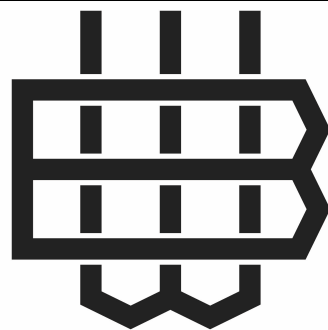


**BOBBY
WEST
SIDE**

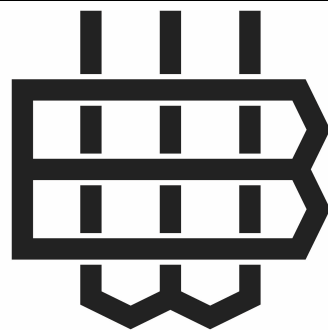


DENSITY

Strength Programming

Q1 2020

BOBBY WEST SIDE



OVERVIEW

Our initial concept is **DENSITY**, or mass per unit of volume. Efficiently generating as much power as possible with the least amount of body weight, and carefully managing your relationship between the two.

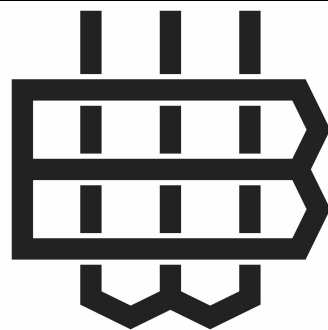
When I began my fitness journey around a decade ago, I was looking for my 'end game inspiration' but wasn't attracted to the massive muscle bodybuilders or the skinny cross-country types. Both are highly impressive! but I was always most focused on filling out my own frame, developing significant strength *and also* maintaining an athletic functionality.

Accordingly, this program focuses on building muscle mass with anaerobic exercises (higher weight, lower heart rate) as well as more volume focused aerobic strength training (lower weight, higher heart rate).

This is all programmed based things I've actually done and I'll of course be doing these workouts myself. You can check in with me **@bobbyxwestside** on Instagram to see my own progress or to ask any questions! Let's go!

xoxo

BOBBY WEST SIDE



HOW TO NAVIGATE

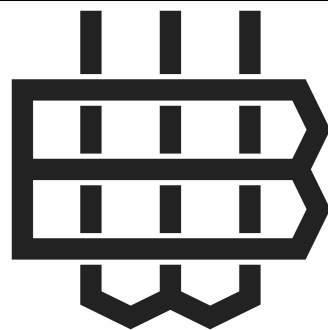
Hello! Within, you're going to find nine workouts, three for every month, that focus individually on the push, pull, and lower body systems. These are meant to be done at least once a week as you track the amount of weight you use to monitor strength development.

As mentioned earlier, we're looking at Mass and Volume exercises in this program. Isolated moves to build muscular power, followed by pairing moves in a superset to generate muscular endurance. Then to spike our metabolism on the way out of the gym, every workout ends on a "2020 Finisher" – 20 seconds of 1 move, 20 seconds of another, 20 of recovery (usually ab focused). Rinse and repeat until you can't anymore. Get it? 2020? Whoa.

If you've been to the gym regularly before, as an athlete or regular civilian, this will all be straightforward – things like "back squat" and "incline bench press" won't be confusing. If you don't know a move, which shouldn't happen often, just hit the quick Google machine and you'll quickly find and never forget it.

And finally, I put some weight designations for each set, simply a box that says Light | Medium | Heavy – it's never going to be possible to tell everyone exactly which weight they specifically to use, so pay attention to how I describe it. For example, "5 reps should end with failure or near failure," so if you cruise through those five reps, that's not your "heavy" weight.

BOBBY WEST SIDE



SOME QUICK NOTES

1

This program is meant for the gym! I wish getting super strong was possible from your living room but you'll definitely need access to heavier weights.

2

It ain't fancy! My parents just joined Planet Fitness and I wrote this with them in mind. You don't need flashy toys to get started and won't need it for this.

