

panzerfest:

brvtal.powerbvilding.assavlt



Training programs have gotten out of hand:

Absurdly complex diagrams.

A plethora of specialized equipment.

New fads every week designed to sell

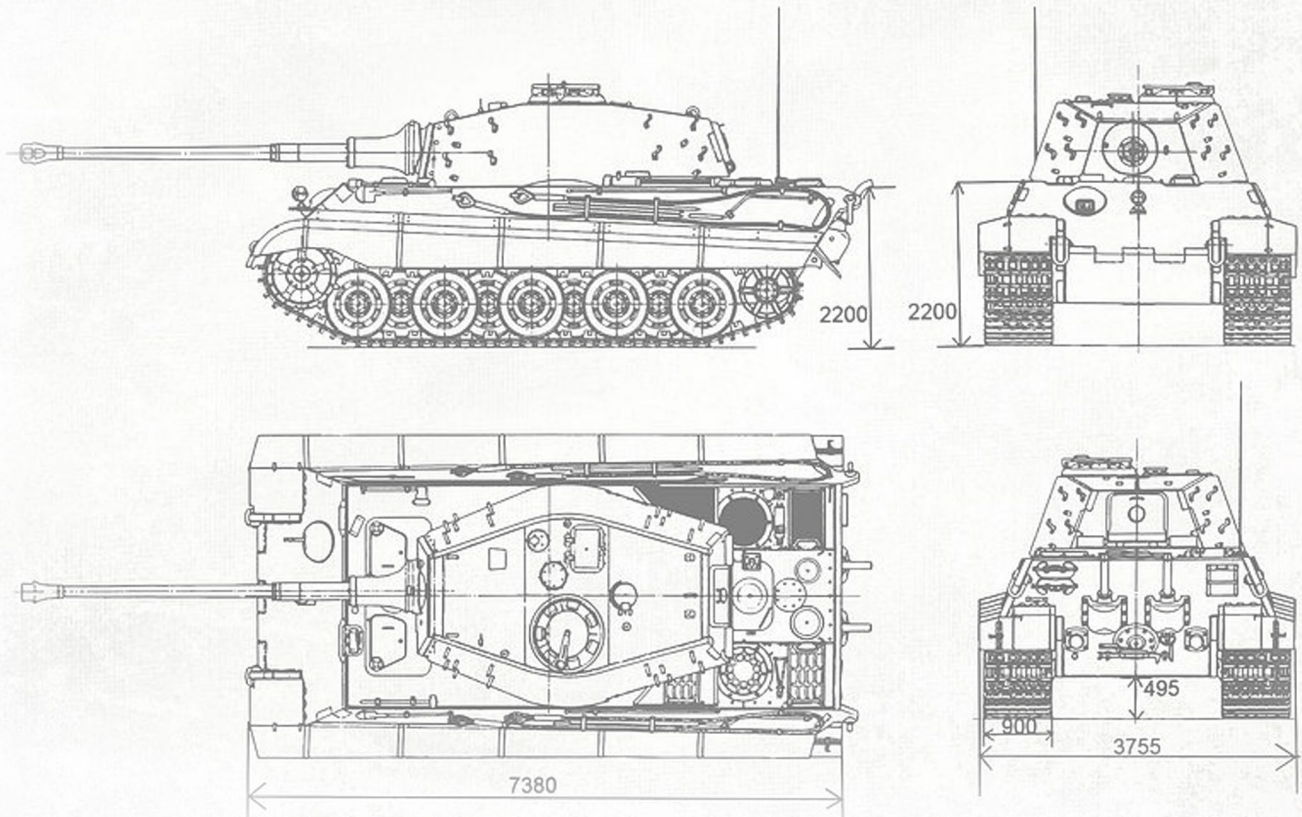
programming and coaching from
self-proclaimed trainers

who can barely be considered to have
a basic grasp on strength or aesthetics.

IT IS TIME FOR A BLITZKRIEG.

KING TIGER II

German WW2 Panzer Tank



It is time to smash the false idols of trends and trash.
A return to the fertile soil from whence strength and beauty
originally sprung forth in the golden age...

THE SIMPLICITY OF STEEL TO CREATE HUMAN TANKS.

:campaign overview:

The Panzerfist campaign provides a basic template for increasing strength considerably, while at the same time stimulating terror inducing hypertrophy by using crushingly heavy compound lifts coupled with monstrous volume to create a human vehicle that is both powerful and massive, as every man should be.

