



PRESENTS



PURPOSEFUL PRIMITIVE TRAINING ROUTINES

PHILOSOPHIC OVERVIEW

Why do we train? Why do we diet? Why do we take supplements? Why do we join gyms? Why do we invest time, money, energy and effort into all things strength, health and fitness-related? What motivates us?

ANSWER: The Overarching Goal is Radical Physical Transformation

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IRON MASTERS

Each man selected for these routines is a foundational Master who has amplified the ultra-basics of training with their own tactical idiosyncrasies. Becoming familiar with each of these distinct approaches, be it body or mind, revealed on an elemental level each approach is deceptively simple. All used simplistic yet innovative methods powered by gut-busting physical or mental effort.

“The human body will not favorably reconfigure itself in response to ease and sameness. Sytematic struggle and stress are required to trip the hypertrophy trigger.

Hypertorophy is not a gradual or gentle event – rather the cellular equivalent of a nuclear explosion.”

- Marty Gallagher, Purposeful Primitive Author

WHAT IRON MASTERS HAVE IN COMMON

1. The elite use free weights to near exclusion.
2. Sessions are centered on core compound multi-joint exercises.
3. Sessions are intense.
4. Sessions are short.
5. Shocked & traumatized muscles need to be rested before training again.
6. Technical proficiency is sought in all exercises.

Lifter

Training

Description

Paul Anderson

Olympic Lifter &
Powerlifter



The only man to bestride two categories, Anderson's training was broad and varied. He practiced the three overhead lifts, the three powerlifts and was an advocate of partial rep training. He would break rep strokes into thirds and build strength within the partial rep range. This would convert into an improved regular rep. Paul enjoyed enduro training sessions and would take hours to complete a routine, often with thirty minutes rest between sets.

Recommended for advanced men seeking variety.

Bob Bednarski

Olympic Lifter

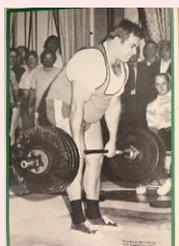


Bob used a variety of training methods. For comparison in "The Purposeful Primitive" we chose a routine that focuses on a single lift or two each training session. This exclusivity allowed him to concentrate fully and completely on a particular lift and hold nothing back. Over a 5-6 day period he would hit all muscles using overhead lifts and squats. This "rolling split" is extremely effective.

Recommended for dramatic change of pace.

Hugh Cassidy

Powerlifter



Cassidy was an early power pioneer and believed in working the three powerlifts to near exclusion twice a week. He also believed that "back-off sets," should be done after working up to a big double, triple or five rep set. Back-off sets were the "hallmark" of his power routines. He would reduce poundage and perform three sets of either 8 reps, 5 reps or 3 reps with static poundage, usually 50 pounds below the top set. These "hallmark" sets forced growth.

Recommended for limited time-maximum power.

Lifter

Training

Description

Mark Chaillet

Powerlifter



Mark was the powerlifting minimalist who worked up to a single rep in three lifts once a week. He staged mini-power competitions every Monday and Thursday. Monday an all out single rep in the squat and bench press. Thursday work up to an all out single rep in the deadlift. This began approximately 12 weeks before a competition with very little, if any, assistance work.

Recommended for those short on training time.

Ed Coan

Powerlifter



The greatest powerlifter in the history of the sport used a five day per week training split. Ed religiously used a wide variety of assistance exercises. Coan's approach is highly applicable for normal individuals. His five day training approach allows for time to attack every muscle on the body fully and completely. This approach is genius!

Recommended for competitive athletes.

Ken Fantano

Powerlifter



Fantano developed one of the strongest raw bench presses in history using basic training tactics and a revolutionary bench press technique. His training was done in two or three weekly sessions and is a perfect template for those pressed for time. He made tremendous gains training twice a week.

Recommended for those seeking maximum return on a minimum time investment.

Doug Furnas

Powerlifter



Doug was subjected to a lot of high volume power training when he trained under Dennis Wright. He later dropped "light days" and established the "once a week per major lift" format. Furnas developed incredibly efficient lifting techniques. He found the right stance widths for his structure in the squat and deadlift and the optimal grip width for his bench press.

Recommended for competitive athletes.

