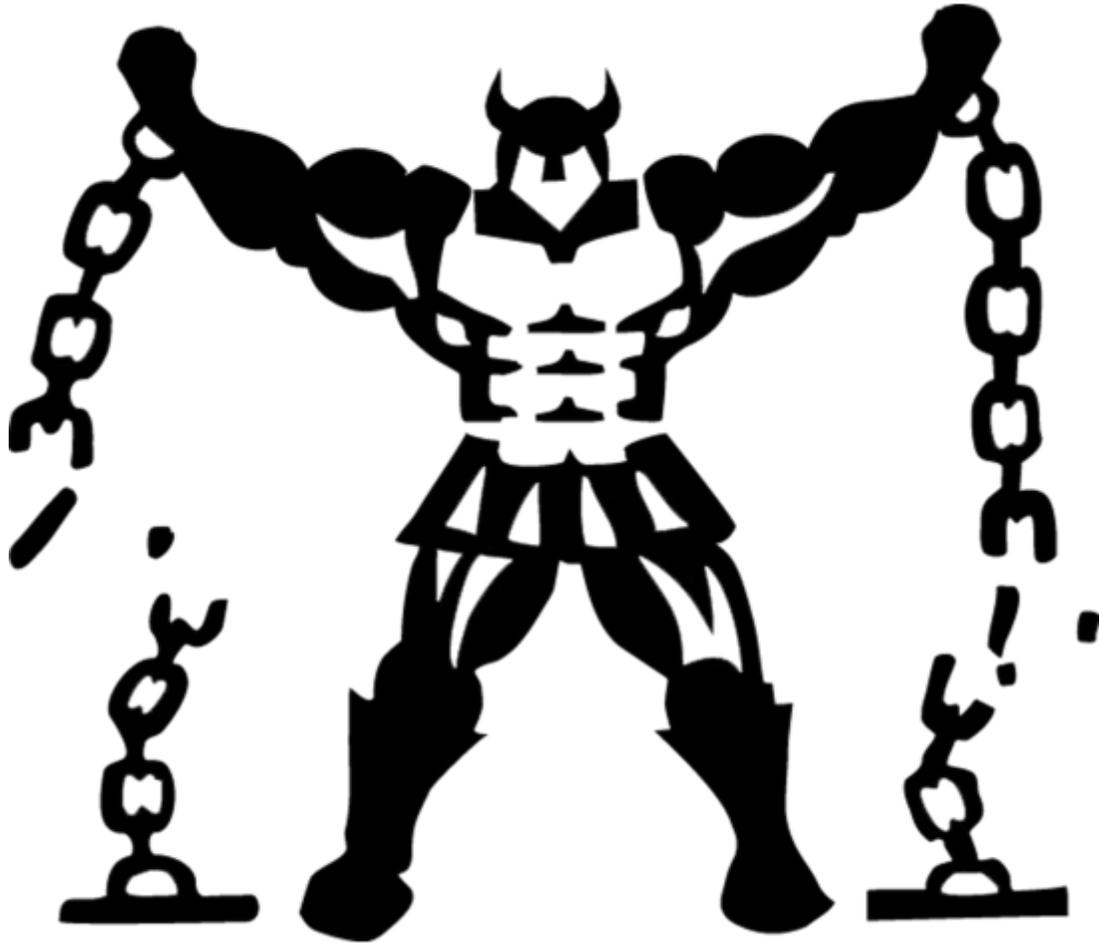


Old School Mass Builder – Pre Exhaustion Training

OLD SCHOOL MASS BUILDER

PRE-EXHAUSTION TRAINING PROTOCOL



By Josh Hewett

www.TeamBarbarian.com

Old School Mass Builder – Pre Exhaustion Training

How to force your muscles to grow using the Pre-Exhaust training protocol

One of my favorite advanced training techniques for hypertrophy (building muscle) is **pre-exhaustion**. This “old-school” method was used and recommended by some of the great golden-era bodybuilders from back in the day such as Casey Viator, Arthur Jones, and Mike Mentzer.

However, I don't recommend using this training protocol until you have a good foundation getting stronger with the big basic compound movements (such as squats, presses, and pulls). If you're a relative newbie to lifting, a beginner muscle-building program I suggest starting out with is my *Basic Anabolic Hypertrophy Training* program... you can download [HERE](#) for free:

- [BAHT mass builder](#)

For myself, I like to alternate between a program like **Barbarian Strength Training** or BAHT and Pre-Exhaust Training every few weeks. **Pre-exhaust training** involves using isolation movements (those that involve a single joint, e.g. leg extensions) to pre-fatigue a specific muscle group before moving on immediately to a compound movement (involving multiple joints, e.g. squats.) This method of training was shown in a 1996 study to **build more muscle than standard training**, in which you do multi-joint exercises first. I love the pre-exhaust method for several reasons:

It allows for greater overload to the target muscle group

When you employ pre-exhaustion into your workout, you are using isolation movements (ie: flies, pullovers, leg extensions) before you move onto your compound movements (ie: chest press, pullups, squats). This causes the isolated muscle to be significantly more tired than the other muscles involved in the compound movement you follow up with. When you move on to the compound exercise after completely fatiguing the target muscle group (in isolation) you are able to force that muscle group to continue to work, because of the assistance of the accessory muscles now involved. Your fresh muscles “pick up the slack” if you will, and pushes fatigue in the isolated muscle past the point it would have gotten to should you just have done the compound movement alone.

