for two weeks, then switch to once every ten days and let your personal numbers on your *log sheets* guide you from there.

Training Frequency: How to Make Progress - Every Workout!

If you want to make constant progress every workout you have to space workouts farther and farther apart. Why? Because the amount of work you are doing each workout is increasing and that means the rest of your body needs more time to recover.

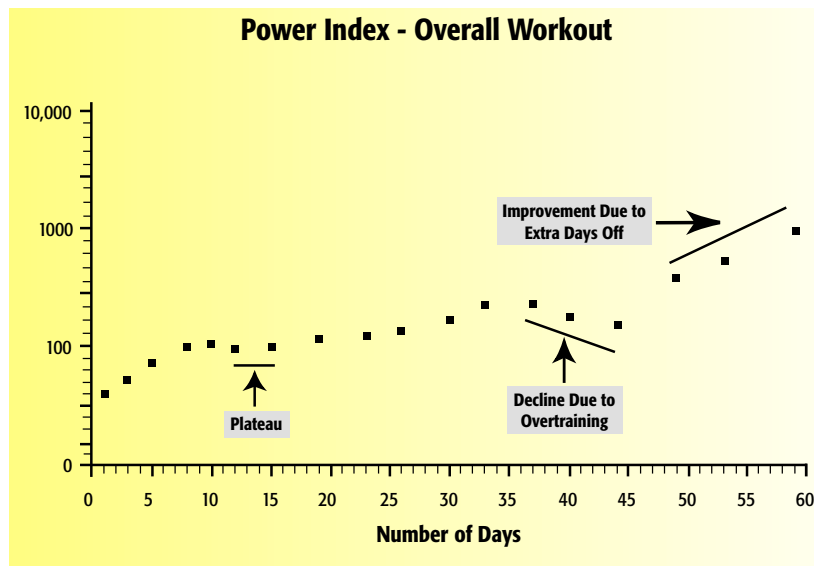
“Every Day is Kidney Day”

You know those guys in the gym who say, “Today is my leg day. Yesterday was my chest day.”? Well those guys all have kidneys, livers and pancreases that are saying, “We don’t give a damn what “day” it is, we’re exhausted!”

The only way to train frequently is to cut back on intensity ... and when you cut back on intensity there is NO REASON for new muscle to grow! So ... train smart! ... cut back on frequency.

Below is a graph of a subject’s Power Index numbers. It reflects a typical pattern of: progress ... plateau ... progress ... decline. That decline would have led to the cessation of training in most people. But because he was keeping track of his progress mathematically, he was able to immediately adjust the frequency of his workouts so that progress could resume.

Remember, it’s Stimulate ... Recover ... Grow. You must recover 100% before each workout.



A Frequency Adjustment is Progress!

As you increase the power of your muscles, they are able to perform more work. To recover from the extra work you have to space your workouts further apart ... think of it as a tribute to your success! Enjoy it. A beginner can start out at twice a week (OK ... 3 times if you're recovering from an addiction to periodization ... that's little a joke.) But within a month you'll have to be down to a frequency of once per week. Count on it.

Increase your intensity of workouts and decrease your frequency of workouts. The key to constant improvement is to balance these three elements:

High Intensity - high enough to stimulate NEW muscle growth!

Progressive Overload - more overload than last workout because now you're stronger!

Frequency of Training - keeps reducing because of the increased work per workout.

This is science ... but it isn't rocket science. It's really quite easy when you know some facts and have clear objectives.

New Automation!

Now all of your weights, reps, hold times, training frequency and recovery calculations can now be performed automatically at the new *Precision Trainer website*.



How to Maintain Your Muscularity - for Life!

Here is some *good news* for you. If you are in the slightest agreement with what I said in my *shrug story*, you are going to love this. Once you are satisfied with the level of muscularity you have achieved, I recommend you do this: If you haven't done so already, switch to Static Contraction Training for the last couple of months of training and establish what you can do in each of the ten exercises.

When you know what you are capable of holding for five seconds in each exercise, set a date on the calendar to perform half the exercises. Set a second date (perhaps six or ten weeks later, depending on your recent training frequency) to perform the other five exercises.

For example, if you have been training once every eight weeks, you'd pick a date in January, March, May, July and so on. In January and May, you'll perform exercises 1-5 and in March and July exercise 6-10.

That's right! That's how little it takes to maintain your muscle at any age. You can maintain your present level of muscularity with 25 seconds of exercise every two months. People are doing it right now.

Why is this possible? Because they train smart!



