

# **The Best Workout Plan For Natural Lifters**

**Advanced Training Strategies**



**6 Weeks of Planned Chaos  
For NEW Muscle Growth**

**Christian Thibaudeau**  
World Renowned Strength-Training Coach

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**6 Weeks of Planned Chaos  
For NEW Muscle Growth**

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The material in this plan is for informational purposes only and is not intended as a substitute for the advice and care of your physician. As with all new exercise regimens, the program described in this plan should be followed only after first consulting with your physician to make sure it is appropriate to your individual circumstances. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this plan.

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**Christian Thibaudeau specializes in building bodies that perform as well as they look. He is one of the most sought-after coaches by the world's top athletes and bodybuilders.**

# **CONTENTS**

- 1. Why You Can't Train Like a Juicer**
- 2. Stimulating More Protein Synthesis  
— Naturally**
- 3. The Best Workout Plan for Natural  
Lifters Explained**
- 4. I'm Here to Coach You**
- 5. Phase 1 — Weeks 1-3 Workouts**
- 6. Phase 2 — Weeks 4-6 Workouts**
- 7. The Eating Plan for Natural Lifters**
- 8. Take a Week Off and Build More  
Muscle**

# Why You Can't Train Like a Juicer

A natural lifter can't train like a steroid user and expect to get good results. It just won't happen.

The workouts for steroid users — the set/rep schemes, the body-part splits, the methods — are all based on what works for "enhanced" lifters... and no one else.

To compound the problem, drug-using bodybuilders and trainers sell their own workouts to the public, promoting that what works for them also works for everyone else. Basic physiology puts the lie to that notion. They should know better (and some do).

The drug-free lifter's capacity to tolerate training stress, and grow muscle, is highly dependent on the body's natural hormones, especially testosterone, IGF-1, and cortisol.

In contrast, modern drug-using bodybuilders are walking around with as much as 80 times the androgens of a normal healthy man. Throw in the other performance-enhancing drugs also commonly taken, and the roid users completely change their physiology into a superhuman state.

This has an enormous impact on how their bodies respond to training — almost anything works for them — and there's no honest way of denying it.

# Stimulating More Protein Synthesis — Naturally

Protein synthesis is what builds muscle. How much muscle you build depends on how much protein synthesis occurs compared to the levels of muscle breakdown. This build-breakdown ratio is heavily influenced by hormones.

Enhanced lifters have a favorable build-breakdown ratio due to massive androgen levels. And unlike natural lifters, hard training and stress don't negatively affect their hormonal advantage.

As a natural lifter, you must deal with normal, vulnerable physiology. You have to be smarter at utilizing training strategies for boosting protein synthesis. If workout intensity is dialed in properly, positive protein synthesis is elevated for 30 to 36 hours in the trained muscles.

It sounds silly, but enhanced lifters don't even have to rely on workouts to trigger protein synthesis. Studies show that steroid users who don't train can gain more muscle than natural people who do train.<sup>1</sup>

Natural lifters can boost protein synthesis and keep it elevated by training each muscle group three times a week using a well-designed training strategy — giving them the maximum opportunity for building muscle.

# The High Frequency, Low Volume, High-Intensity Solution

The natural lifter can get maximum protein synthesis through high-frequency training if the intensity is high enough and he properly manages the volume. This is exactly what the Best Workout Plan for Natural Lifters program is designed to do.

I've developed a tried and thoroughly tested advanced training system that keeps you building muscle — as long as you follow the program exactly as it's outlined.

The system is built on three powerful pillars:

- 1) High Frequency:** Each muscle group is trained three times a week, using a modified push/pull split for six workouts. Don't worry, the sessions take less than 30 minutes to do. Most people find them easier to fit in busy schedules than three longer weekly sessions.
- 2) Low Volume Maximal Intensity:** Excessive muscle damage is prevented by limiting each exercise to 2 medium-intensity preparation sets, followed by 1 all-out high-intensity work set. The overall effect of the medium- and high-intensity volume produces maximum protein synthesis without impairing recovery and growth.
- 3) Planned Chaos:** You have to keep the body sensitive to the training stimulus to continuously build muscle. This is done most effectively by routinely changing loading methods. Each six-week training program uses six of my most advanced train-

ing methods. Each workout is followed three times over a three-week phase. In week four, we change to the second set of three methods.

