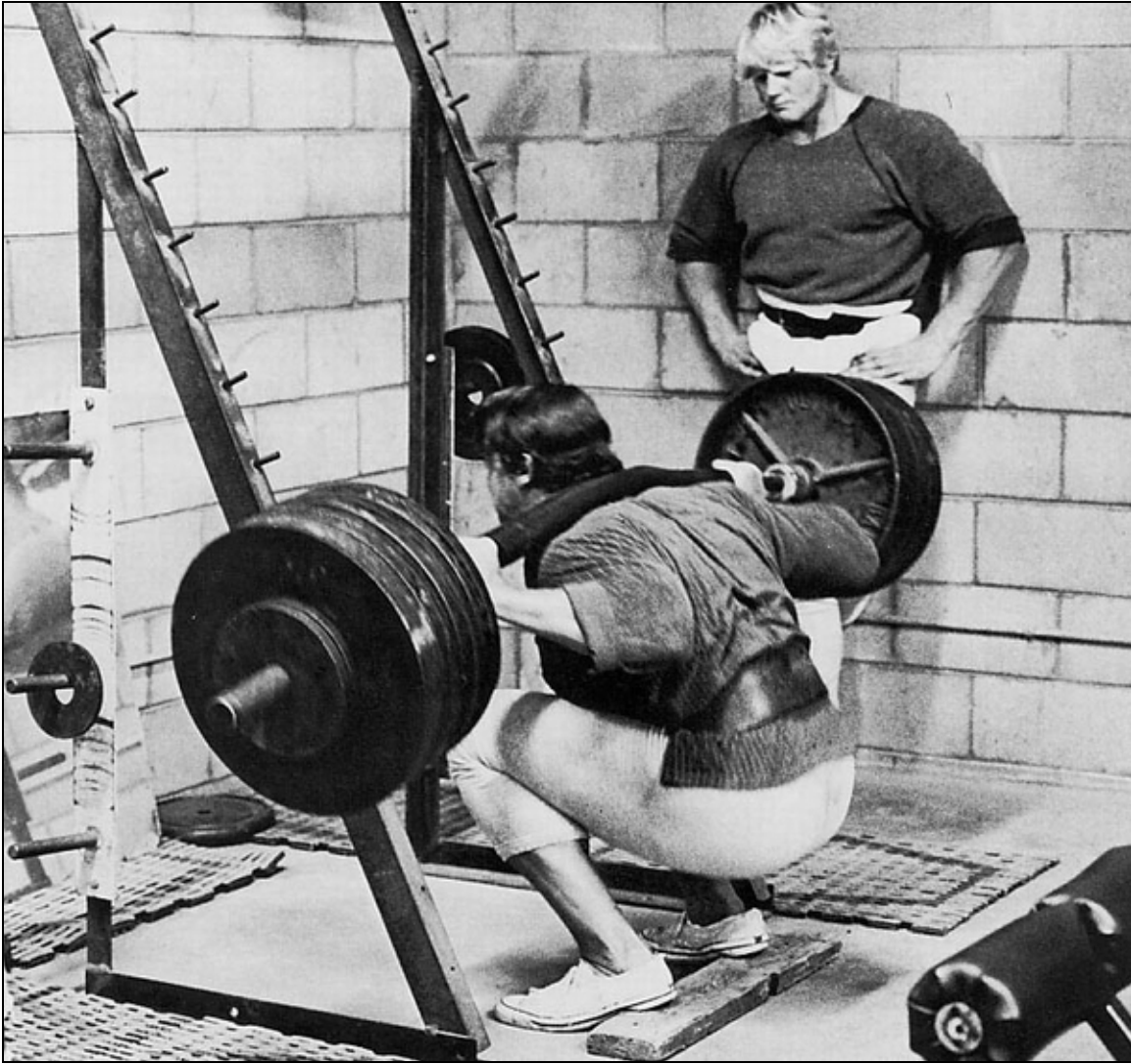


Hard Gainer “Shock Routine” For Fast Gains



This report is based on the book “**Super Squats, How To Gain 30 Pounds of Muscle in 6-Weeks**”, by Randall J. Strossen, Ph.D.



