

Ok guys, first and foremost I want to thank all of you for believing in this, and secondly for putting hard earned dollars out to be a part of something that is so new. It was a step of faith for you all, and gut check for me. So thank you for being a part of something that has been building in my head for several years now. By now I am sure you all have read over the template, and become somewhat familiar with it. If not I'll spare you the basics and you can go to blillytraining.blogspot.com and get caught up. Now, some of you will notice there are more than 10 names involved, and that is because I can actually take up to 20 with the software I have to monitor the progress, but I am only taking 15 at most, right now I think I have 12 paid testers, and one other guy is following but will not have as much direct testers.

Now that the BS is out of the way, here is what I will be expecting starting this week. I want all of you to keep a log somewhere, I don't care where, if you have a blog/log already keep posting it, and please mark that you are a tester for this project. That hopefully allows you guys to become more knowledgeable about the program by answering questions about your training, and giving others feedback. We learn best by teaching others. I don't want you guys to give answers that you don't know, but people will ask questions no doubt and please feel free to answer them if you like, if you don't know the answer direct them to me. Also, if for some reason you are feeling frustrated or having problems PLEASE PLEASE address them with me first. I would like the group to have as much open conversation as possible with one another so we can answer each others questions once rather than 10 of the same question. I would like your Days set up like this so we all do the same lift on the same day but I realize that's a big task because of training groups and so on but I train Tues, Thurs, Sat, Sun. I know many of you all prefer Mon, Weds, Fri, Sun and that is fine but Ill start with Day 1 being either Mon or Tues:

Day 1: Deadlift Day
Day 2: Bench Day
Day 3: Squat Day
Day 4: Bodybuilding Day

Now my philosophies are as follows and I expect that you all follow suit:

*The only PR's that matter are those on the platform, and for those of you that don't compete the PR's at the end of the cycle is what we train for. You may not hit a PR for 9 weeks, but when you test them on week 10 you should blow your old PR's away. Now, for those of you freaking out right now you will have chances to PR before then, but you need to buy into the fact that a 5 lbs. PR today is ok, but I want a 20 lbs. PR later, so don't let your short term training diminish your long term results.

*Stop one set early. We all know the feeling of defeat when you are in the gym, you hit a good lift, then the next jump is iffy, we take it anyway and miss. We WILL NO LONGER MISS WEIGHTS. Make a plan, stick to it, hurt feelings. I haven't missed a weight because of strength in over 15 months. I might miss on a technical failure, but if that is the case I can reset and immediately do the weight. Check your ego at the door.

*Eat like a freaking beast. I don't want to hear any excuses as to why you aren't gaining. In five months I gained 21 lbs, and can see my abs in the morning, Jimmy gained 30, and got leaner as well, and we did not eat diet food, we ate to be strong. The nights before you lift make sure to eat big carb meals, and I suggest eating lots of carbs every 3 hours. I weigh 325 and hit maybe 200-250 grams of protein per day, but I always get close to 1000 carbs a day.

*Eat tons of good fats, coconut oil, nuts, olive oil in your shakes, almond butter, natty peanut butter, regular peanut butter, I don't care, but I am not creating marathon runners, I am out to make beasts. And lastly Chocolate milk is your new best friend, at minimum a half gallon a day. No excuses, cheapest, tastiest calories you can buy, and for those that doubt that tip, you are doubting me, Chuck Vogelpohl, Chad Smith, that I know of first hand adhering to the same rule.

*Your rep and speed day are just as important as your Max day because they are what lead to successful PR's, take them seriously, attack the weights each time you are in the gym.

*Supplements, I'm a little wishy washy on this subject, I prefer whole food first and foremost, then supplements to fill in holes. I don't want you drinking 4 shakes a day unless it is your only option and I would find that hard to believe. Like I said for \$15 you can get two pounds of beef, a pound of chicken, and two boxes of pasta, and that's a pretty good day of food after your half gallon of chocolate milk. Eat like a beast, train like a beast. Multi vitamin is good, creatine, amino acids, and protein powder of course. That's about as fancy as I ever get, but I will give you a detailed outline tomorrow I'm just familiarizing you with my ideas.

*Drugs, I am talking about these assuming you live in a country where drugs are perfectly legal, and I am telling you experiences of a friend who lives in a country where steroids are legal as I in no way condone there use. But since I know many of you law abiding citizens use them, I will give you my friends drug protocol. Week 10 would be the week of competition, or your final week. This is all for reference not a demand.