3

There's a little shorthand you should know! "AxB" is short for A number of Sets with B number of Repetitions. So 5x5 means 5 Sets of 5 Reps each, etc.

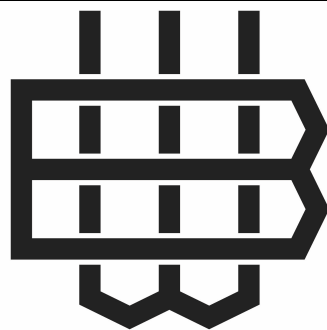
4

Make every workout yours! Each program will take 45-60 minutes, but don't be afraid to customize it for time or goals. But try to make it through the finisher!

5

And finally, your diet will matter most! Working out is important to tear the muscle, but your nutrition will dictate how well you recover and rebuild it.

BOBBY WEST SIDE



CALENDAR

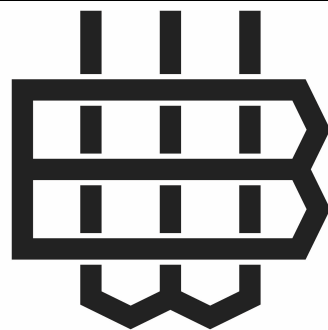
Once a Week

M	Tu	W	Th	Fr	Sa	Su
Push	Recovery / Total Body	Pull	Recovery / Total Body	Lower	Recovery / Total Body	Recovery / Total Body

Twice a Week

M	Tu	W	Th	Fr	Sa	Su
Push	Pull	Lower	Push	Pull	Lower	Recover

**BOBBY
WEST
SIDE**



The Workout

MONTH 1

BOBBY WEST SIDE

MONTH

1

PUSH Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 5 rounds: 5 pushups + 1 down dog
- 5 rounds: 10 sec single arm pec stretch against wall corner

Mass

H

Power Lift 1: Barbell (BB) or Dumbbell (DB) Bench Press

H

Power Lift 2: BB/DB Overhead Press (Standing or Seated)

- 3x10 warm up, 5x5 power sets done individually
- Warm up should be progressive light weight, no failure
- 5 rep weight should end with failure or near-failure
- *Recovery: 90 sec to 3m between power sets*

Volume

M

Superset 1: DB Incline Press + Tricep Kickbacks (Single Arm)

M

Superset 2: DB Arnold Press + Chest Fly

- 3x8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** jackknife **20 sec** toe touch crunch **20 sec** recovery

BOBBY WEST SIDE

MONTH

1

PULL Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 5 rounds: 1 push up, 1 up dog + hold, 1 down dog + hold
- 5 rounds: 10 second single arm hang (and switch)

Mass

H

Power Lift 1: Barbell or Dumbbell Row

H

Power Lift 2: BB/DB or EZ Bar or Cable Bicep Curl

- 3x10 warm up, 5x5 power sets done individually
- Warm up should be progressive light weight, no failure
- 5 rep weight should end with failure or near-failure
- *Recovery: 90 sec to 3m between power sets*

Volume

H

Superset 1: Lat Pulldown (Pullup) + DB Hammer Curl

M

Superset 2: DB Concentration Curl + DB Reverse Fly

- 3x8 for both exercises, weight may vary between them
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec plank row 20 sec pushups 20 sec recovery**

BOBBY WEST SIDE

MONTH

1

LOWER Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 10 good mornings, 10 lateral leg swings on each
- 5 rounds: 10 second hold runner's lunge on each side

Mass

H

Power Lift 1: BB/DB or Hex Bar (Preferred) Deadlift

H

Power Lift 2: BB/DB Back Squat

- 3x10 warm up, 5x5 power sets done individually
- Warm up should be progressive light weight, no failure
- 5 rep weight should end with failure or near-failure
- *Recovery: 90 sec to 3m between power sets*

Volume

M

Superset 1: Single Leg DB Deadlift + SL Bench Lunge

M

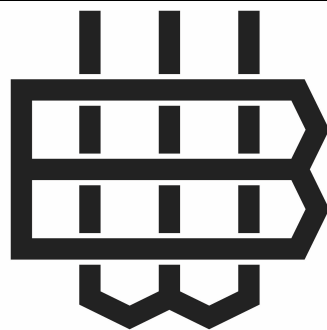
Superset 2: Machine Hamstring Curl + Machine Leg Extens.

