

## “Golden-Era Optimized”

This program is a hybrid of awesomeness. It combines all the gloriousness of one of the more popular splits (chest/back, arms/shoulders, and legs) from the Golden era of bodybuilding (late 60’s, early 70’s), with some of the advances in efficiency the “optimal era” has brought us (excluding the lameness that has come with it too). My version also includes an “A and B” rotation of each day.

Is this programming 100% old-school-“hardcore”? No. Is it uber, protractor-verified, TikTok-PubMed-PhD approved? NOPE. But it’s Joe Bennett approved. Some exercises are on there mainly because everyone loves doing them and they are still pretty effective. And Nostalgia is anabolic #science. Other exercises on the programs involve (gasp 😬) cables. Because they are so dang effective I can’t leave them off.

There is lots of PUMP work included from week 6 and on. Because the pump feels like...you know what 😊...in the gym.

This is an intermediate to advanced program. If your recovery isn’t on point, don’t bother.

The program is 15 weeks with 3 different periodized and progressively more difficult blocks. There are 2 different rotations of each day as you go through the split (ex: Legs A and Legs B). In general, “A day” of the split includes a bit more free weights and “old school” movements, whereas “B day” tends to include a bit more “optimal popularized” movements.

Enjoy the best of both eras with this EPIC program! You can count on me to only give you the right advices 😊

### **Split**

#### Legendary recovery

Chest and Back A

Shoulders and Arms A

Legs A

Chest and Back B

Shoulders and Arms B

Legs B

**OFF**

#### Good recovery

Chest and Back A

Shoulders and Arms A

Legs A

**OFF**

Chest and Back B

Shoulders and Arms B  
Legs B  
**OFF**

Below-average recovery

Chest and Back A  
Shoulders and Arms A  
**OFF**

Legs A  
Chest and Back B  
**OFF**

Shoulders and Arms B  
Legs B  
**OFF**

\*Recommended splits. Recovery is individual. Take as many or as little off days as needed.

**Rest:**

2-3 minutes before working sets

**RIR:** 0

**Block 1: Weeks 1-5**

**Chest and Back A**

A1 Bench Press

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Wide Pull-ups

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 High incline neutral grip DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Pendlay Rows

Set 1: 6-8 reps

Set 2: 6-8 reps

\*About half way through this superset would be the perfect time to take off your pump cover.

#protip

C1 Dips (forward lean)

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Banded DB pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

\*Right about now would be a good time to go hit some classic poses in front of the DB rack, imagining you look just like Terrence...If that doesn't go well, just join a new gym 🤨

D1 Ab mat crunches

Set 1: 6-8 reps

Set 2: 6-8 reps

\*The only thing more lame than training abs...is getting your face stepped on while training abs....so pick a safe spot.

## **Shoulders and Arms 1**

A1 Standing curls

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Lying triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Incline DB curls

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 JM smith press (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

\*Please use the safeties. ❤️ Your gym dad ❤️

C1 Dumbbell concentration curl

Set 1: 10-12 reps

Set 2: 10-12 reps

C2 Seated "overhead" rope extension

Set 1: 10-12 reps

Set 2: 10-12 reps

\*sorry, not sorry for stretching your shirt sleeves 🧑🏻 It's time you stopped buying schmediums anyway.

D1 DB incline bench rear delt fly

Set 1: 10-12 reps

Set 2: 10-12 reps

D2 Delt cable y-raise

Set 1: 10-12 reps

Set 2: 10-12 reps

E1 Wrist Extensions

Set 1: 10-12 reps

Set 2: 10-12 reps

*\*I know these are lame, but not as lame as small forearms (trust me, I know 🙄)*

## **Legs 1**

A1 Seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Front Squats

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*Front squats aren't just good for your legs, they're good for your soul. Trust me, I'm a professional.*

B1 Leg press quad dominant

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Lunges (walking)

Set 1: 20 steps total

Set 2: 20 steps total

*\*These are called LUNGES, not "long steps". Don't be that ding-dong. If your knees aren't dirty by the time you're done...you did it wrong.*