Lifter

Training

Description

Kirk Karwoski

Powerlifter



Karwoski's training split was similar to that of Yates. Four weekly sessions in which each muscle was attacked thoroughly once a week. The key to making this type of routine work is generating sufficient intensity in the individual sessions. Each subsequent week slightly more poundage is used and small weekly increments result in huge cumulative gains over the course of an 8-12 week extended periodization cycle. Karwoski, Coan and Furnas could complete an entire 12 week cycle and never once miss a single rep on any lift.

Recommended for power and size.

Bill Pearl

Bodybuilder



Bill was the master of classical "volume" bodybuilding training. He trained each muscle two or three times weekly and hit each muscle from a variety of angles. He would use three or four exercises for each muscle. Bill's session might take two hours to complete. He never went to failure. Bill sought the cumulative effect of lots of exercises and sets. His rapid pace elicited a strong cardio effect.

Recommended for use in lean-out phases.

Dorian Yates

Bodybuilder



At the polar opposite of Bill Pearl lies Dorian Yates. The Diesel felt that intensity trumped volume and sought to blast a muscle thoroughly, once a week. He completely decimated the muscle, working up to one all out top set, including several forced reps, using two or three exercises per muscle. His approach was intensity based.

Recommended for maximum muscle size.

TWO DAY A WEEK TRAINING

Twice a week training is super simplistic. A beginner would perform three sets of each Core4 lifts. Advanced trainees might want to add back-off sets. This routine is the barest of the bare and must be executed with sufficient intensity. This routines can be extremely productive. It is a result producing legitimate strength approach that is the absolute best entry-level program for a beginner. Total homage is paid to learning, really learning proper technique in the three most important exercises in all resistance training – squat, bench, deadlift.

It can be amped-up for advanced trainees by adding the Hugh Cassidy’s hallmark “back-off sets.” To incorporate back-off sets, work up to the top set then slash the poundage by 25% and perform three static sets. If you are a serious trainer experiencing burnout, twice-a-week training is a great way to rejuvenate. Minimalist routines are wonderfully remedial for chronic burnout.

This routine is ideal for someone with limited time and each session can be completed in 30 minutes (or less) by a beginner. The truly strong might need an hour. If you have a crazy work schedule or hectic life situation, this is for you.

TWO DAY SPLIT: SIMPLISTIC, TIME-EFFICIENT, DEADLY EFFECTIVE (See p.14-15 for 4 week blank log)

Day I Squat, Bench Press, Sumo Deadlift

Day II Squat, Bench Press, Conventional Deadlift

THREE DAY A WEEK TRAINING

The three day a week Purposefully Primitive amalgamated training template is the last of the routines wherein the entire body is blasted, head to toe, in the same session. I used this template successfully for the first five years of my own lifting career. This approach is classic: I got it from Mac McCallum and Bill Starr in the ancient *Strength & Health* Magazines.

A three day a week routine always works well for athletes involved with competitive sports as it allows plenty of time for other athletic activities. The stronger you get, the longer it will take to get through this “Big Man” routine. You **WILL** need a couple of days to recover.

This routine is a lot of work. Beginners should complete it in 45 minutes or less. Advanced men who are stronger might need 60-75 minutes. This is the outer limits of muscular endurance.

Beginners: 3 sets of 8 reps progressive: 1st set-50%, 2nd set-75%, 3rd set-100%. Repeat Day I program on Day 2 and Day 3.

Advanced Trainees: Incorporate exercise variation within each of the basic lifts. See variations below.

THREE DAY SPLIT: WORK THE WHOLE BODY THRICE WEEKLY (See p.16 for blank log)

Day I Squat, Med Grip Bench, Sumo Deadlift, Standing Barbell Press, Barbell Curl, Lying Tricep Extension

Day II **Advanced Trainee:** Pause Squat, DB Bench, Romanian Deadlift, DB Seated Press, Incline DB Curls, Dips

Day III **Advanced Trainee:** Front Squat, Wide Grip Bench, Conventional Deadlift, Press-behind-neck, Barbell Curl, Standing Tricep Ext

FOUR DAY A WEEK TRAINING

When your strength reaches a certain point, whole body routines take too long. The exercises at the end of an elongated whole body routine will invariably suffer. What good is it to handle 150x6 in an exercise at the ass-end of a whole body session when you can handle 150x10 fresh? Session stamina and pure fatigue come into play more and more as you become stronger. Recovery is another issue that becomes more intrusive as you become stronger. If a man can get to the gym for 60 minutes four times a week, incredible gains can be realized.

