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# **EXTREME THRESHOLD "NEGATIVE VOLUME TRAINING"**



**MONTHLY WORKOUT**

**by Mike Westerdal & Steve Konopka**



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A special report presented by:



## **Workout of the Month**

# **Extreme Threshold Workouts Negative Volume Training**





## What is Extreme Threshold Training?

-It is a combination of Negative Training and Superset Training:

In this unique program, we are combining negative training methods with the superset technique to maximize muscle potential and create the best muscle pump you ever have experienced.

**-Negative training** technique is to simply emphasize the lowering portion of the exercise by slowing it down several counts. Negative training, also known as eccentric training, involves loading a weight movement in only the down or muscle-lengthening phase. For example, if you are doing a negative bench press, you would start with the weight in the top position, lower that heavy weight under control to the bottom position of the exercise, then have a partner help you return the weight back to the top position.

From this movement you are working the muscle in a different way, incorporating additional muscle fibers and promoting strength gains. The negative rep is a very powerful strategy to literally “force” muscles to grow, but most bodybuilders fail to use it to their advantage. The negative part of the repetition works best when a given trained muscle is overloaded with a progressive, continuous force of pressure or more weight than you normally lift.

**Concept One:** *You are performing an exercise with more weight than your body can actually handle. By forcing your body to fight against the weight with strict form, you are able to “trick” or adapt your muscles to believing that this is the weight you are able to handle. This adaptation is also known as muscle memory. Muscle memory benefits people when heavier weights or more reps than normal are used. Muscles will adapt to how much force is being applied.*

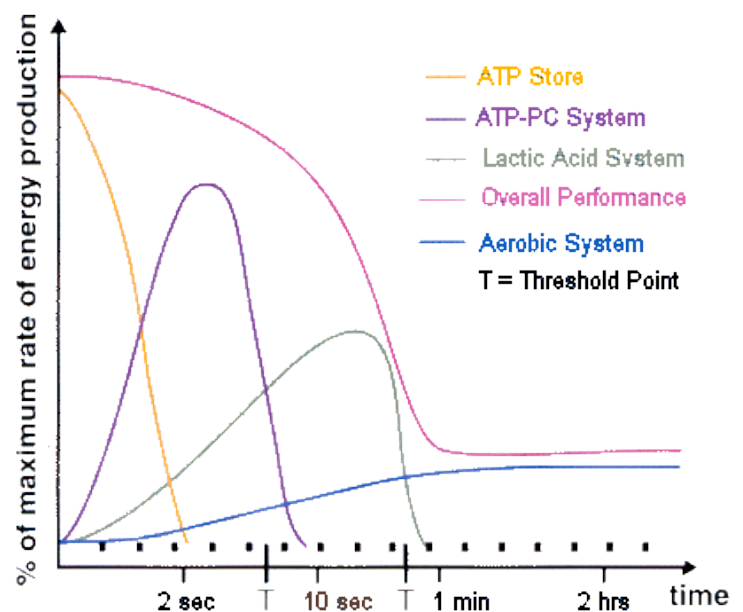


*For example, if someone is constantly performing 3 sets of 225 pounds, and the same person will not go over 6 repetitions for each set, the person's muscle will adapt to 225 lbs. When this same person tries to max out, their muscles will be traveling down roads that they are not familiar with. The person's muscles will not be used to the load or force of the new weight. Negative training will train your muscles to handle more weight and create muscle memory.*

**-Superset training** is an advanced training technique where you perform two exercises in a row with virtually no rest in between. It differs from conventional weight training that is done with "straight sets." A straight set is performed by doing a series of repetitions; 8-12 in a row for example, then stopping to rest for a minute or so before doing another set. Supersets involve moving quickly from one exercise to another, with little or no rest between. For example, after performing a set of barbell bench press, you would immediately perform a set of flies. Supersets are an excellent technique for muscular development.