- 3x8 for both exercises, weight may vary between them
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** crunch **20 sec** Russian twist **20 sec** recovery

**BOBBY
WEST
SIDE**



The Workout

MONTH 2

BOBBY WEST SIDE

MONTH

2

PUSH Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 3 rounds: 8 pushups into side plank rotation (4L 4R)
- 3 rounds: 10 sec hold in child's pose and down dog

Mass

H

Power Lift 1: BB/DB Incline Bench Press

H

Power Lift 2: BB/DB or EZ Bar Skull Crushers

- 3x10 warm up, 5 sets: 10|8|6|6|6 reps
- Warm up should be progressive light weight, no failure
- As rep count gets lower, weight should get higher
- *Recovery: 90 sec to 3m between power sets*

Volume

H

Superset 1: DB Chest Press + DB Shrugs or Farmer's Carry

L

Superset 2: DB Incline Fly + DB Lateral Shoulder Raise

- 3 sets: 12|10|8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** bear plank **20 sec** shoulder tap **20 sec** recovery

BOBBY WEST SIDE

MONTH

2

PULL Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 10 walkouts to pushups into side plank rotation (4L 4R)
- 3 rounds: 10 sec hold in child's pose and down dog

Mass

H

Power Lift 1: Weighted Pull-Ups (or Heavy Lat Pulldown)

H

Power Lift 2: Rotating DB Bicep Curls

- 3x10 warm up, 5 sets: 10|8|6|6|6 reps
- Warm up should be progressive light weight, no failure
- As rep count gets lower, weight should get higher
- *Recovery: 90 sec to 3m between power sets*

Volume

H

Superset 1: Single Arm DB Bench Row + DB Hammer Curl

M

Superset 2: Pec Deck Reverse Fly + Machine Preacher Curl

- 3 sets: 12|10|8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** hanging crunches **20 sec** burpees **20 sec** recovery

BOBBY WEST SIDE

MONTH

2

LOWER Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 3 rounds: 10 air squats with single leg knee grab (5L 5R)
- 3 rounds: 10 bird dogs (5L 5R)

Mass

H

Power Lift 1: Barbell or Dumbbell Front Squat

H

Power Lift 2: Barbell Straight Leg Deadlift

- 3x10 warm up, 5 sets: 10|8|6|6|6 reps
- Warm up should be progressive light weight, no failure
- As rep count gets lower, weight should get higher
- *Recovery: 90 sec to 3m between power sets*

Volume

H

Superset 1: Goblet Box Squat + Standing Oblique Crunch

H

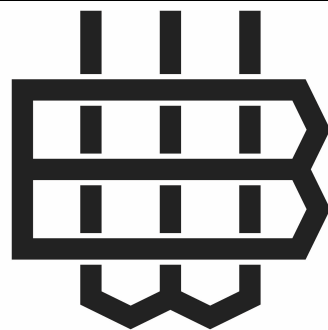
Superset 2: Sumo Deadlift + Bench Support Glute Bridge

- 3 sets: 12|10|8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** scissor kicks **20 sec** bicycles **20 sec** recovery

**BOBBY
WEST
SIDE**



The Workout

MONTH 3

BOBBY WEST SIDE

MONTH

3

PUSH Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 3 rounds: 10 pushups, 20 shoulder taps, 30 sec mntn climb
- 3 rounds: 10 sec hold pec stretch each arm on wall corner

Mass

H

Power Lift 1: Max Barbell Bench Press

H

Power Lift 2: 5x5 Barbell Bench Press

Always be cautious of failure with max sets, and of course don't be afraid to ask for a spotter or cheat gratuitously if needed