By Doberman Dan
Author of the “**Hyper Growth Muscle Mass Training**” Program

I put my own spin on it and changed a few things. I feel this is a great training time-tested program for gaining size and strength. I left out the nutrition aspect since we've been covering that a lot lately. This is a great "***shock routine***" for you to use from time to time when you need a burst to get out of a training rut.

First here's my waiver:

Consult your physician before undertaking this or any other exercise, dietary, and/or nutrition supplementation program. This program was developed based upon findings from a variety of sources and different interpretations of the studies and applications of their findings. Individuals vary in their response or reaction to exercise, diet and/or nutrition supplementation. Worldwide Fitness and the developer and distributors of this manual will not be liable for any incidental, consequential or other damages arising out of the use or application of any of the information contained in this text.

The Basics Of The Program

One of the most effective methods for building size and mass quickly is one you have probably never heard about. The core of this program is one (that's right...just 1) set of squats, but this one set is probably one like you have never done before. Here is where you find out what you're made of!

This is one very intense set, but you only have to give it your all on this one set. You will use a weight that you can do a normal set of squats with for 10 reps...and then you will do 20 reps! I know you are asking yourself, "How am I supposed to do that?", but we will discuss technique later.

This set of squats, if performed properly, will have you huffing and puffing like a freight train, your chest will feel like it's blowing up like a balloon, and your legs will feel like rubber bands, but you will learn to love this temporary discomfort when you see the awesome growth it produces.

We will also add a few other basic exercises to round out the program, but most of your energy and focus will be put into that one set of squats.

Don't let the simplicity of this program throw you. It is simple but it's not easy. I wasted 10 years of training and a lot of money, trying all the fancy programs and diets only to realize little to no gains. It wasn't until I followed this program that I finally started getting the size and strength gains that I had been looking for.

There is something almost magical about that gut-busting set of squats. I'm sure that some doctor or exercise physiologist, or some other expert with a lot degrees could explain just what happens in your body as a result of those squats, but this is how I understand it:

Those heavy, high-rep squats somehow cause a release of hormones and other growth-producing chemicals in your body and super-charge your blood.

This "super-charged" blood is now coursing through your body and organs because of the massive amount of work and stress that you are placing on yourself. These squats become a growth stimulus to all the major muscles in your body. Once you do a set like I will discuss later, you will experience what I am trying to describe.

When you are squatting, try to visualize your blood, now "super-charged" coursing through your body, bringing those growth-releasing substances and nutrients to your muscles.

After you have pushed yourself to the limit on your one set of squats, rack the bar, walk over to a flat bench (hobble or crawl over to it if you have to), lie on your back crossways on the bench, and do a set of dumbbell or barbell pullovers for 20 reps with a light weight. The emphasis is not on the weight here, but your breathing.



Of course you will be breathing (or should I say gasping) pretty deeply after those squats and this exercise will help expand your upper body framework for the slabs of muscle that you will be packing on.

Take several deep breaths before each rep, then take as deep a breath as possible while lowering the weight feeling the stretch in your rib cage, and exhaling while raising the dumbbell. Take 2 to 3 deep breaths and repeat the process for 20 reps of dumbbell pullovers.

You will then perform 2 to 3 sets of several other basic exercises and you will be done and out of the gym in an hour or less. Go home, get plenty of rest, eat well, drink lots of milk, and grow, grow, grow!

You'll be totally recuperated and ready to repeat the process in a few days...except this time with 5 more pounds on the squat bar! "What?!! I could barely get 20 reps last time and now you want me to do it again with 5 more pounds??!!" I know how you feel, I felt the same way, but this is what I have found:

You will never grow until you force your body to do more. It's called "**progressive resistance**" and a lot of people don't practice it and therefore don't grow. I used to think that my body would tell me when to increase the weights I was using or that I would feel stronger when I was ready to increase the weight.

My body wanted to stay where it was...and it did...for years! It wasn't until I started progressively using more weight that I really started getting bigger and stronger. This is where the phrase "Mind over matter" comes into play.

You are stronger than you were at your last workout if you ate well, and got plenty of rest. You can do 5 more pounds on the squat for another 20 rep set...you are physically capable of doing it, but you have to believe that you are capable of doing it, and, as the **Nike commercial says, "Just do it!"** It is only a few minutes of tough effort, but you will be rewarded with the size and strength gains that you have been dreaming about.