The system is complex and, at first, can be overwhelming. But once you understand the concepts and begin training, you'll soon love the system. You'll look forward to the workouts, and you'll get addicted to the gains.

Study the next chapter and learn the terms and details before you jump in the pilot's seat and start training.

- 
1. Bhasin S et al. **The Effects of Supraphysiologic Doses of Testosterone on Muscle Size and Strength in Normal Men.** N Engl J Med 1996; 335:1-7. DOI: 10.1056/NEJM199607043350101



# The Best Workout Plan for Natural Lifters Explained

## All Training Programs Work — Until They Don't

Unfortunately, we all spend too much time grinding away at the "don't" end of a plan, which leads to stagnation, then frustration, and eventually boredom.

If the goal is building muscle, there are two reasons why training plans quit working:

- 1)** Muscle is one of the most metabolically expensive tissues for the body to produce and maintain. So it's a big deal to get your body to build more. It's like asking it to take out a second loan on its house to add on an extra room, which also comes with higher metabolic payments.
- 2)** Muscle quickly adapts to training stress and becomes increasingly efficient at maintaining the newly attained fitness level. That's its job.

The end result is you become "immune" to training.

Training clients one-on-one, I can make daily adjustments to stay ahead of adaptation and keep progress moving. Sometimes, however, I have to pull out a plan that I reserve for advanced trainees and hard cases, for people who need a complete reset to sensitize muscle for growth.

The whole premise behind The Best Workout Plan for Natural Lifters is to prevent this "training immunity" from happening. The most effective way to accomplish that is by not using the same training methods on the same exercises more than three workouts in a row.

## **Planned Chaos Keeps You Building Muscle**

This cutting-edge series is built on 36 of my most effective training methods. Each one will be used in the proper sequence — *as planned chaos* — to continue providing you with optimal growth stimulation without allowing your body to habituate or become immune to training.

This first six-week program is the most important because it's designed to produce the most significant base effect for future programs. So over the next six weeks expect to be re-sensitized to training and realize some of your best gains.

### **Three Contracton Types, Three Methods**

I use three types of training methods for advanced trainees. Each one exploits a primary muscle contraction:

1. Eccentric (negative)
2. Isometric (hold)
3. Concentric (positive)

# Phase 1

## Weeks 1-3 Training Methods

### 1) Heavy Slow Eccentric:

**Description:** Lift the weight normally (1-2 seconds) and lower it slowly (5-9 seconds) every rep.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

**Progression:** Begin with a 5-second eccentric (lowering) speed and increase the time 2 seconds each week:

Week 1 - 5-second eccentric, regular concentric

Week 2 - 7-second eccentric, regular concentric

Week 3 - 9-second eccentric, regular concentric

### 2) Isometric Pre-Fatigue

**Description:** Do an isometric hold at the highest tension position for the FIRST repetition only, then do regular reps for the rest of the set.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

**Progression:** Begin with a 10-second isometric hold and increase the hold time 5 seconds each week:

Week 1 — 10-second pre-set isometric hold

Week 2 — 15-second pre-set isometric hold

Week 3 — 20-second pre-set isometric hold

### **3) Slow Iso-Kinetic Contractions**

**Description:** Do the lifting and lowering phases slowly under control, using the same speed for both. Be smooth through the full range.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower rep speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow. Be sure to count properly; don't cheat yourself by going too fast.

**Progression:** Begin with a 2/2-second eccentric/concentric speed and increase the time 1 second each week:

Week 1 - 2/2 seconds eccentric/concentric

Week 2 - 3/3 seconds eccentric/concentric

Week 3 - 4/4 seconds eccentric/concentric

## Phase 2

### Weeks 4-6 Training Methods

#### 1) Eccentric Pre-Fatigue

**Description:** Start each set with a slow eccentric phase for the FIRST repetition only, then perform regular reps for the rest of the set.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

**Progression:** Begin with a 10-second eccentric speed on the first rep and increase the time 5 seconds each week:

Week 4 - 10-second eccentric speed on first rep

Week 5 - 15-second eccentric speed on first rep

Week 6 - 20-second eccentric speed on first rep

#### 2) 1 Hold Iso-Dynamic Contrast

**Description:** Do an isometric hold at the highest tension position on EVERY repetition during the negative (lowering) phase. The hold position is at the halfway point on the way down with pressing movements, and at the top (contracted) position with pulling movements.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting

stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

**Progression:** Begin with a 3-second hold on every rep and increase the time 1 second each week:

Week 4 - 3-second hold on every rep

Week 5 - 4-second hold on every rep

Week 6 - 5-second hold on every rep

### **3) Time Progression Rest/Pause**

**Description:** Do 8-10 repetitions, rest briefly (rest/pause), then perform as many reps as possible in good form, without going to failure mid-rep.