D1 Seated calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

*\*Don't skip me, or your little baby calves will never be full-grown cows. Moo 🐮*

## **Chest and Back 2**

A1 Machine incline press

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Neutral grip pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Roller Cable Flys

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*If you've never done roller flies, prepare to have your life changed. You're welcome. New cup size incoming...*

C1 Flat DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Cable rope pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

D1 Hanging leg raises

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*Milos did them, and his abs still look better than yours. And he's in his 50's. And yes, I'm using a sample size of 1 here for evidence, go cry about it with a Tiktok.*

## **Shoulders and Arms 2**

### Delts/abs

A1 rack military press

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*Watch the form video. None of this "stopping at 90" garbage.*

B1 lying cuff laterals

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*This is the lateral raise variation your ex told you not to worry about...*

C1 cable rear delts

Set 1: 6-8 reps

Set 2: 6-8 reps

D1 Single-arm DB preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D2 Cross-cable triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*While on the preacher bench, take a knee and say some prayers to bless thy gains. Then feel free to preach the good news of the Hypertrophy Coach App...*

E1 Incline cable curls

Set 1: 6-8 reps

Set 2: 6-8 reps

E2 Dumbbell JM press

Set 1: 6-8 reps

Set 2: 6-8 reps

F1 Wrist curls

Set 1: 10-12 reps

Set 2: 10-12 reps

*\*Still lame. Still gotta do them.*

## **Legs 2**

A1 Hip loaded calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

B1 RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*Because no one ever got Biblically huge erectors without deadlifts...*

C1 Leg extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Lying leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D1 Hack squats (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*Don't be a hack, use proper form. #DadJoke*

E1 Rear foot elevated split squat

Set 1: 10-12 reps

Set 2: 10-12 reps

\*After this last set, share your thoughts with me about this workout on Socials with the #ElevatedFootDeepThoughts

## **Block 2: Weeks 6-10**

### **Chest and Back 1**

A1 Bench Press

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Wide Pull-ups

Set 1: 6-8 reps

Set 2: 6-8 reps

\*If this super/set was any more Golden Era, it would legit have an Austrian accent.

B1 High incline neutral grip DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Pendlay Rows

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Dips (forward lean)

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Banded DB pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

\*Dang. You're looking pumped AF right now. I recommend going and saying "what's up 🙌" to your gym crush right 'bout now. (Only if they're done training. Don't be a gym-turd). But if it doesn't go well, don't pull me into it, tell them you use the Trained by JP app, and Jordan sent you)

D1 Ab mat crunches

Set 1: 6-8 reps

Set 2: 6-8 reps

\*Do your abs look good yet? If not, don't blame me, maybe it's time to end that "bulk phase" you've been in since...pubert 🤔?

Pump Work  
Chest Challenge Set

\*I know what you're thinking: OH. DANG. Is it just me, or does my pec cleavage look extra-glorious right now?...dont worry, it's not just you.

### **Shoulders and Arms 1**

A1 Standing curls

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Lying triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Incline DB curls

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 JM smith press (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

\*Do you have Roelly triceps yet? Don't get the reference? Shame on you. Go Google "Roelly Winklaar triceps". Now you'll never think your triceps are big ever again. You're welcome.

C1 Dumbbell concentration curl

Set 1: 10-12 reps

Set 2: 10-12 reps

C2 Seated "overhead" rope extension

Set 1: 10-12 reps

Set 2: 10-12 reps

D1 DB incline bench rear delt fly

Set 1: 10-12 reps

Set 2: 10-12 reps

D2 Delt cable y-raise

Set 1: 10-12 reps

Set 2: 10-12 reps

E1 Wrist Extensions

Set 1: 10-12 reps

Set 2: 10-12 reps

Pump Work Only

DB Only Biceps Blast

\*If you did this right...good luck scratching your head.

