

OMEGA CRUSH SYSTEMS
RESOURCE FOR FITNESS TECHNIQUES

OCDX-CORE WORKOUT COMPOUND SETS
TURNS UP YOUR INTENSITY

It time to get your core in order 10 to 15 minutes a day to tight, tone and add extra rips.

Workout 4-Monday/Thursday

	6 to 4 sets
1. Straight Leg Set ups:	8-6 reps
2. Double Leg V-Ups:	8-6 reps
3. Single Leg V-Ups:	8-6 reps
4. Low Plank Hold:	15-60 seconds
5. Active Recovery	30-60 seconds

Workout 4-Tuesday/Friday

	6 to 4 sets
1. Reverse Crunches:	15-25 reps
2. Scissors:	15-25 reps
3. Stars:	20-30 reps
4. Side Plank Hold:	15-60 seconds
5. Active Recovery	30-60 seconds

Workout 4-Wednesday/Saturday

	6 to 4 sets
1. Side Jack Knife:	12-20 reps
2. Russian Twist: (with Ball or Med Ball)	12-20 reps
3. Low Plank: (with knees to Elbow)	12-20 reps
4. Thrust Jacks:	12-20 reps
5. Slam Ball: (with 8, 10, 15, 20 or 25 lb)	12-20 reps
6. Active Recovery:	30-60 seconds

OCDX-Core compound sets are performed back-to-back one of each exercise to complete one set. Than to Active Recovery which is (Marching or Jogging in place for 30-60 second) then repeat.

March 31, 2014 by John Brookins Fitness Expert.

"LEAN, BUFF, RIPPED!" You'll get used to the name calling.

Ω OMEGA CRUSH SYSTEMS

ON THE FRONTLINE OF FITNESS TECHNIQUES

POWER BUILDING PLYOMETRICS SESSION 2-DAYS PER WEEK

Active Warm Ups: Run or Jog: **10-15 minutes**

Pogo: 6 x 8 – 12

Squat Jumps: 6 x 8 – 12

Rocket Jump: 6 x 8 – 12

Star Jump: 6 x 8 – 12

Scissor Jump 6 x 8 – 12

Active

Active Recovery: **60-90 seconds**

Repeat until you complete 6 rounds or 6 sets

Upper Body

Push Ups w/alternating knee to elbow: 6 x 15 – 50 reps

Crawl: 6 x 12 – 25 reps

Active Recovery: **15-90 seconds**

Repeat until you complete 6 rounds or 6 sets

Hard-Core

Double Leg “V” – Ups: 4 x 15 – 30 reps

Star: 4 x 20 – 30 reps

Side Jack Knife: 4 x 15 – 30 reps

Low Plank: 60-300 seconds

Active Recovery: **15-90 seconds**

Designed on April 15, 2012 by John David Brookins, Natural Health & Wellness Consultant, Strength & Conditioning Specialist.

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ON THE FRONTLINE OF FITNESS TECHNIQUES

TOTAL BODY WORK OUT 3 DAYS PER WEEK

<u>Upper Body</u>	<u>Reps</u>	<u>Time</u>
Active Warm Ups:		5-7 minutes
Side/Front Shoulder Raises or Jumping Jacks		60-120 seconds
Push Ups:	15 -30 reps	
Active Recovery		60 seconds
REPEAT FOR 10 SETS		

<u>Lower Body</u>	<u>Reps</u>	<u>Time</u>
Active Recovery		60 seconds
Opposite Elbow-Opposite Knee		60-90 seconds
Floor Touches	20-30 reps	
Squat Kicks	20-30 reps	
Active Recovery		60 seconds
REPEAT FOR 6 SETS		

<u>Body's Core</u>	<u>Reps</u>	<u>Time</u>
Active Recovery		60 seconds
Straight Arm/Straight Leg Sit-Up	6-12 reps	
Double Leg "V" Up	6-12 reps	
Single Leg "V" Up	6- 12 reps	
Low Plank		60-180 seconds
Active Recovery		60 seconds
REPEAT FOR 4 SETS		

Designed on March 17, 2012 by John David Brookins, Natural Health & Wellness Consultant, Strength & Conditioning Specialist.

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FOUNDATION PROGRAM

Deadlift: (L) Means light day-(H) Means Heavy day.
NOTE: All light days will be off the box NO belt on box.

Warm-ups: Leg Extension/Leg Curls Light Weight 25 pounds 3x8
stretch hip, hamstrings, lower back and quadriceps for 5 minutes.

12-Weeks: Keep your own assistance workout record/# weekly.