**Goal: Try to at least keep using the same weight for the 3-week phase.** If you're able to maintain the load with a progressively **briefer rest/pause**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

**Progression:** Begin with 20-second rest/pause and decrease the rest/pause time by 5 seconds each week:

Week 4 - 20-second rest/pause

Week 5 - 15-second rest/pause

Week 6 - 10-second rest/pause

## Program Details

**Push/Pull:** The program is designed around push days and pull days. The terms are just like they seem. Every other workout is a push workout where you do exercises like squats and presses. You'll do three of them a week. The other three workouts are pull workouts where you'll do pulling movements like deadlifts and rows.

**Full Body:** Full-body workouts produce the most muscle-mass gains, and that's our goal. Even though you'll work the entire body six days a week, every other workout involves muscles that haven't been worked for at least 48 hours. The exercises and volume have been carefully managed to minimize carry-over effects and fatigue.

**Prep Sets:** Prep sets are super important. Think of them as serious practice sets that also warm up the movement pattern. Use a medium-intensity resistance, and focus your mind on perfect rep-method performance. This experience will help you judge an appropriate work-set weight. Do 2 prep sets for compound exercises, like squats and presses. You only need one set for isolation exercises, like curls and extensions. However, you can do 2 prep sets on all exercises if you want the extra practice and exercise mindfulness.

**Work Set:** Select a weight that barely allows getting the target repetition number using perfect form. Form is critical; never sacrifice rep performance by using too much resistance. Do as many complete repetitions as you can without going to failure mid-rep.

Leave 1 rep in the tank at most, but don't grind away at a rep that you're never going to get.

**Eccentric:** The eccentric phase is the lowering part of a rep when the muscle lengthens. Some coaches refer to eccentrics as "negatives."

**Concentric:** The concentric phase is the lifting part of a rep when the muscle is shortening. Some coaches refer to concentrics as "positives."

**Holds:** Holds are isometric contractions that involve no movement. All holds will be either at the start, mid-point, or stretched positions of eccentric phases.

**Rest:** Rest describes the period of active relaxation time between sets and exercises. Don't sit down; walk around, get a drink, keep moving during this time. All rest periods in this program are 1-2 minutes.



# I'm Here to Coach You

Ask me if you have questions about anything. I'm in my **Christian Thibaudeau Coaching** forum, and I enjoy interacting with trainees. I want you to be successful, and the purpose of the forum, like its name says, is coaching. So get in there, read, comment, and ask questions.

In case it's not apparent, many exercise listings are hyperlinks to videos or articles that show how to perform the lifts. Some terms are also hyperlinks to full explanations of the meaning or concept.

I highly recommend you go over each workout the night before you train and mentally practice each exercise. Recent research shows there's a significant increase in hypertrophy only from mental practice. Yes, you read that correctly; thinking makes you grow. Do it.

Get ready to restart your gains and grow more muscle.

See you in **Christian Thibaudeau Coaching**.

# MONDAY – WORKOUT 1 – PUSH

## Heavy Slow Eccentric

**Description:** Lower the weight slowly on every rep, including prep sets. Use regular concentric speed.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### **Progression:**

Week 1 - 5-second eccentric speed

Week 2 - 7-second eccentric speed

Week 3 - 9-second eccentric speed

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Front Squat**

---

2. **Incline Bench Press**

---

3. **Decline Dumbbell Triceps Extension**

---

4. **Low-Incline Dumbbell Front Raise**

---

5. **Seated Calf Raise**

---

## TUESDAY – WORKOUT 2 – PULL

### Heavy Slow Eccentric

**Description:** Lower the weight slowly on every rep, including prep sets. Use regular concentric speed.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

