Lyle McDonald Generic Bulking Routine – FAQ
Compiled By Alisenon Jan ‘09

Table of contents

1. The basics
1.1 Lyles Bulking Routine - The basic setup
1.2 Consider this: the routine is called the generic BULKING routine and not the generic STRENGTH routine!
1.3 What does 3-4 in the routine description mean?
1.4 How much gain can I expect as a natural on this routine?
1.5 And what about the gains for a female?
1.6 So I got that cardio has benefits on a bulk. Why so?
1.8 How to warmup for this routine?
1.9 Which rep cadence should I use?

2. Programming this routine: cycle length, progression, specialization, ...
2.1 How would a basic cycle with run-up, progression and deload look like?
2.2 So why does the generic deloading protocol reduce intensity rather than volume?
2.3 So how do I progress from cycle to cycle? How do I emphasize strength?
2.4 I am a bodybuilder, do I have to do pure strength work at all?
2.5 How much volume should I do on the lower rep routine variations?
2.6 So if those 10-12 rep sets are for metabolic work, is metabolic work to be expected from the "high" rep 6-8 rep sets on the strength emphasized phase?
2.7 Doing leg curls on the 3x3 sets: should I really do sets of 3?
2.8 How do I know how much volume is right?
2.9 When to change exercises? How to vary exercises?
2.10 So, there is no time off from this routine? No SD?
2.11 How do I do intra-cycle progression on this routine?
2.12 Is there a reason why the routine is set up as lower/upper/rest and not upper/lower/rest?
2.13 But I’ve seen others recommending lower body after upper body? Should I really avoid an arrangement like this?
2.14 Can I increase frequency e.g. 2days on, 1day off, thus dropping one day of rest?
2.15 I do not recover. What can I do?
2.16 So some experiences with regards to workout frequency
2.17 How to modify this routine to work it on a 3 day/week schedule?
2.18 So if I'm only training 3 times a week, should I increase volume to compensate?
2.19 What advantages/disadvantages are to be expected from the 3 day a week split?
2.20 Would "conjugate periodization" work just as well?
2.21 Do you think one top set with weights pyramiding down would be much different to 3-4x6-8 with "sets across" (all weights the same) in terms of hypertrophy?
2.22 So the basic routine is supposed to be worked as sets across or as a slightly descending pyramid. What would be the difference if the routine would be worked to a max. heavy set?
2.23 I want to do (part of) the routine in a rest-paused style fashion. How to setup this?
2.24 Or clustering?
2.25 So can I do supersets on this routine? E.g.: Bench, 30" rest Row 30" rest Bench, etc.
2.26 Or maybe giant sets? Especially useful for the lower rep stuff (3x3)
2.27 So I like doing circuit style training. Would this be appropriate for this routine?

3. Exercise selection
3.1 If I’m doing high bar squats, aren't those already working the legs totally?
3.2 I want to do deadlifts on this routine. How can I incorporate them?
3.3 Can I deadlift twice per week?
3.4 I want to bring up my deadlift on this routine. Dropping squats completely?
3.5 Aren't deads alone sufficient for mid-back?
3.6 Why are rows recommended to be done close underhand grip?
3.7 Can I do bent-over/barbell rows, wouldn't they cause too much lower back fatigue?
3.8 How to do split squats?
3.9 So i've seen incline bench and incline flyes incorporated. Which one should I choose?
3.10 Can I include laterals?
3.11 I want to have huge upper pecs and delts. How can I do more work for them?
3.12 And what about shrugs?
3.13 Could olympic movements be incorporated into this routine?
3.14 So basically an olympic variant every workout?
3.15 You may want to watch out for shoulder girdle overload:
3.16 Why are higher reps recommended for the arm exercises?

4. Diet
4.1 I want to cut on this routine. How to?
4.2 How do I transit from bulking to dieting on this routine, i.e. the hardening period?
4.3 Should I do deLOAD and the run-up while dieting?
4.4 So how should I eat while bulking and doing the deLOAD?
4.5 What about recomposition with this protocol?

5. Miscellaneous
5.1 I have heard, Lyle will make another book and promised to fucking translate all his other stuff for those foreigners overseas?
1. The basics

1.1 Lyles Bulking Routine - The basic setup
http://monkeyisland.lylemcdonald.com...03&postcount=1

Quote:

<table>
<thead>
<tr>
<th>Mon: Lower</th>
<th>Tue: Upper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat: 3-4X6-8/3'</td>
<td>Flat bench: 3-4X6-8/3'</td>
</tr>
<tr>
<td>SLDL or leg curl: 3-4X6-8/3'</td>
<td>Row: 3-4X6-8/3'</td>
</tr>
<tr>
<td>Leg press: 2-3X10-12/2'</td>
<td>Incline bench or shoulder press: 2-3X10-12/2'</td>
</tr>
<tr>
<td>Another leg curl: 2-3X10-12/2'</td>
<td>Pulldown/chin: 2-3X10-12/2'</td>
</tr>
<tr>
<td>Calf raise: 3-4X6-8/3'</td>
<td>Triceps: 1-2X12-15/1.5'</td>
</tr>
<tr>
<td>Seated calf: 2-3X10-12/2'</td>
<td>Biceps: 1-2X12-15/1.5'</td>
</tr>
</tbody>
</table>

For the thu/Fri workouts either repeat the first two or make some slight exercise substitutions. Can do deadlift/leg press combo on Thu, switch incline/pulldown to first exercises on upper body day. A lot depends on volume tolerance, if the above is too much, go to 2-3X6-8 and 1-2X10-12