While performing this training, one should consume 1 dozen eggs and one pound of lean meat per day, coupled with several servings of clean carbohydrate sources like oats and rice.

The rest of your diet is optional, but this is the baseline to achieve the legendary size of the Panzer tank.

While using this program, you should also perform 3 sessions of moderate cardiovascular work each week- either walking with a weighted vest for 30 minutes at a brisk pace, or using an inclined treadmill for the same amount of time.

This will ensure that the metabolic rate stays healthy, and aids the body in optimizing nutrient partitioning.

Mentally, you must be prepared to be fully present during every training session- although there is only one *heavy* lift each session, every single exercise should be performed at the highest weight possible while still remaining with 1-3 reps of what is prescribed- WAR IS HELL.



rep schemes + monster sets:

Each day of this program consists of a similar process:
Heavy Compound Lift/Accessory Work/Monster Set

Your first lift will be performed following several warm-up sets.

4 working sets of 4-6 reps at between 75-85% of your current one rep max are then performed- your goal is to perform all 4 at 6 reps, then increase weight on your next workout by 5 pounds, remaining at this new weight until all sets are performed for 6 reps, at which point, you will increase again.

Squats and deadlifts are to increase by 10 lb. increments.

Your accessory work will be performed for either 4x12 or 3x20.

These should never be approached with anything less than absolute focus and controlled aggression.

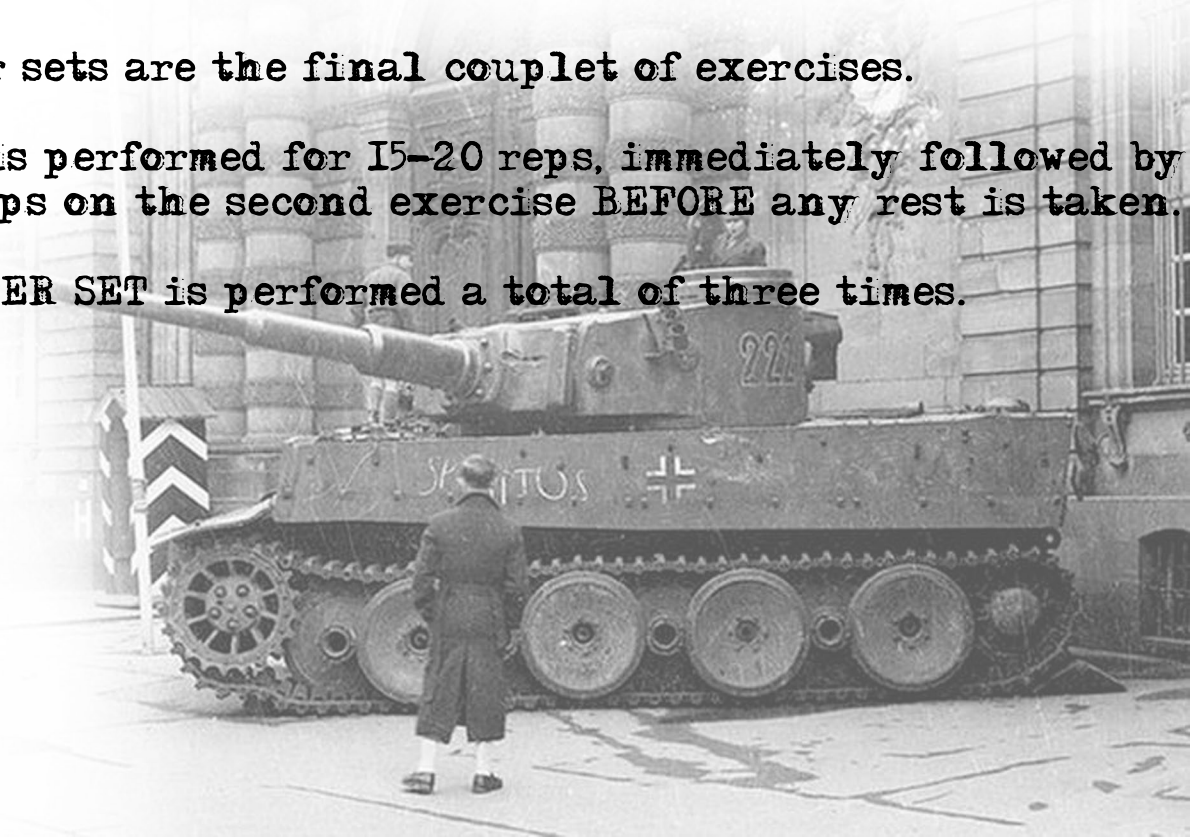
The heaviest weight possible must be used- if the prescribed reps cannot be achieved for all sets, remain at the current weight until you earn an increase by hitting every rep clean, controlled, precise.

