

# PUMP CHASERS



@PUMPCHASERS

# HOE READY

OFFICIAL HOE READY TRAINING PROGRAM



## ARE YOU HOE READY?

OFFICIAL 12 WEEK HOE READY TRAINING PROGRAM



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## FREQUENTLY ASKED QUESTIONS

**Q:** How Many Days/Months Does This Program Take To Complete?

**A:** There are 12 cycles total. Each cycle is 8 days because to complete a full cycle you have to do phase 1 (3 days; 1 day off) and phase 2 (3 days on; 1 day off). So 12 cycles times 8 days is 96 days. That is a little over 3 months on this program. This is assuming you don't miss any days of training and you stay on the 3 days on 1 day off pattern no matter what. However, I understand people get sick, gyms close early, etc.

**Q:** How would you fit deadlifts into this program?

**A:** If you like to do deadlifts. I suggest to throw them in on one of the leg days. I suggest taking off the back squats and replacing them with deadlifts, since deadlifts are very posterior chain dominate. You practically have 2 leg days a week in this program, so you'll be able to do some deadlifts and still do some squats.

**Q:** Is this program best for bulking or cutting?

**A:** This can be used for anyone. Does not matter if bulking or cutting. However, after every 4 weeks the intensity/volume will increase. So if you are cutting on this program don't do more cardio than you need to. Just do enough cardio to help you lose weight and track your macros very closely. You will already be burning a lot of calories on this plan. So doing a lot of cardio and eating too little will cause you to lose weight too fast. You want to diet at a nice steady pace when cutting as a natural lifter.

**Q:** Is doing this program enough to gain mass?

**A:** No; you have to eat in a calorie surplus if you want to grow with this program. I even offer affordable macro coaching if you need help with your macros, or you can just simple eat more. I have a series on YouTube called "eat big or stay small" showing plenty of examples of how to eat when you want grow.

## FREQUENTLY ASKED QUESTIONS

**Q:** What about form? I'm not familiar with some of these exercises.

**A:** For each exercise in this program, I put links to YouTube videos of me showing you the proper form. Some of these videos are unlisted, so you must "copy and paste" or "click" on the links I shared to view them.

**Q:** What if my gym doesn't have the equipment for the exercise you listed for me to do?

**A:** Just do another exercise that hit the muscle group in a similar fashion. For example, if I put hack squat on there and your gym doesn't have one then do the smith machine squat. Another example, if I say do calve raises and your gym doesn't have a calve machine then do some toe raises on the leg press. It's not that serious!! Just hit the muscle groups and hit them hard. Also, I put some examples of some "alternative exercises" in some of the form videos. For example, in the video showing dumbbell rows, I also show you hammer strength rows for an alternative exercise.

**Q:** When should I do my cardio?

**A:** I feel the best time to do it is first thing in the morning with some abs, but if your work or life schedule doesn't allow that, then do your cardio after you weight train. It would be do some cardio sessions on your rest days that way you can be active everyday. Instead of just sitting on your ass on your non lifting days. I also notice I stay leaner while bulking when I do cardio on rest days.

**Q:** Should I go to failure each set?

**A:** Got to failure but not complete failure. What I mean is, If I tell you to perform and exercise for 8- 12 reps. That means use a weight that's so heavy you can do it for 8 (no more than 12 reps) using good form. Don't try to go beyond failure buy doing extra forced reps and partials. Be sure to track your progress as well.



## FREQUENTLY ASKED QUESTIONS

**Q:** How long should I be resting between sets?

**A:** Depends on how many reps you did. Here is what I suggest for optimal results and intensity.

**12-15 reps : 30 - 45 seconds**

**8 - 12 reps : 60 - 90 seconds**

**6 - 8 reps : 90 - 120 seconds**

**4 - 6 reps : 120 - 180 seconds**



CHASERS

**Q:** When should I do abs?

**A:** Do them when it is most convenient for you. At least 2 times a week. I personally do them in the morning with cardio 2 to 3 times a week (when I'm cutting). I rarely touch abs when I'm bulking. My abs are already developed enough.

**Q:** How heavy do I need to go?

**A:** You need to go heavy enough to reach failure within the suggested rep ranges. For example: If I say do seated cable rows for 8-12 reps. I'm going to use a 200 pounds on the weight stack because I reach failure at about 10 to 11 reps with that weight. If I can do 13 or more reps that means I went too light and need heavier weight. If I'm going for 4-6 reps I would use about 240 pounds because I can fail at about 5 reps with good form using that much weight. Be sure to write down the weights you use. This way you can aim to beat your personal best lifts and add more weight over time. Adding more weight/reps is how you grow.

**Q:** What should I do on my rest day?

**A:** I would either stay home and catch up on sleep while catching up on some work at home, or I would go to the gym and do some cardio and abs for active recovery. Don't add an extra day of lifting. Rest is very important!

## FREQUENTLY ASKED QUESTIONS

**Q:** Do I do this program only once. Is it over after the 12 cycles are completed?

**A:** I want you to repeat this program at least 2 times. Each time you do this program again, I want you to use slightly heavier weight (even if it's only 5 pounds added). This program fully hits the body, so all you need to do is make "progress" getting stronger and using heavier weights is what will make the muscles grow over time. If you really enjoy it and you make great progress on it then try doing it for a full year. I have been doing 4 days on 1 day off for about 2 years now. After 6 or 7 months, I'll take a break and do a traditional split where I hit everything only once a week. I'll do the traditional split for about 3 or 4 weeks, then get right back on the 4 days on 1 day off training split like this program.

**Q:** When I do this program again for the second time. Do I start back at the first 4 weeks or do I begin with the intense final 4 weeks?