1.45x8 115x6 150x6	175 200 225-5x5+H
2.45x8 115x6	135 135 150-4x10+L
3.45x8 115x6 150x6	200 225 250-5x5+H
4.45x8 115x6	150 175 175-4x10+L
5.45x8 115x6 150x6	225 250 275-4x5+H
6.45x8 115x6	185 200 200-4x8+L
7.45x8 115x6 150x6 200x2	250 275 300-4x5+H
8.45x8 115x6 150x6	195 215 225-4x8+L
9.45x8 115x6 150x6 200x2	270 300 325-3x5+H
10.45x8 115x6 150x6	205 225 240-4x6+L
11.45x8 115x6 150x6 200x2 260x2	300 325 350-2x5+H
12.45x8 115x6 150x6 185x2	215 235 265-4x6+L
	MAX:(350 375 405)
	MAX:(375 400 440)

1.45x8 185x6 240x6	250 275 300 325-5x5+H
2.45x8 135x6	150 150 175 200-4x10+H
3.45x8 185x6 240x6	270 300 325 350-5x5+H
4.45x8 135x6	175 175 200 225-4x10+L
5.45x8 185x6 240x6 270x2	300 325 350 375-4x5+H
6.45x8 135x6	200 200 225 250-4x8+L
7.45x8 185x6 240x6 285x2	325 350 375 400-4x5+H
8.45x8 135x6 185x6	225 225 250 275-4x8+L
9.45x8 185x6 240x6 285x2 325x1	350 375 400 425-3x5+H
10.45x8 135x6 185x6	240 250 275 300-4x6+L
11.45x8 185x6 240x6 285x2 325x1	375 400 425 450-2x5+H
12.45x8 135x6 185x6 225x2	265 275 300 325-4x6+L
	MAX:(425 450 475 500)
	MAX:(465 475 500 525)

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1.45x8	200x6	275x6	300x2		350	375	400-5x5+H
2.45x8	200x6				225	250	275-4x10+L
3.45x8	200x6	275x6	300x2		375	400	425-5x5+H
4.45x8	200x6				250	275	300-4x10+L
5.45x8	200x6	275x6	300x2	365x1	400	425	450-4x5+H
6.45x8	200x6				275	300	325-4x8+L
7.45x8	200x6	275x6	315x2	365x1	425	450	475-4x5+H
8.45x8	200x6	265x6			300	325	375-4x8+L
9.45x8	200x6	275x6	315x2	385x1	450	475	500-3x5+H
10.45x8	200x6	265x6			325	350	400-4x6+L
11.45x8	200x6	275x6	315x2	405x1	475	500	525-2x5+H
12.45x8	200x6	275x6	315x2		350	375	400-4x6+L
					MAX:	(525 550 600)	
					MAX:	(550 575 625)	

1.45x8	250x6	350x6			425	450	475-5x5+H
2.45x8	250x6				300	325	375-4x10+L
3.45x8	250x6	350x6	405x2		450	475	500-5x5+H
4.45x8	250x6				325	350	375-4x10+L
5.45x8	250x6	350x6	405x2		475	500	525-4x5+H
6.45x8	250x6	315x6			350	375	400-4x8+L
7.45x8	250x6	350x6	405x2	455x1	500	525	550-4x5+H
8.45x8	250x6	315x6			375	400	425-4x8+L
9.45x8	250x6	350x6	405x2	455x2	525	550	575-3x5+H
10.45x8	250x6	315x6			400	425	450-4x6+L
11.45x8	250x6	350x6	405x2	500x1	550	575	600-2x5+H
12.45x8	250x6	315x6	365x2		425	450	475-4x6+L
					MAX:	(625 650 675)	
					MAX:	(650 675 700)	

Assistance Workout Progressive Sets: Keep your own Records/#.

Goodmornings: 3x6-3 moderate

Hyperextension: 30-35-40-45- OR 45-55-65-75 x12

Lat-Pulldowns: 4x8

Seated Rows: 4x8

Single Arm Rows: 3x8

Shrugs: 3x8

Rear Delt Flies: 3x8

Calves: 6x25-40

Abdominal: 6x25 3-different exercises as one set, to achieve 6x25

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ON THE FRONTLINE IN FITNESS TECHNIQUES

Legs Squat Day:

Weeks:

1-R. 45x12-135x12-165x12-185x12-205x12-225x12-245x12-275xF.
2-W. 45x12 135x10 165x10 185x10 205x10 225x10 245x10 295xF.
3-R. 45x12 135x10 165x8 185x8 205x8 225x8 245x8 315xF.
4-W. 45x12 135x15 165x15 185x15 205x15 225x15 245x15 325xF.
5-R. 45x12 135x12 165x12 185x12 205x12 225x12 245x12 335xF.
6-W. 45x12 135x10 165x10 185x10 205x10 225x10 245x10 345xF.
7-R. 45x12 135x10 225x10 245x10 265x10 285x10 300x10 355xF.
8-W. 45x12 135x10 225x8 245x8 265x8 285x8 300x8 365xF.