So I hope that I have made my point clear that you have to force yourself to grow. Every workout, that's every workout for the 8 week period, go up 5 pounds on the squat but still do 20 reps. You will be happy that you did!

On the remaining exercises, push yourself to go up at least 5 pounds every week. If you can handle more frequent increases on these other exercises, then by all means, slap on more weight.

To get bigger, you need to get stronger and you must force your body to get stronger. It doesn't just happen. Use that wonderfully powerful computer that is in your noggin, program it for success, take control of your body and will it to grow bigger and stronger. Think big, train big, and eat big!

So, to sum up the basics of the program:

- 1. Heavy 20 rep squats.**
- 2. Go up 5 pounds on squats every workout.**

Don't worry that the principle is over 40 years old. It works! Thousands of people have gained more weight in a month on the squats and milk program than they had after a year or longer on other programs.

Many people have experienced gains of 20 or 30 pounds in a month. John McCallum, a great bodybuilding author and promoter of the squats and milk program, said, "If you don't gain at least ten pounds a month you're doing something wrong."

The Training Program

In addition to your set of squats (more details later), the rest of your program will consist of some basic multi-joint exercises. The basic exercises are ones that involve the large muscle groups and the supporting smaller muscles, as opposed to isolation exercises. This is a great program to do before starting the [Hyper Growth Muscle Mass Training Program](#) which is a bit more advanced and targets in on the individual muscle groups.

What do I mean? For example, let's say that we are going to work chest. An isolation exercise would be dumbbell flyes. A basic exercise would be the barbell bench press or barbell incline bench press.

The bench press not only works your pecs, but also your shoulders (anterior delts) and triceps. The bench press is a strength and size builder, building several muscles in your upper body, while dumbbell flyes isolate only the pecs and don't build as much upper body mass and power.

Your focus should be on getting stronger in the basic exercises right now. Don't expend your valuable energy on isolation exercises. If you want to do some for fun or variety, and it doesn't affect your recovery-ability, then go ahead and do a few sets...AFTER you've done your basic exercise.

My opinion is that you should just concentrate on the basic exercises until you've gotten up to your desired body weight and have had some appreciable strength gains. After eight weeks on this program you will be ready for a little variety and can start doing a few additional isolation exercises.

After eight weeks on this program I would recommend my follow-up program entitled, **The Hyper Growth Muscle Mass Training Program**.

Some of you may find that this program causes you to over-train and you are not recovering fully between your workouts. If this is the case, I will outline an abbreviated, but very effective program that is sure to produce gains in size and strength, even on the hardest of gainers!

The Exercises

This routine may not look fancy or impressive compared to some of the slick, fancy routines in the muscle mags, but it is VERY effective. The exercises listed below should be performed in the order listed.

Squats	1 x 20 reps
Dumbbell Pullovers	1 x 20 reps
(Immediately after squats)	
Barbell or Dumbbell Bench Presses	3 x 6 to 8 reps
Chins	2 x as many reps as possible
Bent Over Barbell Rows	2 x 8 to 10 reps
Seated or Standing Dumbbell Press	2 x 8 to 10 reps
Barbell or Dumbbell Curls	2 x 6 to 8 reps
Standing Calf Raises	2 x 15 to 20 reps
Stomach Crunches	1 x 25 to 30 reps

How Often Should You Workout?

This program is normally done three days a week on alternate days, like Monday, Wednesday, and Friday or Tuesday, Thursday, Saturday. Some of you will gain better if done only two days a week like Tuesday and Friday, or Wednesday and Saturday.

I personally only did the routine twice a week because my body couldn't recover fast enough between workouts three days a week. I would suggest that you try it three days a week. If you are really sore (not just mild soreness and stiffness) and don't seem to be recovering and progressing between workouts, then drop back to twice a week.

For those of you who are still not recovering and gaining from this routine, you will need to perform the ultra hardgainers routine twice a week.

The Ultra Hardgainers Routine

This routine has put muscle and strength on some absolute skeletons. This is the routine that was followed by Peary Rader, founder of IronMan magazine, and allowed him to gain over 100 pounds of muscle!

Peary was extremely skinny and weak when he started on this program after trying dozens of other routines with no results. Peary started doing squats with only 35 pounds but soon worked up to doing 20 reps with over 300 pounds! So don't be discouraged if you're using light weights to start. Soon you will be doing big weights and growing like crazy!