This is not a beginner routine. Below is an amalgamated version of a four day Yates/Karwoski template. Karwoski's exact routine is outlined on the following pages. *See p.17 for blank log.*

FOUR DAY SPLIT: GROUND ZERO SPLIT ROUTINE– See following page for Day IV

Day I	Leg Day:		Start with squats, continue with front squats, follow up with assistance exercises
	Main	Assistance	
	Squat	Romanian DL or Leg Curl	
	Front Squat	Standing Calf Raise	
Day II	Chest & Triceps:		Start with three grip width benches followed by very light db flyes. Use bench dips if regular dips are problematic.
	Main	Assistance	
	Regular Grip Bench	DB Flyes	
	Wide Grip Bench	Dips	
	Narrow Grip Bench	Lying Tricep Ext	
OFF	Rest for a day in the middle of the split. See the following page for Day IV exercises.		
Day III	Back & Biceps:		Start with deadlifts followed by rows. Power cleans are light and precise. Pick two types of curls – 8-12 reps.
	Main	Assistance	
	Deadlift	Preacher Curls	
	70 Degree Row	Spider Curls	
	Power Clean		

FOUR DAY A WEEK TRAINING (CONT'D)

FOUR DAY SPLIT: GROUND ZERO SPLIT ROUTINE – Day IV

Day IV **Shoulders & Abs:** Start with presses followed by PBN and lateral raises. Some men add light chest, more triceps or another lagging part. Hit abs hard.

Overhead Standing Press
Press-behind-neck (PBN)
Lateral Raises
Abs

OFF Take two days off to be prepared to start the routine over again.

Kirk Karwoski

Prototypical Purposeful Primitive

KARWOSKI FOUR DAY TRAINING SPLIT

DAY	BODYPART	EXERCISES	SETS/REPS
Monday	Legs	Squat	7-10 x 2-8
Tuesday	Chest Arms	Close Grip Bench – touch & go Dumbbell Curls	7-10 x 2-8 2-3 x 5
Thursday	Back	Deadlift Grip Shrugs	7-10 x 2-8 3 x 5
Saturday	Chest	Bench Press – Competition Grip Wide Grip Bench w/ Pause Incline Press	7-10 x 2-8 3 x 5 3 x 5-8

FIVE DAY A WEEK TRAINING

This is an amalgamated variation of Bob Bednarski's rolling training split. This progression concentrates on a single body part or lift per day for five straight days in a row. As an alternative you can use Ed Coan's "straight/no chaser" routine. Both are shown here. This routine works for both power/strength and for leaning out. It can also be used for those pressed for time. You must not rush or let technique disintegrate. Do not skimp on full range-of-motion. *See p.18 for a blank log.*

FIVE DAY SPLIT: IRON IMMERSION

Day I	Legs: Squats, Pause Squats or Front Squats	Pick one: squats, pause squats or front squats Do up to 10 sets. Work up to a max 3-5 rep set then hit 2-3 static sets of 5 to 8 reps
Day II	Chest: Bench Press, DB Bench or Incline Bench	Pick one: bench press, DB bench or incline bench Do up to 10 sets. Work up to a max 3-5 rep set then hit 2-3 static sets of 5 to 8 reps
Day III	Back: Progressive Pulls, Deadlifts or Power Cleans	Pick one: progressive pulls, deadlifts or power cleans Do up to 10 sets. Work up to a max 3-5 rep set then hit 2-3 static sets of 5 to 8 reps
Day IV	Shoulders: Front Barbell Press, DB Press or Press- behind-the-neck	Pick one: front barbell press, DB press or press-behind-the-neck Do up to 10 sets. Work up to a max 3-5 rep set then hit 2-3 static sets of 5 to 8 reps
Day V	Leftovers: Biceps curl/Tricep Ext Calf Raises/Leg Curl Abs	Superset day: superset bi's & tri's and calves & hamstrings. This is a good day for an extended ab session.