**Concept Two:** *You are pushing your body's potential energy systems to its limit.*

*Training a specific muscle to the **Threshold Point** will maximize the amount of maximal force production. In simple terms, your muscles will work the entire time to the point that your muscles are not being provided any more energy from your body. By pushing your body to the brink, it will increase the size and strength of every muscle fiber being used. The **Threshold Point** is around one minute for your muscles. By performing exercises in high volume (large amount of repetitions), the time*





taken to execute all of them will be around one minute. The following graph illustrates where the threshold point is.

## Benefits of Negative Volume Training:

The Negative Volume Training program is designed to blast you through training plateaus, give you the most incredible pumps you have ever had and supply new growth to your body!

## Getting Started:

-The program is divided into six different workouts named after their guaranteed results. Do one body part a week or if you're insane enough do ALL six workouts in six days! The choice is yours; just don't complain to us when you don't fit in your clothes anymore!

### SIX WORKOUTS IN SIX DAYS!

- Day 1 Chest Pump
- Day 2 Shoulder Blast
- Day 3 Back Burner
- Day 4 Tri Killer
- Day 5 Instant Biceps
- Day 6 Insane Legs

Each workout gives you specific lifts to accomplish targeting one muscle group. Each set is divided in half. The first half of the lift will be dedicated to performing normal reps and the second half is dedicated to performing negative reps. Immediately after performing the first exercise, you must go right into the next exercise. For the first lift you can use larger amounts of weights, the second lift you can use smaller amounts of weights to feel the burn. Two exercises are paired together to exhaust all your muscle fibers. Take a two-minute break and you do it all over again.



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Following an explanation of each workout is a table. The chart identifies the two exercises that are involved in the superset. The second lift is indicated by a “-“ prefix. The table then shows how many sets of each exercise. The table also identifies how many regular repetitions and how many negative repetitions. The next column is left blank so that you are able to keep track of the weight that you used. It is recommended that you use a weight that it is very difficult for you to finish all the repetitions. This is not a workout for the weak-minded. The last column identifies how much rest between each exercise. The first lift is always followed immediately by the second lift. After the second lift, you will get a two-minute break. These workouts will not take you a long time, and you will see the results just as quick.

The program is designed for intermediate to advanced lifters. Follow the tips below and get training!

## NEGATIVE VOLUME TRAINING TIPS

1. ONLY DO ONE BODY PART PER DAY
2. WARM UP AS LISTED IN THE PROGRAM
3. ALL NEGATIVES ARE A 10 COUNT DOWN
4. ONLY A 2 MINUTE REST IN BETWEEN ALL SETS
5. YOU NEED A PARTNER OR A SPOTTER TO DO THE NEGATIVES PROPERLY
6. ALL HIGH REP PARTS OF THE SETS SHOULD BE DONE IN STRICT FORM
7. IF YOU DO A WORKOUT FROM THIS PROGRAM DO NOT TRAIN THAT MUSCLE GROUP AGAIN UNTIL THE FOLLOWING WEEK
8. ONLY TRAIN EACH BODY PART ONCE A WEEK IF YOU DO THE WHOLE PROGRAM IN A WEEK
9. IF YOU CHEAT YOU'RE ONLY CHEATING YOURSELF





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## THIS IS THE TRUE MEANING OF NO PAIN NO GAIN!!!

### *About the Authors*



**Steve Konopka, BS** is a recently retired professional football player for the Arena Football League. He has also acquired NFL experience with the New York Giants in 1999. Graduated from Central Connecticut State in 1998 with a degree in Exercise Science. Konopka is co-author of The Lean Mass Program and the Critical Gridiron Program 2.0. Konopka is a wizard in regards to training routines and diet strategies no matter what your goal is. He has been published throughout the Web.



