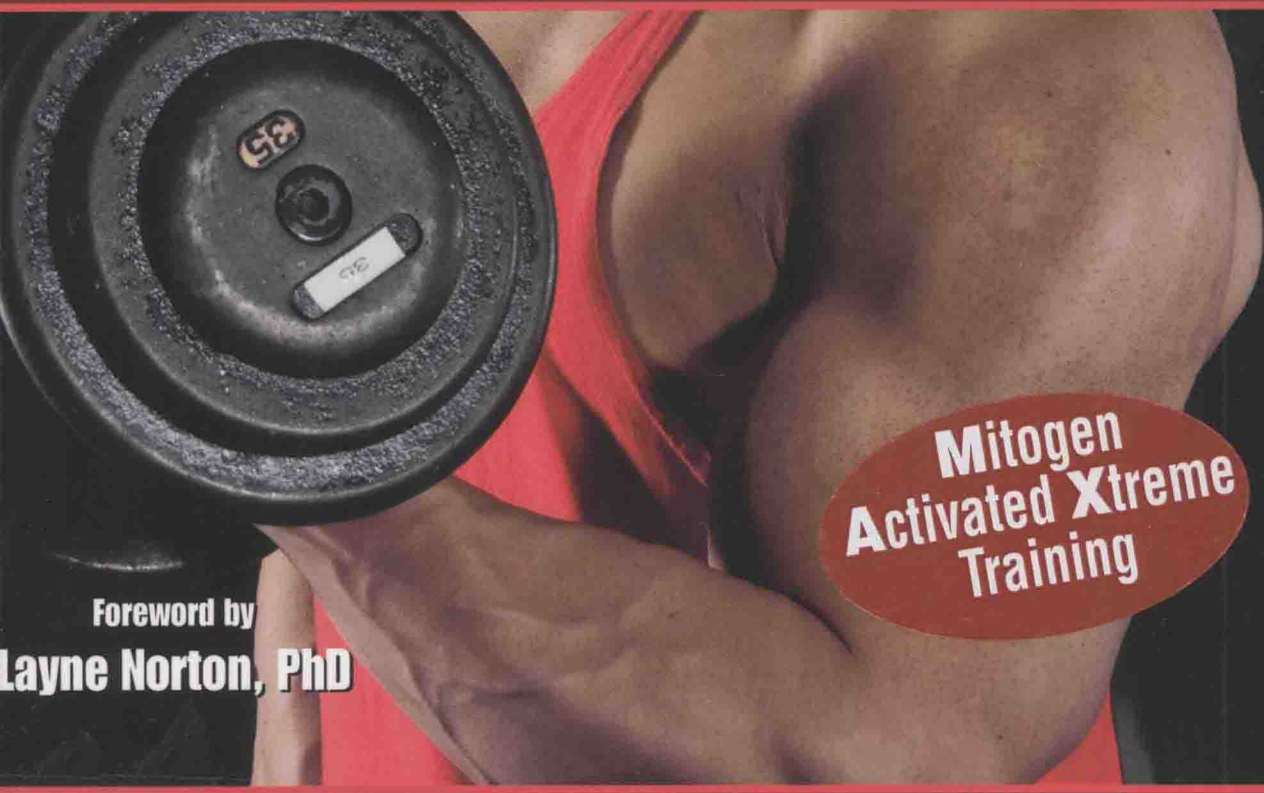
The MAX Muscle Plan

Blast through training plateaus for your best body ever!



Foreword by Layne Norton, PhD

Brad Schoenfeld

The MAX Muscle Plan

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The MAX Muscle Plan

运动力量训练 The M.A.X. Muscle Plan,

This book is humbly dedicated to all the researchers who have expanded my knowledge of exercise science and thus provided the underlying basis for this book.