**A:** That's a great question. You probably assume that since you already have completed the final 4 weeks that you need to either keep the volume/intensity the same or go even higher. You need to cycle off the volume/intensity just like your body needs to cycle off high caffeine and stimulants. You will build a tolerance which will make it hard for your body to make adaptations and grow. Also, as a natural lifter you need to make progress (hit heavier weights, get more reps with a certain weight, etc). You can't make progress if your volume is crazy high and your doing drop sets and going beyond failure almost everyday. The purpose of those intense last 4 weeks are to build your endurance and mental toughness up. This way once you go back to the first 4 weeks it will feel like a "pussy workout" a "hippy workout" you will blow right thru it and the weights will increase with ease. Trust me!

**Q:** Why do you alternate between dumbbell and barbell for chest training in this program?

**A:** That's a good question. There are benefits using both barbell and dumbbell for chest. Barbell is great for mass in the upper body (especially chest) but since you can bring the humerus inward you can't fully shorten (contract) the chest to the max. The dumbbells allow you to do this (cable crossover as well) but obviously you can't go as heavy as the barbells. So for complete balance of size and fullness, I designed it this way. My clients have been responding well to this which is why I decided to make this a program.



## FREQUENTLY ASKED QUESTIONS

**Q:** What made you decide to throw in Pyramid Sets?

**A:** It's conditions your central nervous system (brain) to handle more weight. Once you go back to the beginning of the program, your original working weight will feel like pussy weight and it will help you progress more smoothly.

watch this vid here (I explain here also):  
<http://youtu.be/RMo7KQcj18>

**Q:** What about Forearm Training?

**A:** If you don't use straps all the time, your forearms will grow. Training back and using your own hands for gripping the majority of your workout will train forearms by default. However, if your forearms are lagging and you need additional work...try throwing in this superset after your arm workout. This is simple and effective forearm training.

Watch this vid here: <https://youtu.be/QTgtIKo4K9A>

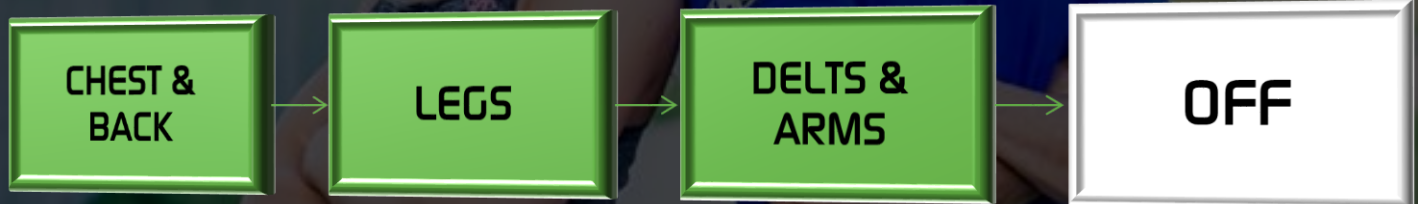
If your questions or concerns have not been answered here, then please feel free to email me ([Beastmodecustoms@live.com](mailto:Beastmodecustoms@live.com)). I will respond to you within 24-48 hours. Be sure to make the subject title "FAQ." This way I will be able to find the email quickly due to a lot of spam mail I receive.

# HOE READY TRAINING PROGRAM

## 3 ON 1 OFF HOE READY PROGRAM BREAKDOWN

### PHASE 1

TRAIN HARD AS FUCK FOR 3 DAYS AND THEN TAKE ONLY 1 DAY OFF



### PHASE 2

TRAIN AGAIN FOR ANOTHER 3 DAYS AND THEN TAKE ANOTHER DAY OFF



COMPLETE PHASE 1 THEN PHASE 2  
THEN REPEAT THE PATTERN BY RETURNING TO PHASE 1

# SIMPLE. GOT IT ?



# HOE READY TRAINING PROGRAM

## PHASE 1

### CHEST & BACK DAY

## WEEK 1-4

## CHEST

PEC FLY MACHINE- 4 SETS OF 12-15 REPS

BARBELL INCLINE BENCH- 5 SETS 15 - 4 REPS "PYRAMID STYLE"

START WITH A SET OF 15 REPS THEN ADD WEIGHT ON EACH SET DO NOT GO UNDER 4 REPS. OBVIOUSLY YOU SAVE THE HEAVIEST WEIGHT FOR THE LAST SET

CABLE CROSSOVER (LOW TO HIGH) OR INCLINE DUMBBELL FLY- 4 SETS OF 12

BARBELL FLAT BENCH, DECLINE BENCH OR DIPS (FOR CHEST)- 4 SETS OF 6-10

CABLE CROSSOVER (HIGH TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12

DUMBBELL PULLOVER- 4 SETS OF 10 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 5 SETS OF 6-12 REPS

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUPS- 4 SETS OF 8-12 REPS

BENT OVER BARBELL ROW- 4 SETS OF 8-12 REPS

SEATED CABLE ROW- 4 SETS OF 8-12 REPS

ONE- ARM DUMBBELL ROW OR HAMMER STRENGTH ROW- 4 SETS OF 10 REPS (EACH ARM)

**QUICK TIP 101:** If your gym isn't too crowded, try super setting the chest and back exercises. It doesn't have to be a specific order. Just try to superset a chest movement with a back movement, if you want to get a great pump and save time in the gym.

**PERFORMANCE TEES NOW IN STOCK**



The advertisement shows a man in a black t-shirt and a blue t-shirt, both with the Pump Chasers logo. The text 'Pump Chasers' is written in a cursive font. The background is dark with some light streaks.