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# WORKOUT 1 - "Chest Pump"

**Chest Warm up:** Incline barbell presses 1 set of 20 reps, 1 set of 15 reps

### SUPERSET ONE

Set 1 Incline barbell bench press 6 reps followed by 6 negatives  
With incline dumbbell flys 25 reps with 2 minutes rest

Set 2 Incline barbell bench press 6 reps followed by 6 negatives  
With incline dumbbell flys 25 reps with 2 minutes rest

Set 3 Incline barbell bench press 6 reps followed by 6 negatives  
With incline dumbbell flys 25 reps with 2 minutes rest

### SUPERSET TWO

Set 1 Flat Dumbbell bench press 8 reps followed by 8 negatives  
With wide pec-deck flys 15 reps with 2 minutes rest

Set 2 Flat Dumbbell bench press 8 reps followed by 8 negatives  
With wide pec-deck flys 15 reps with 2 minutes rest

## WORKOUT #1

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Incline BP	3	12 (6 neg.)		Next exercise immediately
1b) Inc. Flys	3	25		2 minutes
Superset Two				
2a) DB Bench P.	2	16 (8 neg.)		Next exercise immediately
2b) Pec Flys	2	15		2 minutes



# WORKOUT 2 - "Shoulder Blast"

**Shoulders Warm up:** Smith Machine front press 1 set of 20 reps, 1 set of 15 reps

### SUPERSET ONE

Set 1	Smith machine front press 6 reps followed by 6 negatives With bent-over dumbbell rear raises 25 raises 25 reps 2-minute rest
Set 2	Smith machine front press 6 reps followed by 6 negatives With bent-over dumbbell rear raises 25 raises 25 reps 2-minute rest
Set 3	Smith machine front press 6 reps followed by 6 negatives With bent-over dumbbell rear raises 25 raises 25 reps 2-minute rest
<b>SUPERSET TWO</b>	
Set 1	Upright rows 6 reps followed by 6 negatives With lateral raises 15 reps with 2 minutes
Set 2	Upright rows 6 reps followed by 6 negatives With lateral raises 15 reps with 2 minutes

## WORKOUT #2

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Front Press	3	12 (6 neg.)		Next exercise immediately
1b) BO d-raises	3	25		2 minutes
Superset Two				
2a) Upright Row	2	16 (8 neg.)		Next exercise immediately
2b) Lat. Raises	2	15		2 minutes



## WORKOUT 3 - "Back Burner"

**Back Warm up:** wide grip chin-ups, 2 sets to failure

### SUPERSET ONE

Set 1	Wide grip chin-ups 6 reps followed by 6 negatives With low cable rows 25 reps with two-minute res
Set 2	Wide grip chin-ups 6 reps followed by 6 negatives With low cable rows 25 reps with two-minute rest
Set 3	Wide grip chin-ups 6 reps followed by 6 negatives With low cable rows 25 reps with two-minute rest
<b>SUPERSET TWO</b>	
Set 1	Hammer strength or machine rows 8 reps followed by 8 negatives With close-grip pull-downs 15 reps with two-minute res
Set 2	Hammer strength or machine rows 8 reps followed by 8 negatives With close-grip pull-downs 15 reps with two-minute rest

### WORKOUT #3

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Chin Ups	3	12 (6 neg.)		Next exercise immediately
1b) Cable rows	3	25		2 minutes
Superset Two				
2a) Mach. Rows	2	16 (8 neg.)		Next exercise immediately
2b) Pulldowns	2	15		2 minutes





# WORKOUT 4 - "Tri Killer"

**Triceps Warm up:** Dips 2 sets to failure

<b>SUPERSET ONE</b>	
Set 1	Dips 6 reps followed by 6 negatives (add weight if needed) With reverse-grip pushdowns 25 reps with two-minute res
Set 2	Dips 6 reps followed by 6 negatives (add weight if needed) With reverse-grip pushdowns 25 reps with two-minute rest
Set 3	Dips 6 reps followed by 6 negatives (add weight if needed) With reverse-grip pushdowns 25 reps with two-minute rest
<b>SUPERSET TWO</b>	
Set 1	Cable pushdowns with straight bar 8 reps followed by 8 negatives With tricep kickbacks 15 reps with two-minute rest
Set 2	Cable pushdowns with straight bar 8 reps followed by 8 negatives With tricep kickbacks 15 reps with two-minute rest

## WORKOUT #4

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Dips	3	12 (6 neg.)		Next exercise immediately
1b) Pushdowns	3	25		2 minutes
Superset Two				
2a) C. Pushdown	2	16 (8 neg.)		Next exercise immediately
2b) Kickbacks	2	15		2 minutes



## WORKOUT 5 - "Instant Biceps"

**Biceps Warm up:** Barbell curls 1 set of 20 reps, 1 set of 15 reps

SUPERSET ONE	
Set 1	Barbell curls 6 reps followed by 6 negatives With easy-bar preacher curls 25 reps with two-minute rest
Set 2	Barbell curls 6 reps followed by 6 negatives With easy-bar preacher curls 25 reps with two-minute rest
Set 3	Barbell curls 6 reps followed by 6 negatives With easy-bar preacher curls 25 reps with two-minute rest
SUPERSET TWO	
Set 1	Dumbbell incline curls 8 reps followed by 8 negatives With dumbbell hammer curls 15 reps with two-minute rest
Set 2	Dumbbell incline curls 8 reps followed by 8 negatives With dumbbell hammer curls 15 reps with two-minute rest

### WORKOUT #5

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) BB Curls	3	12 (6 neg.)		Next exercise immediately
1b) Preacher	3	25		2 minutes
Superset Two				
2a) Inc. Curls	2	16 (8 neg.)		Next exercise immediately
2b) Hammer	2	15		2 minutes



# Workout 6 - "Insane Legs"

**Leg Warm up:** Leg press 1 set of 20, 1 set of 15

### SUPERSET ONE

- Set 1 Leg press 6 reps followed by 6 negatives  
With leg curls 25 reps with two-minute rest
- Set 2 Leg press 6 reps followed by 6 negatives  
With leg curls 25 reps with two-minute res
- Set 3 Leg press 6 reps followed by 6 negatives  
With leg curls 25 reps with two-minute rest

### SUPERSET TWO

- Set 1 Stiff-legged dead lifts 8 reps followed by 8 negatives with leg extensions 15 reps  
with leg extensions 15 reps with two-minute rest
- Set 2 Stiff-legged dead lifts 8 reps followed by 8 negatives with leg extensions 15 reps  
with leg extensions 15 reps with two-minute rest

## WORKOUT #6

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Leg Press	3	12 (6 neg.)		Next exercise immediately
1b) Leg Curls	3	25		2 minutes
Superset Two				
2a) Deadlifts	2	16 (8 neg.)		Next exercise immediately
2b) Leg Ext.	2	15		2 minutes





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## PRINTOUT

### WORKOUT #1 - CHEST

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Incline BP	3	12 (6 neg.)		Next exercise immediately
1b) Inc. Flys	3	25		2 minutes
Superset Two				
2a) DB Bench P.	2	16 (8 neg.)		Next exercise immediately
2b) Pec Flys	2	15		2 minutes

### WORKOUT #2 - SHOULDERS

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Front Press	3	12 (6 neg.)		Next exercise immediately
1b) BO d-raises	3	25		2 minutes
Superset Two				
2a) Upright Row	2	16 (8 neg.)		Next exercise immediately
2b) Lat. Raises	2	15		2 minutes

### WORKOUT #3 - BACK

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Chin Ups	3	12 (6 neg.)		Next exercise immediately
1b) Cable rows	3	25		2 minutes
Superset Two				
2a) Mach. Rows	2	16 (8 neg.)		Next exercise immediately
2b) Pulldowns	2	15		2 minutes



# PRINTOUT

## WORKOUT #4 - TRICEPS

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Dips	3	12 (6 neg.)		Next exercise immediately
1b) Pushdowns	3	25		2 minutes
Superset Two				
2a) C. Pushdown	2	16 (8 neg.)		Next exercise immediately
2b) Kickbacks	2	15		2 minutes

## WORKOUT #5 - BICEPS

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) BB Curls	3	12 (6 neg.)		Next exercise immediately
1b) Preacher	3	25		2 minutes
Superset Two				
2a) Inc. Curls	2	16 (8 neg.)		Next exercise immediately
2b) Hammer	2	15		2 minutes

## WORKOUT #6 - LEGS

EXERCISE	SET	REPETITION	WEIGHT	REST
Superset One				
1a) Leg Press	3	12 (6 neg.)		Next exercise immediately
1b) Leg Curls	3	25		2 minutes
Superset Two				
2a) Deadlifts	2	16 (8 neg.)		Next exercise immediately
2b) Leg Ext.	2	15		2 minutes



## Exercise Definitions:

### Incline Barbell Chest Press

1. In correct posture, lie flat on an inclined (30°) bench on your back.
2. Keep your abdominal muscles tight, shoulders down and chest up.
3. Under control, push the weight up while focusing on bringing your elbows together.
4. Stop just before your elbow joints are straight and reverse the motion down.
5. Under control, lower the weight, stop when your elbow joints are in line with your shoulders and reverse the motion back up.