#### **Progression:**

Week 1 - 5-second eccentric speed

Week 2 - 7-second eccentric speed

Week 3 - 9-second eccentric speed

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Romanian Deadlift**

elevate front half of feet on 10-lb plates

---

2. **Supinated Close-Grip Lat Pulldown**

---

3. **Barbell Curl**

---

4. **Shoulder-Width Grip Upright Row**

pull to sternum bottom

---

5. **EZ Bar Reverse Curl**

---

# WEDNESDAY – WORKOUT 3 – PUSH

## Isometric Pre-Fatigue

**Description:** Start each set, including prep sets, by doing an isometric hold at the highest tension position for the FIRST repetition only, then do regular reps for the rest of the set.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 1 - 10-second pre-set isometric hold

Week 2 - 15-second pre-set isometric hold

Week 3 - 20-second pre-set isometric hold

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 8-10-rep work set / 1-2 x 6-rep prep sets

---

### 1. Back Squat

hold at 90 degrees

---

### 2. Dumbbell Shoulder Press

hold at forehead level

---

### 3. Dip

hold at 90 degrees

---

### 4. Pec Deck or Cable Cross-over

hold at peak contraction

---

### 5. Barbell Front Raise

hold at peak contraction

---

# THURSDAY – WORKOUT 4 – PULL

## Isometric Pre-Fatigue

**Description:** Start each set, including prep sets, by doing an isometric hold at the highest tension position for the FIRST repetition only, then do regular reps for the rest of the set.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 1 - 10-second pre-set isometric hold

Week 2 - 15-second pre-set isometric hold

Week 3 - 20-second pre-set isometric hold

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 8-10-rep work set / 1-2 x 6-rep prep sets

---

1. **Leg Curl**

hold at peak contraction

---

2. **Neutral-Grip Seated Row**

hold at peak contraction

---

3. **Dumbbell Hammer Curl**

hold at peak contraction

---

4. **Dumbbell Shrug**

hold at peak contraction

---

5. **Preacher Curl**

hold at mid range

---

## FRIDAY – WORKOUT 5 – PUSH

### Slow Iso-Kinetic Contractions

**Description:** Do the lifting and lowering phases slowly under control, using the same speed for both, including the prep sets. Be smooth through the full range.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower reps speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

#### **Progression:**

Week 1 - 2/2 seconds eccentric/concentric

Week 2 - 3/3 seconds eccentric/concentric

Week 3 - 4/4 seconds eccentric/concentric

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Leg Extension**

---

2. **Machine Chest Press or Smith Machine**

---

3. **Rope Triceps Press-down**

---

4. **Dumbbell Lateral Raise**

---

5. **Pec Deck or Cable Cross-over**

---

# SATURDAY – WORKOUT 6 – PULL

## Slow Iso-Kinetic Contractions

**Description:** Do the lifting and lowering phases slowly under control, using the same speed for both, including the prep sets. Be smooth through the full range.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower reps speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 1 - 2/2 seconds eccentric/concentric

Week 2 - 3/3 seconds eccentric/concentric

Week 3 - 4/4 seconds eccentric/concentric

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Rope Pull-through**

---

2. **Straight-Arm Pulldown or Rope Pullover**

---

3. **Rope Face Pull**

---

4. **Cable Curl**

---

5. **Rope Hammer Curl**

---

# MONDAY – WORKOUT 7 – PUSH

## Eccentric Pre-Fatigue

**Description:** Start each set, including prep sets, with a slow eccentric phase for the FIRST repetition only, then perform regular reps for the rest of the set.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 4 - 10-second eccentric speed on first rep

Week 5 - 15-second eccentric speed on first rep

Week 6 - 20-second eccentric speed on first rep

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Front Squat**

---

2. **Incline Bench Press**

---

3. **Decline Dumbbell Triceps Extension**

---

4. **Low-Incline Dumbbell Front Raise**

---

5. **Seated Calf Raise**

---



## TUESDAY – WORKOUT 8 – PULL

### Eccentric Pre-Fatigue

**Description:** Start each set, including prep sets, with a slow eccentric phase for the FIRST repetition only, then perform regular reps for the rest of the set.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **slower eccentric speeds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