**NOW AVAILABLE**  
PUMPCHASERS.COM

**ORDER ONLINE NOW**



# HOE READY TRAINING PROGRAM

## PHASE 1

WEEK 1-4

FUCKIN' LEG DAY

**QUICK TIP 101:** "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

## QUADS & HAMS

Barbell Squats- 5 sets 15-4 reps "Pyramid Style"

Leg Press (feet hip/shoulder width)- 4 sets of 10-12 reps

Weighted Walking Lunges- 4 sets of 20 steps (10 steps each leg)

Leg Extensions- 4 sets of 12-15 reps

Stiff Leg Deadlifts or Romanian Deadlifts (barbell or dumbbell)- 4 sets of 6-10 reps

Lying Hamstring Curls- 4 sets of 10 reps

Seated Hamstring Curls or Standing Hamstring Curls- 4 sets of 10 reps

## CALVES

STANDING CALVE RAISE - 5 SETS OF 10-12 REPS

SEATED CALVE RAISES - 5 SETS OF 10-12



The advertisement features two pairs of jogger shorts, one grey and one black, displayed side-by-side. The shorts have a drawstring waist and multiple pockets. A logo for 'PUMP CHASERS' is visible on the shorts. Above the shorts, the text '@PUMPCHASERS' and 'PumpChasers.com' are shown. Below the shorts, the text 'NOW AVAILABLE' and '100% HOE READY' is displayed. At the bottom, the website 'PUMPCHASERS.COM' and the product name 'SLIM FIT JOGGER SHORTS' are prominently featured.

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PUMPCHASERS.COM

SLIM FIT JOGGER SHORTS



## PHASE 1

WEEK 1-4

DELTS & ARMS

## DELTS AND TRAPS

REAR DELT FLIES (DUMBBELLS)- 4 SETS OF 12 REPS  
SEATED SHOULDER PRESS (BARBELL OR SMITH MACHINE)- 4 SETS OF 6-10  
ARNOLD PRESS- 4 SETS OF 8-12 **-SUPERSET-**  
UPRIGHT ROWS (CABLE OR FREE-WEIGHT)- 4 SETS OF 8-12  
DUMBBELL FRONT RAISE- 4 SETS OF 12 **-SUPERSET-**  
DUMBBELL SIDE RAISE- 4 SETS OF 12  
ROPE FACE PULLS- 4 SETS OF 12 **-SUPERSET-**  
DUMBBELL SHRUGS- 4 SETS OF 12

## ARMS

BARBELL CURLS- 4 SETS OF 8-10 **-SUPERSET-**  
CLOSE GRIP BENCH- 4 SETS OF 8-10  
E-Z BAR REVERSE GRIP CURL (CABLE OR FREE-WEIGHT)- 4 SETS OF 8-10  
**-SUPERSET-** WITH OVERHEAD TRICEPS ROPE EXTENSION- 4 SETS OF 8-10  
DUMBBELL HAMMER CURL- 4 SETS OF 8-10 **-SUPERSET-**  
STRAIGHT BAR CABLE PRESSDOWN- 4 SETS OF 8-10  
STANDING CABLE CURL - 4 SETS OF 8-10 **-SUPERSET-**  
REVERSE GRIP PRESSDOWN- 4 SETS OF 8-10

ITS YOU VS YOU



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# HOE READY TRAINING PROGRAM

## PHASE 2

CHEST & BACK DAY



CHASERS

### WEEK 1-4

## CHEST

PEC FLY MACHINE- 4 SETS OF 12-15 REPS

DUMBBELL INCLINE OR HAMMER STRENGTH PRESS- 5 SETS 15 - 4 REPS

"PYRAMID STYLE"

CABLE CROSSOVER (LOW TO HIGH) OR INCLINE DUMBBELL FLY- 4 SETS OF 12

DUMBBELL FLAT BENCH OR HAMMER STRENGTH PRESS)- 4 SETS OF 6-10

CABLE CROSSOVER (HIGH TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12

STRAIGHT ARM CABLE PULLDOWN- 4 SETS OF 10 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 5 SETS OF 6-12 REPS

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUPS- 4 SETS OF 8-12 REPS

WIDE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS

CLOSE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS

ONE- ARM CABLE ROW- 4 SETS OF 10 REPS (EACH ARM)



"ARE YOU HOE READY?"



## PHASE 2

WEEK 1-4

FUCKIN' LEG DAY

## QUADS & HAMS

FRONT SQUAT OR HACK SQUAT- 5 SETS | 5-4 REPS "PYRAMID STYLE"  
LEG PRESS (FEET HIP/SHOULDER WIDTH)- 4 SETS OF 10-12 REPS  
STEP UPS- 4 SETS OF 20 STEPS (10 STEPS EACH LEG)  
LEG EXTENSIONS- 4 SETS OF 12-15 REPS  
ROMANIAN DEADLIFTS (BARBELL OR DUMBBELL) - 4 SETS OF 6-10 REPS  
LYING HAMSTRING CURLS- 4 SETS OF 10 REPS  
SEATED HAMSTRING CURLS OR STANDING HAMSTRING CURLS- 4 SETS OF 10

## CALVES

STANDING CALVE RAISE - 5 SETS OF 10-12 REPS  
SEATED CALVE RAISES - 5 SETS OFF 10-12

GO HARD OR GO HOME





## PHASE 2

WEEK 1-4

DELTS & ARMS

## DELTS AND TRAPS

REAR DELT FLIES (CABLE OR REVERSE PEC DECK)- 4 SETS OF 12 REPS  
SEATED SHOULDER PRESS (BARBELL OR SMITH MACHINE)- 4 SETS OF 6-10  
ARNOLD PRESS- 4 SETS OF 8-12 -SUPERSET-  
UPRIGHT ROWS (CABLE OR FREE-WEIGHT)- 4 SETS OF 8-12  
ROPE FACE PULLS- 4 SETS OF 12 -SUPERSET-  
CABLE SIDE RAISE- 4 SETS OF 12  
BARBELL SHRUG- 4 SETS OF 12 -SUPERSET-  
STRAIGHT BAR FRONT RAISE- 4 SETS OF 12

