



19 yrs old



12 yrs later

# Super**SIZE** Workout routine

## How to gain 1 inch per muscle group and 10-15 solid pounds in 30 days!



By: IFBB Pro Bodybuilder Art Atwood

### Are you tired of your workout routine or making slow progress in the gym?

This training and supplement timing program utilizes the “feeding window” of “hyper-volumized” muscle tissue. Expanding muscle tissue using a high volume/high set routine and then swelling tissue even further with cell volumizers causes a phenomenal growth state inside muscle cells. This “pushed-to-the-limit” style of cellular muscle expansion causes the body to naturally release some very special hormones: IGF-1, FGF, VEGF, NO. These hormones, along with the cellular expansion and precise “feeding” of muscle cells, create an extreme new level of muscle growth that can take you into “cartoonish” proportions!

What I want to give you is a **system** of training and supplementation that literally forces your body into growth. As one of the largest professional bodybuilders on the IFBB circuit, I have mastered the “art” of gaining solid permanent muscle mass. When I incorporated “hyper-volumization” & hyper-feeding into my routine, my body took on a whole new level of size, muscular fullness & shape. I noticed that my muscles maintained more of a “bubbly” round look to them and literally transformed from one workout to the next. I can’t explain enough in words how it feels to see your body change in days and weeks verses months and years!

Putting on quality muscle really is quick and easy if you know what you are doing. How much time and energy have you wasted with little or no progress in the gym? Trying to figure out everything on your own can take years! How about if I can help you speed up the learning curve just a bit and help you break thru that plateau and finally start gaining the size that you are after? You may already understand the basics for muscle growth, and yes, they are all very important. However the key ingredient that lays the foundation for **permanent new** muscle growth can be found in your training style and the timing of your nutrition. You can have **the best** diet in the world, use massive amounts of hormones, get all the rest and recovery that you need but if you don’t workout and stimulate **new** deep muscle fibers and swell them to immense proportions, then none of that matters! Without the proper stimulation & swelling of **multiple** muscle fibers you are simply not going to grow like you expected.

Now I can’t cover all the science on one sheet of paper but I am going to get you started with a workout and timing system to radically expand, transform and create new muscle cells and get you to experience what **real** muscle growth is like!

### This workout is going to take you thru 3 easy steps to launch you into a new realm of muscle expansion:

#### Step 1. Swell the muscle tissue early in your workout and force blood into it as long as possible.

Perform 3 exercises per body-part, 4 sets each. Every set is to failure. You are going to do a triple drop set on the last set of each main exercise. We will also be doing 3 Tri-Sets (3 exercises in a row) for each muscle after the 3 main exercises.

#### Step 2. Hyper-Feed this swollen muscle with aminos, glucose & creatine.

Sip on a cocktail of BCAAS, Essential aminos, glutamine, buffered creatine, glucose and insulin potentiators before, DURING and after your training. With increased blood in the muscle, we now have an ideal opportunity to hyper-deliver critical growth compounds up to a **20x** greater rate!

#### Step 3. Create new cells via IGF-1 release thru **POWER PARTIALS**.

Tap into deep new satellite cells thru power partials. Increase poundage on your last set by 30% and perform 1/4 reps in the strongest range of motion for that muscle. The top 1/4 range for Incline barbell for example or the first 3-5 inches on almost any movement. It looks like you are an ego maniac trying to lift more weight that you can handle but we are deliberately forcing new cells to grow here. Do as many reps as possible and hold the weight on the last rep until gravity pulls it down. Perform your triple drop set immediately following the power partial reps. Go to absolute failure! Remember, you are creating **NEW** cells, PUSH IT!!!

#### **DAY 1**

#### Back

Sets Reps

Lat pulldowns 4 10-12  
Bent row (overhand grip) 4 10-12  
Seated low cable rows (V-bar) 4 10-12  
\*Rest 90-120 seconds between sets  
\*Make sure you increase the weight by 30% on the last set of each exercise & do power partials, then finish with triple drop set!!!

#### **DAY 1**

#### Back continued

TRI-SETS Reps  
Hammer Strength machine (Under hand grip) 9-10  
Rest 30 seconds  
V-Bar pulldowns to chest 9-10  
Rest 30 seconds  
Standing Stiff arm pull downs 9-10  
Rest 35 seconds and repeat Tri-Set 3 times. Go to failure!

It is highly recommended that you consult your physician and have a physical examination prior to beginning a weight-training program. Any comments provided are for entertainment & general information purposes only. They do not represent medical advice. Proceed with the suggested diet, supplements, exercises and routine at your own risk. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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# Super**SIZE** Workout Routine cont.

<b>DAY 2</b>	<b>Chest</b>	<b>Sets</b>	<b>Reps</b>
Incline Barbell press		4	10-12
Flat bench dumbbell press		4	10-12
Incline bench dumbbell flies		4	10-12
*90-120 sec rest. Power partials & triple drop on 4th set of each exercise!			
<b>TRI-SETS</b>			
Hammer Strength Incline			9-10
Rest 30 seconds			
Decline dumbbell flies		9-10	
Rest 30 seconds			
Pec Dec flies		9-10	
Rest 35 seconds and repeat Tri-Set 3 times. Go to failure!			