Exercise Finder

Exercise	Primary muscles worked	Other muscles worked	Single joint or multijoint	Page #
CHAPTER 3 EXERCISES FOR THE BACK, CHEST, AND ABDOMEN				
Back				
Dumbbell pullover	lats, sternal pectorals		Single	26
Dumbbell one-arm row	inner-back muscles, back		Multi	27
T-bar row	back muscles		Multi	28
Barbell reverse-grip bent row	back muscles		Multi	29
Barbell overhand bent row	back muscles		Multi	30
Machine close-grip seated row	rhomboids, middle traps, back muscles		Multi	31
Machine wide-grip seated row	posterior deltoid, back muscles		Multi	32
Cable seated row	rhomboids, middle traps, back muscles		Multi	33
Cable wide-grip seated row	posterior deltoid, back muscles		Multi	34
Cable one-arm standing low row	back muscles		Multi	35
Chin-up	back muscles	biceps	Multi	36
Pull-up	back muscles		Multi	37
Lat pull-down	lats, back muscles		Multi	38
Neutral-grip lat pull-down	back muscles		Multi	39
Reverse-grip lat pull-down	back muscles		Multi	40
Cable straight-arm lat pull-down	lats, back muscles		Single	41
Cross cable lat pull-down	lats, back muscles		Multi	42
Chest				
Dumbbell incline press	upper chest, pectorals, triceps, front delts		Multi	43
Dumbbell decline press	lower aspect of the pectorals, triceps		Multi	44
Dumbbell chest press	sternal pectorals		Multi	45
Barbell incline press	upper chest, pectorals, triceps, front delts		Multi	46
Barbell chest press	sternal pectorals, triceps, front delts		Multi	47

Exercise	Primary muscles worked	Other muscles worked	Single joint or multijoint	Page #
Chest *(continued)*				
Barbell decline press	lower chest, pectorals, triceps, front delts		Multi	48
Machine incline press	upper pectorals	shoulders, triceps	Multi	49
Machine chest press	sternal pectorals		Multi	50
Dumbbell flat fly	sternal pectorals		Single	51
Dumbbell incline fly	upper fibers of the pectorals		Single	52
Pec deck fly	chest muscles		Single	53
Cable fly	sternal pectorals		Single	54
Chest dip	lower pectorals		Multi	55
Abdomen				
Crunch	upper abdominal region		Multi	56
Reverse crunch	lower abdominal region		Multi	57
Bicycle crunch	abs		Multi	58
Roman chair side crunch	obliques		Multi	59
Stability ball abdominal crunch	abs		Multi	60
Cable rope kneeling crunch	upper portion of the abs		Multi	61
Cable rope kneeling twisting crunch	abs, obliques		Multi	62
Toe touch	upper abdominal region		Multi	63
Plank	core		N/A	64
Side bridge	core		N/A	65
Hanging knee raise	abs		Multi	66
Russian twist	obliques		Multi	67
Dumbbell side bend	obliques		Multi	68
Cable side bend	obliques		Multi	69
Cable wood chop	obliques		Multi	70
Barbell rollout	abs		Multi	71

(continued)

Exercise Finder *(continued)*

Exercise	Primary muscles worked	Other muscles worked	Single joint or multijoint	Page #
CHAPTER 4 EXERCISES FOR THE SHOULDERS AND ARMS				
Shoulders				
Arnold press	deltoids	upper trapezius, triceps	Multi	74
Military press	front delts, shoulders	upper trapezius, triceps	Multi	75
Dumbbell shoulder press	front delts, deltoids	upper trapezius, triceps	Multi	76
Machine shoulder press	front delts, deltoids	upper trapezius, triceps	Multi	77
Dumbbell lateral raise	middle delts		Single	78
Machine lateral raise	middle delts		Single	79
Cable lateral raise	middle delts		Single	80
Dumbbell bent reverse fly	posterior deltoid		Single	81
Machine rear delt fly	posterior deltoid		Single	82
Cable reverse fly	posterior deltoid		Single	83
Cable kneeling reverse fly	posterior deltoid		Single	84
Barbell upright row	middle delts	biceps	Multi	85
Cable upright row	middle delts	biceps	Multi	86
Biceps				
Dumbbell standing biceps curl	biceps		Single	87
Dumbbell incline biceps curl	long head, biceps		Single	88
Dumbbell facedown incline curl	short head, biceps		Single	89
Dumbbell preacher curl	short head, biceps		Single	90
Barbell preacher curl	short head, biceps		Single	91
Machine preacher curl	short head, biceps		Single	92
Concentration curl	short head, biceps		Single	93
Dumbbell standing hammer curl	brachialis, upper arms		Single	94
Barbell curl	biceps		Single	95
Barbell drag curl	long head, biceps		Single	96
Cable rope hammer curl	brachialis, upper arms		Single	97
Cable curl	biceps		Single	98
Cable one-arm curl	biceps		Single	99

(continued)