Using lighter weights on compound movements reduces stress on your joints

For advanced lifters, using max weights all the time will begin to take a toll on your body. But of course you want to keep the effort and intensity as high as possible. You can simply use less weight and perform more reps, but at a certain point this becomes less effective for building mass and strength. Pre-exhausting allows the muscle to work harder, while allowing the load to be lighter.

www.TeamBarbarian.com

Old School Mass Builder – Pre Exhaustion Training

It adds variety to your regular workout routine

Pre-exhaustion allows you to continue using the same tried and true compound mass-building exercises while incorporating a new element of isolation and increased intensity to provide a new stimulus and trigger greater muscle growth.

The PUMP is real!

This training technique will literally PUMP you UP! The pump not only feels amazing (*to quote Arnold ... "is as satisfying to me as cumming"*) but also serves a more practical purpose. The pump is also a factor in sarcoplasmic hypertrophy. That extra blood flow increases the supply of nutrients to the muscle which can improve recovery, while also increasing the local collection of intramuscular anabolic hormones (ie: IGF-1).

Hopefully you are sold on the benefits of this method! But before I show you the actual program, I want to clear up some confusion resulting from a couple of studies that looked at pre-exhaust training:

A 2007 Brazilian study had weight-trained men perform one set each of the machine chest press and pec-deck flye in alternating order while they measured muscle activity of the chest and triceps. The researchers reported that when subjects used the pre-exhaust method, triceps muscle activity was higher and pectoral muscle activity was lower during the chest press.

Another Swedish study in 2003 had trained males perform one set of a leg press with or without pre-exhausting on the leg extension first, and found that the activity of subjects' quadriceps muscles was less during the leg press when they used pre-exhaust.

Therefore in both cases scientists concluded (erroneously) that "pre-exhaustion exercise is not more effective than regular weight training" for building muscle.

They Got It Wrong!

Unfortunately, these Brazilian and Swedish researchers were misinformed regarding the reason bodybuilders use pre-exhaust. It was NOT designed to *increase muscle activity* but rather to *increase fatigue of the target muscle*. Hence the name "Pre-EXHAUST".

When a muscle becomes fatigued, it decreases muscle activity. Therefore, these two studies actually prove that pre-exhaust training works to completely *exhaust* (overload) the muscle.

Remember, most scientists aren't bodybuilders... they can get it wrong. What they should have done was a long term study measuring increases in lean tissue in 2 groups using different training methods, to demonstrate the effectiveness of this method. But I digress.

Old School Mass Builder – Pre Exhaustion Training

The point is, IT WORKS!

OK, let's take a look at the Pre-Exhaust Program I use:

First of all, I like to ramp up the training volume during the course of a 4 to 6 week program, before taking a lighter “deload” week to recover and begin the next training “ramp”. So here's how the first couple of weeks would look...

Weeks 1 and 2: 3 day split

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull Day 1	Rest	Lower Body 2	Rest	Push Day 3	Rest	Rest

Here's how the last 2 weeks of the program look, after merging the 3 day split into a 2 day split:

Weeks 3 and 4: 2 day split*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull Day 1	Push Day 2	Rest	Pull Day 3	Push Day 4	Rest	Rest

And this is how the sets and reps would change each week:

3 Day Split (3 workouts/week)		*2 Day Split (4 workouts/week)	
Week 1	Week 2	Week 3	Week 4
3 sets x 12reps	4 sets x 10 reps	5 sets x 8 reps	6 sets x 6 reps
Deload Week then Repeat or Change Program			

Here are some other key ‘performance’ points to note:

- Start with a lighter warm up set before beginning working sets
- Use a slow, controlled tempo with strict form and continuous focused tension
- Perform the compound movement immediately after the isolation exercise
- Rest 90 to 120 seconds before repeating the pre-exhaust super-set
- Take each set to momentary muscular failure
- Perform a 60% drop-set to fatigue on your compound exercise after final set
- Increase weight / resistance every week (as reps are reduced)

The full program is listed below. It's a very challenging escalating volume / frequency program, but keep in mind that you don't have to follow this exact training progression and split routine. The main thing is to apply the pre-exhaust method of exercise super-sets as shown:

Pre-Exhaust Tracking Forms

DAY ONE: UPPER BODY PULL DAY

Pre-Exhaust SuperSet A	<u>Week 1:</u> 3 supersets of 12 reps	<u>Week 2:</u> 4 supersets of 10 reps
Dumbbell Pullovers <i>-superset-</i>		
Lat Pulldowns OR Pull Ups (weighted)		
Pre-Exhaust SuperSet B	3 supersets of 12 reps	4 supersets of 10 reps
Reverse Flyes <i>-superset-</i>		
Row Variation		
Pre-Exhaust SuperSet C	3 supersets of 8-10 reps	3 supersets of 8-10 reps
Bicep Curls <i>-superset-</i>		
Chin Ups OR Underhand grip Pulldowns		

Pre-Exhaust Tracking Forms

DAY TWO: LOWER BODY & CORE DAY

Pre-Exhaust SuperSet A	<u>Week 1:</u> 3 supersets of 12 reps	<u>Week 2:</u> 4 supersets of 10 reps
Leg Extensions <i>-superset-</i>		
Back Squat OR Leg Press		
Pre-Exhaust SuperSet B	3 supersets of 12 reps	4 supersets of 10 reps
Leg Curls <i>-superset-</i>		
Deadlift variation		
Pre-Exhaust SuperSet C	3 supersets of 8-10 reps	3 supersets of 8-10 reps
Hanging Leg Raises <i>-superset-</i>		
Ab Wheel Rollouts		

Pre-Exhaust Tracking Forms

DAY THREE: UPPER BODY PUSH DAY

Pre-Exhaust SuperSet A	<u>Week 1:</u> 3 supersets of 12 reps	<u>Week 2:</u> 4 supersets of 10 reps
Chest Flyes <i>-superset-</i>		
Chest Press		
Pre-Exhaust SuperSet B	3 supersets of 12 reps	4 supersets of 10 reps
Side Lateral Raises <i>-superset-</i>		
Overhead Press		
Pre-Exhaust SuperSet C	3 supersets of 8-10 reps	3 supersets of 8-10 reps
Tricep Extension <i>-superset-</i>		
Parallel Bar Dips		

Pre-Exhaust Tracking Forms

DAY ONE: PULL DAY

DAY TWO: PUSH DAY

Pre-Exhaust SuperSet A	<u>Week 3:</u> 5 supersets of 8 reps	<u>Week 4:</u> 6 supersets of 6 reps	Pre-Exhaust SuperSet A	<u>Week 3:</u> 5 supersets of 8 reps	<u>Week 4:</u> 6 supersets of 6 reps
Leg Curls <i>-superset-</i>			Leg Extensions <i>-superset-</i>		
Deadlifts			Back Squat OR Leg Press		
Pre-Exhaust SuperSet B	5 supersets of 8 reps	6 supersets of 6 reps	Pre-Exhaust SuperSet B	5 supersets of 8 reps	6 supersets of 6 reps
Dumbbell Pullovers <i>-superset-</i>			Chest Flyes <i>-superset-</i>		
Pulldowns OR Pull Up			Chest Press		
Pre-Exhaust SuperSet C	5 supersets of 8 reps	5-6 supersets of 6 reps	Pre-Exhaust SuperSet C	5 supersets of 8 reps	5-6 supersets of 6 reps
Reverse Flyes <i>-superset-</i>			Side Raises <i>-superset-</i>		
Row Variation			Overhead Press		
Pre-Exhaust SuperSet D	3 supersets of 8-10 reps	3 supersets of 8-10 reps	Pre-Exhaust SuperSet D	3 supersets of 8-10 reps	3 supersets of 8-10 reps
Bicep Curls <i>-superset-</i>			Tricep Extension <i>-superset-</i>		
Chin Ups OR Underhand grip Pulldowns			Parallel Bar Dips		

Pre-Exhaust Tracking Forms

DAY THREE: PULL DAY

DAY FOUR: PUSH DAY

Pre-Exhaust SuperSet A	<u>Week 3:</u> 5 supersets of 8 reps	<u>Week 4:</u> 6 supersets of 6 reps	Pre-Exhaust SuperSet A	<u>Week 3:</u> 5 supersets of 8 reps	<u>Week 4:</u> 6 supersets of 6 reps
Leg Curls <i>-superset-</i>			Leg Extensions <i>-superset-</i>		
Deadlifts			Back Squat OR Leg Press		
Pre-Exhaust SuperSet B	5 supersets of 8 reps	6 supersets of 6 reps	Pre-Exhaust SuperSet B	5 supersets of 8 reps	6 supersets of 6 reps
Dumbbell Pullovers <i>-superset-</i>			Chest Flyes <i>-superset-</i>		
Pulldowns OR Pull Up			Chest Press variation		
Pre-Exhaust SuperSet C	5 supersets of 8 reps	6 supersets of 6 reps	Pre-Exhaust SuperSet C	5 supersets of 8 reps	6 supersets of 6 reps
Reverse Flyes <i>-superset-</i>			Side Raises <i>-superset-</i>		
Row Variation			Overhead Press		

After finished the 4 week training “ramp”, take one light and easy deload week

Let's Connect!

Click the links below to check us out online:

