



12 MONTHS

OF CHEST TRAINING ROUTINES

JOE ARKO

www.joearko.com



TABLE OF CONTENTS

Disclaimer	3
About Joe Arko	4
Intro	5
Phase One: Week 1 to 6 > 1 ¼'s	6
Phase Two: Week 7 to 12 > 6, 12, 24	7
Phase Three: Week 13 to 18 > Double Tri Sets	8
Phase Four: Weeks 19 to 24 > 8 to 10s with drop sets	9
Phase Five: Weeks 25 to 30 > 1, 6, 1, 6,	10
Phase Six: Weeks 31 to 36 > Super Sets	11
Phase Seven: Weeks 37 to 42 > German Volume Training	12
Phase Eight: Weeks 43 to 48 > Pre-Exhaust	13
Phase Nine: Weeks 49 to 54 > Time under Tension Slow Eccentric with Partial	14

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DISCLAIMER

The Elite Performance Center Ltd. and Joe Arko providing the content in this manual is for information purposes only. The information in this manual presents training programs that should only be performed by those people who have been properly assessed and are able to perform these workout plans. These plans should be executed with qualified practitioners and certified trainers.

The Elite Performance Center Ltd. and Joe Arko strongly recommends you consult with qualified therapists and trainer before executing any or all information shared in this manual. The Elite Performance Center Ltd. and Joe Arko are not liable for any damages resulting from any information shared in this manual.



ABOUT **JOE ARKO**

Joe has been in the Strength and Conditioning field since 1999. As a young kid starting out putting away weights at a club called Absolute Fitness in Meadowvale, Joe always had a dream of becoming a leader in the industry and being a top coach with a top facility.

Joe has paid in his dues, worked in the trenches and over the past decade and a half has created a surging name for himself and his training facility the Elite Performance Center. At 8000 sq. ft., EPC houses a full sports rehab clinic (chiropractic, physiotherapy, massage, acupuncture, osteopathy), boot camps, personal training, body transformation programs, and sports performance. The Elite Performance Center has been featured in magazines around the world such as Inside Fitness, Strong Magazine, Muscle Insider, and Bodybuilding.com.

Joe currently sits on the Board of Directors for CASK (Council of Amateur Sport Kickboxing) along with being the Director of Strength and Conditioning for the Canadian National Kickboxing team. He is also the Nutritionist and mobility expert for Boxing Ontario.

Joe has been successful in training a variety of athletes from the NHL, UFC, CFL, fitness/bodybuilding competitors and everyday people wishing to achieve a balance of health, fitness and overall well-being. He has worked with top level fighters including UFC fighters with their weight cuts and strength and conditioning.

You can read Joe's articles monthly in International Publications where he is a regular expert contributor.

Joe is also the founder and owner of the Assess Correct Train Certification program. The ACT Certification program teaches trainers and fitness enthusiasts how to correctly Assess, Correct and Train properly. Joe's ACT Certification program has been approved and picked up by the top International Gyms. He has presented his program at the Can-Fit Pro Conference, Nor-Cal Fitness Summit, the SWIS symposium and he teaches his course throughout the States, Australia and Canada.

- > Owner of the Elite Performance Center www.eliteperformancecenter.ca
- > Owner of ACT Certification www.assesscorrecttrain.com
- > Business Director of the Optimum Training Centre www.otctoronto.com
- > Nutritionist and Mobility Specialist for Boxing Ontario
- > Host of the TV Show Body Fuel
- > Host of the TV Show Training with Pros
- > Contributing Author for Strong Magazine and Inside Fitness

INTRO

The most common question asked in any gym will always be..."So, what's a bench?" No one asks how much weight you can add while doing a pull-up, how heavy your dips are, or how balanced your subscapularis is compared to your infraspinatus and teres minor. The fact of the matter is if you work out, you wanna be able to have a decent bench! It's basically like have street credit in the gym!

Now I'll be the first to say there is WAY more important things in the weight room than benching but I'm a realist and understand no one is amped and pumped up to download my Six Strategies for proper glute mechanics and proper psoas function ebook....so I thought I'd deliver something cool, real, applicable, useful and FREE for all you gym goers!

This ebook was intended to take you outside the normal realm of the everyday chest routine that can not only get mundane and boring, but lead to overuse injuries and stagnant results. I've taken the liberty to provide you with nine different training styles each with two different phases that you can use for the next YEAR of training! I've given you EIGHTEEN DIFFERENT WORKOUTS!!!!

I've taken care of the next year of your chest training workouts! Feel free to substitute exercises or vary the angles and you can have a limitless amount of possibilities with your workouts!

Enjoy

JOE ARKO

PHASE ONE

WEEK 1 TO 6 - 1 ¼'s

The first phase of this program is going to focus on the 1 ¼ principle. This style of training places more emphasis continuous tension on the chest, takes away a lot of the cheating commonly associated with chest day and provides more time under tension.

The premise is simple; lower the weight slowly all the way down.....pause at the bottom of the movement, then slowly press the weight only a QUARTER of the way up.....pause again....then lower the weight down to the chest....pause again....then press the weight all the way up. That counts as ONE rep! Repeat for the desired rep range!

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 1 ¼ Flat BB Bench 15, 12, 10, 10, 8					
<i>Rest 2 minutes between sets</i>					
B1 1 ¼ Incline DB Press 15, 12, 10, 10, 8					
<i>Rest 2-3 minutes between sets</i>					
C1 1 ¼ Decline BB Press 15, 12, 10, 10, 8					
<i>Rest 2-3 minutes between sets</i>					
D1 1 ¼ Machine Chest Press 15, 12, 10, 10, 8					
<i>Rest 90 seconds between sets</i>					

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 1 ¼ Flat DB Bench 15, 12, 10, 10, 8					
<i>Rest 2 minutes between sets</i>					
B1 1 ¼ Incline BB Press 15, 12, 10, 10, 8					
<i>Rest 2-3 minutes between sets</i>					
C1 1 ¼ Decline DB Press 15, 12, 10, 10, 8					
<i>Rest 2-3 minutes between sets</i>					
D1 1 ¼ Machine Chest Press 15, 12, 10, 10, 8					
<i>Rest 90 seconds between sets</i>					

PHASE TWO

WEEK 7 TO 12 - 6, 12, 24

The 6-12-24 routine incorporates 3 back-to-back-to-back exercises for the SAME muscle group. This routine not only focuses on strength and size, but also ensures you've exhausted and tapped into as many muscle fibers as possible!

Your first exercise will focus on a main compound lift. Using a heavy weight, one that barely allows you to perform 6 strict reps, perform each rep with a slow 4 second eccentric with an explosive concentric movement. As soon as you are done you will be moving right away into your second exercise. This exercise will be done with a weight that you can barely perform 12 reps on, with a 2 second eccentric and an explosive concentric movement. With a massive pump, you will be moving into your third exercise for that muscle group. This exercise will be done for 24 reps and will be done with a light weight with a high speed for both the eccentric and concentric movement. This process will be repeated 4 times with a 3 minute rest between each set. The key is to make sure you find a weight that you fail on for 6 reps and for 12 reps. The weight has to be challenging enough to elicit a hypertrophy response!

WARNING: This routine is MUCH more deceiving than it looks but will leave you with an incredible pump along with some aching muscles excited to grow.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four
A1 Flat Bench 3 warm up sets				
B1 Flat Bench 4 x 6				
B2 Incline DB 4 x 12				
B3 Cable Cross Over 4 x 24				
<i>Rest 2-3 minutes between sets</i>				
C1 Decline Barbell Press 4 x 8-10				
C2 Dips with forward lean 4 x 8-10				
<i>Rest 2-3 minutes between sets</i>				

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four
A1 Incline Barbell Press 3 warm up sets				
B1 Incline Barbell Press 4 x 6				
B2 Flat DB Press 4 x 12				
B3 Push-ups 4 x 24				
<i>Rest 2-3 minutes between sets</i>				
C1 Dips with forward lean 4 x 8-10				
C2 Decline DB Press 4 x 8-10				
<i>Rest 2-3 minutes between sets</i>				

PHASE THREE

WEEK 13 TO 18 - DOUBLE TRI SETS

Similar to the 6-12-24 routine, the Double Tri Sets incorporates 3 exercises for the same body part into one giant set. The difference however is the rep range and exercise selection. Firstly, your first and third exercise will be the SAME exercise! Your first and second exercise will both be in the 8-10 rep range. Your third exercise, performed under a very fatigued state, will be done with the same weight as you did for the first set and will call upon muscle fibers you didn't think were viably able to be recruited. You will perform as many reps as you can muster. Don't be surprised as you start this program that you can only get 2-4 reps in for your third exercise. As your strength endurance and power improves, you'll be able to perform about 4-6 reps. Rest intervals will be approximately 3 minutes after each giant set and minimal rest is taking between exercises.

COACHES TIP: If you are able to perform more than 6-8 reps on your third exercise, you're first and second exercise is not being performed with a heavy enough weight.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four
A1 Flat DB Bench 3 warm up sets				
B1 Flat DB Bench 4 x 8-10				
B2 Incline BB 4 x 8-10				
B3 Flat DB Bench 4 x max				
<i>Rest 3 minutes between sets</i>				
C1 Cable Cross-Over 4 x 8-10				
C2 Plyo Push-ups 4 x 8-10				
C3 Cable Cross-Over 4 x max				
<i>Rest 3 minutes between sets</i>				

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four
A1 Incline DB Press 3 warm up sets				
B1 Incline DB Press 4 x 8-10				
B2 Flat Bench Press 4 x 8-10				
B3 Incline DB Press 4 x max				
<i>Rest 3 minutes between sets</i>				
C1 Plyo Push ups 4 x 8-10				
C2 Cable Cross-Over 4 x 8-10				
C3 Plyo Push up 4 x max				
<i>Rest 3 minutes between sets</i>				

PHASE FOUR

WEEKS 19 TO 24 - 8 TO 10s WITH DROP SETS

In Phase Four we are going to be focusing on straight sets of 8-10 reps and using drop sets (denoted in your program wherever you see an asterisk (*)). The drop set is designed to extend your set, increasing your time under tension, and recruiting more muscle fibers per set.

COACHES TIP: When dropping the weight on your set, aim for a 10-15% reduction in your weight. You should be able to perform at least 4-6 reps when you drop the weight.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 Flat DB Bench 3 x 10					
A2 Close Grip Push ups 3 x 15-20					
<i>Rest 2 minutes between sets</i>					
B1 Floor Presses 15, 12, 10, 10*, 8*					
<i>Rest 2-3 minutes between sets</i>					
C1 Incline DB Press 15, 12, 10, 10*, 8*					
<i>Rest 2-3 minutes between sets</i>					
D1 Decline BB Press 10, 10, 10*, 10*					
<i>Rest 2 minutes between sets</i>					
E1 Machine Chest Press 3 x 10					
<i>Rest 90 seconds between sets</i>					

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 Incline DB Press 3 x 10					
A2 Push up feet on SB 3 x 15-20					
<i>Rest 2 minutes between sets</i>					
B1 Floor Presses 15, 12, 8, 6*, 4*					
<i>Rest 2-3 minutes between sets</i>					
C1 Incline DB Press 15, 12, 8, 6*, 6*					
<i>Rest 2-3 minutes between sets</i>					
D1 Decline BB Press 10, 10, 8*, 6*					
<i>Rest 2-3 minutes between sets</i>					
E1 Cable Cross Over 3 x 10					
<i>Rest 90 seconds between sets</i>					