FRONT SQUATS: NARROW STANCE

Weeks:

1-135+4x8, 2-145+4x8, 3-155+4x8, 4-165+4x8, 5-175+4x8,
6-185+4x8, 7-195+4x8, 8-205+4x8.

Lunges Stepback Off Plyo Box: Using the smallest one
progressive sets with dumbbells: 35-45-55-65x10-8 reps.

Stiff-legs: 185-195-205-215x10 reps Progressive sets.

Cable-Single Leg Press: 180-200-220-240x12 reps Progressive
Cable-Leg Extensions/Leg Curls: Compound Set with single leg
Presses: 60-75-95-105x10 reps Progressive sets.

Calves seated/standing: Compound sets 6x15-25 reps.

Back Deadlifts Days: (speed workout)

Weeks:

1-S. 45x8 135x6 225x6 315x6-then 135x20 4-sets.
2-R. 45x8 135x6 225x6 315x2 405-4x10, Sumo-225-2x6.
3-S. 45x8 135x6 225x6 325x6-then 155x20 4 sets.
4-R. 45x8 135x6 225x6 315x2 420-420, Sumo-245-2x6.
5-S. 45x8 135x6 225x6 335x6-then 165x20 4-sets.
6-R. 45x8 135x6 225x6 315x2 375x1 435-4x10, Sumo-265-2x6.
7-S. 45x8 135x6 225x6 345x6-then 175x20 4-sets.
8-R. 45x8 135x6 225x6 315x2 375x1 450-3x10, Sumo-285-2x6.

Hyperextension w/55 lb.dumbbell Compound sets with
Reverse Hypers: 4x12 reps.

UPPERBACK WORKOUT COMPOUND SETS

Lat-Pulldowns(wide grip)/Pull-Ups(narrow grip) 6x10 reps.
Seated Rows(Close grip)/Chin-Ups(underhand grip) 6x10 reps.
Bent-Over Rows: 4x10, Shrugs: 4x10, High Rows: 4x10 reps.
Rear Delt Flies: Dumbbells 30-35-40-45x10 reps.

Designed by: JOHN DAVID BROOKINS, Natural Health & Wellness
Consultants, Strength & Conditioning Specialist owner of omega
crush systems March 01, 2012.

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Chest Day Bench Press Speed Workout:

Weeks:

- 1-R. 45x12 135x8 225x8 235x8 245x8 255x8 265xF.
- 2-S. 45x12 135x8 225x6-then 40-Dumbbellsx20 4-sets.
- 3-R. 45x12 135x8 225x5 265x8 270x8 275x8 280xF.
- 4-S. 45x12 135x8 185x2 235x6-then 45-Dumbbellsx20 4-sets.
- 5-R. 45x12 135x8 225x5 270x8 275x8 280x8 285xF.
- 6-S. 45x12 135x8 205x2 245x6-then 50-Dumbbellsx20 4-sets.
- 7-R. 45x12 135x8 225x5 275x8 280x8 285x8 290xF.
- 8-S. 45x12 135x8 205x2 255x6-then 55-Dumbbellsx20 4-sets.
- 9-R. 45x12 135x8 225x5 280x8 285x8 290x8 295xF.
- 10-R. 45x12 135x8 225x5 285x8 290x8 295x8 300xF.

.ASSISTANCE WORKOUTS:

Incline Bench-30-35 degree, Standing Shoulder Press Dumbbells/
Lateral Raises Front/Side:

1.235-4x8	45	plus	25-4x8
2.245-4x8	50	plus	30-4x8
3.255-4x8	55	plus	35-4x8
4.260-4x8	60	plus	40-4x8
5.265-4x8	65	plus	45-4x6
6.270-4x8	70	plus	50-4x6
7.275-4x8	75	plus	55-4x6
8.280-4x6	80	plus	60-4x6
9.285-4x6	85	plus	65-4x6
10.290-3x3	90	plus	70-4x4

