

# **The Last Vestige Of Mass And Power**



**“Five Power-Bodybuilding Programs to Help  
Build Strength, Power and Muscle Mass!”**

**By  
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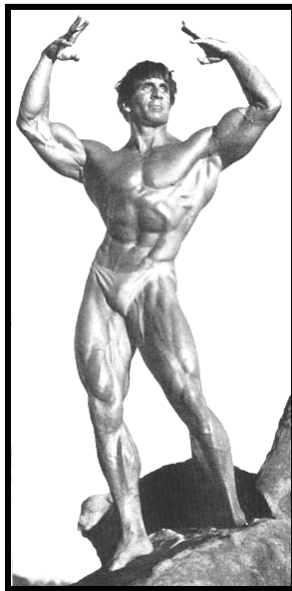
## **Do you want behemoth muscle mass and power naturally?**

If this is your passion, then the following five super-effective basic power programs will speed your gains in muscle density and power simultaneously. The five programs that I will outline are as follows:

**The Davis Set** **3-2-1 Countdown For Power!** **Power Shock Training**  
**Anabolic 6BX/Big 10 System** **Blast-Singles**

Regardless of which program you might choose to perform, one thing will be quickly apparent. You will experience an exciting new massiveness and power with these time-tested workout programs.

### **The Davis Set**



This is a six-week mass and strength micro-cycle periodization training concept popularized by former AABA Mr. California, IFBB Mr. World and one of the world's most symmetrical bodybuilders, Steve Davis.

#### **Micro-cycle 1 (Weeks 1-2)**

On two non-consecutive workout days (Monday-Friday or Tuesday-Saturday) during the first two weeks of training, Davis suggests using the *one-rep principle* in which a weight can be handled in a strict positive/negative contraction. The idea is to do 10 continuous *one-rep* sets, decreasing the poundage just enough to grind out one more single rep until ten reps are completed. There is no rest between each of these one-rep sets except to remove plates from the barbell for the next rep. Davis says that this program will really up one's power.

### **Micro-cycle 2 (Weeks 3-4)**

During the **third and fourth week** of training, ten sets of maximum *triple reps* MTR are done with no rest other than the time it takes the lifter, or training partner, to remove just enough weight to accommodate three more continuous reps. Continue on in the manner described until all ten sets of three reps are completed. One this two-day-per-week workout cycle, new muscular size will become very evident.

### **Micro-cycle 3 (Weeks 5-6)**

On the final weeks (five or six), ten sets of seven reps are suggested. This should develop some very meaningful muscularity. Use the same training style and procedure as described for weeks one through four.

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The **Davis Set** methodology lends itself quite well to the use of the master exercises which work the major muscle groups such as [High-Bar Olympic-style Back Squats](#) with heels on a block, [Low-Angle Bench Press](#), [Close-Grip Barbell Bent-Over Rowing](#), [Seated Press Behind Neck](#), [Braced Barbell Curl](#), [Seated](#) and/or [Lying EZ-Bar French Press](#). For the minor muscle groups, master exercises such as [Leg Curls](#), [Stiff-Leg Deadlifts](#) and [Braced Barbell Reverse Curls](#) can be easily structured into the **Davis Set** concept.

Select only one exercise per one to two muscle groups only when using the Davis Set methodology.

Some strength coaches may argue that the **Davis Set** incorporates a fatigue factor (no rest between sets) into the size, power, and muscularity equation. This may be true, but who is going to argue this point when such a great gain factor is so evident from doing the **Davis Set**?

## 3-2-1 Countdown For Power!

This a two non-consecutive days (Monday-Friday or Tuesday-Saturday) total body power-bodybuilding program using compound exercises.

Begin the select exercise with a weight that you can perform for a **MAXIMUM TRIPLE SET**. Upon completion of the 3<sup>rd</sup> rep return the weight to the floor and/or rack. Take 10 deep breaths and do another **MAXIMUM TRIPLE SET**. Take another 10 deep breaths and finish off a final **MAXIMUM TRIPLE SET**.

Immediately increase the poundage, ever how slight, so that you accomplish **3 MAXIMUM DOUBLE SETS**, remembering to take 10 deep breaths between each set.