#### **Progression:**

Week 4 - 10-second eccentric speed on first rep

Week 5 - 15-second eccentric speed on first rep

Week 6 - 20-second eccentric speed on first rep

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Romanian Deadlift**

elevate front half of feet on 10-lb plates

---

2. **Supinated Close-Grip Lat Pulldown**

---

3. **Barbell Curl**

---

4. **Shoulder-Width Grip Upright Row**

pull to sternum bottom

---

5. **EZ Bar Reverse Curl**

---

# WEDNESDAY – WORKOUT 9 – PUSH

## 1 Hold Iso-Dynamic Contrast

**Description:** Perform a hold at the highest tension position on EVERY repetition during the negative phase, even on prep sets.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 4 - 3-second hold on every rep

Week 5 - 4-second hold on every rep

Week 6 - 5-second hold on every rep

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 8-10-rep work set / 1-2 x 6-rep prep sets

---

#### 1. **Back Squat**

hold at 90 degrees

---

#### 2. **Dumbbell Shoulder Press**

hold at forehead level

---

#### 3. **Dip**

hold at 90 degrees

---

#### 4. **Pec Deck or Cable Cross-over**

hold at peak contraction

---

#### 5. **Barbell Front Raise**

hold at peak contraction

---

# THURSDAY – WORKOUT 10 – PULL

## 1 Hold Iso-Dynamic Contrast

**Description:** Perform a hold at the highest tension position on EVERY repetition during the negative phase, even on prep sets.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with progressively **longer holds**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### **Progression:**

Week 4 - 3-second hold on every rep

Week 5 - 4-second hold on every rep

Week 6 - 5-second hold on every rep

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 8-10-rep work set / 1-2 x 6-rep prep sets

---

1. **Leg Curl**

hold at peak contraction

---

2. **Neutral-Grip Seated Row**

hold at peak contraction

---

3. **Dumbbell Hammer Curl**

hold at peak contraction

---

4. **Dumbbell Shrug**

hold at peak contraction

---

5. **Preacher Curl**

hold at mid range

---

# FRIDAY – WORKOUT 11 – PUSH

## Time Progression Rest/Pause

**Description:** Do 8-10 repetitions, rest briefly (rest/pause), then perform as many reps as possible in good form, without going to failure mid-rep.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with a progressively **briefer rest/pause**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 4 - 20-second rest/pause

Week 5 - 15-second rest/pause

Week 6 - 10-second rest/pause

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Leg Extension**

---

2. **Machine Chest Press or Smith Machine**

---

3. **Rope Triceps Press-down**

---

4. **Dumbbell Lateral Raise**

---

5. **Pec Deck or Cable Cross-over**

---

# SATURDAY – WORKOUT 12 – PULL

## Time Progression Rest/Pause

**Description:** Do 8-10 repetitions, rest briefly (rest/pause), then perform as many reps as possible in good form, without going to failure mid-rep.

**Intensity:** Do as many complete repetitions as you can without going to failure mid-rep. Leave 1 rep in the tank at most. Use medium intensity on prep sets.

**Goal:** Try to at least keep using the same weight for the 3-week phase. If you're able to maintain the load with a progressively **briefer rest/pause**, you're getting stronger and bigger. Being able to increase weight is a bonus, but it's not necessary to grow.

### Progression:

Week 4 - 20-second rest/pause

Week 5 - 15-second rest/pause

Week 6 - 10-second rest/pause

**Exercises:** Rest 1-2 minutes between sets.

---

1 x 6-8-rep work set / 1-2 x 6-rep prep sets

---

1. **Rope Pull-through**

---

2. **Straight-Arm Pulldown or Rope Pullover**

---

3. **Rope Face Pull**

---

4. **Cable Curl**

---

5. **Rope Hammer Curl**

---

# The Eating Plan for Natural Lifters

You need to be smart about eating when building muscle. Dietary advice can get complicated and overwhelming with seemingly endless details, charts, and calculations. I've found that providing trainees with these super-simple guidelines works much better, is highly effective, and very doable.

## 1. Eat Enough Food

I only use calorie counting as a starting measurement to assess what you're currently consuming and make sure you're eating enough calories to grow. To do this, multiply your body weight by 16, then round up to the nearest 100 to get the assessment number for your starting minimum food supply.