TRICEP WORKOUTS

Tricep Pushdown:	Dips w/pauses:	Kick backs/Hammer Curls:
1.30-40-50-60-70x8 30XF.	Bodyweight-4x8	25-4x8
2.40-50-60-70-80x8 40XF.		30x4x8
3.50-60-70-80-90x8 50XF.		35-4x8
4.60-70-80-90-100x8 60XF.		40-4x8
5.70-80-90-100-110x8 70XF.		45-4x8
6.70-80-90-100-110x8 80XF.		50-4x8
7.80-90-100-100-100x8		60-4x6
8.90-100-100-100-100x8 60XF.		65-4x6
9.100-100-100-100-100x8		70-4x6
10.90-100-110-120-130x6		75-4x8

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OMEGA CRUSH SYSTEMS
ON THE FRONTLINE IN FITNESS TECHNIQUES
PEAK CONDITIONING WORKOUT FOR THE BENCH PRESS

Shoulders-Standing Press:

Weeks:

1. 45x12 95x10 115x8 135-4x8
2. 45x12 95x10 115x8 145-4x8
3. 45x12 95x10 115x8 155-4x8
4. 45x12 95x10 115x8 165-4x8
5. 45x12 95x10 115x8 175-4x8
6. 45x12 115x10 135x5 185-4x6-8
7. 45x12 115x10 135x5 195-4x6-8
8. 45x12 115x10 145x5 185x2 205-4x6-8
9. 45x12 115x10 145x5 185x2 215-4x6-8
10. 45x12 115x10 145x5 185x2 225-4x6-8

Close Grip Bench Press:

Weeks:

1. 45x12 115x10 135x8 155 160 165 170 175x8, 135xF.
2. 45x12 115x10 135x8 160 165 170 175 180x8
3. 45x12 115x10 135x8 165 170 175 180x8 185xF.
4. 45x12 115x10 135x8 170 175 180 185 190x6-8 155xF.
5. 45x12 115x10 135x8 175 180 185 190 195x6-8
6. 45x12 115x10 135x8 180 185 190 195x6-8 200xF.
7. 45x12 115x10 135x8 185 190 195 200 205x6-8 175xF.
8. 45x12 115x10 135x8 190 195 200 205 210x6-8
9. 45x12 115x10 135x8 195 200 205 210x6-8 215xF.
10. 45x12 115x10 135x8 200 205 210 215 220x4-6 225xF.

EZ-CURL-BAR (only count the weight going on the bar/not the bar)
Overhead Tricep Extension/Bicep Curls (supersets):

Weeks:

1. 20 25 30 35 40 45x8 30x15
2. 25 30 35 40 45 50x8 35x15
3. 30 35 40 45 50 55x8 40x15
4. 35 40 45 50 55 60x8 45x15
5. 40 45 50 55 60 65x8 50x15
6. 45 50 55 60 65 70x8 55x15
7. 50 55 60 65 70 75x8 60x15
8. 55 60 65 70 75 80x8 65x15
9. 60 65 70 75 80 85x8 70x15
10. 65 70 75 80 85 90x8 75x15

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SQUAT: Light, Moderate to Heavy weight training. 30 to 90 seconds between sets Warm-ups Leg Curls 3x10 reps. 5 to 7 minute stretch. The 45, for 12 rep is the squat bar not dumbbell.

Week 1/2. Monday complete routine within 75 minutes.
Squat: 45x12 135x15 155x15 175x15 195x15 215x15 reps.
Lunge: 135-3x12 reps. (Balance is key, drop with back leg)
Sissy Squat: 3x12 reps. (Bodyweight)
Stiff Leg Deadlift: 155x10 165x10 175x10 185x10 reps.
Leg extension/Leg curl: 20x12 30x12 40x12 reps. (Superset)
Calves: Seated/standing 4x15 25 reps (compound sets) light.

Note: when doing stiff leg deadlifts slight bent in the knee while performing this exercise and when doing lunges keep your knee over your ankle, to avoid most pain if any!!

Week 3/4. Monday complete routine within 75 minutes.
Squat: 45x12 135x10 225x12 245x12 265x12 285x12 reps.
Lunge: 135x10 145x10 155x10 reps (careful balance is key)
Sissy Squats: 3x12 (Bodyweight)
Stiff Leg Deadlift: 165x10 185x10 195x10 205x10 reps.
Leg Curls/Leg extension: 30x12 35x12 40x12 45x12. squeeze each rep at the top of the movement. (Superset)
Calves: Seated/standing 4x15 to 25 reps. moderate weight.