Squats	1 x 20 reps
Dumbbell Pullover (Immediately after squats)	1 x 20 reps
Bench Press or Dips	2 x 6 to 8 reps
Barbell Rows or Chins	2 x 6 to 8 reps

How To Perform The 20 Rep Squat

You will be doing heavy, high rep, parallel squats. These used to be called "breathing squats" and it will be quite obvious how that name came about after you do your first set according to my instructions.

Heavy means different things to different people. What is heavy for you might be light for someone else...but remember...the only person you are competing with is yourself. So let me define what I mean by "heavy". You will use a weight that you can normally squat for 10 reps...and you will do 20 reps. It will not be easy, but you will do it because you have the desire to get bigger and stronger. And you will go up 5 pounds every workout. Doing this, you will experience gains in size and strength that are nothing less than phenomenal!

High rep means 20 reps, but remember, you only have to do one set. For the eight weeks that you will be using this program, feel free to experiment with different rep ranges on your squats.

Always do a minimum of 20 reps but you also might want to try 25 to 30 reps. Keep it somewhere between 20 to 30 reps. I very rarely did more than 20 reps. If you do your set like I am going to describe to you, 20 reps will be all you can do.

"Parallel" means that you only squat down until the tops of your thighs are parallel to the floor. That is all the further you need to squat to thoroughly work the muscles. Going below parallel increases your risk of injury because your back starts to round out.

Keep your back as flat as possible and keep your head up with your chest held high. It helps to pick a spot on the wall above your head level and look at that spot while you are squatting.

Take an empty bar and practice your form in front of a mirror before you start your workout. This will also help you warm up.

Some people place the bar high on their traps and others place it lower. The higher the bar, the more strain will be on your lower back. Since I have had a nagging back injury for years, I always place the bar lower on my traps, similar to how a powerlifter would squat.



If you choose to try this technique, there is a natural "groove" for the bar when you grab it, bring your chest up high, your elbows back, and your head up. You may have to experiment a little bit to find your groove, but you'll know when you've found it. The bar actually rests on the top of your rear delts.

If you are very thin or find the bar cutting into your skin, it's OK to wrap the bar with a towel or some kind of foam rubber pad. You need to concentrate on your squats, not how bad the bar is hurting your shoulders, so use some kind of padding if necessary.

OK, now we are ready to get started. Step under the bar and find your "groove". Keep your back flat or slightly arched, chest held high, shoulders back, and head up, and push the bar up off of the racks by straightening your legs.

Take approximately one step back and put your feet about shoulder width apart with your toes pointed slightly outward. Don't take an unusually wide or narrow stance, just put your feet in as natural position as possible. Stay "tight" in this position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place) because you should not be shifting your foot position in between reps.

Now we're ready to do our first rep. Still in your strong and solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), look at your imaginary spot on the wall and take one deep breath and exhale.

Now take another deeper breath and exhale. Take a third even deeper breath, hold it and squat to parallel. As soon as you reach parallel start driving the weight back up forcefully while exhaling and maintaining your solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place).

You may be tempted to hold your breath while driving the weight up. Don't do it unless you want to pass out and go crashing to the floor with the weights on top of you! Exhale forcefully while driving the weight up.

Congratulations, you completed your first rep. Now repeat the whole procedure with at least three deep breaths again in between each rep. After your tenth rep you may be taking 6 or more deep breaths between each rep. Take as many breaths as you need but never less than three.

At about the tenth rep is when this really becomes a challenge and you have to get mentally tough to do what it takes and finish the set. Taking five or more deep breaths between reps helps but most of your struggle will be a mental battle.

You may be tempted to quit and rack the weight because it is starting to get uncomfortable. Don't do it! You have the ability to push past the temporary pain and complete your twenty reps, but you really have to want to do it.



Think to yourself that it is only one set that you have to do and when you finish this one set of twenty reps, you will have sparked the hormonal and

chemical changes necessary to get your muscles growing. Your mind is more powerful than the bar on your back.

Decide to do whatever it takes to finish this one set so that you can enjoy the exhilaration of completing this mental and physical challenge.

A secret that I learned really helped me to get through my twenty reps. I warmed up with an empty bar to practice my form (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), and then did a few lighter sets for 5 or 6 reps.

