

IFBB Pro Brett Wilkin - 2023 Off Season Olympia Prep

This is an advanced program. It's Brett Wilkin's off session program preparing him for his 2023 Olympia debut. His top priorities are Legs, Delts and Arms. Proximity to failure, as well as volume, were all specific to Brett's training needs at the time.

As for every program, feel free to adjust variables slightly as needed. The base metric of "1 REP" is not well established in "research", and can vary largely from individual to individual. So feel free to make slight adjustments to the program's prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively "the best", has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as "outside the gym" variables: nutrition, sleep, stress, etc. So while I'm confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

RIR: 0-1

Suggested split structure:

Legs 1

Push (delts, chest and Biceps - delts first, 1 Biceps)

Back/Triceps (1 triceps)

Off

Legs 2

Delts/Back (2 back movement)

Arms

Off

Other split options for consideration:

Legendary recovery:

4 days on, 1 day off

Good recovery:

2 days on, 1 day off

Below average recovery:

1 on, 1 off

*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

Seated Leg Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Smith Squats

Set 1: 6-8 reps

Set 2: 8-12 reps

Lying Leg curls

Set 1: 6-8 reps

Set 2: 10-12 reps

Walking lunges

Set 1: 20 steps total

Set 2: 20 steps total

Adductor Machine

Set 1: 10-12 reps

Set 2: 10-12 reps

Leg Press (banded quad dominant)

Set 1: 10-12 reps

Set 2: 20 reps

Push (chest, delts and Biceps - delts first, only 1 Biceps)

lying cuff laterals raises

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 15-20 reps

Set 4: 15-20 reps

Reverse Pec Dec

Set 1: 10-12 reps

Set 2: 12-15 reps

Incline Barbell Press

Set 1: 8-10 reps

Set 2: 10-12 reps

Roller Cable Flys

Set 1: 10-12 reps

Set 2: 12-15 reps

Set 3: 12-15 reps

Machine Flat Press

Set 1: 8-10 reps

Set 2: 10-12 reps

Standing Cable Curls

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

Set 4: 12-15 reps

Back/Triceps (1 triceps)

Supported Tbar row

Set 1: 6-8 reps

Set 2: 8-10 reps
Set 3: 10-12 reps

Single-arm pull down

Set 1: 6-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Chest Supported machine Row

Set 1: 6-8 reps
Set 2: 8-10 reps
Set 3: 10-12 reps

Rack Chins

Set 1: 12-15 reps
Set 2: 12-15 reps

Bent over rows (Dumbbell 2-arms)

Set 1: 10-12 reps
Set 2: 10-12 reps

Low back Extensions

Set 1: 10-12 reps
Set 2: 10-12 reps

Cross-cable triceps extensions

Set 1: 6-8 reps
Set 2: 8-12 reps
Set 3: 12-15 reps

Legs 2

Seated Leg Curls

Set 1: 5-8 reps
Set 2: 8-10 reps

Banded Hacks

Set 1: 6-8 reps
Set 2: 8-12 reps

Leg extensions

Set 1: 10-12 reps
Set 2: 10-12 reps

Rear foot elevated Split Squats (smith machine)

Set 1: 10-12 reps

Set 2: 10-12 reps

Lying leg curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Leg Press (banded quad dominant)

Set 1: 10-12 reps

Set 2: 20 reps

Delts/Back (2 back movements)

lying cuff laterals raises

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 15-20 reps

Set 4: 15-20 reps**

cable rear delts

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

Delt cable y-raise

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

D1 Machine Shoulder Press

Set 1: 8-10 reps

Set 2: 10-12 reps

Chest Supported Tbar row

Set 1: 10-12 reps

Set 2: 12-15 reps

Forward lean machine lat Row

Set 1: 10-12 reps

Set 2: 10-12 reps

Arms

Seated cable cross extension

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 12-15 reps

Single arm DB preacher curls

Set 1: 6-8 reps

Set 2: 10-12 reps

Set 3: 10-12 reps

Smith JM Press (banded)

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

Incline cable curls

Set 1: 10-12 reps

Set 2: 12-15 reps

Set 3: 12-15 reps

seated overhead rope extensions

Set 1: 10-12 reps

Set 2: 12-15 reps

Set 3: 15-20 reps

Dumbbell hammer curls

Set 1: 10-12 reps

Set 2: 10-12 reps

Set 3: 10-12 reps