FIVE DAY A WEEK TRAINING (CONT'D)

This is a classical Coan routine taken from when he was at his absolute zenith. A typical Coan poundage jump in the squat during the final stages of the cycle would never exceed 20 pounds, a trifling 2% weekly increase for a 1,000 pound squatter. By never overestimating his strength levels he remained injury free.

COAN TRAINS	EXERCISES	SETS/REPS
Monday	Legs: Squat	7-10 x 2-8
	Single leg leg-press	2 x 10-12
	Single leg curls	2 x 10-12
	Leg extensions	2 x 10-12'
	Seated calf raise	3 x 10-12
	Abs: Abs	3 x 20
Wednesday	Chest: Bench press	7-10 x 2-8
	Close-grip bench	2 x 2-8 (pauses)
	Incline press	2 x 2-8
	Tricep extensions	2 x 2-8'
	Abs: Abs	3 x 20
Thursday	Shoulders: Press-behind-neck	5 x 2-8
	Front DB laterals	3 x 10-12
	Sitting side lateral raises	3 x 10-12
Friday	Back: Deadlifts	8 x 2-8
	Stiff leg deadlift	2 x 8-10
	Bent over rows	2 x 8-10
	T-bar rows	2 x 8-10
	Chin ups	2 x 8-10
	Calves: Pulldowns	2 x 8-10
	Abs: Bent over DB laterals	2 x 8-10
	Seated calf raises	1 x 20
Abs	3 x 20	
Saturday	Light Chest: Light wide grip bench	3 x 8-10
	DB Flyes	2 x 10-15
	Weighted dips	1 x 15
	Arms: Tricep extensions	2 x 2-8'
	Barbell curl	1 x 20

PLANNING & PERIODIZATION

Beginners using this 12 week periodization schedule should make sure to progressively increase poundage in three sets – 1st set-50%, 2nd set-75%, 3rd set-100%. Advanced trainees will require more warm up sets on the way to their max set. We break the periodization cycle into three 4 week mini-cycles. When gaining muscle/size reps will decrease every 4 weeks. When looking to lean out the number of reps every 4 weeks will increase.

CLASSICAL PERIODIZATION CYCLE

GAIN SIZE

WEEK REPS

TRIM BODYFAT

WEEK REPS

1-4	Work up to all-out set of 8 reps in all exercises.	1-4	Work up to all-out set of 6 reps in all exercises.
5-8	Work up to all-out set of 5 reps in all exercises.	5-8	Work up to all-out set of 8 reps in all exercises.
9-12	Work up to all-out set of 3 reps in all exercises.	9-12	Work up to all-out set of 12 reps in all exercises.

EIGHT WEEK BEGINNER CYCLE

WEEK	BODYWEIGHT	SQUAT	BENCH	DEADLIFT	CARDIO
1	200	70 x 8	60 x 8	100 x 8	20 min/3x
2	198	75 x 8	65 x 8	105 x 8	22 min/4x
3	196	80 x 8	70 x 8	110 x 8	25 min/4x
4	194	85 x 8	75 x 8	115 x 8	28 min/4x
End of mesocycle Now drop reps, increase poundage, increase cardio					
5	193	95 x 5	85 x 5	125 x 5	30 min/5x
6	192	100 x 5	90 x 5	130 x 5	32 min/5x
7	191	105 x 5	95 x 5	135 x 5	35 min/5x
8	190	110 x 5	100 x 5	140 x 5	40 min/5x

PLANNING & PERIODIZATION (CONT'D)

Elite athletes typically take 12 weeks to prepare for a competition and incrementally increase training demands each succeeding week. The entire process is called a macrocycle and subdivided into monthly mesocycles and weekly microcycles. Each week slightly more is demanded of the body.

So what's going on here? The athlete in his peaking cycle is systematically creeping incrementally upward in four key lifts while simultaneously creeping his bodyweight upward. The plan was constructed ahead of time.

