

Double Your Pain Double Your Gain

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Warning Warning!

This article is not for everyone, especially those who are faint of heart. If you cannot take or tolerate, hardcore, physically exhausting and nauseating workouts then I suggest you stop reading right now. In addition you may want to go purchase the latest issue of Men's Health, where they will discuss how to easily build great legs without the use of squats and at the same time you can also learn improve your social life.

For those of you who stay and implement the following shocking method, you will reap the much desired goal of packing on loads of muscle at an absorbent rate. Perhaps faster than you have ever witnessed before. But again, I urge you to re-read my warning before accepting the challenge that this article has in store for you.

Shocking method explained

The concept is simple, but the intensity and will power it takes to complete is at another level! What you will do is perform an exercise at the beginning of a workout and then again at the end of it. Hence the term, double your pain, double your gain. Some of you might be saying to yourselves, "big deal." I guarantee you will change your tune when you can barely walk at the end of a routine and have to perform the same amount of squats that you did when you were fresh!

Use this shocking method to strengthen any exercise you are weak in!

Double your pain double your gain can be used in two ways. Firstly it can be implemented for the sole purpose of strengthening an exercise you are weak in and want to improve. For example, say you cannot handle heavy bent over rows even though your back is strong enough to cope with the weight, your accessory muscles such as your shoulders, biceps and especially your grip cannot last long enough to deal with the exercise. This shocking method will work nicely for you.

Sample workout:

You would first perform 5 sets of bent over rows working as heavy as you can. If your grip were to fail you would simply use rest pause to get through your targeted rep range. Your emphasis at the beginning of the workout is to cope with not being able to handle the weight with "rest pause." I don't care how long or how many rest pause reps you have to get, reach your targeted rep range.

Next you would continue on with your normal workout which might typically consist of wide grip pull-ups supersetted with close grip pull downs followed by seated low cable rows.

Normally you would be done. However since your goal is to strengthen your bent over rows, you would then go back to this exercise but perform them in a different manner. Rather than go heavy and use rest pause. You should go much lighter in the 12-15 rep range and maybe a bit more for good measure. This way you can control the weight with excellent form. Again, I don't care how light you have to go, the point is to give your body enough exposure to adapt to the given exercise. This will accomplish two things.

- A. You will overload your supporting muscles by using the exercise twice
- B. You will have targeted a maximum amount of muscle fibers because of the two different rep ranges you used at the beginning and end of your routine.

If you are weak in any exercise you can benefit greatly from this!

I want Mass!!!!

If you ask you shall receive. This is why this method is so fantastic! Whatever your goal is, whatever body part you want to improve this will work! The concept is simple.

Steps

1. Decide what body part or aspect of a body part you want improved
2. Choose an exercise that directly improves that area
3. Use that exercise at the beginning of your routine
4. perform the rest of your normal routine
5. Blast that bodypart again with the exercise you used at the beginning!

For example, say I want my biceps to peak higher. I would choose an exercise that first concentrates on the peak of the muscle. I personally prefer concentration curls to emphasize this aspect of the biceps. I would perform 3 sets of concentration curls to pre-fatigue the peak of the muscle. Following this I would perform my normal routine which would consist of standing barbell curls and incline dumbbell curls. Normally my routine would be complete, but in order to blast the peak of my biceps into submission I would again perform 3 hardcore sets of concentration curls. This time at a lighter weight.

Sample:

3 sets of concentration curls (10, 8, 6) failure

3 sets of heavy barbell curls (8, 6, 6) failure with one cheat rep past

3 sets of incline dumbbell curls (10, 8, 6) failure

3 sets of concentration curls (12, 12, 10) failure

By doing this I have attached the peak of my biceps 3 fold.

A. I worked them at the beginning of my routine

B. Because the peak was pre-fatigued it was weakened going into the barbell and incline dumbbell curls. Therefore it was forced to work in a weakened state which will end up stimulating muscle growth on its own!

C. After hitting this aspect of the muscle twice you hit it again for a final blow forcing the area to grow!

Sample Shoulder Width Routine

If I wanted to emphasize shoulder width, I would perform side laterals at the beginning of my routine and then use them again at the end! It may look like this:

3 sets of side laterals (10, 8, 6) with one drop set on the last set

one triple drop set of dumbbell shoulder presses (12, 10, 8, 6)

3 sets of side laterals (12, 12, 10) with one drop set on the last set

If my goal was overall body mass I would perform this shocking method on all my body parts using mass exercises at the beginning and end of my routine.

Sample routine for legs would be:

3 sets of heavy squats (8, 6, 6)

one double drop set on the leg extension machine

one single drop

3 sets of stiff legged deadlifts (15, 12, 8)

3 sets of higher rep squats (12, 10, 8) performed slower and more precise than the first three sets.

For triceps mass I might do:

3 sets of heavy behind the back dips (10, 8, 6)

one triple drop set on lat machine triceps press downs

then I would go back to behind the back dips but with higher reps. Perhaps two drop sets instead of straight sets.

Again this can be applied to any bodypart, here are some sample exercises I might use twice in a routine:

biceps mass = standing barbell curls or alternating dumbbell curls

Hamstrings peak = lying leg curls

back mass = pullups, deadlifts or bent over rows

chest mass = dumbbell bench presses

quadriceps separation and peak = leg extensions

forearm mass = holding of heavy weight

calf mass = standing calf raises

lower ab mass = hanging leg raises

upper ab mass = weighted decline sit-ups

Conclusion

A two fold blast to create an overload of unmatched proportions! That is the basis of this shocking method. No matter what aspect you want to improve you will have a new ally to support your cause! It doesn't matter if its your shoulder width, your lower quads or your upper quads the principle works just as effectively on each body part. I suggest popping 200 milligrams of caffeine before this one! Especially if you are doubling up on compound exercises such as squats or bent over rows! Good luck and if you have any questions regarding this article I will be more than happy to answer them in our forums.

Sincerely

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