

This Highs & Lows routine is given credit to Muscle and Fitness magazine - March edition 2009
This routine was given to subjects who have recorded a strength gain of 30% within a month.

HIGHS & LOWS PROGRAM

During the next 4 weeks, you'll hit each body part twice per week:
One workout will be dedicated to size and endurance, another to size and strength. Do a few warm-up sets for each body part, then dive right into the Highs & Lows. The rep schemes are as follows:

Strength and Size (S&S)

6 reps & 12 reps

5 reps & 10 reps

4 reps & 8 reps

**Rest 2-3 minutes, then
reverse**

12 reps & 6 reps

10 reps & 5 reps

8 reps & 4 reps

Strength and Endurance (S&E)

12 reps & 24 reps

10 reps & 20 reps

8 reps & 16 reps

**Rest 2-3 minutes,
then reverse**

24 reps & 12 reps

20 reps & 10 reps

16 reps & 8 reps

This is a pretty intense routine. Be prepared for a 1 – 2 hour exercise.

Be sure to warm up with about 5 – 10 minutes of cardio and do major facial stretches before, during, and especially after workouts.

Hit it hard and keep me posted on your gains.

I would suggest making this program a front/back piece of paper and either laminate it or place it in a clear cover sheet that goes into binders. So you can take it to the gym without it tearing apart.

WEEKS 1 & 2

Strength & Size

Day 1 - CHEST, ARMS

Exercise	sets	reps
Chest		
Incline Flye	2-3*	8-12.
Incline Dumbbell Press	1	S&S
Machine Press	1	S&S
Biceps		
Preacher Curl	2-3*	8-12.
Barbell Curl (2 EZ curl bars needed)	1	S&S
Triceps		
Pressdown	2-3*	8-12.
Seated Overhead Cable Ext.	1	S&S

Day 2 - LEGS, ABS

Exercise	sets	reps
Quads/Hams		
Squats	2-3*	8-12.
Leg Press	2-3*	8-12.
Walking Dumbbell Lunges	2-3*	8-12.
Leg Extension	1	S&S
Leg Curl	1	S&S
Calves		
Standing Calf Raise	1	S&S
Abs		
Machine or Cable Crunch	1	S&S

Day 3 - BACK, SHOULDERS, TRAPS

Exercise	sets	reps
Back		
Lat Pulldown	2-3*	8-12.
Seated Row	1	S&S
Dumbbell Row	1	S&S
Shoulders		
Machine or Dumbbell Lateral Raise	2-3*	8-12.
Overhead Dumbbell Press	1	S&S
Traps		
Smith Machine Shrug	1	S&S

Strength and Endurance

Day 4 - CHEST, ARMS

Exercise	sets	reps
Chest		
Dumbbell Flye	2-3*	8-12.
Dumbbell Press	1	S&E
Smith Machine Incl. Bench Press	1	S&E
Biceps		
Incl. Dumbbell Curl	2-3*	8-12.
Standing Dumbbell Curl	1	S&E
Triceps		
Pressdown	2-3*	8-12.
Machine Dip	1	S&E

Day 5 - LEGS, ABS

Exercise	sets	reps
Quads/Hams		
Squats	2-3*	8-12.
Leg Press	2-3*	8-12.
Walking Dumbbell Lunges	2-3*	8-12.
Leg Extension	1	S&E
Leg Curl	1	S&E
Calves		
Seated Calf Raise	1	S&E
Abs		
Machine or Cable Crunch	1	S&E

Day 6 - BACK, SHOULDERS, TRAPS

Exercise	sets	reps
Back		
Overhand Pull ups	2-3*	8-12.
Close-Grip Lat Pulldown	1	S&E
Wide-Grip Seated Row	1	S&E
Shoulders		
Machine or Dumbbell Lateral Raise	2-3*	8-12.
Machine Overhead Press	1	S&E
Traps		
Dumbbell Shrug	1	S&E

Weeks 3 & 4

Strength & Size

Day 1 - CHEST, ARMS

Exercise	sets	reps
Chest		
Incline Flye	2-3*	8-12.
Cable Crossover	1	S&S
Incline Dumbbell Press	1	S&S
Smith Machine Press	1	S&S
Biceps		
Preacher Curl	2-3*	8-12.
Barbell Curl (2 EZ curl bars needed)	1	S&S
Incl. Dumbbell Curl	1	S&S
Triceps		
Pressdown	2-3*	8-12.
Seated Overhead Cable Ext.	1	S&S
Close-Grip Smith Machine Bench Press	1	S&S

Day 2 - LEGS, ABS

Exercise	sets	reps
Quads/Hams		
Squats	2-3*	8-12.
Walking Dumbbell Lunges	2-3*	8-12.
Leg Extension	1	S&S
Leg Curl	1	S&S
Machine Leg Press	1	S&S
Calves		
Standing Calf Raise	1	S&S
Abs		
Machine or Cable Crunch	1	S&S

Day 3 - BACK, SHOULDERS, TRAPS

Exercise	sets	reps
Back		
Lat Pulldown	2-3*	8-12.
Seated Row	1	S&S
Dumbbell Row	1	S&S
Smith Machine Bent-Over Row	1	S&S
Shoulders		
Machine or Dumbbell Lateral Raise	2-3*	8-12.
Overhead Dumbbell Press	1	S&S
Smith Machine Upright Row	1	S&S
Traps		
Smith Machine Shrug	1	S&S
Dumbbell Shrug	1	S&S

Strength and Endurance

Day 4 - CHEST, ARMS

Exercise	sets	reps
Chest		
Dumbbell Flye	2-3*	8-12.
Dumbbell Press	1	S&E
Smith Machine Decl. Bench Press	1	S&E
Smith Machine Incl. Bench Press	1	S&E
Biceps		
Incl. Dumbbell Curl	2-3*	8-12.
Standing Dumbbell Curl	1	S&E
Dumbbell Scott Curls (2 EZ bars)	1	S&E
Triceps		
Pressdown	2-3*	8-12.
Machine Dip	1	S&E
Rope Cable Pressdowns	1	S&E

Day 5 - LEGS, ABS

Exercise	sets	reps
Quads/Hams		
Leg Press	2-3*	8-12.
Walking Dumbbell Lunges	2-3*	8-12.
Leg Extension	1	S&E
Leg Curl	1	S&E
Smith Machine Squats	1	S&E
Calves		
Seated Calf Raise	1	S&E
Abs		
Machine or Cable Crunch	1	S&E

Day 6 - BACK, SHOULDERS, TRAPS

Exercise	sets	reps
Back		
Overhand Pull ups	2-3*	8-12.
Close-Grip Lat Pulldown	1	S&E
Dumbbell Pullover	1	S&E
Standing Cable Row	1	S&E
Shoulders		
Machine or Dumbbell Lateral Raise	2-3*	8-12.
Machine Overhead Press	1	S&E
Reverse Pec-Deck Flye	1	S&E
Traps		
Dumbbell Shrug	1	S&E
Barbell Shrug	1	S&E