

## **That 90's look - Arm and Quad Specialization**

This program is designed with more of the “90’s bodybuilder look” as the goal. For whatever reason, 90’s bodybuilders, proportionately had huge bubbly arms and quads, compared to other body parts. So for programming, that translates to more arm and quad emphasis. With more volume, frequency added to those body parts. While still training every other body part as well. Just with comparatively less volume/stimulus.

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: 0-2

### **Suggested split structure:**

Monday - Legs

Tuesday - Back/Biceps/Abs

Wednesday - Calves/Chest/triceps/Delts

Thursday - Off

Friday - Legs 2

Saturday - Arms/calves/Abs

Sunday - 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.

## **Legs**

A1 Seated Leg Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Quad dominant heel elevated squats

Set 1: 5-8 reps

Set 2: 5-8 reps

Hack squats (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

Lying Leg Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Leg extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Rear foot elevated split squats

Set 1: 6-10 reps (per leg)

Set 2: 6-10 reps (per leg)

## **Back/Biceps/Abs**

Neutral Grip Pull-ups

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Chest Supported Tbar row

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

Machine rows

Set 1: 6-8 reps

Set 2: 8-12 reps

Single arm preacher curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Incline Cable Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Ab Mat Crunches (body weight)

Set 1: AMRAP

Set 2: AMRAP

**Calves/Chest/Triceps/Delts**

Hip loaded Calf Raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Incline DB press

Set 1: 5-8 reps

Set 2: 8-10 reps

Roller Cable Flys

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Flat machine press

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Cuff cable cross triceps extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Dips

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: BW AMRAP

Lying cuff lateral raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

cable rear delts

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

## **Legs 2**

Leg extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Banded hacks

Set 1: 5-8 reps

Set 2: 8-10 reps

Lying Leg Curls (single leg)

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Banded leg press (feet low)

Set 1: 12-15 reps

Set 2: 20 reps

**Arms/calves/Abs**

Seated cable cross extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Machine preacher curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

banded smith machine JM press

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

DB hammer curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Seated overhead rope extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

incline DB curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

Standing Calf Raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Hanging Leg Raises

Set 1: BW - AMRAP

Set 2: BW - AMRAP