Rest periods should remain brief, only what is necessary- 45 seconds to 1.5 minutes.

Monster sets are the final couplet of exercises.

The first exercise is performed for 15-20 reps, immediately followed by a set of the same reps on the second exercise BEFORE any rest is taken.

The MONSTER SET is performed a total of three times.



day one:

CHEST AND TRICEP

WARM-UP, THEN:

BENCH PRESS 4X6 at 75-85% max
INCLINE DUMBBELL PRESS 4XI2
INCLINE DUMBBELL FLIES OR CABLES 3X20

MONSTER SET:

DIP (WEIGHTED IF POSSIBLE)
TRICEP PRESSDOWN OR SKULLCRUSHER



day two:

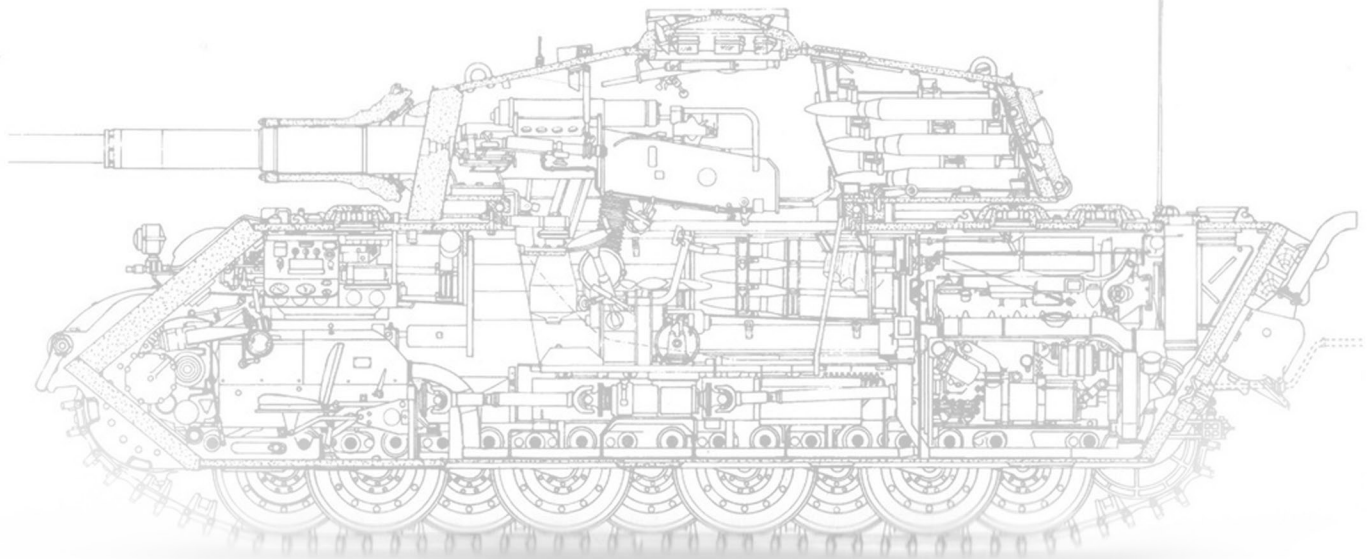
LEGS

WARM-UP, THEN:

BARBELL SQUAT 4X6 at 75-85% max
HACK SQUAT OR FRONT SQUAT 4X12
LEG PRESS OR PISTOL SQUAT 3X20

MONSTER SET:

LEG EXTENSION
HAMSTRING CURL



Day three:

SHOULDERS

WARM-UP, THEN:

STRICT OVERHEAD PRESS 4X6 at 75-85% max
LATERAL DUMBBELL RAISES 4X12
UPRIGHT BARBELL or DUMBBELL ROW 3X20

MONSTER SET:

FRONT CABLE OR PLATE RAISES
REAR DELT FLIES



Day four:

BACK AND BICEP

WARM-UP, THEN:

DEADLIFT 4X6 at 75-85% max

STRICT PULLUP 4X12

(or AMRAP- once number is attained, begin using weight on one set, then two, etc. until all 4 are weighted, then add reps)

DUMBBELL ROW 3X20

MONSTER SET:

CLOSE GRIP PAL FACING PULLDOWN

WIDE GRIP CABLE OR BARBELL ROW