1.2 Consider this: the routine is called the generic BULKING routine and not the generic STRENGTH routine!
http://monkeyisland.lylemcdonald.com...&postcount=763

Quote:

Originally Posted by lylemcd
if you want a workout geared more towards strength, here's a thought: pick a training program geared specifically to strength

this is primarily for bulking with one mod being that you can adjust it for relatively more strength gains

it's not called the generic STRENGTH routine

1.3 What does 3-4 in the routine description mean?
http://monkeyisland.lylemcdonald.com...&postcount=273
I prefer to give set and rep ranges for the simple fact that if you tell someone to do 4 sets of 8, they will do 4 sets of 8 even if they should have stopped at the third set on rep 6.

3-4 sets means 3 to 4 sets. So after your third set, you need to make a judgement call. If I were there coaching you, I'd make it for you. Judging by how fatigued you looked on the third set, what your reps looked like, how fried you looked. If you still looked strong, I'd have you do a 4th set. If you looked fried, you'd stop at 3.

1.4 How much gain can I expect as a natural on this routine?  
http://monkeyisland.lylemcdonald.com...&postcount=694

As far as rate of weight gain, the average male can gain maybe .5 lb muscle/week (1 lb/week under rare conditions). 1 lb/week should be about the maximum and that would yield 1/2 lb fat gain. Which should let you stretch out the bulking cycle between 10-15% bodyfat without getting fat too quickly.

1.5 And what about the gains for a female?  
http://monkeyisland.lylemcdonald.com...&postcount=704

half as much

1.6 So I got that cardio has benefits on a bulk. Why so?  
This one: http://monkeyisland.lylemcdonald.com...&postcount=696

It is "teaching the muscles to use fat for energy". Just a shorthand way of saying 'maintaining all of her adaptations' involved in fat oxidation.

how does this work? does your body really lose the ability to target fat if a deficit isn't present?

you're eating lots of carbs and plenty of calories, body is never needing to burn lots of fat. in that
state, and in the absence of any cardio, you get a downregulation of fat oxidizing stuff.

one of the big differences between trained and untrained in terms of endurance is higher fat oxidation in trained. I'd have to look up how long it takes to get some of the adaptations, don't recall offhand, but easier IMO to just maintain it.

aerobics during the bulk has other potential benefits anyhow

And also this one: http://monkeyisland.lylemcdonald.com...&postcount=396
Quote:

Originally Posted by lylemc
It's a matter of duration and intensity.

Too many people (Blade for example) have found that, even if it doesn't significantly impact on fat gain during the cycle, it makes moving back into fat loss much easier. I suspect it's just a matter of keeping fat mobilizing/oxidizing enzymes up to speed so that you're not starting from total scratch when you move into your diet. IF it has further partitioning benefits, all the better.

But I'm not talking about either much in terms of frequency, volume or intensity. A couple of time/week for 20-30' helps with work capacity, recovery, burns a few calories, etc, etc.

You may want to look at this as well with regards to cardio while bulking:
http://monkeyisland.lylemcdonald.com...dio#post221596
http://monkeyisland.lylemcdonald.com...dio#post211454

1.8 How to warmup for this routine?
http://monkeyisland.lylemcdonald.com...&postcount=359
Quote:

Originally Posted by lylemc
Do progressive low rep warmups and make your first set the heaviest. 1-2 reps short of a true RM or you won't get the volume. Then either maintain that weight or lower it to keep the rep range up. I don't generally like ascending pyramids except for technique/neural work.

warmup, just to your heaviest set and then either stay there or pyramid down

1.9 Which rep cadence should I use?
http://monkeyisland.lylemcdonald.com...&postcount=252
Quote:

Originally Posted by fut
3) Is there any specifics to how slow the concentrics and rest part of the exercise should be?
Quote:
Originally Posted by lylemcd
3. on the lower rep stuff, 2-3 second eccentric, no or brief pause to dissipate SSC, explosive concentric. On the higher rep stuff, maybe 2 up/2 down.

2. Programming this routine: cycle length, progression, specialization, ...

2.1 How would a basic cycle with run-up, progression and deload look like?
http://monkeyisland.lylemcdonald.com...&postcount=429
also here:
http://monkeyisland.lylemcdonald.com...&postcount=269
http://monkeyisland.lylemcdonald.com...&postcount=388

Quote:

Originally Posted by lylemcd
week 1: 80-85% of previous maxes
week 2: 90-95% of previous maxes
week 3-n (where n is either 7 or 9): push the weights as much as you can

E.g.:

Quote:

Originally Posted by mle_ii
Week 4 = 100 lbs
Deoad week 1 = 85 lbs
Deoad week 2 = 92.5 lbs
Week 1 of second cycle = 100 lbs
Week 2 of second cycle = 100+whatever lbs I can push up

2.2 So why does the generic deloading protocol reduce intensity rather than volume?
http://monkeyisland.lylemcdonald.com...&postcount=872

Quote:

Originally Posted by lylemcd
beacuse after 4-6 weeks of heavy loading, the joints and such need a break (in addition to the mind) that keeping intensity up but dropping sets wouldn't provide.
it's also usually easier to add more weight when you backcycle to submaxi malweights which is what the deload ends up being (depending on if you look at it as a 2 week deload after the previous hard block or the 2 week runup for the next hard block)

2.3 So how do I progress from cycle to cycle? How do I emphasize strength?
http://monkeyisland.lylemcdonald.com...&postcount=402
also:
http://monkeyisland.lylemcdonald.com...&postcount=308

Quote:

Originally Posted by lylemcd

Each cycle lasts 6-8 weeks (2 week submax runup + 4-6 weeks pushing the weights), you can repeat it

In subsequent cycles, you can switch exercises or rep ranges or both. Don't switch anything within a given cycle.