Week 5/6 Monday complete routine within 75 minutes
Squat: 45x12 135x10 225x5 275x2 295x10 305x10 325x10 345x10
Lung: 145x10 165x10 175x10 185x10
Sissy Squats: 4x10 (holding a 25 plate)
Stiff Legs DL: 195x10 205x10 215x10 225x10 reps
Leg Curl/Leg extension: 35x10 45x10 55x10 65x10 35x20 reps
Calves: Seated/standing 4x10 Heavy weight

Week 7/8 Monday complete routine within 75 minutes
Squats: 45x12 135x10 225x5 275x2 315x1 365x10 385x10 405x10
Lunge: 165x8 185x8 195x8 205x8 reps.
Sissy Squats: 4x10 (holding a 35 plate)
Stiff Leg DL: 225x10 235x10 245x10 255x10 reps.
Leg Curl/Leg Extension: 45x10 55x10 65x10 75x10 45x20 reps.
Calves: Seated/standing moderate to heavy weight 4x10 to 15

Week 9 Monday
Squats: 45x12 165x8 230x8 300x8 365x8 405x8 440x8 230x20 reps
Lunge: 205-3x8 reps--Sissy Squats: 4x8 (holding a 45 plate)
Stiff Leg DL: 255x10 275x10 300x10 315x10 reps.
Leg Curl/Leg extension: 55x10 65x10 75x10 85x10 55x20 reps.

Note: for full development you must do a proper parallel squats, with two or more spotters. These movements are not to be rushed through slow and controlled is the best way to achieve excellences and defined muscle, your diet will help with separation. This program is designed for the STATIONARY LUNGE OR SPLIT SQUAT. Your knee's should extend during each squatting etc; movement but not lockout!!

OMEGA CRUSH SYSTEMS
RESOURCE FOR FITNESS TECHNIQUES

Chest, Shoulder, Triceps. Light, moderate to Heavy weight training
30 to 90 seconds between sets. Warm-ups push-up with hands on
the edge of a bench 3x10 reps. 5 to 7 minute stretch.

Week 1/2. Tuesday complete routine within 75 minutes
Flat bench: 45x12 115x10 185-3x8-compound set-Dumbbell 30, 3x20
Incline bench press: x10-superset-Dumbbell shoulder press: x10
35x10 40x10 45x10 30x10 35x10 40x10 reps
Incline flies: x10-superset-----Laterals side, front Shoulders:
25x10 30x10 35x10 15x10 20x10 25x10 reps
Tricep pushdowns x12-superset--Hammer curls x12 reps
40-50-60-70-80-90x12 20-25-30-35x12
Kick back: 15x12 20x12 25x12 reps.

Week 3. Tuesday complete routine within 75 minutes
Flat bench: 45x12 115x10 205x8 225x8 245x8-Dumbbell-35, 3x20
Incline bench: ---supersets----- Dumbbell Shoulder press:
40x10 45x10 50x10 35x10 40x40 45x10 reps
Incline flies: ---SUPERSETS---Laterals side, front shoulders:
25x10 30x10 35x10 15x10 20x10 25x10 reps
Tricep-pushdowns x12--Superset---Hammer Curls x12 reps
40-50-60-70-80-90 20-25-30-35
Kick back: 15x12 20x12 25x12 reps.

Week 4 Tuesday complete routine within 75 minutes
Flat bench: 45x12 115x10 205x5 255x8 265x8 275x8-DB-40-3x20
Incline Bench dumbbell: x10-set-Dumbbell shoulder press: x10
45-50-55-60 40-45-50-55
Incline flies: x10-Supersets-Laterals side, front shoulders: x10
30-35-40-45 20-25-30-35
Triceps-pushdowns: x12-Supersets-Hammer curls: x12 reps
50-60-70-80-90-100 25-30-35-40
Kick back: 20x12 25x12 30x12 reps.

Note: The first three (3) weeks you will be doing compound sets and supersets. The bench press program goes as follows after completing your first top set of 8 reps then immediately pick up the lighter dumbbell and push out 20 repetitions, the first week the dumbbell is 25 pounds. Remember when during a bench press lower the bar to touch the chest or pause on the chest not bounce off the chest. Touch chest at approximately nipple level keep the wrists rigid and directly over the elbows. Maintain the five-point body contact position.

Week 5. Tuesday complete routine within 75 minutes
Incline bench: 45x12 115x10 200-4x10 (at 30 degree incline)
Dumbbell Shoulder press: 45-50-55 60x8 reps
Flat dumbbell press: 50-55-60x8 reps
Dips: w/weight 3x10 reps
Incline flies: 25-30-35-40x10 reps
Tricep pushdowns: x12--superset--Hammer curls: x12 reps
50-60-70-80-90-100x12 30-35-40-45
Kick back: 20-25-30-35x12 reps

Week 6. Tuesday complete routine within 75 minutes
Flat bench: 45x12 115x10 200x5 285-4x8 200x failure.
Dumbbell Shoulder press: 50-55-60-65x8 reps
Flat dumbbell press: 55-60-65-70x8 reps
Dips: with weight/3x10 reps
Incline flies: 30-35-40-45x10 reps
Tricep pushdowns: x12 --superset-- Hammer curls: x12 reps
60-70-80-90-100-110 30-35-40-45
Kick back: 25-30-35-40x10 to 12 reps

Week 7. Tuesday complete routine within 75 minutes
SAME AS WEEK "5".