For example, if you weigh 185 pounds, your assessment number would be 3000 calories ( $185 \times 16 = 2960$ , round up to 3000). Then compare the assessment number to what you're currently eating. If you're eating up to 200 calories more than your assessment number, stay at that higher level. If you're eating less, increase calories to the assessment level.

Weigh yourself at the beginning of the program and every seven days after waking up. Shoot for a weekly increase of a 1/2 - 2 pounds of scale weight.

Here's how to adjust food intake from your weekly weigh-ins:

<b>Weekly Weight Gain</b>	<b>Daily Caloric Adjustment</b>
---------------------------	---------------------------------

1/2 - 2 lbs .....	No change
< 1/2 lb .....	Eat a little more (about 200 calories)
Any weight loss .....	Eat even more (about 400 calories)

Water weight and increased muscle glycogen play a role here too, but don't sweat the details. Just make weekly adjustments and you'll build muscle at an optimal rate while keeping fat gain under control.

## **2. Dial in Protein**

Consume adequate protein and most, if not all, of what you gain will be muscle instead of fat. But it's not about getting as much protein as you possibly can. Eating too much protein too often won't be of much use and could even reduce its anabolic impact.

Research and experience show about 0.75 grams of protein per pound of body weight is ideal for gaining muscle. Of course, you want to evenly divide the protein over meals and the workout period.

I recommend Biotest's **Mag-10**<sup>®</sup> supplement for faster protein uptake. It contains specialized dipeptides and tripeptides from casein hydrolysate that stimulate true anabolic protein utilization.

You actually feel the metabolic heat from each dose of the **Mag-10**<sup>®</sup> powder and start seeing faster muscle gains and fat loss.

### **3. Don't Avoid Carbs**

It's challenging to build muscle without adequate carb intake. Consuming carbs around your workouts increases protein uptake, elevates mTOR expression, and boosts protein synthesis.

Carbs also control cortisol. If you provide easily absorbed carbs like highly branched cyclic dextrin from **Plazma**<sup>™</sup> powder before and during your workouts, you'll have less need to mobilize stored glycogen, which means you don't need to pump out as much cortisol. Less cortisol means more growth.

#### **Carb Timing**

The most critical time to have carbs is around the workout. Right before and during training, have at least 50 percent of your daily carb intake. The average is 70-80 grams. Ideally, these carbs will be part of your workout nutrition, like the **Plazma**<sup>™</sup> formula.

The other time when carbs are the most important is in the evening, like the last meal and snack of the day. Evening carbs will maximize recovery, growth, and quality of life. It'll help you relax at the end of the day, lower cortisol levels, and get better sleep.

#### **Carb Types**

Except for carbohydrates consumed around workouts, we want a lower glycemic load, primarily from



more natural or unprocessed carbs, to minimize the insulin spike. Try these carb sources for regular meals outside of your workout:

- Sprouted grain bread (Ezekiel, for example)
- Oatmeal
- Rice
- Rice pasta
- Quinoa
- Potatoes (all types)
- Beans and lentils
- Berries (all types)

#### **4. Include Healthy Fats**

You should have plenty of dietary room left over for healthy fats. No need to overcomplicate it. Here are some good choices:

- Avocados
- Raw almonds
- Raw seeds (flaxseed, chia, sunflower, pumpkin, sesame, hemp)
- Extra-virgin olive oil
- Flax oil
- **Highly purified fish oil**

#### **5. Drink Plenty of Water**

Most people don't get enough water, and drinking more can significantly improve muscle growth. Everyone should drink a gallon of water a day, not all at once, of course. It's easy. You should eas-

ily get at least half of that around the workout. Drink a red Solo® cupful every couple of hours the rest of the day, and you'll have a gallon or more down by bedtime.

# ELITE MUSCLE KIT



Save **\$90**  
20% OFF IN CART

# Take a Week Off and Build More Muscle

I want you to take a week off training after you complete the program for two important reasons:

- 1.** Most people will gain an extra couple of pounds of muscle after the program if they take a full week off. Don't leave the two pounds of muscle on the table; take the gift.
- 2.** A week's layoff further sensitizes muscle and prepares the body for more growth from Plan 2.