I was thinking earlier today that a nice progression would be a cycle of

6-8+10-12 ('pure' hypertrophy)
5's + 8-10 (strength/hypertrophy)
3's+6-8 (strength emphasis)

Then repeat.

2.4 I am a bodybuilder, do I have to do pure strength work at all?
http://monkeyisland.lylemcdonald.com...&postcount=694

Quote:

Originally Posted by lylemcd

I don't think bodybuilders need to do a ton of pure strength work (5's and lower reps), but some seems to help get neural mechanisms cranking so that they can use heavier weights in true mass gaining phases.

If they are using a power bodybuilding approach (i.e. 5X5 followed by 3X8 or 3X10-12), they may not need any pure strength work. Not much certainly.

Maybe 2-3 short cycles (3-6 weeks) per year. I think the question is whether to put it before or after bulking cycles (we just discussed this in the context of Inermusic wanting another training approach). I could probably go either way on it in this regards.

Benefits to putting it after the size work:
   a. Tissues already conditioned to heavier work
   b. Could make a decent transition into cutting (so drop to 3X3 + 1-2x8 while bringing calories back to maintenance)

Disadvantages
   a. Done right before cutting, you may not get the same benefits in terms of helping your size program

Benefits of putting it before size training
a. Greater strength lets you move more weight during the mass phase

Disadvantages
a. Jumping straight into heavy work without a runup might cause an injury.

I suppose the solution is an alternation of mass with short strength blocks.

So say you finish up a run of my building program at 4X6-8 + 2-3X10-12 or whatever. That's 2 weeks of run up to 4-6 weeks bulking. You could then move to 5X5+2-3X6-8, 2 week run up to 4-6 weeks bulking. Then 3 weeks of 3X3 + 1X8 (the high rep set helps to maintain mass/tonnage/volume). So that's 6-8 weeks + 6-8 weeks + 3 weeks = 15-21 weeks. About the length most will say you can maintain good upwards progress in strength.

Probably a good time to move to dieting at that point. So take two weeks to simply stabilize your strength while you bring calories back down. If you haven't been doing a bit of cardio during the bulking
a. shame on you
b. now is the time to bring it in gradually to teach your muscles to use fat for energy again.

2.5 How much volume should I do on the lower rep routine variations?

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=460
I dunno, something like

3-5X5 + 2-3X8-10 (this would be a heavy training load)
3X3 + 2-3X6-8

and:

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=404
8X3 is going to be too much. 3X3 is probably fine

2.6 So if those 10-12 rep sets are for metabolic work, is metabolic work to be expected from the "high" rep 6-8 rep sets on the strength emphasized phase?

http://monkeyisland.lylemcdonald.com...&postcount=558

Quote:

Originally Posted by Blade
There's plenty of metabolic work in sets of 8 reps, even 5x5 provides a blend of loading and metabolic work.
2.7 Doing leg curls on the 3x3 sets: should I really do sets of 3?
http://monkeyisland.lylemcdonald.com...&postcount=558
Quote:

Originally Posted by **Blade**
No triples with leg curls, no - or at least not with extremely heavy loading. 3x3 on compounds...it's common sense, really.

2.8 How do I know how much volume is right?
http://monkeyisland.lylemcdonald.com...&postcount=464
Quote:

Originally Posted by **Anthrax Invasio**
Do you think a person should try to go with the higher number of sets and drop off if they notice too much fatigue? I figure more is better IF you can keep it up. I learned that from the HST guys, anyway

Quote:

Originally Posted by **lylemcd**
yeah, you could probably use a fatigue dropoff to determine set count.

2.9 When to change exercises? How to vary exercises?
Quote:

Originally Posted by **lylemcd**
http://monkeyisland.lylemcdonald.com...&postcount=548
if you want to switch movements, do it during the submax break-in, gives you time to re-establish good form

*that is, between cycles*

Quote:

Originally Posted by **lylemcd**
http://monkeyisland.lylemcdonald.com...&postcount=308
either
a. do two different upper and lower workouts. An option I at least allude to in the original description. Make lower 1 a squat emphasized workout. Make lower 2 deadlift or leg press. Start upper 1 with flat bench and row. Start upper 2 with incline bench and pulldown. This will give you some exercise variety though.

*By the time you start worrying about starting with delts or arms or whatever, you need to look at my specialization cycles.*
b. Change exercises after each cycle. So after you run out of steam in a 2 week runup/4-6 week progression, change up your exercises and do it again. 2 submax weeks (gives you time to relearn the movements) and 4-6 weeks pushing the poundages. Rinse and repeat.

2.10 So, there is no time off from this routine? No SD?
http://monkeyisland.lylemcdonald.com...&postcount=539

Quote:

Originally Posted by lylemcd
Yeha, I do'nt see any huge need to take time off between cycles
every 3 cycles, you might take a 5 day break completely off

2.11 How do I do intra-cycle progression on this routine?
http://monkeyisland.lylemcdonald.com...&postcount=306

Quote:

About the only progression I see in the thread is adding weight to the bar, I continue this as long as I can or do I stop after a certain amount of time and change volume/reps/exercises?