Immediately conclude the exercise by increasing the poundage and do 6 **MAXIMUM SINGLE EFFORTS**.

Here's an outline of a total body workout using the **3-2-1 Countdown for Power**.

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>
<b>High-Bar Olympic style Back Squats</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>
<b>Low-Angle Barbell Bench Press</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>
<b>Close-Grip Barbell Bent-Over Rowing</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>
<b>Barbell Press Overhead</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>
<b>Standing Barbell Curl</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>
<b>Lying EZ -Bar French Press</b>	<b>3</b>	<b>3</b>
	<b>3</b>	<b>2</b>
	<b>6</b>	<b>1</b>

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## **Power Shock Training**

**Power Shock Training** is a brutal, heavy-duty, dynamic muscle action principle in which eight “power overload” sets of four to six complete exercise range of motion reps are performed, literally one after the other with no rest-pauses whatsoever.

**Power Shock Training** incorporates a mathematically designed formula of alternating percentages (weight jump factors) of a current one-rep maximum effort, for calculating the amount of weight to use when moving from one set to the next (either *up* or *down*).

Calculate your current un-fatigued one-rep maximum in a select exercise (without over or underestimating it), and then you’re ready to start the program.

### **How to Calculate a Single-Rep Maximum**

Start with a weight that you know is light enough to perform eight to ten repetitions of the exercise easily.

**Rest two minutes.**

**Increase the weight approximately 20%-30%.** Using this weight, perform four to five reps of the exercise.

**Rest three minutes.**

**Increase the weight again additionally by about 20%-30%.** Using this weight, perform two to three reps. Rest three to four minutes. Increase the weight again by about 20%. Using this weight, perform one rep.

**Rest for three to four minutes and repeat.**

Repeat these steps until you reach the highest weight you can use to perform this exercise comfortably. This weight will be recorded as your single-rep maximum for the exercise(s).

Beginning on the next page is a how a **Power Shock Workout** would look using a single-rep maximum poundage of 400 lbs.

<u>Maximum Repetition Set</u>	<u>% Max</u>	<u>Poundages</u>	<u>Reps</u>
1 (specific warm-up*)	45	180	8
2	60	240	5
3	70	280	5
4	80	320	5
5	70	280	5
6	65	260	5
7	60	240	5
8	50	200	5
9	45	180	5

For those of you with a different single-rep maximum base the percentages for each of the 8 sets off of that. For example if your single-rep maximum is 300-pounds the **specific warm-up set\*** would be (300 x .45) **135-pounds**.

### **Making the System Work**

1) Power bodybuilders who are less than 35 years of age should do one muscle-specific warm-up set of eight reps with 45% of a current un-fatigued one-rep maximum. Bodybuilders 35 years old and beyond may in some cases need to do an additional warm-up set of eight reps with 65% of max. Rest-pause 1.5-2 minutes after a specific warm-up set.

2) Use the **Power Shock** dynamic action principle on compound strength-building exercises such as those listed in the **Davis Set**, and *never* on isolationary exercises (**D.B. Flyes**, **D.B. Lateral Raises**, or **Ab Crunches** etc.).

3) Select only one exercise per muscle group only and no more than two muscle groups per week.

### **Power Shock Cyclic Rotation**

<u>Week No.</u>	<u>Muscle Group(s)</u>
1	Chest and biceps
2	Back and calves
3	Thighs (quads)
4	Triceps and hamstrings
5	Deltoids and abdominals
6	Traps and forearms

Repeat the above six week cycle rotation, but select a different “power-overload” exercise for each muscle group. For example if you were using the **Flat barbell bench press** for the chest you might go with the **Barbell incline press**. **Power**

**Shock Training** should only be performed once per week on select muscle groups.

Remember that each and every set (2-9) is performed without any rest-pauses whatsoever other than the time it takes to implement the weight jump factors.