Week 8. Tuesday complete routine within 75 minutes
Flat Bench: 45x12 115x10 200x5 295-4x8 200x failure.
Dumbbell Shoulder Press: 55-60-65-70x8 reps
Flat Dumbbell press: 65-70-75-80x8 reps
Dips: w/weight 3x10 reps
Incline flies: 30-35-40-45x10 reps.
Triceps-pushdowns: x10--supersets--- Hammer curls: x10 reps
70-80-90-100 30-35-40-45
Kick back: 20-25-30-35x10 reps.

Week 9. Tuesday complete routine within 75 minutes
SAME AS WEEK "5".

NOTE: The benefit of this program is starting at the beginning and do not skip any weeks, one of the keys to maintaining focus is to leave the ego. In your back pocket! If you train with a ego you may train to heavy and with improper form or suffer a injury. When bench pressing for safety reasons you should bench with your thumbs around the bar to keep the bar from slipping and crushing your neck on rib cage. I call the other grip without the thumbs support the death grip because if it fall there's nothing to save you! So the life you save may be your own; use the grip that involves the thumbs around the bar. During nine (9) weeks to maximize your ability in adapting to a variety of techniques. To ensure maximum effort in each lift, do not speed through any of the movement focus on eccentric and concentric contractions as the muscles lift, push, pull or curl weight. When you do your incline bench press, to target the upper chest the degree of the bench cannot be no more then 35 degrees anymore then that, then you are working more shouldens!

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Deadlifts Upper Back routine: Light, Moderate to Heavy weight
Training 30 to 90 second between each set. Warm-ups Leg Curls
3x10 reps 5 to 7 minutes stretch.

Week 1. Thursday complete routine with 90 minutes

Deadlift: 45x8 180x8 210x8 270x8 290x8 reps.

Good mornings: 45x8 65x8 85x8 reps.

Lat-pull downs: 70x10 80x10 90x10 100x10

Seated row: 70x10 80x10 90x10 100x10 reps

Shrugs: 205x10 225x10 250x10 275x10 reps

Up-right row: 45x10 55x10 65x10 75x10 reps

Rear Deltoids Flies: 15x10 20x10 25x10 30x10

Calves: Seated/standing 4x15 to 25 Light weight

Week 2. Thursday complete routine within 75 minutes

Power clean: 80x3 100x3 120x3 140x3 reps

Lat-pull downs: 80x10 90x10 100x10 110x10 120x10 130x10

Seated rows: 80x10 90x10 100x10 110x10 reps

Bent over rows: 90x10 100x10 110x10 120x10 reps

Shrugs: 225x10 250x10 275x10 300x10 reps.

Up-right row: 45x10 65x10 75x10 85x10 reps

Rear deltoids Flies: 20x10 25x10 30x10 35x10 reps.

Hypextension: 3x15 reps (with a 25 plate)

Calves: Seated/standing/single legs 6x15 to 25 reps

Week 3 Thursday complete routine within 90 minutes

Deadlift: 45x8 180x6 210x6 290-4x8 reps

Good morning: 65x8 85x8 105x8 reps

Lat-pull downs: 100x10 120x10 130x10 140x10 reps

Seated rows: 100x10 120x10 130x10 140x10 reps

Shrugs: 250x10 275x10 300x10 325x10 reps

Up-right row: 65x10 75x10 85x10 95x10 reps

Rear deltoids Flies: 15x10 20x10 25x10 30x10 reps

Calves: Seated/standing/single Leg 4x15 to 20 reps

Week 4. Thursday complete routine within 75 minutes

Power clean: 135x3 145x3 155x3 165x3

Lat-pull downs: 90x10 100x10 110x10 120x10 130x10 140x10 reps

Seated rows: 90x10 100x10 110x10 120x10 reps

Bent over row: 100x10 120x10 130x10 140x10 reps

Shrugs: 225x10 250x10 275x10 300x10 reps

Up-right row: 75x10 85x10 95x10 105x10 reps

Rear deltoids Flies: 25x10 30x10 35x10 40x10

Hypextension: 3x15 (with a 35 plate)

Calves: Seated/standing/single Leg 6x15 to 25 reps

Week 5. Thursday complete routine within 90 minutes

Deadlift: 45x8 180x6 230x6 315-4x8 195x20 reps

Good morning: 135x8 145x8 155x8 reps

Lat-pull downs: 120x10 130x10 140x10 150x10 reps

Seated row: 120x10 130x10 140x10 150x10 reps.