Quote:

Originally Posted by Rodolphe
In the end, when you don't progress anymore, you can try to cut volume or intensity (make the second workout a light day). If you start losing strength, it is time to start a new cycle.

Quote:

As for adding weight to the bar, should I do it across each exercise each week when I can? Or only on the areas I want to focus on? Or only for certain rep ranges?

Quote:

Originally Posted by Rodolphe
It depends on your goals and priorities. You can specialise some bodyparts and train the others at maintenance. At the end of a cycle, after your primary exercises you may be too exhausted to add weights to your other lifts. Instead of adding reps, you can try adding weight on the bar.

The over all theme of my questions is how do I make this routine progress beyond "add weight to the bar".

Quote:

Originally Posted by Rodolphe
http://monkeyisland.lylemcdonald.com...ead.php?t=7886
and again, whenever you see a fall in your performance for 2-3 consecutive workouts, back off the weights and start a new cycle.

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...7&postcount=98

Unfortunately, short of going submaximally most of the time, there's really no way to structure progression.

Well, not for much more than a week. For example, you will occasionally come across the workouts of the following variety

week 1: 85%
week 2: 90%
week 3: 95%
week 4: 100%
week 5: shoot for 102-105%

Or whatever it is. This makes some monstrous assumptions about how fast your adapting, how much strength you're gaining and at what rate. While they are probably based on some sort of average rate of progression...well, I'm still waiting to meet that average person I keep hearing about.

Someone who progressed much more quickly would be held back by such. Someone who progressed more slowly would get chewed up trying to keep up. Unless you really know your own rate of progression, I don't see it being that useful except in the submaximal runup phase. So a typical HG approach might be sort of like I said
week 1-4: move from 80% to about 95% with rather standard weight progression
week 5+: break out the little weights and add weight when you get your target reps with one in the tank. So if you do 5 and know you could have done 6 or 7, add some weight.

Big movements can usually go 2.5-5 lbs, littler movements 1-2.5 lbs.

Or you can use a double progression, set a rep range like 6-10. Build to 10, add 5% (which is worth about 2-3 reps or so) which brings you back to 6-7. Build back up. Problem is that some people have way more trouble adding reps than they do adding weight in a fixed rep range. A double progression might stall them out forever. I had a guy once who could add weight all day long to chins. But try to add reps above about 5 and nothing.

A problem within any given workout is overlap. If your squat goes up, you are entering any other quad exercise with more fatigue, even hamstrings may take a hit. It's not uncommon to see leg curls appear to regress after someone does some big things on a back squat. Are their hamstrings weaker? Of course not, it's residual fatigue.
If you add weight to bench, delts and tris will be more tired so the same thing applies. Same for back and biceps.

For the most part, when I evaluated people's workout logs, I only really paid huge attention to the first exercise in any given grouping because of the overlap. If bench went up but delts/tris stayed the same or went down, I didn't conclude that they were overtraining or getting weaker in delts/tris. It was just fatigue from bench work.

None of which is probably very helpful.

Quote:

Originally Posted by Lifting N Tx
Or: Progression with the 5% solution
http://monkeyisland.lylemcdonald.com...&postcount=720
http://www.bodyresults.com/e25solution.asp
Second suggestion is kind of a hybrid of the dropping reps idea. I'm thinking of trying it sometime and I'll throw it out as an idea to think about. It's called the 5% solution. Basically, you vary rep ranges by workout to allow progression. A quick example from the linked page is easier than trying to describe it. Given an 8RM on bench press of 110 lbs:

Quote:
Session 1 100lbs for 6 reps for 5 sets
Session 2 105lbs for 5 reps for 5 sets
Session 3 110lbs for 4 reps for 5 sets
Session 4 105lbs for 6 reps for 5 sets
Session 5 110lbs for 5 reps for 5 sets
Session 6 115lbs for 4 reps for 5 sets
Looks like an idea that could be adapted to various routines to aid in load progression.

2.12 Is there a reason why the routine is set up as lower/upper/rest and not upper/lower/rest?
http://monkeyisland.lylemcdonald.com...&postcount=263
Quote:

Originally Posted by lylemc
1. probably not
2. but it does avoid Mon = bench day for upper body training
2a. You also train legs first after the weekend rest and legs usually takes teh most energy
3. Upper body fatigue (i.e. midback) is more likely to negatively affect squats/deads than the converse (fatigue from squats/deads affecting upper body)
4. you can just as readily make it
Mon: lower
wed: upper
fri: lower
sat: upper
If you need more rest between workouts. That way only two are back to back. Or switch the lower and upper so you get lower on Saturday when you don't have work, etc.

2.13 But I've seen others recommending lower body after upper body? Should I really avoid an arrangement like this?
http://monkeyisland.lylemcdonald.com...&postcount=266

Quote:

Originally Posted by lylemcd
Life, she is full of compromises. I bet if you train heavy back prior to DL or RDL, you'll find that your DL/RDL go to absolute hell. Given the injury risk when you lose form on DL/RDL, you can probably guess what my preference is if something has to get shortened.

2.14 Can I increase frequency e.g. 2 days on, 1 day off, thus dropping one day of rest?
http://monkeyisland.lylemcdonald.com...&postcount=261

Quote:

Originally Posted by lylemcd
I think, given teh volume, you wil lbe happier with the extra day of recovery on the weekends.