Exercise Finder *(continued)*

Exercise	Primary muscles worked	Other muscles worked	Single joint or multijoint	Page #
Single-joint exercises *(continued)*				
Cable glute kickback	gluteus maximus, glutes, hamstrings		Single	128
Hyperextension	glutes, hamstrings		Single	129
Reverse hyperextension	glutes, hamstrings		Single	130
Leg extension	quads		Single	131
One-leg extension	quads		Single	132
Lying leg curl	hamstrings		Single	133
Machine kneeling leg curl	hamstrings		Single	134
Machine seated leg curl	hamstrings		Single	135
Toe press	calf muscles		Single	136
Machine seated calf raise	soleus, calf muscles		Single	137
Machine standing calf raise	calf muscles		Single	138

Foreword

Exercise science is a relatively young field in the pantheon of science. When exercise science first entered the fray, it was somewhat dismissed as unimportant and even vain. Over the past quarter of a century, however, the world has come to recognize the importance of exercise in promoting health, well-being, and longevity. With this recognition has come a plethora of new information regarding training protocols. This is both a good thing and a bad thing. Valid research on proper training protocols has expanded by leaps and bounds over the past few decades; however, pseudoscience and outright untruthful claims have expanded at an equal pace. Unfortunately, where money can be made, scam artists will prop up gimmicks in order to make a quick buck. This has led to legions of books, DVDs, and websites promoting ineffective training protocols as the simple solution. After all, who doesn't want to get a ripped six-pack by working out one minute per day, two days per year? Most of us would love the idea of working out very little and getting great results. Unfortunately, progress requires hard work. Many books bend the truth in order to sell a magic formula that doesn't involve hard work. *The MAX Muscle Plan* is not one of those books.

In *The MAX Muscle Plan*, Brad Schoenfeld breaks down the science behind training and periodization and explains how to properly implement these components. He dissects complex research and provides recommendations that can be implemented by the average Joe who doesn't have a PhD in exercise physiology. Brad helps you better understand how to organize your training and how to properly implement workout protocols in order to maximize their effectiveness and meet your goals. This book gives you the path to success in your weight-training goals; it is up to you to walk that path. There are no easy ways to the finish line, and there are no quick fixes. It will take nothing short of hard work and dedication to reach your weight-training and physique goals, but this book gives you the road map that will lead you toward them.

Best of luck on your journey.
Layne Norton, PhD

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This book was many years in the making and there are a number of people I would like to thank for helping see it to fruition.

To my brother, Glenn Schoenfeld: Thank you, first off, for doing such an awesome job as one of the demonstration models and enduring multiple takes of exercise after exercise, but more importantly, for facilitating my entrance into the fitness field and helping me when I needed it most. I would not be where I am today without your support and guidance!

To Carlos and John of Adrenaline Gym in Peekskill, New York: I can't thank you enough for making your awesome training facility available for the photo shoot. You have a gem of a gym; it's one of the few hard-core facilities left!

To demonstration models Michael Vasquez, Kenneth Figueroa, Rich Berta, Rich Herrera: Many thanks for putting up with the grueling demands of the photo shoot and performing a seemingly endless number of takes for each exercise without an ounce of complaint. You guys are total pros!

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To Bret Contreras: Many thanks for your keen eye in reviewing the training chapters. You are a great friend and colleague!

To Alan Aragon: I really appreciate your thorough and insightful review of the nutrition chapter. You are a credit to the industry, and I am proud to call you a friend!

To Layne Norton: I'm honored that you agreed to write the foreword to my book. You are a role model to many, and you epitomize the essence of bodybuilding. Huge thanks!

Finally, to my parents: You instilled the importance of the scientific method in me from an early age, and it has shaped who I am. I love you both always. Rest in peace, Dad.

Introduction

If you're reading this book, it's safe to bet that you want to achieve a better body. If so, great! You've come to the right source.

Why choose *The MAX Muscle Plan* rather than one of the hundreds of other books promising a direct route to physique heaven? Fair question. Truth be told, you can gain muscle by following pretty much any resistance training program—at least in the early phases of training. Simply challenge your body beyond its present capacity with reasonably heavy weights, and your muscles will adapt by getting bigger. Unfortunately, such an approach will take you only so far. Without a well-devised plan of action, you'll soon reach a plateau and results will come crashing to a halt.