## ARMS

PREACHER CURLS- 4 SETS OF 8-10 -SUPERSET-  
DIPS (WEIGHTED IF POSSIBLE)- 4 SETS OF 8-10  
E-Z BAR REVERSE GRIP CURL (CABLE OR FREE-WEIGHT)- 4 SETS OF 8-10  
-SUPERSET- WITH ONE-ARM DUMBBELL EXTENSIONS 4 SETS OF 8-10  
DUMBBELL HAMMER CURL- 4 SETS OF 8-10 -SUPERSET-  
ROPE CABLE PRESSDOWN- 4 SETS OF 8-10  
DUMBBELL CURL (TWIST AT TOP)- 4 SETS OF 8-10 -SUPERSET-  
REVERSE GRIP PRESSDOWN- 4 SETS OF 8-10

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## PHASE 1

### CHEST & BACK DAY

## WEEK 5-8

## CHEST

PEC FLY MACHINE- 4 SETS OF 12-15 REPS

BARBELL INCLINE BENCH- 4 SETS 8-12 REPS 'DROP SET AFTER FINAL SET'

CABLE CROSSOVER LOW TO HIGH OR INCLINE DUMBBELL FLY- 4 SETS OF 12-15

BARBELL FLAT BENCH, DECLINE BENCH OR DIPS 4 SETS OF 8-12

CABLE CROSSOVER (HI TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12-15

DUMBBELL PULLOVER- 4 SETS OF 12 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 4 SETS OF 8-12 REPS;

DO A DROP SET AFTER THE 4TH AND FINAL SET

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUP- 4 SETS OF 8-12 REPS

BENT OVER BARBELL ROW- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

SEATED CABLE ROW- 4 SETS OF 10-12 REPS

ONE- ARM DUMBBELL ROW OR HAMMER STRENGTH ROW- 4 SETS OF 12 REPS

(EACH ARM)

**QUICK TIP 101:** If your gym isn't too crowded, try super setting the chest and back exercises. It doesn't have to be a specific order. Just try to superset a chest movement with a back movement, if you want to get a great pump and save time in the gym.



## SLEEVELESS TEES

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## PHASE 1

WEEK 5-8

FUCKIN' LEG DAY

## QUADS & HAMS

BARBELL SQUATS- 4 SETS OF 6-10 REPS

ADD ONE SET OF 15-20 REPS AFTER YOU FINISH THE 4 WORKING SETS

LEG PRESS (FEET HIP/SHOULDER WIDTH)- 4 SETS OF 12-15 REPS

WEIGHTED WALKING LUNGES- 4 SETS OF 24 STEPS (12 STEPS EACH LEG)

LEG EXTENSIONS- 4 SETS OF 12-15 REPS

ROMANIAN DEADLIFTS (BARBELL OR DUMBBELL)- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

LYING HAMSTRING CURLS- 4 SETS OF 12 REPS

SEATED HAMSTRING CURLS OR STANDING HAMSTRING CURLS- 4 SETS OF 12

## CALVES

STANDING CALVE RAISE – 5 SETS OF 12-15 REPS

SEATED CALVE RAISES – 5 SETS OFF 12-15





## PHASE 1

WEEK 5-8

DELTS & ARMS

## DELTS AND TRAPS

REAR DELT FLIES (DUMBBELLS)- 4 SETS OF 12 REPS

ADD 1 SET OF 15-20 REPS

SEATED SHOULDER PRESS (BARBELL OR SMITH MACHINE)- 4 SETS OF 8-12

ARNOLD PRESS- 4 SETS OF 10-12 -SUPERSET-

UPRIGHT ROWS (CABLE OR FREE-WEIGHT)- 4 SETS OF 10-12

DUMBBELL FRONT RAISE- 4 SETS OF 12-15 -SUPERSET-

DUMBBELL SIDE RAISE- 4 SETS OF 12-15

ROPE FACE PULLS- 4 SETS OF 12-15 -SUPERSET-

DUMBBELL SHRUGS- 4 SETS OF 12

## ARMS

BARBELL CURLS- 4 SETS OF 10-12 -SUPERSET-

CLOSE GRIP BENCH- 4 SETS OF 10-12

E-Z BAR REVERSE GRIP CURL (CABLE OR FREE-WEIGHT)- 4 SETS OF 10-12

-SUPERSET- OVERHEAD TRICEP ROPE EXTENSION- 4 SETS OF 10-12

DUMBBELL HAMMER CURL- 4 SETS OF 10-12 -SUPERSET-

STRAIGHT BAR CABLE PRESS DOWN- 4 SETS OF 10-12

STANDING CABLE CURL - 4 SETS OF 10-12 -SUPERSET-

REVERSE GRIP PRESS DOWN- 4 SETS OF 10-12



## PHASE 2

### CHEST & BACK DAY

## WEEK 5-8

## CHEST

PEC FLY MACHINE- 4 SETS OF 12-15 REPS

DUMBBELL INCLINE BENCH OR HAMMER STRENGTH PRESS- 4 SETS OF 8-12 REPS

**DO A DROP SET AFTER THE 4TH AND FINAL SET**

CABLE CROSSOVER (LOW TO HI OR INCLINE DUMBBELL FLY- 4 SETS OF 12-15

DUMBBELL FLAT BENCH OR HAMMER STRENGTH PRESS- 4 SETS OF 8-12 REPS

**DO A DROP SET AFTER THE 4TH AND FINAL SET**

CABLE CROSSOVER (HIGH TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12-15

STRAIGHT ARM CABLE PULLDOWN- 4 SETS OF 12 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 4 SETS OF 8-12 REPS

**DO A DROP SET AFTER THE 4TH AND FINAL SET**

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUP- 4 SETS OF 8-12 REPS

WIDE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS

**DO A DROP SET AFTER THE 4TH AND FINAL SET**

CLOSE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS;

**DO A DROP SET AFTER THE 4TH AND FINAL SET**

ONE- ARM CABLE ROW- 4 SETS OF 12 REPS (EACH ARM)

**QUICK TIP 101:** If your gym isn't too crowded, try super setting the chest and back exercises. It doesn't have to be a specific order. Just try to superset a chest movement with a back movement, if you want to get a great pump and save time in the gym.