2.15 I do not recover. What can I do?
http://monkeyisland.lylemcdonald.com...&postcount=303

Quote:

Originally Posted by lylemcd
Two options here if the volume is too high/you're not recovering/gaining.

1. cut it further. Go to 2X6-8 and 1X10-12

2. Reduce teh frequency, make the program a 3 day/week alternating upper/lowr program. So every workout get done three times every 2 weeks.

Mon: upper
wed: lower
fri: upper
mon: lower
wed: upper
fri: lower

2.16 So some experiences with regards to workout frequency
http://monkeyisland.lylemcdonald.com...&postcount=847
Quote:
Originally Posted by Kiwi
I have tried both 3 times per week and 4 times per week options over the last few years. This is what I've noticed:

I think that when I'm bulking the 4X version has given me better hypertrophy gains than 3x. 3x seems equally as effective for strength though. Right now I'm using 3X for cutting and it's helping me keep my strength well.

Sometimes 4X can have me feeling quite fatigued, which is why I wondered if it's too much. Yet that said, I always manage to have a good workout with it once I'm in the gym and I add weight to the bar consistently from one workout to the next.

I've also tried both 3X and 4x with different levels of volume. Wrt to strength/hypertrophy it seems to make no difference whether for example I do 2 heavy sets of deadlifts or 4; the strength increase the following workout is the same.

Taking all the above into account, when I next bulk I think I'll try going back to 4x per week (since this gave me best hypertrophy) but with medium volume since higher volume seems to fatigue me more without delivering better results.

2.17 How to modify this routine to work it on a 3 day/week schedule?
Quote:

Originally Posted by lylemc
http://monkeyisland.lylemcdonald.com...&postcount=185
Two options

1. Make it a 3 day/week full body routine and just distribute everything in a semi-reasonable way.

2. Just alternate workouts so everything gets hit once every 5th day. So

Mon: Upper
Wed: Lower
Fri: Upper
Mon: Lower
Wed: Upper
Fri: Lower
etc.

Or upper/lower/fullbody:
Quote:

Originally Posted by lylemc
http://monkeyisland.lylemcdonald.com...&postcount=662
I kind of like
Mon/Tue: upper lower split
Fri: full body

everything still gets hit 2X/week although Fri can be a bear.

on Fri, basically mash the two upper/lower workouts but cut the volume in half for each to make it more realistically completable. So you do something like

squats: 2X6-8
RDL: 2X6-8
another quad movement: 1x10-12
hams: 1X10-12
bench: 2x6-8
row: 2X6-8
incline: 1X10-12
pulldown: 1x10-12

you get the idea.

2.18 So if I'm only training 3 times a week, should I increase volume to compensate?
http://monkeyisland.lylemcdonald.com...&postcount=918
Quote:

Originally Posted by lylemc
The answer is no: do the fucking routine as written.

And since your'e now going to ask 'Why' and argue with me, I'll save us both time and point out that the majority reason to cut the frequency is for recovery purposes, some people can't recover from 4 days/week of training. Especially old farts and people who are afraid to eat.

Cutting the frequency and then INCREASING the volume to compensate is fucking stupid.

2.19 What advantages/disadvantages are to be expected from the 3 day a week split?
http://monkeyisland.lylemcdonald.com...&postcount=666
Quote:

Originally Posted by quickone
In my experience, 3 days = better recovery and more motivation to train.

Quote:

Originally Posted by lylemc
there is that issue too, the recovery one. Mon/Wed/Fri/Sat is one way around it, only one doubled up set of days and you can sit around all day Sunday to recovery
I think the question is whether 4 (or more) days/week would give better calorie partitioning

2.20 Would "conjugate periodization" work just as well?
http://monkeyisland.lylemcdonald.com...&postcount=218
Quote:

Originally Posted by monkeydan
Would it be 'better' (I don't really know what I mean by this) to have one heavy day and one light day per week? So something like...

mon - lower heavy (3-6 reps)
tues - upper light (10-12 reps)
wed - off
thurs - lower light (10-12 reps)
Fri - upper heavy (3-6 reps)

Quote:

Originally Posted by monkeydan
So you're saying that it won't make any difference to either size or strength gains?

Quote:

Originally Posted by lylemcd
Heavy/light tends to be more oriented towards strength

For size, just do what I fucking outlined and quit fucking fucking with it

2.21 Do you think one top set with weights pyramiding down would be much different to 3-4x6-8 with "sets across" (all weights the same) in terms of hypertrophy?
http://monkeyisland.lylemcdonald.com...&postcount=361
Quote:

Originally Posted by lylemcd
Again, at this point you're splitting hairs and it depends on the person and their ability to repeat sets with the same weight.

Some can do it easily, some can't.

But let's say after warmups you go

200X8 (this is rep or two short of failure)
200X7 (the next one would have gotten grindy)
200X6

For your last set, you need to drop the weight by about 5% to stay in the 6-8 rep range. So go to
190.

Alternately, if you knew that the above was your normal pattern (to lose a rep every set), you could adjust the weight on each set by 5% down to get all 8 reps. So you go 200, 190, 180, 170 but get 8 reps on each set.

Again, at this point we're splitting hairs and I don't think it will matter hugely in the long run.