Weeks 1-6

Testosterone Cypionate- 500-600 mgs taken 250/300 mgs on Monday and Thursday
Deca/EQ- 300 mgs taken 150 mgs on Monday/Thursday

Anavar- 50 mgs per day

Weeks 7-10

Testosterone Cypionate- 1000-1200 mgs taken 500/600 mgs Monday and Thursday
EQ- 600 mgs taken 300 Monday/Thursday

14 days out

To the above add 50 mgs Tren EOD
50 mgs DBOL per day

This is just the beginning as I have told some of you I am finishing adding the workouts to Excel and they will be ready by 10 am, so read this over ask any initial questions and the workout info will drop in the A.M.

Thank you so much,

Brandon Lilly + Corey Hayes

Hey guys I have been away at the SPF Pro AM to help teammates over the weekend, and through the course of the weekend I lost my charger for my laptop, and dropped my phone in water so I was left without contact other than a lobby computer that I checked a few times. I am sorry, and this will not be how I conduct myself, I try to be very prompt.

Secondly, it is my fault I left some of you guys confused. I have been very spoiled and I have come from gyms that have more bars than we ever used, so please if I mention something like a Safety Squat Bar, substitute a straight bar. Also no glute ham raise? Or, reverse hyper? Lunges, back raises, good mornings are amazing. I will try to include alternatives but if I miss something please feel free to challenge yourself with an exercise that will hit our targeted muscle group.

Some of you have asked about Geared and Raw. If YOU are a geared lifter you do the Geared/G percentages, and if you are RAW you do the Raw/R percentages. Our goal is to do our worksets, and 1-2 jump sets in weight. If you don't have the bands or the ability to do rev bands, just add a little bit of weight and that will be fine.

I got a lot of questions about "That's it?" as far as in workload. Two things, its week 1, and second on my accessory work I squeeze, and contract my muscles very hard. I try to do the movement explosive and then squeeze. I am usually left saying "That's only set 1?" The other question is conditioning. I walk my dog 20 minutes a day, and I work out hard. I don't eat crap, and I'm 325 with some resemblance of abs. If you are looking for 6 pack abs or a bodybuilding stage I wonder why you signed up for a 10 week power program. I hate looking like a slob, but if you wanna look like a bodybuilder (I mean a 8 week out bodybuilder) then you are going to have to sacrifice for 10 weeks. Eat big, lift big, and get results.

4th day, this day is a bodybuilding day.

I always do military presses on this day. I warm up, and do 3 sets of 8-12 with my desired weight. I always do some calves on this day, and I do abs on this day also. I do abs everyday of the week, and would prefer you all do too, but that can be overkill for some. So after Military Press, abs, and calves I look at myself and say what is lagging? and I pick three bodyparts, say quads, biceps, and pecs. Ill pick one exercise for each, and then work up to a good weight for 3 sets of 10-12 for each muscle group

Military- 3x10
Calves-4x15
Abs-3 circuits
Leg Extensions-3 x 10
Bicep Curls- 3x12
Pec Flyes- 3x12

That's is a basic Sunday for me. Keep it simple guys. The basis is the method, then training hard, eating hard, and resting. You will see great results!

Week 1

<u>Deads - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - Geared: Briefs Only/Raw	3	3	80/70
4" Block pull - Geared/Raw	2	3	85/75
SSB Olympic Stance - Raw	3	8	55/50
GHRs	4	10	
Back Raises		50	

*Warm Up Slowly. Stretch and really get ready to lift. This has been a huge benefit for me.

*If you are a geared lifter, use it. If you are raw, I like to pull in my briefs sometimes to overload, and also, use knee wraps on your squat sets.

*When warming up, be smart, make small jumps. I like quarter, plate, quarter, plate until near my work sets, then 10's and 5's apply.

*Use %'S of your best lift (either in meet or gym)—DO NOT use a crappy lift for your %! I'd recommend starting with 95% of your best.

*Do your best to rig-up the reverse bands in any way that you can. It's very important to the program. Get with me if unavailable.

<u>Bench - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Floor Press - Up to Single	multiple	1	
Bench	2	15	60-70
Lat Pulldown	3	12	
Band Pressdown		100	
DB Shrugs (squeeze!)	3	15	
Military Press	3	12	

*Use an average band for your Rev Band sets, Elitefts sells them, and I will show you how to rig them.

*Assistance work without percentages: this should end up with the top set being about 3-4 reps shy of failure.

*Now, on some of the movements with less than 8 reps, this is harder to judge, so don't apply.