## **Legs 1**

A1 Seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Front Squats

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Leg press quad dominant

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Lunges (walking)

Set 1: 20 steps total

Set 2: 20 steps total\*

\*After the second set add a BW rest-pause extended set OF DEATH! After your normal 20 reps from set 2, drop down to bodyweight only and continue lunging until you hit form failure. Then rest for 10 seconds. Then bodyweight lunges until form failure. Then rest 10 seconds. Then body weight lunges to form failure. The end. You're welcome.

D1 Seated calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

## **Chest and Back 2**

A1 Machine incline press

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Neutral grip pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Roller Cable Flys

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Flat DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Cable rope pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

\*Are you thinking what I'm thinking right now? Yea....You are looking thicker...than...a...snicker. Right. Meow.

D1 Hanging leg raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Pump Work

Don't L@t Me Bro

\*But seriously...be sure to @ me with how wide you're looking right now, post\_epic lat pump. I prescribe a sideways turn and crab-walk shuffle when you exit the gym today.

## **Shoulders and Arms 2**

### Delts/abs

A1 rack military press

Set 1: 6-8 reps

Set 2: 6-8 reps

\*And don't be bouncing off the rack. It's to standardize your form, not a place to crash land and collide your poop form.

B1 lying cuff laterals

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps\*

\*Double-drop set. After doing your 3rd set (of 8-12 reps), do two drops, aiming for an additional 5ish reps for each drop.

C1 cable rear delts

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps\*

\*Double-drop set. After doing your 3rd set (of 8-12 reps), do two drops, aiming for an additional 5ish reps for each drop.

D1 Single-arm DB preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D2 Cross-cable triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

**\*Your arms are looking swoll, and your elbows are feeling pristine. It's so amazing...magical...and majestic...I COULD JUST CRY! (ok, maybe I will 😭) What can I say, call me old fashioned, but gainzzz + orthopedic health get me emotional 🙌**

E1 Incline cable curls

Set 1: 6-8 reps

Set 2: 6-8 reps

E2 Dumbbell JM press

Set 1: 6-8 reps

Set 2: 6-8 reps

F1 Wrist curls

Set 1: 10-12 reps

Set 2: 10-12 reps

Pump Work

Biceps Bashing

**\*Is that a softball up your sleeve, or are you just following a Hypertrophy Coach program?**

## **Legs 2**

A1 Hip loaded calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

**\*Its leg day, can you give me a TAG and #NoLimbsLeftBehind on social 😊**

B1 RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

**\*Are your glutes and erectors so thick now that you've lost your keys in them? (I've been there)**

**Pro Tip: don't go in after them in public, you'll get some weird looks.**

C1 Leg extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Lying leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D1 Rear foot elevated split squat

Set 1: 10-12 reps

Set 2: 10-12 reps

E1 Hack squats (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps\*

\*Double drop set. For each drop take long enough rest to just take plates off. Drop approximately 20% of the load each drop (don't get a calculator out nerd, just pull some plates). And oh yea, keep your form the same, otherwise it's not really a drop set, it's you embarrassing yourself on the hack. Lastly, remember...if this doesn't suck, it's not because you're awesome, it's because you're doing it wrong.

### **Block 3: Weeks 11-15**

#### **Chest and Back 1**

A1 Bench Press

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Wide Pull-ups

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 High incline neutral grip DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Pendlay Rows

Set 1: 6-8 reps

Set 2: 6-8 reps

*\*If this superset was any more anabolic, androgenic, old-school awesome...you'd get banned from most tested divisions for PESs (Performance Enhancing Supersets) #DAD #MFin #Joke*

C1 Dips (forward lean)

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Banded DB pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

D1 Ab mat crunches

Set 1: 6-8 reps

Set 2: 6-8 reps

Pump Work

Chest Pumpsicle

\*Just take it as a compliment when people spread rumors that your chest is fake.

#TheyAreRealAndTheyAreSpectacular

## **Shoulders and Arms 1**

A1 Standing curls

Set 1: 6-8 reps

Set 2: 6-8 reps

A2 Lying triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

\*Just envision yourself on Muscle Beach (before it got EXTRA weird), getting tan and jacked, back in the glorious 70's...no phones...no selfies...no TikTok...broccoli was only on plates, not heads...ahh, Hypertrophy Heaven...

B1 Incline DB curls

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 JM smith press (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Dumbbell concentration curl

Set 1: 10-12 reps

Set 2: 10-12 reps

C2 Seated "overhead" rope extension

Set 1: 10-12 reps

Set 2: 10-12 reps

\*It's hard to CONCENTRATE (see what I did there) during these curls with how AMAZING my arms look. And I don't know if you heard, but I did over 1000...

D1 DB incline bench rear delt fly

Set 1: 10-12 reps

Set 2: 10-12 reps

D2 Delt cable y-raise

Set 1: 10-12 reps

Set 2: 10-12 reps

## E1 Wrist Extensions

Set 1: 10-12 reps

Set 2: 10-12 reps

## Pump Work Only

### Triceps New-Dimension Extension

\*You just turned those little pony horseshoes into full grown SWOLL Clydesdale horseshoes.

They grow up sooooo fast. I'm. So. Proud 🤔🤔🤔

## Legs 1

### A1 Seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

### A2 Front Squats

Set 1: 6-8 reps

Set 2: 6-8 reps

### B1 Leg press quad dominant

Set 1: 6-8 reps

Set 2: 6-8 reps

### C1 Lunges (walking)

Set 1: 20 steps total

Set 2: 20 steps total

### D1 Seated calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

## Pump Work

### Quad Box Death

\*This will not be over quickly. You will not enjoy this. I'm not your gym bro.

## Chest and Back 2

### A1 Machine incline press

Set 1: 6-8 reps

Set 2: 6-8 reps

### A2 Neutral grip pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 Roller Cable Flys

Set 1: 6-8 reps

Set 2: 6-8 reps

B2 Chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

**\*Please TAG me on social media with your best #DadJoke Rules: Must involve the "T-Bar".**

**Ideally something in reference to getting some tea at your favorite bar...but, you know, actually funny. Go!!! (best ones get shared)**

C1 Flat DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Cable rope pullover

Set 1: 10-12 reps

Set 2: 10-12 reps

D1 Hanging leg raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Pump Work

Rack-Back Death

**\*This one is brutally awesome. I'm very proud of it. Enjoy 😊**

## **Shoulders and Arms 2**

### Delts/abs

A1 rack military press

Set 1: 6-8 reps

Set 2: 6-8 reps

B1 lying cuff laterals

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps\*

**\*Double-drop set. After doing your 3rd set (of 8-12 reps), do two drops, aiming for an additional 5ish reps for each drop.**

C1 cable rear delts

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps\*

\*Double-drop set. After doing your 3rd set (of 8-12 reps), do two drops, aiming for an additional 5ish reps for each drop.

D1 Single-arm DB preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D2 Cross-cable triceps extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

E1 Incline cable curls

Set 1: 6-8 reps

Set 2: 6-8 reps

E2 Dumbbell JM press

Set 1: 6-8 reps

Set 2: 6-8 reps

F1 Wrist curls

Set 1: 10-12 reps

Set 2: 10-12 reps

Pump Work

Shotgun to the D!ck

\*This may be my favorite “pump work” ever. You’ll understand the name once you do it. It’s a metaphor. But it really happened.

## **Legs 2**

A1 Hip loaded calf raise

Set 1: 10-12 reps

Set 2: 10-12 reps

\*It's leg day. A glorious, magical, epic day. Unlike other gym days. Such a glorious combination of pain, awesomeness and personal challenge. Use this calf time to ease into the pain, and prepare for the session ahead. It's more than what's on paper, it's what you do with it that counts. So do something worthwhile.

B1 RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 Leg extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

C2 Lying leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

D1 Hack squats (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

E1 Rear foot elevated split squat

Set 1: 10-12 reps

Set 2: 10-12 reps

Pump Work

Split Sissy Quad Death

*\*If you can still stand upright after this...you did it wrong.*