Oh yeah, both workouts are heavy. Heavy/light is more for strength and neither of the days is so heavy to really require a light day. If your recovery is that poor either

a. cut the volume on the individual workouts
b. change the frequency to 3 days/week alternating upper/lower

2.22 So the basic routine is supposed to be worked as sets across or as a slightly descending pyramid. What would be the difference if the routine would be worked to a max heavy set? http://monkeyisland.lylemcdonald.com...&postcount=651

Quote:

Originally Posted by lylemcd
I'm inclined to think that doing it that way might yield better strength gains but less optimal mass gains (since you don't get as much volume on the single set day).

2.23 I want to do (part of) the routine in a rest-paused style fashion. How to setup this? http://monkeyisland.lylemcdonald.com...&postcount=587

Quote:

Originally Posted by lylemcd
cut the number of work sets down significantly if you decide to do this

consider, for example, that Doggcrapp has his guys doing ONE set/bodypart every 5 days but it's hitting failure + 3 rest pauses

2.24 Or clustering? http://monkeyisland.lylemcdonald.com...&postcount=588

Quote:

Originally Posted by wazzup
Or you could try clustering. (Do sets of 4/5 with your 8 RM with short rests)

With DC you'd get 8-4-2 (14 and 3 times failure)
With clustering you'd get 5-5-4 (14 and maybe failure on the last cluster)

same amount of work, less failure.
2.25 So can I do supersets on this routine? E.g.: Bench, 30" rest Row 30" rest Bench and on and on.
http://monkeyisland.lylemcdonald.com...&postcount=673
Quote:

Originally Posted by **lylemcd**
can be a good way to train although I'd take longer than 30" between sets. but it's a more time efficient way to train for sure. I'd say 1' between supersets at least.

a potential problem is overlap

for example people forget that both bench and row involve triceps long head, heavy rows can affect benching when you alternate superset

so try it but if you find it cratering your poundages when you alternate, save it for the end (arm stuff, core stuff).

2.26 Or maybe giant sets? Especially useful for the lower rep stuff (3x3)
http://monkeyisland.lylemcdonald.com...&postcount=675
Quote:

Originally Posted by **lylemcd**
when I first got to SLC and was doing a lot of low rep sets in the weight room I would do this to save time

front squat  
rest 1.5'  
hammer incline press  
rest 1.5'  
chins  
rest 1.5'

repat. so I'd get 5-6' between sets of the same thing and could get through 6 sets of 3 in less than 3 hours

2.27 So I like doing circuit style training. Would this be appropriate for this routine?
http://monkeyisland.lylemcdonald.com...&postcount=670
Quote:

Originally Posted by **lylemcd**
the problem is with the overlap
so you go flat bench, row, shoulder press, pulldown, tris, bis

now you come around to flat bench nd you've sequentially fatigued delts and tris
not a good approach IMO

3. Exercise selection

3.1 If I'm doing high bar squats, aren't those already working the legs totally?

http://monkeyisland.lylemcdonald.com...&postcount=388

Quote:

Originally Posted by lylemcd

hamstrings and full squats: depends on who you ask. I just discussed this with Alwyn, he said tht if you're full squatting, he wouldn't generally do RDL, if parallel squatting, he would.

I'm a little more paranoid, too many knee problems in my past. Might do a reduced volume of RDL after full squats. So 4 sets full squats, 2 sets RDL or something.

3.2 I want to do deadlifts on this routine. How can I incorporate them?

Quote:

Originally Posted by lylemcd

http://monkeyisland.lylemcdonald.com...98&postcount=4

DL: 3-4X6-8 (or go setst of 5)
Leg press: 3-4X6-8

Then probably do leg curls if you need another leg movement after that. And an isolation leg exercise or split squats if you need another quad exercise.

The problem with squatting after DL is that low back fatigue will really limit squats. Frankly, DL + leg press + leg curl (maybe) is more than enough of a kick-ass leg workout.

Quote:

Originally Posted by lylemcd

http://monkeyisland.lylemcdonald.com...&postcount=286

dl replaces squat, lung replaces other exercise (I assume you mean split squat here) So

deadlift: 5X5
lunge: 3X6-8
leg curl: 3X6-8
calf crap
core

3.3 Can I deadlift twice per week?
maybe reduce volume i.e. 3x5:
http://monkeyisland.lylemcdonald.com...&postcount=292

or do this:
http://monkeyisland.lylemcdonald.com...&postcount=294

Quote:

Originally Posted by lylemcd
A deadlift/front squat combo (on the two days) would probably work well. 3-5X5 deadlift one day, 3-5X5 front squat the other. Followed by the other stuff.

3.4 I want to bring up my deadlift on this routine. Dropping squats completely?
http://monkeyisland.lylemcdonald.com...&postcount=850

Quote:

Originally Posted by jc
since this thread has been revived, I am going to ask something I have been wondering for some time now.

I want to focus more on bringing up my deadlift, and I have found out that 2x week frequency has been key in making strength/size gains in my training. I was thinking about totally dropping squats in my next training cycle and just having deads be my main lower movement. I am just worried about losing a lot of squat strength and do not want my quads to shrink. I was thinking that if I stuck with leg presses after deads, then maybe a few sets of leg extensions would maintain/build my quads w/out alternating squats and deads every other workout and sacrificing gains?