## Anabolic 6BX/Big 10 System

With the **Anabolic 6BX/Big 10 System** you use Six Basic Exercises and do each of them for a big 10 sets “pyramid” (increasing the poundage up or down from one set to the next). The exercises are the high-bar **Olympic-Style Squat**, **Conventional Deadlift**, **Barbell Bent-Over Rowing**, **Supine Bench Press**, **Barbell Clean & Press**, and the **Two-Hands Barbell Curl**. These 6 exercises have been selected because of their pronounced anabolic effect on the major muscle groups of the body.

The methods to follow are very intensive and power-bodybuilders who use them have found it best to do only two or three of the six mentioned exercises in any one workout. Here are a couple of examples of how you might structure these six exercises into any of the three workout methods

### Example “A”

#### Anabolic 2BX/Big 10 System

- |                |   |
|----------------|---|
| Workout No. 1- | <b>Olympic-Style Squats</b><br><b>Conventional Deadlifts</b>        |
| Workout No. 2- | <b>Supine Bench Press</b><br><b>Two Hands Barbell Curl</b>          |
| Workout No. 3- | <b>Barbell Bent-Over Rowing</b><br><b>Barbell Clean &amp; Press</b> |

### Example “B”

#### Anabolic 3BX/Big 10 System

- |                |   |
|----------------|---|
| Workout No. 1- | <b>Supine Bench Press</b><br><b>Two Hands Barbell Curl</b><br><b>Barbell Clean &amp; Press</b>  |
| Workout No. 2- | <b>Olympic-Style Squats</b><br><b>Barbell Bent-Over Rowing</b><br><b>Conventional Deadlifts</b> |

**To increase the gain factors in muscle mass & strength it is a good idea to schedule one to two days of rest & recovery between workouts**

## **Method-1**

Begin each exercise with a warm-up set with approximately 60% of the maximum poundage that you will be using on the initial two to three “barometer” hard-work sets. Do eight continuous reps with this relatively light poundage. **Rest 3 ½ to 4 minutes**. Now begin your first “barometer” set with a poundage which will allow you to do six continuous reps and absolutely no more. **Rest one minute** and then begin your second set with the same poundage and perform another six reps if you can. **Rest another minute**. Now perform your third set with the same poundage for an all-out effort. You may only get five reps but that is fine. Your only concern should be when you bottom-out at four reps or less per set. When this happens (and most generally you will first notice it on the third or fourth set) *reduce* your poundage by 10 pounds for the next set, *but only* when you bottom-out at four reps in a particular set.

Continue on in the manner described. Do a set, **rest one minute**, etc., until you have completed ten sets. After giving this program a run-through you will probably notice that the eighth, ninth, and tenth sets will be working your muscles to their absolute capacity, so here it would be a good idea to take two or three very deep breaths between each rep.

## **Method-2**

Ten sets are done in the following manner: warm up with 60% of your maximum for the amount of reps you plan to perform. On this, let’s assume that you want to acquire some power in your bench press. Use seven reps for your sets. Let’s say your top bench press for 6 reps is 300 lbs. Begin your first set with 80% of that poundage. You are looking at 240 lbs. for the first set. Now, while you **rest one minute between each set**, add 5% to each additional set until you are using a 100% of maximum for one and two sets. Then you will begin dropping off 5% each set for the final three sets of the 10-set maximum.

To give you a better idea of how this system works, I will outline in detail how your ten sets will look using the above percentage/poundage figures.

## Base

300 lbs., 6 reps

Instructions: Ten sets *maximum*. **Rest one minute between sets**, add 5% each set until 100% is reached. Perform two sets with 100%. Drop off 5% for each of the final three sets.

Set	Percentage/Poundage
1	(80%) 240 lbs.
2	(85%) 255 lbs.
3	(90%) 270 lbs.
4	(95%) 285 lbs.
5	(100%) 300 lbs.
6	(100%) 300 lbs.
7	(95%) 285 lbs.
8	(90%) 270 lbs.
9	(85%) 255 lbs.
10	(80%) 240 lbs.

**Note:** On the fifth and sixth sets, you may not be able to do the recommended seven reps per set. Do whatever you can and when you finally are performing seven reps on all sets (and especially the fifth and sixth sets) upgrade your percentage/poundage scale and begin a new 10-set system.

With regard to the **Anabolic 6BX/Big 10 System** and its variation, you will find that a pattern of 6 reps to a maximum of 9 reps will build the most muscle mass and strength in the various muscle groups.