*This mainly applies to the higher rep assistance: Lat pull-downs or fly etc. I want the block pulls, stiffes, decline, close grip work's top set to be heavy, but not to failure

<u>Squat - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat - Geared: Briefs Only/Raw	3	3	75/70
Squat Rev Band - Geared/Raw	1	2	85/80
Olympic Squat	5	5	
Leg Press	4	15	
Reverse Hyper	3	12	
KB/DB Swings	3	15	

Week 2

<u>Deads - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - 45% and Double Mini Bands or 65% Straight (comp stance)	10	1	60
4" Block Pull - Straight Weight Snatch Grip	1	20	45/50
Squat - SSB or Straight Bar (close stance)	3	8	
Barbell Shrugs	3	12	
Back Raises		50	
Band or Machine Lat Pulldown	4	15	

<u>Bench - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Incline Bench Press	5	3	75
Incline DB (pick a weight you would fail at 23 reps)	2	20	
Close Grip (pick a weight that challenges you)	3	12	
Band Fly	3	15	
Tricep Pressdown w/Band or Cable		100	

<u>Squat - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat	1	2	80
Squat	1	2	85
Squat	1	1	90
Squat	1	1	92.5
Squat	1	4	80
Goodmorning (go down until you want to double over then explode up)	3	8	
Leg Press	3	20	
Reverse Hypers or Lunges	3	12	
Back Raises		60	

Week 3

<u>Deads - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Max DL Off 4" Blocks or Pins Set at Mid Shin	multiple	1	100
*Warm Up Slowly. Plate, quarter, Plate, quarter. Now we are going for a heavy single, but do not miss. If you find yourself pulling a hard rep. Either stop, or make a small jump, then shut it down. WE DO NOT MISS REPS!			
Sumo Stiff Leg DL	2	6	65
Dumbbell Rows	3	10	
Dumbbell Shrugs	2	20	
Up and Down Plank		50	

<u>Bench - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Floor Press (% based on max bench)	5	5	70
Incline DB Press (Make your fail point right around 15. Do not make these an easy 15)	3	15	
Band Press Down		100	
Standing DB Military Press	3	10	
Band Fly	3	15	
Abs		50	

<u>Squats - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat - Geared: Briefs Only/Raw (wraps if you like)	5	3	75
SSB or Straight Bar Wide stance GM	3	8	
*Use a weight you can control, and think muscle growth not leverage			
Lunges (holding a challenging DB weight in each hand)	3	15	
Olympic Squats (do not rack the bar until you hit 50 reps, shallow reps don't count. Women 75-95 lbs. Men 135 lbs.)	1	50	135lb
Abs			

Week 4

<u>Deads - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - Geared: Briefs Only	3	2	85
DL - Raw	2	3	80
2" Block Pull - Geared (with a snatch grip, use straps on this)	3	12	60
2" Block Pull - Raw (with a snatch grip, use straps on this)	3	10	55
Olympic Stance - Raw	4	10	
GHRs or Lunges	4	10	
Back Raises		50	

<u>Bench - Max 2 Board Press Raw</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Bench - 2 board	1	2-3	102.5
*Work up slowly doing sets of 5 until 80% then do 3's. Now I want you to hit a double or triple with 102.5% of your chest max. So if you bench 300 off chest hit that for 2-3 off the board.			
Bench - 3 Board (close grip with a slow down, and explode up)	3	12-15	75-80
Lat Pulldowns	3	15	
Tricep Pressdowns (Progressively heavier each set, 15 should be almost impossible by set 4)	4	15	
DB Military Press (heavy as possible)	3	10	
Barbell Shrugs	4	15	
*I don't want pussy shrugs where the bar moves an inch. Use a weight you can control for high contractions and slow lowering. I use 315 for example, so with that being said use your body weight and squeeze like hell at the			
Abs			

<u>Speed - Squats</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat Geared: Full Gear/Raw	5	2	80
Squat Rev Band (or no band for a single)	1	2	90
Olympic Squats with a pause in the hole (make these DEEP)	5	5	
Leg Press	4	12	
Rev Hyper or Light Goodmornings	3	12	
KB/DB Swings	3	15	

Week 5

<u>Deads - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - 55% Double Mini Bands or 70% Straight (comp stance)	8	1	55
2" Block Pull - Straight Weight Snatch Grip	1	20	45
Squat - SSB or Straight Bar (close stance)	5	6	
Barbell Shrugs	3	15	
Back Raises		60	
Band or Machine Lat Pulldown	4	15	

<u>Bench - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Flat Bench	1	3	87.5
Flat Bench	1	3	90
Flat Bench	1	3	92.5
Military Press (pick a weight that is difficult for 10 reps)	3	10	
Band Pulldowns	4	15	
Tricep Pressdown w/Band or Cable		100	
Lateral Raises - 5 or 10 lbs plate 100 reps. No stop. Even if range of motion is 1" do not stop til 100.	1	100	

<u>Squat - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat	1	1	85
Squat	1	1	92.5
Squat	1	1	97.5
Squat w/bands (if no bands available drop back to 85% and do a double)	1	1	102.5
Dropset - Raw	3	12	50
Leg Press	3	20	
Reverse Hyper or Lunges	3	12	
Back Raises		60	