Shrugs: 275x10 300x10 325x10 350x10 reps

Up-right row: 85x10 95x10 105x10 115x10 reps

next page continues.

Rear deltoids flies: 20x10 25x10 30x10 35x10
Calves: Seated/standing/single leg 6x15 to 20 reps

Week 6. Thursday complete routine within 75 minutes
Power clean: 145x3 155x3 165x3 175x3 reps
Lat-pull downs: 100x10 110x10 120x10 130x10 140x10 150x10
Seated row: 100x10 110x10 120x10 130x10 reps
Bent over row: 155x10 165x10 175x10 185x10 reps
Shrugs: 300x10 325x10 350x10 365x10 385x10 reps
Up-right row: 95x10 100x10 105x10 110x10 reps
Rear deltoids flies: 25x10 30x10 35x10 40x10 reps
Hyperextension: 3x15 (with a 45 plate)
Calves: Seated/standing/single leg 6x15 to 25 reps

Week 7. Thursday complete routine within 90 minutes
Deadlift: 45x8 180x6 230x6 315x2 345-4x8 205x20 reps
Good morning: 155x8 165x8 175x8 reps
Lat-pull downs: 140x10 150x10 160x10 170x10 reps
Seated row: 140x10 150x10 160x10 170x10 reps
shrugs: 315x10 330x10 370x10 395x10 reps
Up-right row: 100x10 105x10 110x10 115x10 reps
Rear deltoids flies: 30x10 35x10 40x10 45x10 reps
Calves: Seated/standing/single leg 6x15 to 20

Week 8. Thursday complete routine within 75 minutes
Power clean: 155x3 165x3 175x3 185x3 reps
Latpull down: 120x10 130x10 140x10 150x10 160x10 170x10 180x10
Seated rows: 120x10 130x10 140x10 150x10 reps
Bent over rows: 165x10 175x10 185x10 195x10 reps
Shrugs: 315x10 350x10 385x10 405x10 reps
Up-right row: 105x10 110x10 115x10 120x10 reps
Rear deltoids flies: 25x10 30x10 35x10 40x10
Hyperextension: 3x15 reps (with a 45 plate)
Calves: Seated/standing/single leg 6x15 to 25 reps

Week 9. Thursday complete routine within 90 minutes
Deadlift: 45x8 180x6 230x6 315x2 375-4x8 225x20 reps
Good mornings: 175x8 195x8 205x8 reps
Lat-pull downs: 160x10 180x10 190x10 200x10 reps
Seated rows: 160x10 180x10 190x10 200x10 reps
Shrugs: 315x10 365x10 385x10 415x10 reps
Up-right row: 110x10 115x10 120x10 125x10 reps
Rear deltoids flies: 30x10 35x10 40x10 45x10 reps
Calves: Seated/standing/single leg 6x15 to 20 rep

Abdominal: should be completed after each routine, if not the following day. Knee ups edge of bench: 3x30 Reverse crunch flat bench: 3x25 Machine Crunch twist: 3x30 Hanging knee twist: 3x30 reps.

NOTE: the training goal for bodybuilders centers around balanced muscular size, symmetry and definition. The training routines encompass a variety of exercises to promote ideal gains in size and symmetry. Generally, a moderate intensity (eight to 12 repetitions to fatigue) is used to allow for

the completion of high volume, which is determined by the equation: load x repetitions x sets. A load of eight to 12 repetitions done to fatigue seems logical as the goal of bodybuilding is not superior maximal strength. However, for maximal hypertrophy gains, research suggests training should emphasize increases in resistance, as well as volume, such as Omega crush system. High-intensity volume; stress may be the primary stimulus to muscle hypertrophy.

The order of exercises within a specific muscle group is more important than the order in which the muscle groups are exercised. Multiple or giant sets are used to accomplish volume overload. These consist of three to six sets and can go as high as 10 to 15 repetitions per exercise. Short rest periods are a distinctive feature of bodybuilding. Thirty- to 90-second rest seem to promote muscular definition, vascularity and a high metabolic intensity that may help lower body fat. Bodybuilders may work a full-body routine that targets all of the major muscle groups, or split routines, which work different body parts on alternate days. Omega Crush system, clients should allow for two workouts per week for most muscle groups. Generally, a split routine schedule requires four to six workouts per week, and some research suggests that three full-body workouts per week may be sufficient to stimulate adaptive responses. This is important to consider since more frequent, all-out training increases the potential for overuse and poor adaptive responses to the workload.

