

## **Pec Augmentation (Pec specialization program)**

### **Week 1 and 2**

\*Weeks 1 and 2, all sets are taken to 1RIR (meaning 1 set short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

\*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

\*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

\*All sets listed are working sets. Always take as many warmup sets as needed.

### **Push**

A1 low incline DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 roller cable fly

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 incline smith press (high incline - reverse band)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 lying cuff lateral raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 seated cable cross extension

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

### **Pull**

A1 chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 single arm pull down

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 barbell RDL

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 bent over DB rows (2 arm)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 reverse pec

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

F1 single arm preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

## **Chest**

A1 incline Barbell press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 roller cable fly

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 DB flat press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 machine incline press

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

### **Lower**

A1 seated leg curls  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

B1 knee dominant heel elevated squat (safety bar)  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

C1 lying leg curl  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

D1 hack squat (banded)  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

E1 hip loaded calf raise  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

### **Week 3 and 4**

\*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

\*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

\*All sets listed are working sets. Always take as many warmup sets as needed.

### **Push**

A1 low incline DB press

Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 roller cable fly  
Set 1: 8-10 reps  
Set 2: 10-12 reps  
Set 3: 12-15 reps

C1 incline smith press (high incline - reverse band)  
Set 1: 5-8 reps  
Set 2: 8-12 reps

D1 lying cuff lateral raises  
Set 1: 8-10 reps  
Set 2: 10-15 reps  
Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension  
Set 1: 8-10 reps  
Set 2: 10-12 reps  
Set 3: 12-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

## **Pull**

A1 chest supported tbar row  
Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 single arm pull down  
Set 1: 5-8 reps  
Set 2: 8-12 reps

C1 barbell RDL  
Set 1: 5-8 reps  
Set 2: 8-12 reps

D1 bent over DB rows (2 arm)  
Set 1: 8-10 reps  
Set 2: 10-15 reps

Set 3: 15-20 reps

E1 reverse pec

Set 1: 8-10 reps

Set 2: 10-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 single arm preacher curls

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

## **Chest**

A1 incline Barbell press

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 roller cable fly

Set 1: 10-12

Set 2: 12-15 reps

Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

C1 DB flat press

Set 1: 6-8 reps

Set 2: 8-12 reps

D1 machine incline press

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 2: 12-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

## **Lower**

A1 seated leg curls

Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps  
Set 2: 8-12 reps

C1 lying leg curl

Set 1: 5-8 reps  
Set 2: 8-12 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps  
Set 2: 8-12 reps

E1 hip loaded calf raise

Set 1: 8-10 reps  
Set 2: 10-12 reps\*\*

\*\*immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

F1 Sled push (or walking lunges)

Set 1: 45-60 second push  
Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total  
Set 2: 20 steps total

## **Week 5 and 6**

\*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

\*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

\*All sets listed are working sets. Always take as many warmup sets as needed.

## **Push**

### Meat and Potatoes

A1 low incline DB press

Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 roller cable fly  
Set 1: 8-10 reps  
Set 2: 10-12 reps  
Set 3: 12-15 reps

C1 incline smith press (high incline - reverse band)  
Set 1: 5-8 reps  
Set 2: 8-12 reps

D1 lying cuff lateral raises  
Set 1: 8-10 reps  
Set 2: 10-15 reps  
Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension  
Set 1: 8-10 reps  
Set 2: 10-12 reps  
Set 3: 12-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump Work  
Boobie Burial

Sub:  
Chest challenge set

## **Pull**

### Meat and Potatoes

A1 chest supported tbar row  
Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 single arm pull down  
Set 1: 5-8 reps  
Set 2: 8-12 reps

C1 barbell RDL

Set 1: 5-8 reps  
Set 2: 8-12 reps

D1 bent over DB rows (2 arm)

Set 1: 8-10 reps  
Set 2: 10-15 reps  
Set 3: 15-20 reps

E1 reverse pec

Set 1: 8-10 reps  
Set 2: 10-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 single arm preacher curls

Set 1: 8-10 reps  
Set 2: 10-15 reps  
Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

### Pump Work

Thicker than a snicker finisher

Sub:

Biceps Finisher (May 10th)

### **Chest**

A1 incline Barbell press

Set 1: 5-8 reps  
Set 2: 8-12 reps

B1 roller cable fly

Set 1: 10-12  
Set 2: 12-15 reps  
Set 3: 15-20 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

C1 DB flat press

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

D1 machine incline press

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 2: 12-15 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump work

Smith chest chopper

Sub:

Chest Pumpsicle

**Lower**

Meat and Potatoes

A1 seated leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 lying leg curl

Set 1: 5-8 reps

Set 2: 8-12 reps\*\*

\*\*Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 hip loaded calf raise

Set 1: 8-10 reps

Set 2: 10-12 reps\*\*

\*\*immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

F1 Sled push (or walking lunges)

Set 1: 45-60 second push

Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total  
Set 2: 20 steps total

Pump Work  
Split Squat Suicide

Sub:  
Quad Box Death