Quote:

Originally Posted by lylemcd
or light squats (80%) after deads once/week

3.5 Aren't deads alone sufficient for mid-back?
http://monkeyisland.lylemcdonald.com...&postcount=329

Quote:

Originally Posted by lylemcd
I think you need a dynamic mid back movement to optimally train the area. I don't think deads alone are sufficient

kelso shrugs work fine with DB's you do 'em on an incline bench, you'll need straps to go heavy
kelso shrugs, e.g.: http://www.weighttrainersunited.com/latshrug.html

3.6 Why are rows recommended to be done close underhand grip?
http://monkeyisland.lylemcdonald.com...&postcount=165
Quote:

Originally Posted by **lylemcd**
underhand means more biceps involvement.

And I want it done with the elbows close to the body as this will give more lat involvement since it involves more shoulder extension.

Wider grip means elbows higher, less lat involvement, and nearly impossible to use and undergrip.

3.7 Can I do bent-over/barbell rows, wouldn't they cause too much lower back fatigue?

Quote:

Originally Posted by **lylemcd**
http://monkeyisland.lylemcdonald.com/...&postcount=325
if someone had to do bent over rows, I'd put them either after back squat or deadlift. On the light day (Wed), pick something that isn't going to stress the low back out. Use a chest supported row, do chins, do kelso shrugs.

Quote:

Originally Posted by **Pauly**
http://monkeyisland.lylemcdonald.com/...&postcount=250
Granted, BB rows and SLDL is a lot for the lower back, I've had probs doing this in the past. Based on what I do now I'd say learn to love one arm DB rows. I never used to like them - couldn't get the right feel if I went under 8 reps, but now I reckon they're awesome if done properly. Them and a few chins a week is all I do for my back now and it seems to be doing ok.

3.8 How to do split squats?

http://monkeyisland.lylemcdonald.com/...&postcount=317

Quote:

Originally Posted by **lylemcd**
for split squats, I'd recommend doing this

a. always start with the weaker leg, let this determine performance of the stronger
b. do one leg, take a rest period (1-1.5 minutes), do the other leg, rest period, first leg, rest period, etc. If you try to do one leg and then the other with no break, you'll run into CV limitations

3.9 So I've seen incline bench and incline flyes incorporated. Which one should I choose?

http://monkeyisland.lylemcdonald.com/...&postcount=579

Quote:
low reps and isolation movements genrally do not go together, thogh I've done 5's on a pec deck

whether you pick flye or incline as a second chest movement depends a lot on triceps strength (and goal for the rest of the workout). if first compound chest movement wrecks your tris, I see no point in doing compound incline work; it wil be ineffective. doing incline flyes or whatever will be more productive IMO from the standpoint of the pecs

then, after triceps have had some rest, you can do overhead press if you want

3.10 Can I include laterals?  
[link](http://monkeyisland.lylemcdonald.com...&postcount=130)  
Quote:

I think lateral raises are a fine substitution/addition, especially after you trash triceps with bench/incline

3.11 I want to have huge upper pecs and delts. How can I do more work for them?  
[link](http://monkeyisland.lylemcdonald.com...&postcount=161)  
Quote:

Currently I'm doing bench/row AND incline bench/rear flyes, as well as DB/military press/pullups. Is this teh gay?

Quote:

I think it's too much for a single workout and you will probably benefit from splitting it up.

So one day, do

bench/row + incline bench/rear flyes (stricly, pulldown would probably better oppose incline bench)

bench/row + overhead press/chins

Quote:

if you're doing 2 pushing movements (flat/incline bench), a third (OHP) is probalby too much, you could do some side raises after that
if you did flat bench and incline flye, you could do OHP

Or you could do flat bench/OHP press combo and skip inclines

3.12 And what about shrugs?

Quote:

Originally Posted by lylemc
http://monkeyisland.lylemcdonald.com...&postcount=853
just do a couple of sets after back

Quote:

Originally Posted by jc
http://monkeyisland.lylemcdonald.com...&postcount=856
just me, but I found that heavy rows(t-bar) tend to stimulate my traps pretty good

Quote:

Originally Posted by JazzK1
http://monkeyisland.lylemcdonald.com...&postcount=861
I'm the same. I like to keep some direct traps work. I row regularly and don't feel the same "stimulation" in the upper fibers as I do with direct work.

I do keep the volume light though. Usually 1 set RP'd or 2 straight sets after back and (direct) shoulder work.

Quote:

Originally Posted by lylemc
http://monkeyisland.lylemcdonald.com...&postcount=862
how much traps I get activated on rows will depend on the type of row and what form is use

yates row or hammer iso row or something and you'll get a lot of traps I since there is a lot of shoulder elevation

properly done cable or bent over row, where the shoulders are scooped and Traps I is at best active isometrically.

big traps just narrow teh shoulders anyhow, Gironda said so

3.13 Could olympic movements be incorporated into this routine?

http://monkeyisland.lylemcdonald.com...&postcount=617
Quote:
Sure

First movement of the day

Have 2 snatch/snatch related days, 2 clean/clean&jerk related days.

3.14 So basically an Olympic variant every workout?
http://monkeyisland.lylemcdonald.com...&postcount=619
Quote:

Originally Posted by mimo
So you would do an Olympic variant on every workout?

Like:
Monday: clean/lower
Wednesday: snatch/upper
Friday: clean/lower
Saturday: snatch or high pulls/upper

Quote:

Originally Posted by lylemc
d
Yup but they don’t have to be the same movement, depending on the skill of the lifter (i.e. do they need lots of technical practice on the basics). So you might full clean one day, power clean another, full snatch one day, power snatch another. Or just power movements every day.