# HOE READY TRAINING PROGRAM

## PHASE 2

WEEK 5-8

FUCKIN' LEG DAY

## QUADS & HAMS

FRONT SQUATS OR HACK SQUATS- 4 SETS OF 6-10 REPS

ADD ONE SET OF 15-20 REPS AFTER YOU FINISH THE 4 WORKING SETS

LEG PRESS (FEET HIP/SHOULDER WIDTH)- 4 SETS OF 12-15 REPS

STEP UPS- 4 SETS OF 24 STEPS (12 STEPS EACH LEG)

LEG EXTENSIONS- 4 SETS OF 12-15 REPS

ROMANIAN DEADLIFTS (BARBELL OR DUMBBELL)- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

LYING HAMSTRING CURLS- 4 SETS OF 12 REPS

SEATED HAMSTRING CURLS OR STANDING HAMSTRING CURLS- 4 SETS OF 12

## CALVES

STANDING CALVE RAISES- 5 SETS OF 12-15 REPS

SEATED CALVE RAISES- 5 SETS OF 12-15 REPS

## HOE READY LEGS

PUMPCHASERS SKULLIES & BEANIE IN STOCK



## PHASE 2

WEEK 5-8

DELTS & ARMS

## DELTS AND TRAPS

REAR DELT FLIES (CABLE OR REVERSE PEC DECK MACHINE)- 4 SETS OF 12  
**ADD 1 SET OF 15-20 REPS**

SEATED SHOULDER PRESS (BARBELL OR SMITH MACHINE)- 4 SETS OF 8-12

ARNOLD PRESS- 4 SETS OF 10-12 **-SUPERSET-**

UPRIGHT ROWS (CABLE OR FREE-WEIGHT)- 4 SETS OF 10-12

ROPE FACE PULLS- 4 SETS OF 12-15 **-SUPERSET-**

CABLE SIDE RAISES- 4 SETS OF 12-15

BARBELL SHRUGS- 4 SETS OF 12 **-SUPERSET-**

STRAIGHT BAR FRONT RAISE- 4 SETS OF 12-15

## ARMS

PREACHER CURLS (MACHINE OR FREE-WEIGHT)- 4 SETS OF 10-12 **-SUPERSET-**

DIPS (GO WEIGHTED IF TOO EASY)- 4 SETS OF 10-12

E-Z BAR REVERSE GRIP CURL (FREE-WEIGHT OR CABLE)- 4 SETS OF 10-12

**-SUPERSET-** ONE-ARM DUMBBELL EXTENSIONS- 4 SETS OF 10-12 (EACH ARM)

DUMBBELL HAMMER CURL- 4 SETS OF 10-12 (EACH ARM) **-SUPERSET-**

ROPE PRESS DOWN- 4 SETS OF 10-12

DUMBBELL CURL (TWIST AT TOP) - 4 SETS OF 10-12 **-SUPERSET-**

REVERSE GRIP PRESS DOWN- 4 SETS OF 10-12

GET READY FOR WEEKS 9-12  
THIS IS THE FINAL PHASE  
WE ARE GOING TO TRAIN HARD AS FUCK!



# HOE READY TRAINING PROGRAM

## PHASE 1

### CHEST & BACK DAY

## WEEK 9-12

## CHEST

PEC FLY MACHINE- 3 SETS OF 12-15 REPS

ADD 2 SETS OF 20 REPS AFTER YOUR 3 SETS OF 12-15

BARBELL INCLINE BENCH- 4 SETS OF 8-12 REPS

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET

CABLE CROSSOVER (LOW TO HI) OR INCLINE DUMBBELL FLY- 4 SETS OF 12-15

BARBELL FLAT BENCH, DECLINE BENCH OR DIPS- 4 SETS OF 8-12 REPS

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET

CABLE CROSSOVER (HI TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12-15

DUMBBELL PULLOVER- 4 SETS OF 12 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 4 SETS OF 8-12 REPS