### Method-3

On this 10 set method, use 75-80 percent of your current maximum poundage for the number of reps you plan to do for a normal set of an exercise. For example, if you can perform the Barbell front squat with 200 pounds for 10 reps, take approximately 150-160 pounds and begin your program in the following manner. Perform 10 reps, then rest 10 seconds, then do 9 reps, then rest 10 seconds. Continue in this manner until you are down to 1 rep. Depending on your stamina, you may be able to do more than 1 rep. Go to failure on this final set until you can't even budge the barbell.

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**Reminder:** Structure the Anabolic 6 exercises into the method of your choice using **Examples "A" or "B"** mentioned earlier.

## Blast-Singles

**Blast-singles** are one of the short-cut strategies that many bodybuilders and power lifters use to up their strength gain factor and to achieve an amour-plated Herculean contour to their muscles simultaneously. Here's an overview of some of the best-of-the-best **Blast-Single** strategies.

### The Original Charles Ross **Blast-Single** System

This system of non-consecutive rep training was developed by weightlifter Charles Ross during the early 1950s. The basic idea is to choose one exercise only and do ten to fifteen nonconsecutive **blast-singles** with a minor rest-pause of ten deep breaths between each rep.

Each **blast-single** is done in iso-tension style, with the muscle tense as hard as possible for five seconds at the peak contraction (where the strength curve is at its greatest tension) of the movement. During the rest-pause between each rep, re-rack the barbell for Barbell bench presses and for Barbell back squats (on a set of height adjustable squat stands). For a conventional exercise such as standing barbell curls, place the barbell back on the floor.

After you complete the ten to fifteen nonconsecutive **blast-singles**, take three-hours of totally uninterrupted rest & relaxation from this super-intense method of training. After the rest, perform the **blast-single** procedure again, then take another three-hour rest, and then do a final ten to fifteen single reps. This will give you a total of 30-45 brutal growth-producing **blast-singles** for the suggested exercise.

The original Charles Ross **Blast-Single System** is supposed to be done three times per day at 10:00 A.M., 2:00 P.M., and 5:00 P.M., on a Monday (**Barbell Curls**), Wednesday (**Supine Barbell Bench Press**) and Friday (**Barbell Back Squat**) frequency using one-exercise-only.

Obviously this program just isn't practical if you are employed so I suggest you modify this program to one-day-only and do it on a day off from work or perhaps during vacation time, on a once a month basis for up to eight weeks.

## The 8 Week **Ultra Blast-Single Workout**

This program and those to follow are much more accommodating than the Charles Ross **Blast-Single System** and best of all you will have a life after bodybuilding. Here's an outline of the 8 Week **Ultra Blast-Single Workout**.

Exercise:	<b>Standing Barbell Curl</b>
Frequency:	Once a week
Current 1-Rep Maximum:	200 lbs.
Warm-up Sets: 66% x 6-8 reps	135 lbs.
<u>Rest-pause 30 seconds</u>	
75% x 6-8 reps	150 lbs.
<u>Rest-pause 30 seconds</u>	
<b>Blast Single:</b> 94% x 1 rep	190 lbs.
<b>WEEK 1:</b>	
Warm-up sets: 66% x 6-8 reps	135 lbs.
<u>Rest-pause 30 seconds, then</u>	
75% x 6-8 reps	150 lbs.
<u>Rest-pause 30 seconds, then</u>	
One <b>Blast-Single</b>	190 lbs.
<u>Rest-pause 70 seconds, then</u>	
One <b>Blast-Single</b>	190 lbs.
<u>Rest-pause 70 seconds, then</u>	

Continue in the manner outlined above until you have completed 10 blast-singles.

### WEEK 2:

12 **Blast-singles**/rest-pause 58 seconds between each rep.

### WEEK 3:

14 **Blast-singles**/rest-pause 50 seconds between each rep.

### WEEK 4:

16 **Blast-singles**/rest-pause 42 seconds between each rep.

### WEEK 5:

18 **Blast-singles**/rest-pause 34 seconds between each rep.