After this warm up I would go to the locker room and sit in a stall, close my eyes and visualize myself doing all twenty reps in perfect form. I would count each rep as I visualized myself completing each one. After completing the twentieth rep in my head I would walk back out to the gym floor and get in position and do the set.

I would softly say things to myself in between reps when it really started to get difficult. I would say things like, "big and strong, no problem, I can do this, piece of cake, I'm strong, I'm getting bigger and stronger, I've got it, done deal"...etc. In other words, I spoke positive affirmations to help program my mind for success. I expected to finish the set and I always did.

Your mind is a very powerful thing, and you can program it for success or failure. The choice is yours. If you will take the time to read some books and learn how the conscious and subconscious mind work, you will start to understand how you control your success or failure, not just in completing your set of squats, but every aspect of your life.

So now you've finished your twentieth rep and you've racked the bar. You are huffing and puffing like a steam engine, your whole body feels like rubber, and your chest feels like it's about to burst.

So now you can collapse on the floor for a few minutes, right? Nope. Walk (or should I say crawl?!!) over to a flat bench where a very light dumbbell or barbell is waiting for you. Lie across the bench and immediately do one set of pullovers for twenty reps.

Just like squats, take at least three breaths in between each rep, hold the third breath while you lower the weight over your head, keeping your elbows only slightly bent. Exhale as you raise the weight back to the starting position.



The deep breathing brought on by the squats, followed by a chest stretching exercise like pullovers helps to expand the rib cage and upper body structure.

When doing pullovers, combined with the heavy breathing as a result of the twenty rep squats, you will feel a definite pulling or stretching sensation in your chest. This is OK. It just lets you know that this exercise combination is working.

You should only use a light weight on pullovers. The emphasis here is not on taxing the upper body muscles, but on deep breathing and getting a good stretch of your upper body and rib cage.

After you have done twenty reps on pullovers you can relax and enjoy the satisfaction of knowing that you have finished the hard part of the workout and have set the stage for muscular growth. Rest as long as you need before going on to the other exercises.

You should try to complete your workout in an hour or less. If you find yourself taking longer than an hour and fifteen minutes, you should cut down on your rest between sets, or look at cutting back on the number of sets.

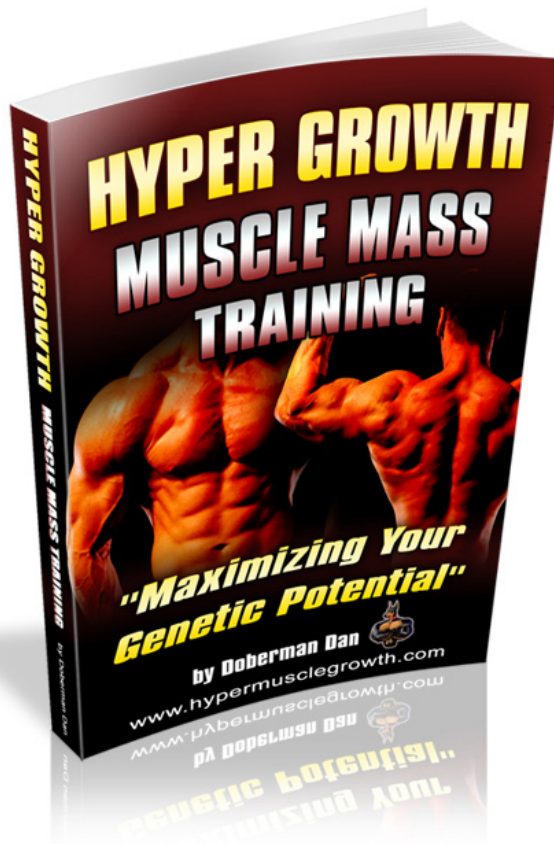
To summarize:

"Work super hard, breath very deep and get big!"

Introducing The Hyper Growth Muscle Mass Training System....

This program provides a new type of stimulus for massive muscle growth. The "**Hyper-Growth Muscle Mass Training**" course is innovative and cutting-edge and we've seen remarkable gains from it. This program is an extremely effective growth hormone stimulator and packs on mass, size and leans you out faster than you would've ever thought possible! This manual will show you...

- * Intensity and volume, how much is enough?
- * **How to vary routines to continue to make big gains.**
- * How to gain incredible power & size...FAST!



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