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUP- 3 SETS OF 8-12 REPS

ADD ONE SET OF 15-20 REPS

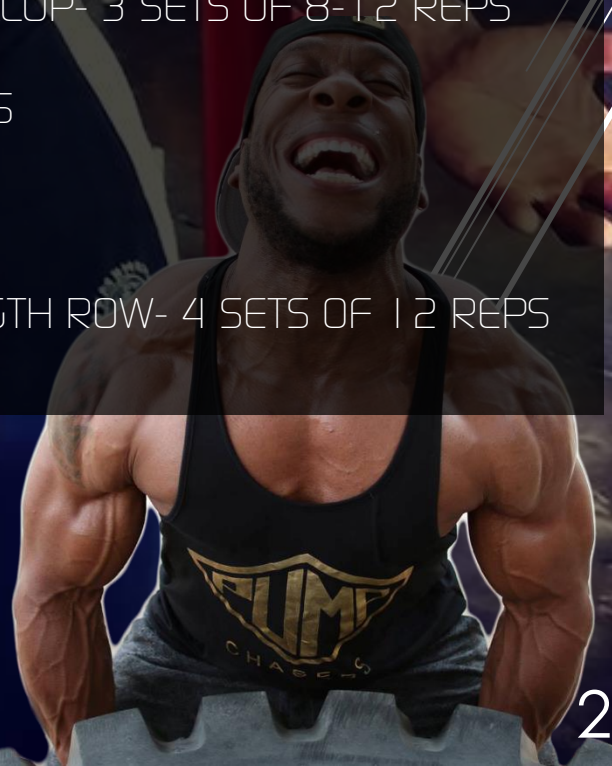
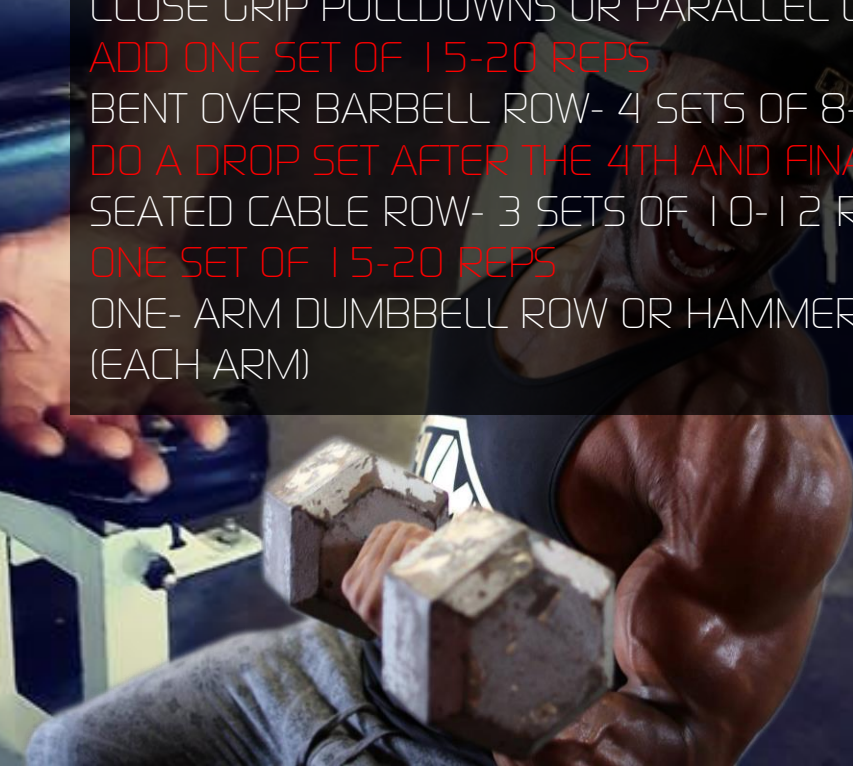
BENT OVER BARBELL ROW- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

SEATED CABLE ROW- 3 SETS OF 10-12 REPS

ONE SET OF 15-20 REPS

ONE- ARM DUMBBELL ROW OR HAMMER STRENGTH ROW- 4 SETS OF 12 REPS  
(EACH ARM)





## PHASE 1

WEEK 9-12

FUCKIN' LEG DAY

## QUADS & HAMS

BARBELL SQUATS- 4 SETS OF 6-10 REPS

ADD ONE SET OF 15-20 REPS AFTER YOU FINISH THE 4 WORKING SETS

LEG PRESS (FEET HIP/SHOULDER WIDTH)- 4 SETS OF 12-15 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

WEIGHTED WALKING LUNGES- 4 SETS OF 24 STEPS (12 STEPS EACH LEG)

LEG EXTENSIONS- 4 SETS OF 12-15 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

ROMANIAN DEADLIFT (BARBELL OR DUMBBELL)- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

LYING HAMSTRING CURLS- 4 SETS OF 12 REPS

SEATED HAMSTRING CURLS OR STANDING HAMSTRING CURLS- 4 SETS OF 12

## CALVES

STANDING CALVE RAISES- 5 SETS OF 12-15 REPS

SEATED CALVE RAISES- 5 SETS OF 12-15 REPS

# DEMOLISH DEM BITCHES





## PHASE 1

WEEK 9-12

DELTS & ARMS

## DELTS AND TRAPS

REAR DELT FLIES (DUMBBELLS)- 4 SETS OF 12 REPS

ADD 1 SET OF 15-20 REPS

SEATED SHOULDER PRESS (BARBELL OR SMITH MACHINE)- 4 SETS OF 8-12

DO A DROP SET AFTER THE 4TH AND FINAL SET

ARNOLD PRESS- 4 SETS OF 10-12 -SUPERSET-

UPRIGHT ROWS (CABLE OR FREE-WEIGHT)- 4 SETS OF 10-12

DUMBBELL FRONT RAISE- 4 SETS OF 12-15 -SUPERSET-

DUMBBELL SIDE RAISE- 4 SETS OF 12-15

ROPE FACE PULLS- 4 SETS OF 12-15 -SUPERSET-

DUMBBELL SHRUGS- 4 SETS OF 12

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET

## ARMS

BARBELL CURLS- 4 SETS OF 10-12

DO A DROP SET AFTER THE 4TH AND FINAL SET -SUPERSET-

CLOSE GRIP BENCH- 4 SETS OF 10-12;

DO A DROP SET AFTER THE 4TH AND FINAL SET

E-Z BAR REVERSE GRIP CURL (CABLE OR FREE-WEIGHT)- 4 SETS OF 10-12

-SUPERSET- OVERHEAD TRICEPS ROPE EXTENSION- 4 SETS OF 10-12

DUMBBELL HAMMER CURL- 4 SETS OF 10-12 -SUPERSET-

STRAIGHT BAR CABLE PRESS DOWN- 4 SETS OF 10-12

STANDING CABLE CURL - 4 SETS OF 10-12

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET -SUPERSET-

REVERSE GRIP PRESS DOWN- 4 SETS OF 10-12;

DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET



# HOE READY TRAINING PROGRAM

## PHASE 2

### CHEST & BACK DAY

## WEEK 9-12

## CHEST

PEC FLY MACHINE- 3 SETS OF 12-15 REPS **PLUS 2 SETS OF 20 REPS**

DUMBBELL INCLINE BENCH OR HAMMER STRENGTH PRESS- 4 SETS OF 8-12

**DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET**

CABLE CROSSOVER (LOW TO HI OR INCLINE DUMBBELL FLY- 4 SETS OF 12-15

DUMBBELL FLAT BENCH OR HAMMER STRENGTH PRESS- 4 SETS OF 8-12 REPS

**DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET**

CABLE CROSSOVER (HI TO LOW) OR FLAT DUMBBELL FLY- 4 SETS OF 12-15

STRAIGHT ARM CABLE PULLDOWN- 4 SETS OF 12 REPS

## BACK

WIDE GRIP PULLDOWNS OR PULLUPS- 4 SETS OF 8-12 REPS

REVERSE GRIP PULLUPS OR REVERSE GRIP PULLDOWNS- 4 SETS OF 8-12 REPS

CLOSE GRIP PULLDOWNS OR PARALLEL GRIP PULLUP- 3 SETS OF 8-12 REPS

**DO ONE SET OF 15-20 REPS**

WIDE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS

**DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET**

CLOSE GRIP T-BAR ROW- 4 SETS OF 8-12 REPS

**DO A TRIPLE DROP SET AFTER THE 4TH AND FINAL SET**

ONE- ARM CABLE ROW- 3 SETS OF 12 REPS (EACH ARM)

**ONE ADDITIONAL SET OF 15 REPS EACH ARM**



## PHASE 2

WEEK 9-12

FUCKIN' LEG DAY

## QUADS & HAMS

FRONT SQUATS OR HACK SQUATS- 4 SETS OF 6-10 REPS;

ADD ONE SET OF 15-20 REPS AFTER YOU FINISH THE 4 WORKING SETS

LEG PRESS (FEET HIP/SHOULDER WIDTH)- 4 SETS OF 12-15 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

STEP UPS- 4 SETS OF 24 STEPS (12 STEPS EACH LEG)

LEG EXTENSIONS- 4 SETS OF 12-15 REPS

DO A DROPSET AFTER THE 4TH AND FINAL SET

ROMANIAN DEADLIFTS (BARBELL OR DUMBBELL)- 4 SETS OF 8-12 REPS

DO A DROP SET AFTER THE 4TH AND FINAL SET

LYING HAMSTRING CURLS- 3 SETS OF 12 REPS

ONE SET OF 15-20 REP

SEATED HAMSTRING CURLS OR STANDING HAMSTRING CURLS- 3 SETS OF 12

ONE ADDITIONAL SET OF 15-20 REPS

## CALVES

STANDING CALVE RAISES- 5 SETS OF 12-15 REPS

SEATED CALVE RAISES- 5 SETS OF 12-15 REPS





## PHASE 2

WEEK 9-12

### DELTS & ARMS

## DELTS AND TRAPS

Rear Delt Flies (cable or reverse pec deck machine)- 4 sets of 12 reps;  
add 1 set of 15-20 reps

Seated Shoulder Press (barbell or smith machine)- 4 sets of 8-12 reps;  
do a drop set after the 4th and final set

Arnold Press- 4 sets of 10-12 -superset- Upright Rows 4 sets of 10-12  
(cable or free-weight)

Rope Face Pulls- 4 sets of 12-15 -superset- Cable Side Raises- 4 sets of 12-15

Barbell Shrugs- 4 sets of 12; do a triple drop set after the 4th and final set -  
superset- Straight Bar Front Raise- 4 sets of 12-15

## ARMS

Preacher Curls (machine or freeweight)- 4 sets of 10-12;  
do a drop set after the 4th and final set -superset- Dips (go weighted if too easy)-  
4 sets of 10-12; do a drop set after the 4th and final set

E-Z Bar Reverse Grip Curl (freeweight or cable)- 4 sets of 10-12

-superset- One-Arm Dumbbell Extensions- 4 sets of 10-12 (each arm)

Dumbbell Hammer Curl- 4 sets of 10-12 (each arm) -superset- Rope Press down-  
4 sets of 10-12

Dumbbell Curl (twist at top) - 4 sets of 10-12; do a triple drop set after the 4th and  
final set -superset- Reverse Grip Pressdown- 4 sets of 10-12;  
do a triple drop set after the 4th and final set

**CONGRATULATIONS! YOU'VE COMPLETED THE HOE READY PROGRAM**

CONGRATS YOU'RE DONE



CHASERS

# NOW WHAT?

- You have completed the 12 week program.
- Take a de-load week or a full week off.
- Then go back to week ONE of the program to do AGAIN.
- Try to add more weight or attempt to get more reps with the same weight on each exercise to make progress.
- Progress (more weight/reps) is how you grow as a natural lifter.



# VIDEO LINKS SHOWING PROPER FORM

## LINKS TO VIDEOS SHOWING PROPER FORM

### **CHEST EXERCISES**

BARBELL FLAT BENCH- <HTTP://YOUTU.BE/JJ5ICCKZG2Q>  
BARBELL INCLINE BENCH- <HTTP://YOUTU.BE/QEXECBTI2GU>  
FLAT DUMBBELL BENCH- <HTTP://YOUTU.BE/EGEG9M9MJYK>  
INCLINE DUMBBELL BENCH- <HTTP://YOUTU.BE/C94CBFC1CCW>  
INCLINE HAMMER STRENGTH- <HTTP://YOUTU.BE/RWITVWOLJZY>  
FLAT HAMMER STRENGTH- <HTTP://YOUTU.BE/DMJRP6KRI9M>  
CABLE CROSSOVER (LOW TO HIGH)- <HTTP://YOUTU.BE/AM8PFTPWICY>  
CABLE CROSSOVER (HIGH TO LOW)- <HTTP://YOUTU.BE/Z5UWFXV0PIE>  
INCLINE DUMBBELL FLY- <HTTPS://YOUTU.BE/WNIOAHGQN6E>  
FLAT DUMBBELL FLY- <HTTPS://YOUTU.BE/XDX3RKUXWWG>  
PEC FLY MACHINE- <HTTPS://YOUTU.BE/WMTE8QV3H8>  
DIPS (FOR CHEST)- <HTTPS://YOUTU.BE/3K5Q8AGDB7A>