3.15 You may want to watch out for shoulder girdle overload:
Quote:

Originally Posted by Alkanphel
http://monkeyisland.lylemcdonald.com...&postcount=624
Naturals still keep a high amount of OH work in there.

If you're worried about it, just manipulate load, volume, and frequency to adjust for your tolerances. Also, you can choose different kinds of OH lifts and supporting/assistance movements that vary in the amount of strain they place on a given person.

It's just like anything else.

Doesn't cause me any undue issues- natural, juiced, or during PCT. Some people can handle it better than others, and it's something that should be adjusted upwards only in a gradual fashion.

Don't get me wrong, with all of the attention I give to Presses, I start breaking down, for lack of a better phrase at the moment, if I start going crazy (too heavily, too frequently, and too long
without switching or backing off) with OH Pin Presses w/bands, BTN Push Presses, Push
Presses, Bradford Presses, and Close-grip Military Presses (among others). I take notice of this,
adjust the routine accordingly.

Same deal with OL lifts themselves.

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=630
since you'll be starting very light initially to learn technique in the movements, I don't know how
much of an issue this will really be

you probably won't want every day to be heavy once they do get technique down. Maybe 2 heavy
days tops and either 2 light and 1 light/1 medium day.

Or, again, just control it with choice of movement. Clean from floor or full clean is heavy, power
clean from hang is light. Snatch from floor or full snatch is heavy, power snatch from hang is
light.

3.16 Why are higher reps recommended for the arm exercises?

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=130
a. habit
b. aesthetics
c. cuz arms already got hit in lower rep ranges with the compound pushing so you might as well
hit a different MU pool

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=378
arms have already gotten hit heavily in lower rep ranges and it's easy to annoy a tendon

you could probably drop arm work and be fine (see FortifiedIron's no isolation hypertrophy
routine).

but you throw in some higher rep pump work to kep the OCD bodybuilding bastards happy and
move on
4. Diet

4.1 I want to cut on this routine. How to?
http://monkeyisland.lylemcdonald.com...&postcount=383
Quote:

Originally Posted by lylemcd
IMO, any training that works for bulking works for cutting but yes, you can/may need to cut the volume (and or frequency), but maintain intensity (weight on bar).

So rather than 4 sets of 6-8 + 2-3 set of 10-12 when you had plenty of food to recover from, you drop back to 2 sets of 6-8 and 1 set of 10-12 but try to keep the weight on the bar.

What you really don't ever want to do is lower the weight on the bar. That's a fantastic way to lose muscle.

as mentioned endlessly, you can maintain most biomotor capacities with a 2/3rds reduction in volume and frequency but ONLY if you maintain intensity.

4.2 How do I transit from bulking to dieting on this routine, i.e. the hardening period?
http://monkeyisland.lylemcdonald.com...&postcount=552
Quote:

Originally Posted by lylemcd
either reduce volume or frequency or both. What would probably be best is to reduce volume (you can cut it by 2/3rds) for 2 weeks while you move calories to maintenance. so 4X6-8 + 3X10-12 becomes 2X6-8 and 1X10-12 or so. Consider this a consolidation period but keep the weight on the bar the same (don't try to increase it). Used to be called a hardening period. if you want to bring in a low volume of cardio (start low, 20' every other day)

then you can start with a gradual caloric reduction/increasae in cardio (if needed).

4.3 Should I do deload and the run-up while dieting?
http://monkeyisland.lylemcdonald.com...&postcount=677
Quote:

Originally Posted by Conciliator
You're generally not going to be getting any stronger or making any PR's while dieting. Even when you aren't dieting, a drop in load constitutes a loss of the stimulus for the degree of muscle you're carrying. Things just get worse when you combine it with a caloric deficit.

I wouldn't deload. Continue lifting heavy and try to maintain your strength in all your heavy sets.
4.4 So how should I eat while bulking and doing the deload?
http://monkeyisland.lylemcdonald.com...&postcount=683
Quote:

Originally Posted by lylemcd
yeah, it’s not uncommong to see more growth during the deload, probably wnt to keep calories slightly above maintenace to take advantage

4.5 What about recomposition with this protocol?
Quote:

Originally Posted by Anthrax Invasio
http://monkeyisland.lylemcdonald.com...&postcount=877
Should work fine. Do a 3-day split for Lyle's routine. I dunno if four days will work as well with IF.

Focus carbs (and calories, in general) around training, particularly in the window after, eat within 8 hours, fast for 16. Lower carbs on diet days, don't go crazy on cardio at first (joints will suffer, leg strength may as well), and eat less calories.

The difference in calories shouldn't be TOO vast on training and diet days, though. That's per Work's most recent recommendation - too big a discrepancy is no good.

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=879
agreed, probably have to move it to a three day/week alternating ABABA kind of thing.

Quote:

Originally Posted by lylemcd
http://monkeyisland.lylemcdonald.com...&postcount=894
I think you should go about setting the daily calories relative to maintenance

if your current maintenance is 4000 cal/day, you'd need a slight surplus on training days to cover energy requirements for muscl growth and a deficit from that value on the other days to keep fat down/cause fat loss.

so you might end up at 4500/3500 or whatever depending on goals. or even 4300/3500 or whatever.
5. Miscellaneous

5.1 I have heard, Lyle will make another book and promised to fucking translate all his other stuff for those foreigners overseas?
http://monkeyisland.lylemcdonald.com...&postcount=413

Yes that's right.
Quote:

Originally Posted by lylemed
Another book project that has been on my mind, yes