

The Shadow - HIT Optimized

This program is more of a “HIT style” program, appropriate for intermediate to advanced lifters, and anyone that loves Dorian.

That's because this program's split is inspired by my favorite bodybuilder, Dorian Yates, and the split he popularized during his time leading up to, and as Mr Olympia. And I've updated and changed a few variables based on my professional experience.

For the split itself I've made it an “A/B rotation”. Meaning, for any given day of the split, there are two different workouts for the given day. I find this mainly beneficial for 3 reasons: 1) It allows for better long term orthopedic outcomes. 2) It allows for my exercise variety within a program, while not having sessions containing too many exercises and getting too long. 3) As likely a combined result of 1 and 2, many people find they are able to progressive overload better over time. 4) Many trainees enjoy a bit of variety in their programming, which helps adherence. And if this can be done, while still maintaining appropriate programming, let's have at it!

As for exercise selection, I've added some I think are more efficient, kept a few of Dorian's favorites that are awesome, and taken a few out to avoid possible redundancy. There have also been subtle adjustments to volume, rest and RIR in places.

This program is 12 weeks total. Just like Dorain kept it for years, there are no different training blocks and changes week to week. So you could easily repeat, or extend the program for months on end. And like every program on the app, exercises are all easy to swap for other preferred options or when equipment is not available. So get in, kick some butt, make some gains, and as always, if you have any specific questions, get on the forums and ask.

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.

Rest: 90 seconds - 3 minutes before working sets

Suggested split structure:

Monday - Chest and Biceps A
Tuesday - Legs A
Wednesday - OFF
Thursday - Back and Rear Delts A
Friday - Delts and Triceps A
Saturday - OFF
Sunday - 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.

Chest and Biceps A

Incline smith

Set 1: 5-8 reps

Set 2: 5-8 reps

Roller cable Flys

Set 1: 8-10 reps

Set 2: 8-10 reps

Machine flat press

Set 1: 5-8 reps

Set 2: 5-8 reps

Single arm DB preacher curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Incline cable curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Wrist curls

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Legs A

Seated leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

Smith Squats

Set 1: 5-8 reps

Set 2: 8-12 reps

Lying leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

Leg Extensions

Set 1: 5-8 reps

Set 2: 8-12 reps

Leg press quad dominant

Set 1: 5-8 reps

Set 2: 10-15 reps

Ab Mat Crunches

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

Back and Rear Delts A

Machine pulldown

Set 1: 5-8 reps

Set 2: 5-8 reps

Chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-10 reps

Wide pull ups

Set 1: 5-8 reps

Set 2: 8-10 reps

Forward lean machine lat row

Set 1: 5-8 reps

Set 2: 8-10 reps

Low back extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Reverse Pec dec

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Delts and Triceps A

Lying cuff lateral raises

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Rack Military Press

Set 1: 5-8 reps

Set 2: 8-10 reps

JM smith press (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

Cross-cable triceps extensions

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Hip loaded calf raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Wrist extensions

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Chest and Biceps B

Incline barbell press

Set 1: 5-8 reps

Set 2: 5-8 reps

Roller cable Flys

Set 1: 8-10 reps

Set 2: 8-10 reps

Machine Incline press

Set 1: 5-8 reps

Set 2: 5-8 reps

Machine preacher curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Incline DB curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Wrist curls

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

Legs B

RDLs

Set 1: 5-8 reps

Set 2: 5-8 reps

Hack Squats

Set 1: 5-8 reps

Set 2: 8-12 reps

Seated leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

Rear foot elevated split squat

Set 1: 5-8 reps

Set 2: 8-12 reps

Sissy Leg Press (add to exercise library)

Set 1: 8-10 reps

Set 2: 10-15 reps

Ab Mat Crunches

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

Back and Rear Delts B

Bent over barbell rows (upper back)

Set 1: 5-8 reps

Set 2: 5-8 reps

Neutral grip pull ups

Set 1: 5-8 reps

Set 2: 5-8 reps

Chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-10 reps

Single arm cable pull down

Set 1: 5-8 reps

Set 2: 8-10 reps

Low back extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Cable rear delts
Set 1: 8-10 reps
Set 2: 8-10 reps
Set 3: 10-15 reps

Delts and Triceps B

High Incline Smith Press

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 8-10 reps

Lying cuff lateral raises

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

Dips

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

Seated "overhead" rope extension

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

Hip loaded calf raises

Set 1: 5-8 reps
Set 2: 8-10 reps
Set 3: 10-15 reps

Wrist extensions

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