FOUR WEEK PEAKING CYCLE

WEEK	BODYWEIGHT	LIFT	SETS	REPS	LBS
August 7 - 13	260	Power clean	3 top sets	5	245
		Squat	3 top sets	5	505
		Jerk off Racks	3 top sets	5	275
		Incline bench press	3 top sets	5	300
August 14 - 20	263	Power clean	3 top sets	3	275
		Squat	3 top sets	3	535
		Jerk off Racks	3 top sets	3	290
		Incline bench press	3 top sets	3	315
August 21 - 27	266	Power clean	3 top sets	2	290
		Squat	3 top sets	2	550
		Jerk off Racks	3 top sets	2	300
		Incline bench press	3 top sets	2	330
August 28 - Sept 3	269	Power clean	3 top sets	1	300
		Squat	3 top sets	1	585
		Jerk off Racks	3 top sets	1	315
		Incline bench press	3 top sets	1	350

PLANNING & PERIODIZATION (CONT'D)

The athletic elite review results every week to detect trends, mull over what has occurred and plot the next step. Based on the data, they make “in-flight” corrections and institute minute or substantive changes. The log book covers what actually happened and offers instant impressions as to what occurred and why.

At the conclusion of each training week, the athlete should take 15 minutes to look back over the previous week’s training. The savvy athlete determines how they are doing in relation to the projected training template. Establishing and maintaining a detailed training log is the key to solidifying physical progress!

Typical logged entry for a single workout

August 24, 2007; BWT 259lb; noon - Campus Gym

Incline bench - 135x15, 185x5, 225x5, 275x1, 295x5, 295x5 - top sets ridiculously easy!

DB Flat bench - 100x10, 110x10, 120x10, all three sets easy; chest extremely pumped

Power cleans - 135x8, 225x5, 265x5, 275x4 - missed 5th rep, cut the pull/need more wrist snap

Barbell row - 225x5, 275x5, 315x5, 365x6, new PR 365x6 - used straps, felt easy

Finished in 74 minutes; no rush between sets - SmartBomb shake afterwards - 8 weeks to go.

12 week periodized game plan example

WEEK	SETS/REPS
1	250 X 10/3 sets
2	260 X 10/3 sets
3	275 X 5/3 sets
4	285 X 5/3 sets
5	295 X 5/2 sets
6	305 X 5/2 sets
7	315 X 3/2 sets
8	325 X 3/2 sets
9	335 X 2/1 set
10	345 X 2/1 set
11	355 X 1/1 set
12	365 X 1/1 set

See the following page for a sample training log formats – printable or Google doc are available.

TWO DAY TRAINING LOG (Training on p.5)

WEEK	DATE	SESSION	EXERCISE	SETS/REPS
1		1	Squat	
			Bench	
			Deadlift	
		2	Squat	
			Bench	
			Deadlift	
2		1	Squat	
			Bench	
			Deadlift	
		2	Squat	
			Bench	
			Deadlift	
3		1	Squat	
			Bench	
			Deadlift	
		2	Squat	
			Bench	
			Deadlift	

THREE DAY TRAINING LOG (Training on p.6)

WEEK	DATE	SESSION	EXERCISE	SETS/REPS
		1	Squat	
			Med Grip Bench	
			Sumo Deadlift	
			Standing Barbell Press	
			Barbell Curl	
			Lying Tricep Extension	
		2	Pause Squat	
			DB Bench	
			Romanian Deadlift	
			DB Seated Press	
			Incline DB Curls	
			Dips	
		3	Front Squat	
			Wide Grip Bench	
			Conventional Deadlift	
			Press-behind-neck	
			Barbell Curl	
			Standing Tricep Ext	

FOUR DAY TRAINING LOG (Training on p.7-8)

WEEK	DATE	DAY	BODYPART	SETS/REPS
		1	Leg Day: Squat	
			Front Squat	
			Romanian DL or Leg Curl	
			Standing Calf Raise	
		2	Chest & Triceps: Regular Grip Bench	
			Wide Grip Bench	
			Narrow Grip Bench	
			DB Flyes	
			Dips	
			Lying Tricep Ext	
		3	Back & Biceps: Deadlift	
			70 Degree Row	
			Power Clean	
			Preacher Curls	
			Spider Curls	
		4	Shoulders & Abs: Overhead Standing Press	
			Press-behind-neck (PBN)	
			Lateral Raises	
			Abs	