Many people figure the best way to keep packing on muscle is by emulating the training methods of their favorite bodybuilders. They subscribe to various bodybuilding magazines and piece together routines consisting of the "ultimate Mr. Olympia arm workout" and "Mr. America's secrets to massive thighs." On the surface, such an approach seems perfectly logical. After all, a pro bodybuilder must know a thing or two about how to get big, right?

Fact is, bodybuilders often achieve their superhuman physiques through a combination of great genetics and a whole lot of chemical enhancement. So unless your genetics are similar to those of the pros (highly unlikely) and you are willing to take massive doses of anabolic agents and pharmaceuticals (highly risky), you'll likely end up frustrated and overtrained by following their routines. I know all too well—I fell into the same trap early on in my lifting career.

The MAX Muscle Plan is designed for the rest of us. Whether you are new to exercise or a seasoned trainee, the program will help you maximize your muscle potential. No gimmicks. No expensive supplements. All that's required is commitment, dedication, and, of course, a good deal of sweat and effort. This might sound like hyperbole, but I assure you it's not.

How can I be so sure? Because I've successfully used the program with hundreds of private clients over the years. If you follow the protocol as directed, you will get results.

WHAT IS THE MAX MUSCLE PLAN?

The MAX Muscle Plan is a six-month periodized program that systematically manipulates exercise variables to maximize muscle gains. MAX is an acronym for "mitogen-activated xtreme" training. Simply stated, mitogens are chemical substances that encourage cells to remodel—a process that is essential

to muscle growth. As the name implies, the ultimate goal of the program is to enhance mitogenic and other growth-oriented training responses in a manner that promotes optimal muscle development.

The thing that sets the MAX Muscle Plan apart from other programs is its scientific approach. I've spent the better part of the past 20 years poring over just about every research paper written on the subject of muscle development. It was my primary focus of interest during my graduate work at the University of Texas and ultimately became the subject of my master's thesis. The culmination of my studies was a comprehensive research review article, "The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training," which was published in the prestigious *Journal of Strength and Conditioning Research*. I harnessed all of this science, along with years and years of practical experience, to create the MAX Muscle Plan.

Here's how I lay it out in the book.

Chapters 1 and 2 explain the science behind the program. You'll learn how muscles adapt to training and what causes them to grow. Don't worry; I break down the jargon into language that anyone can comprehend. No scientific background is required.

Chapters 3 through 5 detail all the exercises included in the program—more than 100 exercises total. Exercises are described in depth and illustrated in accompanying photos. Expert tips are provided for optimal performance.

Chapters 6 through 9 are the crux of the book: a complete blueprint for achieving your ultimate body. A MAX break-in routine is provided to help those with less than six months of resistance-training experience or those returning to training after a long layoff prepare for the rigors of the three phases of the plan: MAX strength, MAX metabolic, and MAX muscle. Each phase is discussed at length, and every exercise, every set, and every rep is mapped out in explicit detail.

Chapters 10 and 11 address the role of nutrition and cardio in your muscle-building efforts. You'll learn how properly harnessing these factors can help to support muscle development and minimize body fat deposition. Some of the recommendations may come as a surprise, but they're backed up by solid science and years of practical experience.

WHAT RESULTS CAN YOU EXPECT?

The results that you achieve from the MAX Muscle Plan depend on two factors: training status and genetics. If you've been training for less than a year or so, you can expect to see large increases in muscle size. It's not unusual for a novice lifter to gain 15 or more pounds of muscle over the six-month training period. As you gain more training experience, however, results will necessarily slow. This is where the MAX Muscle Plan sets itself apart from other programs. It will help you blast through training plateaus so that you continue to progress in your muscle-building efforts. Using this plan, highly

experienced natural bodybuilders have put on an additional 6 to 10 pounds of lean muscle by the end of the training cycle.

Like it or not, genetics also enters into the equation. As the saying goes, you can't escape your gene pool. Don't have great muscle-building genetics? Don't sweat it. Genetics account for only about 25 to 50% of your ultimate potential. That leaves a lot of room for improvement! Although you may have a difficult time becoming the next Mr. Olympia, you unquestionably can develop an impressive physique that is sure to turn heads at the beach. The MAX Muscle Plan will help you squeeze out every ounce of your genetic potential to achieve your best body ever.

I sum things up with my favorite fitness axiom: Exercise is both a science and an art. The MAX Muscle Plan combines science and art into a cohesive system of training that is hands down the most effective muscle-building program on the market. So if you're ready to take your body to the next level, turn the page and read on!

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