### Incline Flyes

1. Lie flat on your back with weights in each hand. Both arms should be parallel with the ground, pointing outward away from your body. Both hands should be pointing toward the ceiling.
2. Begin the repetition by lifting both arms toward each other, above the chest area, until the palms are facing each other and the weights touch. Hold this position at the top for one second and squeeze the chest area.
3. Return to the starting position.

### Dumbbell Bench Press

1. Lie flat face up on a bench. Hold the dumbbells in each hand close to each other and on the chest.
2. Press the weight over your chest until your elbows are almost locked.
3. Hold the weights at the top maintaining a slight bend in the elbows.
4. Then return the weights to the starting position.





## Smith Machine Shoulder Press

1. In correct posture, sit on a shoulder press machine. During the exercise, keep your back flush against the back pad.
2. Keep your abdominal muscles tight, knees bent and chest relaxed.
3. Under control, push the weight directly up while focusing on your shoulders.
4. Stop just before your elbow joints are straight and reverse the motion down.
5. Under control lower, the weight, stop when your elbow joints are in line with your shoulders and reverse the motion back up.

## Seated Bent Lateral Raises

1. Sit at the edge of a flat exercise bench, holding a dumbbell in each hand, palms facing each other.
2. Bend over until your upper body is parallel to the floor (your chest should be resting upon your thigh muscles).
3. Extend your arms straight down and touch the dumbbells together under your thighs.
4. Flexing your shoulder muscles and keeping your upper body down, extend your arms outward until they are nearly parallel to the floor (your elbows will be slightly bent in this position).
5. Return to the start and repeat the movement until you have completed your set.

## Upright Row

1. Stand with your feet shoulder width apart. Hold the weights in each hand with palms facing your body. Your hands should hang at shoulder width from each other.
2. Slowly raise both arms simultaneously so that your elbows are pointing to the sides. Lift your hands until they are about chin high. Hold at this position for one second.
3. Lower the weights to the start position.



## Side Raises for the Shoulders

1. Stand with feet shoulder width apart and arms straight at your sides (you may do this sitting ). Have a slight bend in the knees and elbows.
2. Hold light weights in both hands with palms facing inward.
3. Slowly raise both arms outward until your hands are as high as your shoulders. Hold at the top position for one second.
4. Lower your arms to the start position.

## Chin-Up

1. Grasp the chin-up bar with your palms facing your body and positioned just inside shoulder width.
2. Contract the bicep muscles and lift yourself up, stopping when your biceps are in a fully contracted position. Contract tight and hold for a two second count.
3. Slowly descend approximately four inches below the top position. The four-inch descent is part of the key to developing the peak, because it places a constant tension on the biceps.
4. Exhale while lifting up and inhale while returning to the starting position.

## Cable Machine Seated Row

1. In correct posture, sit on rowing machine. During the exercise, a natural arch in your spine should be maintained.
2. Keep your abdominal muscles tight, shoulders back and chest up.
3. Under control, pull the weight back while focusing on bringing your shoulder blades together.
4. Stop just after your elbow joints are inline with your shoulders and reverse the motion back.
5. Under control, lower the weight, stop just before your elbow joints are straight and reverse the motion back.



## Front Lat Pulldowns

1. Sit at a Lat. Pull-down machine (unless it does not have a seat, in which case you should kneel) while holding the lat. bar with your palms forward (facing away) and thumbs up and placed about 20 inches apart (about 8 inches in from shoulder width).
2. Allow your arms to be pulled until fully extended upward. You should feel the weight of the machine stretching your back. Your upper body and back should be straight, your head up and eyes forward.
3. Pull the bar straight down until it touches your chest while squeezing your shoulder blades together and keeping your body in the same upright position.
4. Return to the starting position in a slow, controlled manner, making sure to get a full stretch in the back.