<b>DAY 3</b>	<b>Legs</b>	<b>Sets</b>	<b>Reps</b>
Straight bar squats		4	10-12
Leg Press		4	10-12
Hack Squats (triple drop set on 4th, no PP)		4	10-12
*90-120 sec rest. Power partials & triple drop on 4th set of squats and leg press.			
<b>TRI-SETS</b>			
Leg Extensions			9-10
Rest 30 seconds			
Machine Squats		9-10	
Rest 30 seconds			
Sissy Squats		9-10	
Rest 35 seconds and repeat Tri-Set 3 times. Go to failure!			
<b>Hams</b>			
Stiff-leg Barbell deadlifts (no pwr partials!)	3		10-12
Lying Leg curls	3		10-12
Seated Leg curls	3		10-12
*90-120 sec rest.. Power Partial & triple drop on 3rd set of lying leg and seated leg curl movements.			
<b>Super Sets</b>			
Standing leg curls			9-10
Rest 30 Seconds			
Stiff-leg Dumbell deadlifts			9-10
Rest 35 seconds and repeat Super Set 3 times. Go to failure!			

<b>DAY 4</b>	<b>Arms</b>	<b>Sets</b>	<b>Reps</b>
Standing Wide-grip curls (ez curl bar)		4	10-12
Seated Incline dumbell curls (simultaneously)		4	10-12
Preacher bench curls (ez curl bar)		4	10-12
*90-120 sec rest. Power partials & triple drop on 4th set of each exercise!			
<b>TRI-SETS</b>			
Dumbell Hammer Curls			9-10
Rest 30 seconds			
Reverse curls (st. bar)			9-10
Rest 30 seconds			
Cable curls (st. bar)			9-10
Rest 35 seconds and repeat Tri-Set 3 times. Go to failure!			
<b>Triceps</b>			
Close Grip Bench Press (elbows in)	4		10-12
Cable rope extensions	4		10-12
Seated overhead extensions (ez curl bar)	4		10-12
*90-120 sec rest. Power partials & triple drop on 4th set of each exercise!			
<b>TRI-SETS</b>			
Hammer Machine Dips			9-10
Rest 30 Seconds			
Wide Pushdowns (st. bar)			9-10
Rest 30 seconds			
Overhead Rope Extensions			9-10
Rest 35 seconds and repeat Tri-set 3 times. Go to failure!			

<b>DAY 5</b>	<b>Delts</b>	<b>Sets</b>	<b>Reps</b>
Barbell Military Press		4	10-12
Dumbell lateral raises		4	10-12
Seated Dumbell Press		4	10-12
*90-120 sec rest. Power partials & triple drop on 4th set of each exercise!			
<b>TRI-SETS</b>			
Dumbell Front Raises			9-10
Rest 30 seconds			
Rear Pec Dec Flies			9-10
Rest 30 seconds			
Dumbell lateral raises (yes, 2nd time!)			9-10
Rest 35 seconds and repeat Tri-Set 3 times. Go to failure!			
<b>Super Sets</b>			
Dumbell Shrugs			9-10
Rest 30 Seconds			
Hammer or Machine shrugs			9-10
Rest 35 seconds and repeat Super Set 5 times. Go to failure!			

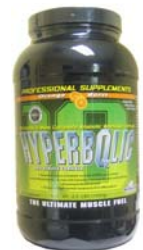
<b>DAY 6 &amp; Day 7</b>	<b>Calves/Abs &amp; Focus Body-part</b>	<b>Sets</b>	<b>Reps</b>
<b>Calves</b>			
Standing calf raise		5	10-12
Leg Press calf extensions		5	10-12
*60 sec rest. Triple drop set on 5 set of each exercise.			
Seated calf raise		2	10-12
Donkey calf raise		2	10-12
<b>Abs</b>			
Rope Crunch		5	10-12
Hanging leg raises		5	10-12

\*For weak or "focus" body-part, choose 3 exercises and do 4 regular sets on Day 6 or 7. Make sure you have 48 hrs of recovery before training it again. Example: Do arms on Day 4 & a "focus" day on Day 7.  
 \*Power Partial are best to use Smith machine or Dumbells for safety, otherwise use safety measures (bar supports) to aid extreme failure. The key on power partials is to go to failure, then hold the weight until your fibers reach melting point. Then you can be certain you created new cells!  
 \***STRETCH!** In-between each exercise/set. This increases blood flow and expands fascia & fibers allowing more room for growth and expansion.  
 \*After 2 weeks of this routine, do the order of exercises in **reverse** for the next 2 weeks.  
 \*\*This is only the **FIRST PHASE** of the Super**SIZE** routine. Check back with your retailer in 30 days for the Second Phase!

## SUPPLEMENTS

To take full advantage of our hyper-volumized state where you are able to increase nutrient uptake at a greater rate, make sure you drink:

- 1 scoop of **Hyperbolic 10™** 45-60 minutes prior to training. You can mix this with 20 oz of water or Gatorade. H10 is **ideal** to take with 1 scoop of **Pure Karbolyn™** for increased glycogen uptake.
- Sip on 1 scoop of Hyperbolic 10™ **during** your workout with 1/2 to 1 scoop of Pure Karbolyn™ mixed with it. Use at least 24 oz of water!
- Drink 50-75 grams of Pure Karbolyn™ or fast absorbing carb, immediately post workout. Follow this with 60 grams of Whey Protein Isolate (20-30 minutes later). Make sure you drink plenty of water before you workout and at least get 1.5 gallons per day. This will enhance the volumization effect and give you more energy.



## EASY DIET

1. Make sure you eat a meal 1-1.5 hours after your post workout protein drink. 60-100 grams of carbs and 60 grams of protein.
2. Eat 5 to 6 meals per day (2-3 hrs apart). Make sure you get about 60 gms protein & 60 gms of carbs per meal.
3. Eat a small handful of walnuts with each meal for Omega Fats. Or you can add olive oil to food. Fish oil caps are also good source

\*For the complete science behind this training routine or for questions/comments, please visit [www.Artatwood.com](http://www.Artatwood.com). or [Professionalsupplements.net](http://Professionalsupplements.net)  
 \*\*\*This is an advanced routine and I normally would charge \$300 for this same workout with minor adjustments to fit individual needs. Enjoy!!!