### WEEK 6:

20 **Blast-singles**/rest-pause 26 seconds between each rep.

### WEEK 7:

22 **Blast-singles**/rest-pause 18 seconds between each rep.

### WEEK 8:

24 **Blast-singles**/rest-pause 10 seconds between each rep.

## **Notes**

### **For the**

# **8 Week Ultra Blast-Singles Workout**

- Whenever you come up with odd poundage after doing the necessary computations, simply round the figure off to the nearest 5 or 10 lbs.
- Though not indicated after week number one be sure to do some muscle specific warm-up sets prior to the performance of the **blast-singles** during weeks two through eight.
- All of the percentage-based poundage for the warm-up sets and the blast-singles remain fixed throughout the 8-week cycle. Only the number of **blast-singles** and time-dependent rest-pauses change on a weekly basis.
- Maintain a very strict adherence to the time-dependent rest-pauses between each **blast-single**. If you are rest-pausing 50 seconds between each **blast-single** (Week #3), then stick with this rest-pause (time) faithfully!
- For this particular 8 week program use poundage which is approximately 30 pounds less than what you could correctly do for an all out **blast-single**.
- The **Blast-Single** concept should only be applied to exercises such as those mentioned in the four previous programs.
- There is a modification you can add to the program. Upon completion of the **blast-singles** do the...

### **“5 x 5 System”**

Set #1: 65%/max X 5 reps  
Set #2: 80%/max X 5 reps  
Set #3: 88%/max X 5 reps  
Set #4: 88%/max X 5 reps  
Set#5: 88%/max X 5 reps

## **Compression Blast-Singles**

### **No. 1**

Do eight non-consecutive **blast-singles** with 94-97% of your current one-rep maximum. Rest for ten to twenty seconds; between each **blast-single**. When you finish your final **blast-single**, decrease the poundage so that you can do two sets of fifteen to twenty consecutive reps, resting 72 seconds between these two sets.

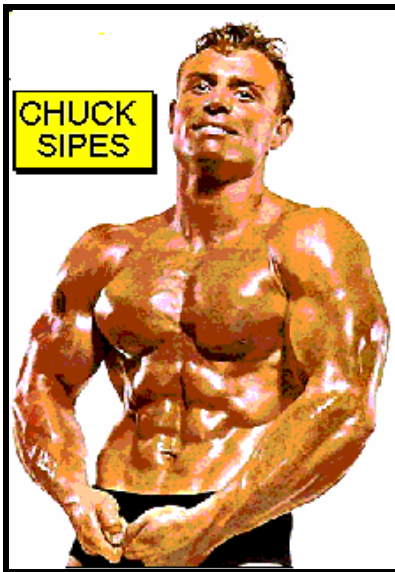
## **Compression Blast-Singles**

### **No. 2**

Do one rep with poundage that is very close to your one-rep maximum (94-97% of your maximum). Then reduce the poundage by 10% and immediately do another rep. Reduce the poundage by 7.5% and perform another rep. Take 5% off the barbell for another rep, and then reduce the poundage by 2.5% for a final rep. As you will notice, on your final rep, your poundage has been reduced down to around 70% of your one-rep maximum. Under normal training procedures, where rest-pauses are taken between reps, you would in most cases breeze through each rep.

There is **absolutely no rest between single reps** (except for the time taken to strip off the necessary poundage). So in reality, the final rep at 70% of max may very well feel just as heavy as the first rep at 94-97%. Rest for 30 seconds after the completion of the fifth rep, during which time you reload the barbell for a second and final five single reps, following the procedure as described above. When you finish the second series of five single reps, strip enough weight off the bar to do five consecutive repetitions. This method of training was popularized many years ago by Iron Man magazine writer Dennis DeBreuil.

## Modified Blast-Single Concepts



There are some **modified blast-single** concepts that Chuck Sipes, Steve Justa and Charles Poliquin have used with tremendous success that are worth investigating.

The late Chuck Sipes, 1960s IFBB Weider super-star bodybuilder, would do a compound exercise **blast-single** style and then finish off with a shape training exercise for multiple sets and reps. Here are some of the **blast-single**/shape training exercise combinations he would use from time to time.