### **BACK EXERCISES**

WIDE GRIP PULLDOWNS- <HTTP://YOUTU.BE/ZVX8CKXDAQ>  
REVERSE GRIP PULLDOWNS- <HTTP://YOUTU.BE/MWZZXSX6ON4>  
CLOSE GRIP PULLDOWNS- <HTTP://YOUTU.BE/6WNZ3DTYS04>  
BARBELL ROW- <HTTP://YOUTU.BE/THHO8D-V8VY>  
T-BAR ROW (WIDE GRIP)- <HTTPS://YOUTU.BE/KFQPEADGWUW>  
T-BAR ROW (CLOSE GRIP)- <HTTP://YOUTU.BE/IW4VT9AJM-U>  
SEATED CABLE ROW- <HTTP://YOUTU.BE/XSDQG1HCXC>  
ONE ARM DUMBBELL ROW- <HTTP://YOUTU.BE/1WXXKQG3KJQ>  
ONE ARM CABLE ROW- <HTTPS://YOUTU.BE/VHK5D384XEO>  
HAMMER STRENGTH ROW- <HTTPS://YOUTU.BE/1WXXKQG3KJQ?T=2M5S>  
DUMBBELL PULLOVER- <HTTP://YOUTU.BE/N8TEFRCMTAQ>  
STRAIGHT ARM PULLDOWN- <HTTP://YOUTU.BE/BX9R3XPAW5G>

### **LEG EXERCISES**

BARBELL SQUATS- <HTTP://YOUTU.BE/15F58RZE-6E>  
FRONT SQUATS- <HTTP://YOUTU.BE/4RTYCBSJWV>  
HACK SQUAT- <HTTP://YOUTU.BE/CBTZ-JQ8KQK>  
LEG PRESS- <HTTP://YOUTU.BE/7-L-3ACAFDU>  
WALKING LUNGES- <HTTP://YOUTU.BE/LCDPMTRTYNG>  
STEP UPS- <HTTPS://YOUTU.BE/LCDPMTRTYNG?T=58S>  
LEG EXTENSIONS- <HTTP://YOUTU.BE/WYTHKLESHQ>  
STIFF LEG DEADLIFTS & ROMANIAN DEAD'S- <HTTP://YOUTU.BE/RYQFAYTTLAA>  
SEATED HAMSTRING CURLS- [HTTP://YOUTU.BE/8GAKPEXYS\\_B](HTTP://YOUTU.BE/8GAKPEXYS_B)  
LYING HAMSTRING CURLS- <HTTP://YOUTU.BE/NRYATVTUUTK>  
STANDING CALVE RAISES- <HTTP://YOUTU.BE/OT8RCWXI258>  
SEATED CALVE RAISES- <HTTP://YOUTU.BE/VMDGZ2RKUFS>



# VIDEO LINKS SHOWING PROPER FORM

## LINKS TO VIDEOS SHOWING PROPER FORM

### **DELT EXERCISES**

SEATED SHOULDER PRESS- [HTTP://YOUTU.BE/WPTWD1XHXG0](http://youtu.be/WPTWD1XHXG0)  
ARNOLD PRESS- <https://youtu.be/zfE-ZDfESxg>  
REAR DELT FLIES- <http://youtu.be/N1qUa9FtmDg>  
FACE PULLS- <https://youtu.be/HDFigfl7uBk>  
FRONT RAISES- <https://youtu.be/FNhhdkiyeu8>  
DUMBBELL SIDE RAISES- <http://youtu.be/Z43FhG2fhV0>  
STANDING CABLE SIDE LATERALS RAISES- <http://youtu.be/x7IDclfsSDU>  
UPRIGHT ROWS(BAR OR CABLE VERSION)- <http://youtu.be/0p8H4Jr6SC0>  
SHRUGS- <http://youtu.be/BrleQptjIUA>

### **TRICEPS EXERCISES**

CLOSE GRIP BENCH- <https://www.youtube.com/watch?v=gWmbjMAkoGg>  
DIPS (FOR TRICEPS)- <http://youtu.be/zKCq8AgDb7A>  
STRAIGHT BAR CABLE PRESSDOWNS- <https://youtu.be/Vwf9n6TwF0g>  
ROPE PRESSDOWNS- <http://youtu.be/YmZNLkImhgl>  
OVERHEAD ROPE EXTENSION- <https://youtu.be/38QQqj2Ag2Y>  
REVERSE GRIP PRESSDOWN- <http://youtu.be/-lhAmvORSyY>  
ONE ARM DUMBBELL EXTENSION- <https://youtu.be/mPgvmREbjLc>

### **BICEPS EXERCISES**

BARBELL CURLS- <http://youtu.be/oX5tKhqChO8>  
MACHINE PREACHER CURL- <http://youtu.be/Jorpkf6MWYA>  
E-Z BAR REVERSE CURLS- <http://youtu.be/BwSE-3zKBjY>  
E-Z BAR "CABLE" REVERSE CURL- [http://youtu.be/S-q\\_kATWlzy](http://youtu.be/S-q_kATWlzy)  
DUMBBELL HAMMER CURLS- <http://youtu.be/gZMzGWDPvk4>  
DUMBBELL CURLS(WITH TWIST AT TOP)- <http://youtu.be/gZMzGWDPvk4>  
STANDING CABLE CURLS- <http://youtu.be/tAy3GKNwQYg>

IF YOUR QUESTIONS OR CONCERNS HAVE NOT BEEN ANSWERED HERE, THEN PLEASE FEEL FREE TO EMAIL ME BEASTMODECUSTOMS@LIVE.COM. I WILL RESPOND TO YOU WITHIN 24-48 HOURS. BE SURE TO MAKE THE SUBJECT TITLE "FAQ." THIS WAY I WILL BE ABLE TO FIND THE EMAIL QUICKLY DUE TO A LOT OF SPAM MAIL I RECEIVE.