## Triceps Pushdown

1. In correct posture, stand as you hold a bar shoulder width apart.
2. Keep your abdominal muscles tight, chest up, and elbows stable.
3. While keeping your elbows in and stable, under control, lower the weight down.
4. Stop just before your elbows are straight and reverse the motion back up.
5. Stop when your elbows are 90° from the ground and then reverse the motion back down

## Triceps Kickbacks

1. Stand with your left leg forward, slightly bent, and your left hand placed for balance above the knee. Your right leg should be shifted slightly backwards. Your right arm should be bent at a 90-degree angle, with your elbow pointing behind you.
2. Without moving your upper arm, move your lower arm backwards until the weight is pointing away from your body. Hold at this position for one second.
3. Then return the weight to the starting position.



## Barbell Biceps Curl

1. In correct posture, stand with your legs and grip spaced shoulder width apart.
2. Keep your abdominal muscles tight, chest up, knees bent and elbows in. Your elbows should remain stable in a fixed position, next to your sides.
3. Under control, lift the weight directly up while focusing on biceps muscles.
4. Stop when the weight is 90° from your shoulder joint and reverse the motion back down.
5. Lower the weight down, stop just before your elbows are straight and reverse the motion back up.

## Incline Dumbbell Bicep Curl

1. Position yourself on an adjustable weight bench and place the notch for the back part of the unit three holes up from the bottom. People get confused when I talk degrees, so I'll make it easier for you. You should be on a relatively steep incline with your back supported.
2. Hold a dumbbell in each hand with the arms hanging down at your sides and palms facing your body. Keep your wrists straight throughout the exercise.
3. Contracting the biceps muscles, bend your right arm at the elbow while turning your wrist until your palm is facing the ceiling, stopping when the weight is just short of touching your shoulder. Contract tight in this position for a full two-second count.
4. Slowly return to the starting position, stopping just short of the elbow fully extending. The hand should not begin to turn towards your body until you reach your hip.
5. The upper arm should remain stationary throughout the movement. Do not swing your elbows!





## Hammer Curls for the Biceps

1. Sit upright in a chair, with your legs bent and feet forward. Hold the weights with your palms facing your body. Bend your arm at the elbow keeping your wrists straight.
2. Lift the weight towards the shoulder without moving your upper arm. Stop the motion when the weight meets the shoulder and hold for one second.
3. Return the weight to the starting position.

## Leg Press

1. In correct posture, sit on a leg press machine. During the exercise, keep your back flush against the back pad.
2. Keep your abdominal muscles tight, knees slightly bent and chest up.
3. Under control, lower the weight while keeping your hips back (your knees should not move above your toes). Your focus should be on splitting the weight between your hip joints and knee joints.
4. Stop where you feel comfortable and push the weight back up. Under control, stop just before your knees are straight and reverse the motion back.

## Lying Leg Curl

1. Begin by lying face down on a leg curl machine, with your heels hooked underneath the roller pads.
2. Keeping your thighs pressed to the machines surface, slowly curl your feet upward, stopping just short of touching your butt or as far as comfortably possible.
3. Contract your hamstrings and then reverse direction, returning back to the start position.



## Stiff-Legged Deadlift

1. Stand with your feet shoulder-width apart.
2. Grasp two dumbbells or a barbell and let them hang in front of your body.
3. Keeping your knees straight, slowly bend forward at the hips and lower the dumbbells until you feel an intense stretch in your hamstrings.
4. Then, reverse direction, contracting your glutes as you rise upward to the starting position.

## Seated Leg Extension

1. In correct posture, sit on a leg extension machine. During the exercise, keep your lower back flush against the back pad.
2. Keep your abdominal muscles tight, knees bent and chest up.
3. Under control, push the weight up while focusing on your legs ( your upper body must remain stable through out the exercise).
4. Stop just before your knees are straight and reverse the motion back down.

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