<b>Barbell Back Squats</b> <b>Leg Extensions (machine)</b>	<b>3 Blast-Singles</b> <b>4 Sets x 15 Reps</b>
<b>Standing Calf Machine Heel Raises</b> <b>Single-Leg Heel Raises (hold heavy dumbbell in hand)</b>	<b>3 Blast-Singles</b> <b>4 Sets x 20 Reps</b>
<b>Conventional Deadlifts</b> <b>Prone Hyper-extensions</b>	<b>3 Blast-Singles</b> <b>3 Sets x 20 Reps</b>
<b>Barbell Press Behind Neck</b> <b>Dumbbell Lateral Raises</b>	<b>3 Blast-Singles</b> <b>4 Sets x 20 Reps</b>
<b>Cheat Barbell Curls</b> <b>Preacher Barbell Curls</b>	<b>3 Blast-Singles</b> <b>4 Sets x 12 Reps</b>

**Chuck Sipes**  
**Massive and Ethereal Program**  
(Innovative **Blast Single & Double Rep** System)

**No. 1**

Exercises	Sets-Reps
<b>Barbell Press behind Neck</b> <b>Front Raise with Barbell</b>	<b>4 X 2</b> <b>4 X 10</b>
<b>Alternate these (2) exercises-one then the other</b>	
<b>Barbell Bench Press</b> <b>Barbell Straight-arm Pullover</b>	<b>4 X 1</b> <b>4 X 12</b>
<b>Alternate these (2) exercises-one then the other</b>	
<b>Cheating Barbell Curls</b> <b>Scott Preacher Curls</b>	<b>4 X 1</b> <b>4 X 12</b>
<b>Alternate these (2) exercises-one then the other</b>	
<b>Conventional Dead lifts</b> <b>Front Bends (with broomstick behind neck)</b>	<b>4 X 2</b> <b>5 X 12</b>
<b>Alternate these (2) exercises-one then the other</b>	
<b>End-of-the-bar-Lat Rowing</b> Described on page 17 of my e-report titled: <b>Gaining Muscular  Size &amp; Strength for A Championship Physique "Chuck Sipes  Super-Seminar"</b> <b>Lat Machine Pull downs</b>	<b>4 X 2</b>  <b>4 X 15</b>
<b>Alternate these (2) exercises-one then the other</b>	

## No. 2

### Exercises

### Sets-Reps

Lying Barbell French Press  
Triceps Machine Push Downs

5 X 2  
5 X 15

**Alternate these (2) exercises-one then the other**

Barbell Back Squats  
Leg Extensions (Machine)

4 X 2  
4 X 15

**Alternate these (2) exercises-one then the other**

Standing Calf Machine Heel Raises  
Heavy weights  
Body-weight Only Heel Raises

4 X 2  
4 X 20

**Alternate these (2) exercises-one then the other**

Barbell Shrugs  
Reverse Curls (E-Z Bar)  
Incline Sit ups

4 X 8  
4 X 8  
4 X 20

**Note: Two bars were loaded (heavy & light) for the alternated exercise system. This way I was able to go from the heavy set to the light pumping set in one continued operation without any delay.**

No. 1 TWICE A WEEK  
**--ALTERNATE**  
NO. 2 TWICE A WEEK

Steve Justa, the author of *Rock Iron Steel: The Book of Strength* (visit: [www.ironmind.com](http://www.ironmind.com) to order a copy) outlines 6 great Single-Rep workout strategies that you might consider using as well.



And finally Charles Poliquin ([www.charlespoliquin.net](http://www.charlespoliquin.net)) reveals a revolutionary modified blast-single concept in an article he wrote titled; The 1-6 Principle ([www.t-mag.com](http://www.t-mag.com), issue #58).

## Final Comments

Try one of the five programs and/or the variations I have discussed in this e-Report and have an *absolute belief in its effectiveness and end result*. By believing in these time-tested and result-producing programs you will naturally apply an extra effort or dive in your training. The end reward will be a muscle-dense physique loaded with power to spare. If you don't have a belief in the effectiveness of a particular workout program, you'll just "go through the motions" and "spin your wheels," so *go for it!*