Week 6

<u>Deads - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Max DL Off 2" Blocks or Pins Set at Mid Shin	1	1	95
*Warm Up Slowly and I want you to take 95% of your floor max. If that goes well, No I don't mean you grind and hitch it up well, but I mean a good rep, then take 102.5% of your floor max. If you opt for the up set you better OWN IT!!			
Sumo Stance DL	8	2	75
Dumbbell Rows	2	20	
Barbell Shrugs	3	15	
Lunges	3		
Up and Down Plank		50	

<u>Bench - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Floor Press (% based on max bench)	8	3	80
Incline DB Press (should be a hard weight to hit 15 with)	3	15	
Band Pressdown (split up however you like)		100	
Standing DB Military Press (go a little heavier)	4	6	
Band Fly	3	15	
Abs		50	

<u>Squats - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat - Geared: Briefs Only/Raw (wraps if you like)	6	2	85
SSB or Straight Bar Wide Stance Pause Squats	3	10	65
*Do a three count pause in the hole at parallel, do not cut these high			
Lunges (holding a challenging DB weight in each hand)	3	15	
Olympic Squats (do not rack the bar until you hit 50 reps, shallow reps don't count)	1	45	150lbs
Abs			

Who wants to get stronger?!

Week 7

<u>Deads - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - Geared: Briefs Only	5	3	80
DL - Raw	6	2	75
4" Block Pull - Geared (with a snatch grip, use straps on this)	2	15	65
4" Block Pull - Raw (with a snatch grip, use straps on this)	2	15	60
Olympic Stance - raw	3	12	
GHRs or Lunges	4	10	
Back Raises		30	

<u>Bench - Max 1 Board Press Raw</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Work up slowly doing sets of 5 until 80% then do 3's.			
Bench - 1 board		2	85
Bench - 1 board		1	90
Bench - 1 board		1	95
Bench - 1 board		1	100
Bench - 1 board (only take this if 100% goes perfect)		1	105
Close Grip	3	3	80
Lat Pulldowns	3	15	
Tricep Pressdowns (progressively heavier each set. 15 should be almost impossible by set 4)	4	15	
DB Military Press (as heavy as possible)	3	10	
Barbell Shrugs	4	15	
*I don't want pussy shrugs where the bar moves an inch. Use a weight you can control for high contractions and slow lowering. I use 315 for example, so with that being said use your body weight and squeeze like hell at the top.			
Abs			

<u>Squats - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat - Geared: Briefs only	6	3	80
Squat - Raw	8	2	75
Squat Rev Band - Geared (or no band for a single)	1	2	85
Squat Rev Band - Raw (or no band for a single)	1	2	80
Olympic Squats with a pause in the hole (make these DEEP)	5	5	
Leg Press	4	20	
Rev Hyper or Light Goodmornings	3	12	
Stiff Leg DB	3	15	

Week 8

<u>Deads - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
DL - 65% Double Mini Bands or 85% Straight Weight (comp stance)	8	1	65
4" Block Pull - Straight Weight Snatch Grip	2	8	75
Pause Deadlifts	3	6	30-40
*Pull 2 inches off the floor, hold for a 3 count then explode to the top			
Barbell Shrugs	2	20	
Band or Machine Lat Pulldown	4	15	

<u>Bench - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Flat bench	5	1	90
Military Press	4	12	
Band Pulldowns	4	20	
Tricep Pressdown w/Band or Cable		100	

<u>Squat - Max</u>
All you are doing today is squatting a new PR then shutting it down. If you get one jump away and you know a PR will not happen for any reason, drop down and do a triple with 85%
*DO NOT MISS!! I want a PR no matter what! If you can hit a 5-10 lbs. PR I will allow one more jump this week! Crush it!

Week 9

<u>Deads - Max</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Max DL on 1" Inch Block	multiple	1	100
Sumo Stance	8	1	80
Barbell Shrugs	3	15	
Lunges	3		
Up and Down Plank		50	

<u>Bench - Speed</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Floor Press	5	5	82.5
Incline DB Press (again, this should be a hard weight to hit 15 with)	3	15	
Band Pressdown (split up however you like)		100	
Standing DB Military Press	4	10	
Band Fly	3	15	
Crunches		50	

<u>Squats - Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>%</u>
Squat - Geared: Briefs Only/Raw (wraps if you like)	6	3	85/75
SSB or Straight Bar Wide Stance Pause Squats	3	10	50
*Do a three count pause in the hole at parallel, do not cut these high			
Lunges (holding a challenging DB weight in each hand)	3	15	
Olympic Squats (do not rack the bar until you hit 40 reps, shallow reps don't count. I know I said next time it would be 150 x 50, but what the hell? Lets have fun!)	1	40	165lbs
Abs			

Who wants to get stronger?!