Frequently Asked Questions

Q. Which is better for me, Power Factor or Static Contraction Training?

A. If you want fast, efficient workouts, SCT is better. But if you're one of those people who loves working out ... a two minute workout can seem like a disadvantage. That's why I recommend hardcore bodybuilders do PFT. When they get used to briefer workouts and steady progress, they find it easier to switch to SCT.

Q. Will this training really work for me?

A. I don't know you so I can't promise you PFT or SCT will put 20 pounds of muscle on you. What I can promise is, if you follow it to the letter, it will allow you to overload your muscle to the absolute limits of which they are capable ... and that triggers maximum muscle growth!! The rest is up to your body. And that could mean 7 pounds of new muscle or it could mean 37 pounds of muscle.

Q. Can I do stretching?

A. Stretching is great and is a very neglected aspect of fitness. The more of it you do, the better. But NEVER use weights when stretching.

Q. Will my aerobic training interfere with my strength training?

A. In virtually all cases aerobic training will not interfere with strength training. (At least not to any significant degree I can determine.) The exceptions are the people who do really intense "aerobics" such as training for a marathon, running hills with weighted backpacks and the like. But overall, the intensity of muscular output during aerobics is far lower than what it takes to stimulate the big skeletal muscles.

Q. I'm most interested in your work with golfers. Where is the golfer's workout in this e-book?

A. The golfer's in our study used an early version of Static Contraction Training. Since that 1998 study we have refined and improved the SCT method itself and the SCT exercises for better, more efficient results. This newer information is in the TRAIN SMART! e-book. Golfers should use the ***SCT Workouts***.

Q. How much rest should I take between sets?

A. Most people do best with 30-90 seconds of rest between sets. Because you want to maximize overall exercise intensity, the less rest you take, the more intense the workout will be. But ... make sure you rest enough so that you do well on your next lift. Ideally, each set should use more weight than the last.

Q. I'm a woman and the workouts in PFT and SCT look like they're intended for men. Will they work for me?

A. The truth is that the muscle physiology of men and women is identical. What works for men, works for women. And an adult woman is capable of lifting some very respectable weights. (The "workouts" in women's magazine that feature a super model with a 2 pound dumbbell make me wince!) In fact, when we did our Static Contraction study on golfers, the four middle aged women on the study outpaced the four men in overall strength improvement.

Q. I can make my Power Factor numbers go up by reducing the weight but increasing the reps. Which is better, more weight or more reps?

A. In the vast majority of cases, lifting more weight yields more muscle stimulating benefit than doing more reps. This became really obvious with the advent of Static Contraction Training ... so much so that we discovered a static hold of just 5 seconds yielded the same benefit as a 20-30 second hold with less weight. That said, however, you should be mindful of the phenomenon of Beta strength. A minority of people (perhaps 10%) respond very well to a routine of slightly decreased weight but substantially increased duration. You can read about this here. [Link to Alpha & Beta]

Q. How do I know if I would be a person who would respond well to Beta workouts?

A. So far, I don't have a quick litmus test. But the trend is toward people who exhibit a high degree of muscular endurance. Distance runners,

cyclists, swimmers, and many martial artists seem to be in this category. If you have abilities in these areas, I suggest you try four or five Beta workouts and see how you respond.

Q. Now that I'm lifting really heavy weights, I find my hands and wrists get sore. Any suggestions?

A. You can solve both of these problem with one great product. I use and swear by the Harbinger Ultimate (not Classic) Wrist Wrap gloves. They have a gel in the fingers and palms that dissipates shock and they have an attached leather wrist strap that can really support your wrist. I see them for sale at most good sporting goods stores. While you're at it, try to buy a good pair of lifting hooks. They are indispensable for heavy deadlifts, shrugs and pulldowns.

Q. Can I do PFT or SCT on (Soloflex/BowFlex/Kaiser/Nautlius/etc.) equipment?

A. The key to generating ultra high intensity muscular overload is to reduce the range of motion to just your strongest and safest range. Some machines make this hard to do if working out alone. But if you have a partner who can help lift the weights in and out of position for you, you can adapt almost any equipment to strong range training. Also, a dedicated SCT machine is now available. Details [here](#).

Q. I want to improve my physiques but I don't want to get grotesquely muscular. Will I?

A. Lifting weights will make your muscles stronger and ... if you keep progressing ... bigger. The thing is, this can never, ever happen suddenly and unexpectedly. The nice thing about PFT and SCT is that they allow you to measure and monitor the progression of your training. When you get to the level of strength and muscle tone you want, you can easily switch to a ***maintenance program*** so that you maintain the physique and physical abilities you desire despite the ravages of the aging process.

Q. Is there a secret to getting ripped? (Ripped means very low bodyfat.)

A. I suppose the “secret” is that there is no secret. Getting ripped is a function of having larger muscles and less bodyfat that covers up those muscles. And the jury is in on how to reduce fat ... frequent aerobics. Aerobic activity burns a lot of calories because the low intensity can be sustained a long time. So make your muscles bigger with brief, infrequent, high intensity workouts, and reduce your fat with long, frequent, low intensity aerobic workouts.

Q. How much soreness should I expect after a workout?

A. Soreness doesn't tell us much. There is too much variation between individuals and even between workouts. Some people get sore after every workout and some never do. Just focus on getting your numbers to go up. Then everything looks after itself. Keep well hydrated and much of your soreness will decrease. Of course, if you have sharp or intense pain you should see your physician.

Q. I know I'm getting stronger, but I'm not sure I'm getting bigger or heavier. What gives?

A. If gaining muscle is important to you and you like to weigh yourself to check your “gains,” I strongly advise you to buy a bodyfat measuring device. (\$20-\$100). Many people get discouraged by the scale when the truth is they have gained 10 pounds of muscle while losing 10 pounds of fat! As for gaining size, bodyfat can play a role there as well. You can put an inch of muscle on your arm while removing an inch of fat. The tape measure won't move. It might help you to understand that size gains are not exactly proportional to mass and strength gains. A muscle get stronger by increasing its cross sectional area. But a big increase in area comes from a small increase in diameter (its geometry, don't blame me) so double the strength isn't double the size. In any event, all you can do is focus on getting stronger ... the mass and size gains MUST come from that.

Q. Do I need to take a nutritional supplement in order to really gain muscle?

A. I make a lot of enemies on this question. Let me say first that I really feel sorry for the honest supplement researchers who are trying to find valid ways to boost muscle growth. Because those good people are surrounded by 21st century snake-oil salesman who make outlandish claims using half truths. ("This product supports muscle growth." Supports? So does water. A tomato supports skin growth ... so will it help a burn victim?) Nutritional supplements are food. Period. However, I am not doing research in this area so if there is a useful product out there, I wouldn't necessarily know about it. My advice in examining nutritional supplements is to be as thoughtful and critical as you would of prescription drugs. After all, they cost about the same.

OK ... no more questions. Back to the gym!



TRAIN SMART!

Audio Seminar

The biggest addition to this new edition of TRAIN SMART! is the audio seminar. In this online digital recording I walk you through each exercise, step by step. I also help you with rep cadence, training frequency, getting started and just about everything else in this e-book!

Before you head to the gym I recommend you listen to the entire seminar.

[Click here.](#)



More Information

This e-Book is concise. More detailed information about our studies and methods can be found in our printed books, which were created over the last decade.

A lot has been written about our work. Articles about Power Factor Training, Static Contraction Training and our other books have appeared in the best health and fitness magazines, including: Exercise for Men Only, Flex, Golf, Home Gym & Fitness, Ironman, Martial Arts Training, Men's Fitness, Men's Journal, Muscle & Fitness, Muscular Development, Muscle Media, Natural Bodybuilding, Powerhouse and more.

Here is what people are saying ...

"A fitness training breakthrough." Tony Robbins, from his interview with the authors in Anthony Robbins Health and Wealth Series'

– ***Explosive Growth video***

"This is truly an incredible discovery that could cause physiology books to be rewritten."

– ***Ironman Magazine***

"A thorough, productive weight workout in less than three minutes? You better believe it! Larger muscles. Stronger techniques. Fewer injuries. What more do you want?"

– ***Martial Arts Training Magazine***

"After digesting John Little and Peter Sisco's training theories in their Power Factor Training Manual, I was very impressed. Here was an accurate program based on sound scientific observation, not subjective theory and guessing. Not only could one experience an intense workout but the workout could be plotted and contrasted with other workouts to determine which was the most productive. . . . For me, my results with Power Factor Training were impressive! After five weeks of Power Factor Training I had gained 34 pounds of lean muscle tissue! I checked my bodyfat and it was 10% throughout the 11 week period and at present

it has decreased to 6%. I've cut my training back to only once a week now in which I do half the body. The other half of the body is trained during one day of the next week so that each bodypart gets trained on the order of twice a month."

– **Michael Manning, M.D., from his article "Power Gains" in the October, 1994 issue of Powerhouse Magazine**

"At last! A weight lifting program that builds muscle fast ... in an obscenely short amount of time"

– **Martial Arts Training**

"Power Factor Training has begun to stimulate our thinking in entirely new directions."

– **Muscle & Fitness**

"Occasionally revolutionary ideas disrupt the physical sciences ... such is the case Power Factor Training."

– **Flex**

"Little and Sisco provide plenty of innovative food for thought."

– **Ironman**

"Don't be surprised if you see substantial results in only 3 workouts! That's how good this system is."

– **Muscular Development**

"For those seeking not only better results, but also a better understanding of the science of productive bodybuilding exercise, Power Factor Training is a book of enormous value."

– **From the preface to the first edition by Mike Mentzer, Mr. Universe**

"When I really want to train for mass I use Power Factor Training."

– **Chris Cormier, USA Champion**

"After using the Power Factor Training System, I can't believe that I ever used anything else. All of the training I used in the past is obsolete now. I've never been so huge in my life."

– **Chris Duffy,
Nationals Heavyweight Champion**

"The Power Factor Training System allows me to hit all of my muscle fibers, not just the surface ones like conventional training does. I'm growing like a weed now!"

– **Paul DeMayo,
Junior Nationals Champion**

"The Power Factor Training System offers a superior way to stimulate muscle growth, while minimizing joint stress and time spent in the gym."

– **Dr. David Lipman DC,
Peak Performance Chiropractic**

"Power Factor Training has picked up where Arthur Jones, Ellington Darden and Mike Mentzer have left off - and carried high-intensity training to its furthest possible level. I recommend it to all of my students who are interested in building maximum muscle mass - drug free!"

– **Dr. David Staplin,
Associate Teacher,
University of Minnesota**

"After just 4 workouts over 2 weeks my strength gains have been astonishing and some growth is already evident. On the intellectual level, it really is the discovery that the Earth circles the Sun and not vice versa! If people could only open their minds this really is the way to go on both the measurement (Power Factor) front and the strongest range training aspect. My daughter Jade (4 years old) told me this morning that I'm looking much bigger - praise from the gods indeed!"

– **Allan Russell, Herts, England**

"I am a true believer in Power Factor Training. After incorporating your system into my routine my strength has skyrocketed! At an all-natural bodyweight of 190 lbs I now bench 405 for a full rep max."

– Brian Nassar, Alaska

"In addition to making excellent strength gains, my body weight has gone from 175 to 185. I also seem to have gotten somewhat more lean than when I first began; indicating a gain of muscle and a loss of fat. I've used numerous training routines and approaches. Clearly, Power Factor Training has been the most productive training approach by a clear margin."

– Derek Staplin, Minnesota

"I have never been compelled to write a letter of customer satisfaction for any product I have ever purchased; that is until now. The money I spent on Power Factor Training, I feel, is probably the best deal I have ever gotten, period! There is not really a price tag that can be put on the knowledge contained in that book. I will use this newfound knowledge for the rest of my life. I can only guess as to the countless hours that these guys must have put into the book to make sure that science, and not marketing fads were behind its success. I am very happy with the results I am getting and know that I am no longer wasting my time in the gym."

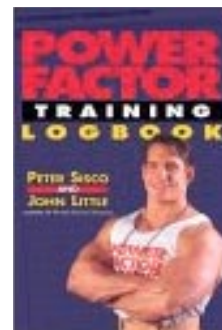
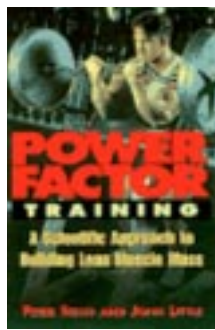
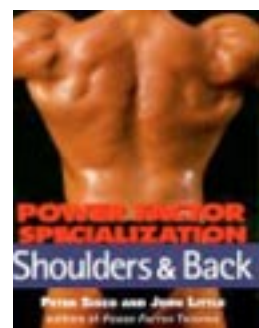
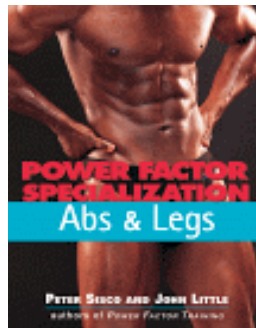
– Tony Lucchesi, Michigan

"When I first read what you were charging for it, I was somewhat surprised - after all, most "muscle books" cost a lot less. After reading the book, however, I realize that it would have been inexpensive at ten times its current price. Any bodybuilder who values his time would be irrational not to purchase it. Since I started using your Power Factor/Short-Range training system two month's ago, I have gained 20 lbs of bodyweight, while keeping my bodyfat level constant. All my poundages have increased significantly, i.e. By 30-50 percent."