PHASE FIVE

WEEKS 25 TO 30 - 1, 6, 1, 6,

In Phase Five we are going to be focusing on a 1-6 program. The system is based on the “neurological post-tetanic facilitation phenomenon” as first taught by German strength physiologist Dietmar Schmidtbleicher. In a nutshell, if you do a 6RM (the maximum load you can lift for 6 reps) load within 3 or so minutes of doing a max single, you can use a greater weight that you could have if you hadn’t done the 1RM set. For example, let’s say you can normally do 225 pounds for six reps on the incline press. However, if you do a max single three to four minutes prior to doing your 6 reps — which we’ll say for the sake of argument is around 270 — you’ll be able to do six reps at 230-235 pounds. That’s a significant increase.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four	Set Five	Set Six
A1 Flat Bench 15, 12, 10, 8, 4 (warm up sets)						
B1 Flat Bench 1-6, 1-6, 1-6						
<i>Rest 2-3 minutes between sets</i>						
C1 Incline DB Press 10, 10, 8						
<i>Rest 2 minutes between sets</i>						
D1 Cable Cross-Over 10, 10, 8						
D2 MB Push ups 3 x max						
<i>Rest 2 minutes between sets</i>						

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four	Set Five	Set Six
A1 Floor Presses 15, 12, 10, 8, 4 (warm up sets)						
B1 Floor Press 1-6, 1-6, 1-6						
<i>Rest 2-3 minutes between sets</i>						
C1 Incline BB Press 10, 10, 8						
<i>Rest 2 minutes between sets</i>						
D1 Dips 12, 10, 8						
D2 Decline BB Press 3 x 10						
<i>Rest 2 minutes between sets</i>						

PHASE SIX

WEEKS 31 TO 36 - SUPER SETS

Phase six will incorporate super sets. Super sets are a great old school way of increasing your time under tension and recruiting more muscle fibers more effectively than using standard sets.

Super sets are merely doing two exercises back to back without rest.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four
A1 Flat BB Bench 12, 10, 10, 8				
A2 Plyo Push-up 4 x max				
<i>Rest 3 minutes between sets</i>				
B1 Forward Leaning Dips 12, 10, 10, 8				
B2 Decline BB Press 12, 10, 10, 8				
<i>Rest 3 minutes between sets</i>				
C1 MB Slams 4 x 12				
C2 Pec Dec 12, 10, 8, 8				
<i>Rest 3 minutes between sets</i>				

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four
A1 Incline BB Bench 12, 10, 10, 8				
A2 DB Incline Flyes 4 x 10				
<i>Rest 3 minutes between sets</i>				
B1 DB Neutral Grip Bench 10, 10, 8, 8				
B2 DB Flat Flyes 4x 10				
<i>Rest 3 minutes between sets</i>				
C1 Cable Cross-Overs 12, 10, 10, 8				
C2 Push ups feet on SB 4 x max				
<i>Rest 3 minutes between sets</i>				

PHASE SEVEN

WEEKS 37 TO 42 - GERMAN VOLUME TRAINING

German Volume training is an OLD Eastern-Block method used to elicit great gains in strength and size.

While the concept is simple, the execution is far from easy! German Volume Training incorporates doing 10 sets of a given exercise, with the same weight, for 10 reps, with a 60 rest between sets. The goal is to use a weight that is challenging to perform 10 reps for the first few sets, and then trying to continue using the same weight for the remainder sets until you have completed your 10 sets.

A few auxiliary exercises will also be added to this program to finish off the chest on these days!