This program is production of the Omega Crush Systems, Designed by John D. Brookins, Personal Trainer and nutritional Professional, achieved studies in (ACE) American Council on Exercise, (NSCA) National Strength and Conditioning Association. USA-Powerlifting Record holder, State Pennsylvania Record holder.

OMEGA CRUSH SYSTEMS
RECOURSE FOR FITNESS TECHNIQUES

Shoulders, Biceps, Triceps: This is a OCS special split program to help achieve the size or cut desired. Warm-ups incline push-ups 3x10

Week 1/2. Friday complete routine within 60 minutes
Shoulder press: 45x12 65x10 85x10 105x10 115-2x10 reps
Delt side: 15x10 20x10 25x10 30x10 reps
Close grip bench: 135x10 145x10 155x10 165x10 reps
Lying triceps extension: 35x12 40x12 45x12 50x12 reps
Straight bar curl: 45x12 70x12 80x12 90x12 100x10 reps
Incline curl: 15x12 20x12 25x12 reps
Wrist curl: 45x failure 65-2x failure 45x failure

Week 3. Friday complete routine within 60 minutes
Shoulder press: 45x12 85x10 105x10 125-3x10 85x15 reps
Delt side: 15x10 20x10 25x10 30x10 reps
Close grip bench: 145x8 155x8 165x8 175x8 185x8 reps
EZ bar lying triceps extension: 40x10 50x10 60x10 70x10 reps
EZ curls: 40x10 50x10 60x10 70x10 reps
Incline curls: 25x10 30x10 35x10 40x10 reps
Wrist curls: 65-3x failure 45x failure

Week 4. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 135-3x10 95x15 reps
Delta side: 20-25-30-35x10 reps
Close grip bench: 45x12 145-150-155-160-165-170x10 reps
Lying triceps extension: 45-55-65-75x10 reps
Straight bar curl: 45-55-65-75x10 reps
Incline curl: 25-30-35-40x12 reps
Wrist curl: 85-3x failure 45x failure

Week 5. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 145-3x10 105x15 reps
Delta side: 20-25-30-35x10 reps
Close grip bench: 45x12 165-170-175-180-190x8 reps
EZ bar triceps extension: 55-65-75-85x12 reps
EZ curl: 55-65-75-85x12 reps
Incline curl: 25-30-35-40x10 reps
Wrist curl: 95-3x failure

Week 6. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 155-3x10 115x15 reps
Delta side: 25-30-35-40x8 reps
Close grip bench: 45x12 175-185-195-205x10 reps
Lying triceps extension: 65-75-85-95x10 reps
Straight bar curl: 65-75-85-95x10 reps
Incline curl: 25-30-35-40x12 reps
Wrist curl: 105-3x failure 45x failure

Week 7. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 165-3x10 125x15 'reps
Delts side: 25-30-35-40x8 'reps
Close grip bench: 45x12 165-185-205-215-225x8 'reps
EZ bar Lying triceps extension: 75-85-95-105x12 'reps
EZ curl: 75-85-95-105x12 'reps
Incline curl: 25-30-35-40x10 'reps
Wrist curl: 115-3x failure 45x failure

Week 8. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 175-3x10 135x15 'reps
Delts side: 30-35-40x8 25x12 'reps
Close grip bench: 45x12 165-185-195-205-215x10 'reps
Lying triceps extension: 85-95-105-110x10
Straight bar curl: 85-95-105-110x10
Incline curl: 25-30-35-40x12
Wrist curl: 125-3x failure 45x failure

Week 9. Friday complete routine within 60 minutes
Shoulder press: 45x12 115x10 185-3x10 145x15 'reps
Delts side: 30-35-40x8 25x12 'rep
Close grip bench: 45x12 185-195-215-225-235x8 'reps
EZ bar Lying triceps extension: 85-95-105-110x12
EZ curl: 85-95-105-110x12
Incline curl: 25-30-35-40x10 'reps
Wrist curl: 135-3x failure 45x failure

NOTE: During this routine I recommend NO movements behind the neck/head that include lat-pull downs, pull-up and shoulder press. All of these movements should be performed in front to avoid injury or cause further injury to a prior injury, in and around the rotator cuff muscles. I really do not know your weight in each exercise but adjust the weight if necessary. I think I'm almost on point with these numbers.