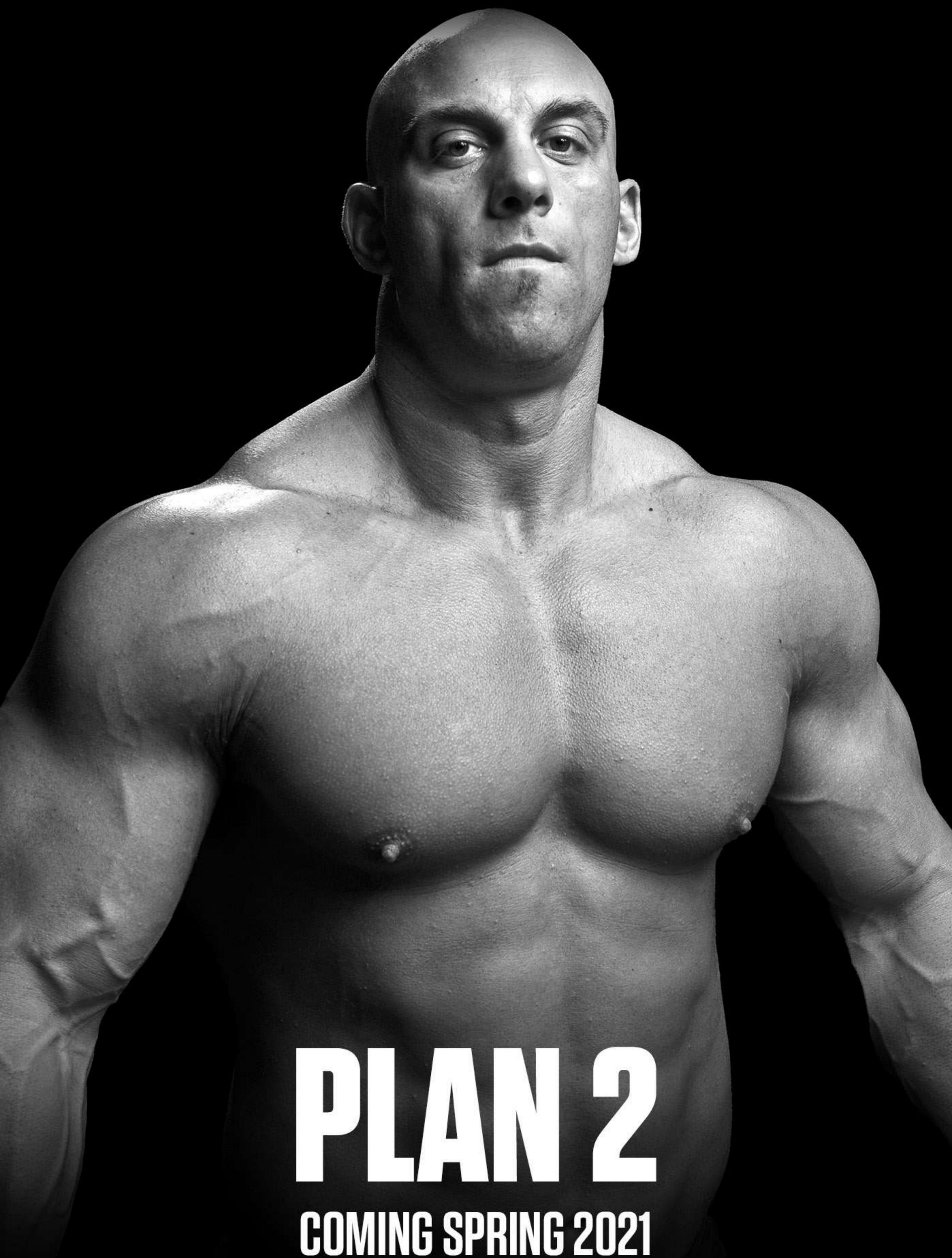
Think of the seven days as a "gains week" and springboard for your next training phase of the series. The Best Workout Plan for Natural Lifters is a set of six 6-week plans. If you count the one week off at the end of each program, you're getting advanced muscle-building effects for 42 straight weeks.

By going through Plan 1, you've prepared your body for the new six training methods in Plan 2. After that, follow each subsequent plan to the letter in sequence (3, 4, 5, 6), and you'll build a truly unbeatable body.

You're well on your way. Keep your focus, and you'll be there in no time. I'm in the **Christian Thibaudeau Coaching** forum to help you along the way.

See you there.

# WHAT'S NEXT?



## PLAN 2

COMING SPRING 2021