WEEK 1, 2, 3

Exercise	Set One		Set Two		Set Three		Set Four		Set Five	
A1 Flat Bench 10 x 10										
<i>Rest 60 seconds between sets</i>										
B1 Decline DB Pullover 12, 10, 10, 10										
<i>Rest 2-3 minutes between sets</i>										
C1 Single Arm DB Press on SB 12, 10, 10										
<i>Rest 2-3 minutes between sets</i>										

WEEK 4, 5, 6

Exercise	Set One		Set Two		Set Three		Set Four		Set Five	
A1 Incline BB Bench 10 x 10										
<i>Rest 60 seconds between sets</i>										
B1 Weighted Dips 10, 10, 10										
<i>Rest 2-3 minutes between sets</i>										
C1 Single Arm Cable Cross-Over 12, 10, 10										
<i>Rest 90 seconds between sets</i>										

PHASE EIGHT

WEEKS 43 TO 48 - PRE-EXHAUST

Phase eight will incorporate the pre-exhaust technique. In this phase you will be “pre-exhausting” your chest using an isolated chest exercise targeting primarily just the chest followed by a compound movement. When using the pre-exhaust technique, you help recruit more fibers on your second exercise by using other auxiliary muscles to help you through the lift. You also limit exhausting the smaller muscle groups like the shoulders and triceps during this program by exhausting the chest first.

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four
A1 Pec Dec 4 x 10				
A2 Flat Bench 10, 8, 6, 4				
<i>Rest 3 minutes between sets</i>				
B1 Incline Flyes 4 x 10				
B2 Incline BB 10, 8, 6, 4				
<i>Rest 3 minutes between sets</i>				
C1 Cable Cross-Over 4 x 10				
C2 Dips with no lock out 4 x max				
<i>Rest 3 minutes between sets</i>				

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four
A1 Cable Cross-over 4 x 10				
A2 Flat Bench 4 x 10, 8, 6, 4				
<i>Rest 3 minutes between sets</i>				
B1 Flyes on SB 4 x 10				
B2 DB Press on SB 12, 10, 10, 8				
<i>Rest 3 minutes between sets</i>				
C1 Decline DB Pullover 4 x 10				
C2 Decline BB Press 4 x 12, 10, 10, 8				
<i>Rest 3 minutes between sets</i>				

PHASE NINE

WEEKS 49 TO 54 - TIME UNDER TENSION SLOW ECCENTRIC WITH PARTIALS

Bodybuilders will be the first to tell you that it's NOT how much weight you lift but rather HOW you lift it that provides growth. In this routine you will be throwing ego out the window and focusing on maximizing optimal chest recruitment and fatiguing the muscle as much as possible.

The main focus on the last phase of your program will be on a slow 4 second eccentric portion (lowering the weight) of the exercise, with a 2 second pause at the bottom, followed by a fast 1 second explosive push pressing the weight back up. When you can't perform any more reps....don't stop! This is where you will focus on "partial reps". This is where you keep the tension on the muscles and perform partial movements, only coming down half way or a quarter of the way down slowly and then pressing the weight back up. These partials will be done till your chest feels like it will rip off your clavicle and sternum!

WEEK 1, 2, 3

Exercise	Set One	Set Two	Set Three	Set Four
A1 Incline DB 421 10, 10, 8, 6				
<i>Rest 3 minutes between sets</i>				
B1 Flat Bench 421 10, 10, 8, 6				
<i>Rest 3 minutes between sets</i>				
C1 Push ups 222 3 x max				
<i>Rest 3 minutes between sets</i>				
D1 Cable Cross-Over 321 10, 10, 8, 8				
<i>Rest 3 minutes between sets</i>				

WEEK 4, 5, 6

Exercise	Set One	Set Two	Set Three	Set Four
A1 Decline BB 421 10, 10, 8, 6				
<i>Rest 3 minutes between sets</i>				
B1 Dips 321 4 x max				
<i>Rest 3 minutes between sets</i>				
C1 Flat DB Press 301 3 x max				
<i>Rest 3 minutes between sets</i>				
D1 Incline DB Press 222 10, 10, 8, 8				
<i>Rest 3 minutes between sets</i>				