– Thomas Hilmerson, California

More Information cont.

If you would like to read the full story of our research, click on any of the thumbnail pictures below and you will be taken to the Amazon website where you can read what others have to say about each of these revolutionary books.





Custom Engineered Workouts

It is now possible to have every aspect of your scientific training fully automated. Each exercise you perform can be analyzed so that a new workout can be engineered to optimize your progress and maximize your development.

This Powerful application was developed to make Power Factor Training, Static Contraction Training and even convention High Intensity Training as fool proof and precise as possible. Each exercise is analyzed with up to 21 different variables and mathematical operations in order to calculate the rate of progression of intensity and the required recovery period. The power of this online software is awesome!

In many ways, I consider it my crowning achievement of ten years of research into effective and efficient strength training. With this tool, the next ten years should be full of discovery and innovation.

Please take a look for yourself.

Phone Consultations

You can talk to “the guy who wrote the book.”

No matter how much information I put in this e-book, on the www.PrecisionTraining.com website or John and I put into our books, specific questions always arise because people have unique circumstances.

For this reason, I **now do** telephone consultations. If you have specific training issues you would like to discuss and would like to have a one-on-one conversation, we can arrange a private phone consultation.

- **How to adapt your training to the specific equipment in your gym**
- **How to adjust your training to take advantage of your personal Alpha / Beta strength characteristics**
- **How to adjust training to your personal sport or fitness objectives**
- **Tricks and tweaks to maximize your results with what you have**
- **Adding aerobic or martial arts workouts to your training schedule**
- **Specific answers to your specific questions and concerns**

Nothing can take the place of having your questions answered one-on-one by someone who “wrote the book” on the exact type of training you are doing! Before you spend a fortune on nutritional supplements to boost your growth, try something that cost a fraction and delivers better results!

You can find my current rates and contact information at: www.PrecisionTraining.com/Consulting.cfm I will place and pay for the phone call in the US or Canada. Outside these countries, we need to make special arrangements.

Remember, when you've spoken to the guy who "wrote the book", you:

- **Get off to the right start**
- **Make the most out of the equipment you have**
- **Don't waste time in the gym**
- **Smash through plateaus**
- **End your frustration**
- **Maximize the benefits of every workout**
- **Talk to others with authority**
- **Silence critics who act like they know more than you about the subject**

You can get more details [here](#).

Thanks,

Pete

Please Note: This offer is subject to my availability.

POWER FACTOR / STATIC CONTRACTION TRAINING LOG SHEET

EXERCISE:	WEIGHT	# SECONDS HOLD TIME OR # REPS	WEIGHT X REPS	TIME OF THIS EXERCISE
1ST SET				MINUTES: <input type="text"/>
2ND SET				SECONDS: <input type="text"/>
3RD SET				BETA STRENGTH WORKOUTS
4TH SET				
5TH SET				
			<input type="text"/>	TOTAL WEIGHT

EXERCISE:	WEIGHT	# SECONDS HOLD TIME OR # REPS	WEIGHT X REPS	TIME OF THIS EXERCISE
1ST SET				MINUTES: <input type="text"/>
2ND SET				SECONDS: <input type="text"/>
3RD SET				BETA STRENGTH WORKOUTS
4TH SET				
5TH SET				
			<input type="text"/>	TOTAL WEIGHT

EXERCISE:	WEIGHT	# SECONDS HOLD TIME OR # REPS	WEIGHT X REPS	TIME OF THIS EXERCISE
1ST SET				MINUTES: <input type="text"/>
2ND SET				SECONDS: <input type="text"/>
3RD SET				BETA STRENGTH WORKOUTS
4TH SET				
5TH SET				
			<input type="text"/>	TOTAL WEIGHT

EXERCISE:	WEIGHT	# SECONDS HOLD TIME OR # REPS	WEIGHT X REPS	TIME OF THIS EXERCISE
1ST SET				MINUTES: <input type="text"/>
2ND SET				SECONDS: <input type="text"/>
3RD SET				BETA STRENGTH WORKOUTS
4TH SET				
5TH SET				
			<input type="text"/>	TOTAL WEIGHT

EXERCISE:	WEIGHT	# SECONDS HOLD TIME OR # REPS	WEIGHT X REPS	TIME OF THIS EXERCISE
1ST SET				MINUTES: <input type="text"/>
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4TH SET				
5TH SET				
			<input type="text"/>	TOTAL WEIGHT