- 3x5 LIGHT warm up, start with just 2 reps of your 5 rep weight and add weight (with recovery) to find max
- Aim for improvement over Weeks 1|2 number
- *Recovery: 2m between max sets, 90s to 3m b/w 5x5*

Volume

M

Superset 1: DB Thruster + DB Chest Fly

H

Superset 2: Machine Tricep Dips + Barbell Shrugs

- 3x8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- Cycle through until failure, twice
- **20 sec** elbow plank **20 sec** left side **20 sec** right side

BOBBY WEST SIDE

MONTH

3

PULL Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 3 rounds: 10 hip openers, 20 pushups, 30s arm circles
- 3 rounds: 30s bar hang (or standing pull)

Mass

H Power Lift 1: 5x5 DB Single Arm Row

H Power Lift 2: Max Reps *or* 5x5 Pull-Ups / Lat Pulldown

- Light progressive warm up for standard 5x5 rows
- If choosing max reps, aim for 3 rounds with 3 minutes of recovery, otherwise, standard 5x5 strength series
- *Recovery: 2m between max sets, 90s to 3m b/w 5x5*

Volume

H Superset 1: BB/EZ Bar Bicep Curl + Underhand BB/EZ Row

M Superset 2: Cable Rope Hammer Curl + Rope Face Pull

- 3x8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** leg lift **20 sec** hollow hold **20 sec** recovery

BOBBY WEST SIDE

MONTH

3

LOWER Focus

HEAVY

MEDIUM

LIGHT

Warm Up

- 3 rounds: 10 squats, 20 jumping lunges, 30 sec good mrrng
- Runner's lunge with down dog (2-3m)

Mass

H Power Lift 1: Max Barbell Back Squat

- Light progressive warm up, call it 3x10
- Start with 5 rep weight and aim to add weight in a 5|4|3|2|1 (max) rep scheme
- Be most thoughtful with your form and how much weight you add, thus only one power lift for max day
- *Recovery: 2m between max sets, 90s to 3m b/w 5x5*

Volume

H M Superset 1: Barbell Deadlift + Single Arm DB Snatch

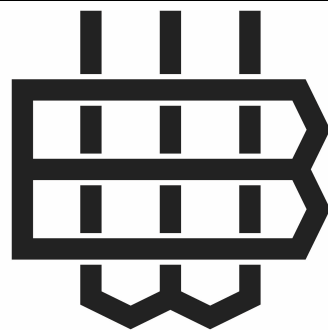
M Superset 2: Single Leg Machine Leg Press + Mach. Calf Raise

- 3x8 for both exercises, weight may vary
- *Recovery: < 30 sec b/w exercises, < 90 sec b/w sets*

2020 Finisher

- 6 minutes
- **20 sec** marching plank **20 sec** mntn clmbr **20 sec** recover

BOBBY WEST SIDE



CONCLUSION

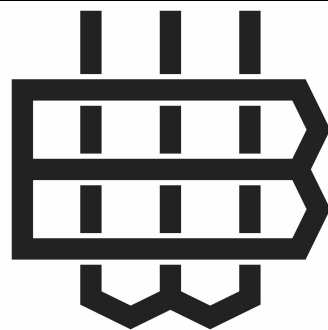
I assume you'll get to this page right away or at least far before you might have given the workout a try, but I wanted to say at least thanks for flipping through!

My goal as a trainer and group fitness instructor has always been to reach people individually even after they leave the studio, state, country, or what have you, so I thought a cool thing would be some free workouts to try and track.

I think a lot of things get lost in the modern fitness scene, one that often promotes instant results and flashy solutions. The truth is pretty much everybody selling anything got there by committing a shit ton of their time to the gym and balancing their diet and activity outside of it! And that's okay, it's just not a sexy sell. But it's important for you to remember.

So if there's one thing to take away, forget the workouts. Just remember that everybody – **everybody** – started from somewhere they didn't want to be. They had an idea of where they wanted to end up and simply committed to the work to get there. That's the 2020 vision we're on this year.

**BOBBY
WEST
SIDE**



DENSITY

Strength Programming

Q1 2020