

WHY DOES T.H.T. WORK SO WELL?

Congratulations – your long search is over! I know you've trained hard before and didn't get the results you expected. I promise - that's all about to change. This is your **WAKE UP CALL**. This is the real way to build muscle!

A lot of other training systems are simply without sound and scientific principles. The result is sub-optimal gains and a heck of a lot of frustration!

If the specific purpose of your training is to make your muscles **LARGER**, you've come to the right place! **T.H.T.** is short for **Targeted Hypertrophy Training**. Hypertrophy meaning “muscle growth”.

T.H.T. is designed specifically to **FORCE** your muscles to get **BIGGER**; it's that simple. There are other programs that claim to produce maximal hypertrophy, but this just isn't the case for the most part – you'll understand why by the time you finish reading this short book.

We're going to “switch on” the growth mechanism in your body so that it literally has no choice but to grow!

You've just joined a group of tens of thousands of people from all around the world who are THT'ing their way to their dream body...for free!

If you're a little cynical as to why this is free – don't be. There are no catches here. My name is Mark McManus and I've been building a global community around my work for a few years now. All I want is for you to join us and be a part of it.

Let me be your new online coach. To do so, you'll need to follow me on my social media profiles so that we can stay in touch. Connect with me here:

[FACEBOOK](#) | **[INSTAGRAM](#)** | **[TIKTOK](#)** | **[TWITTER](#)** |

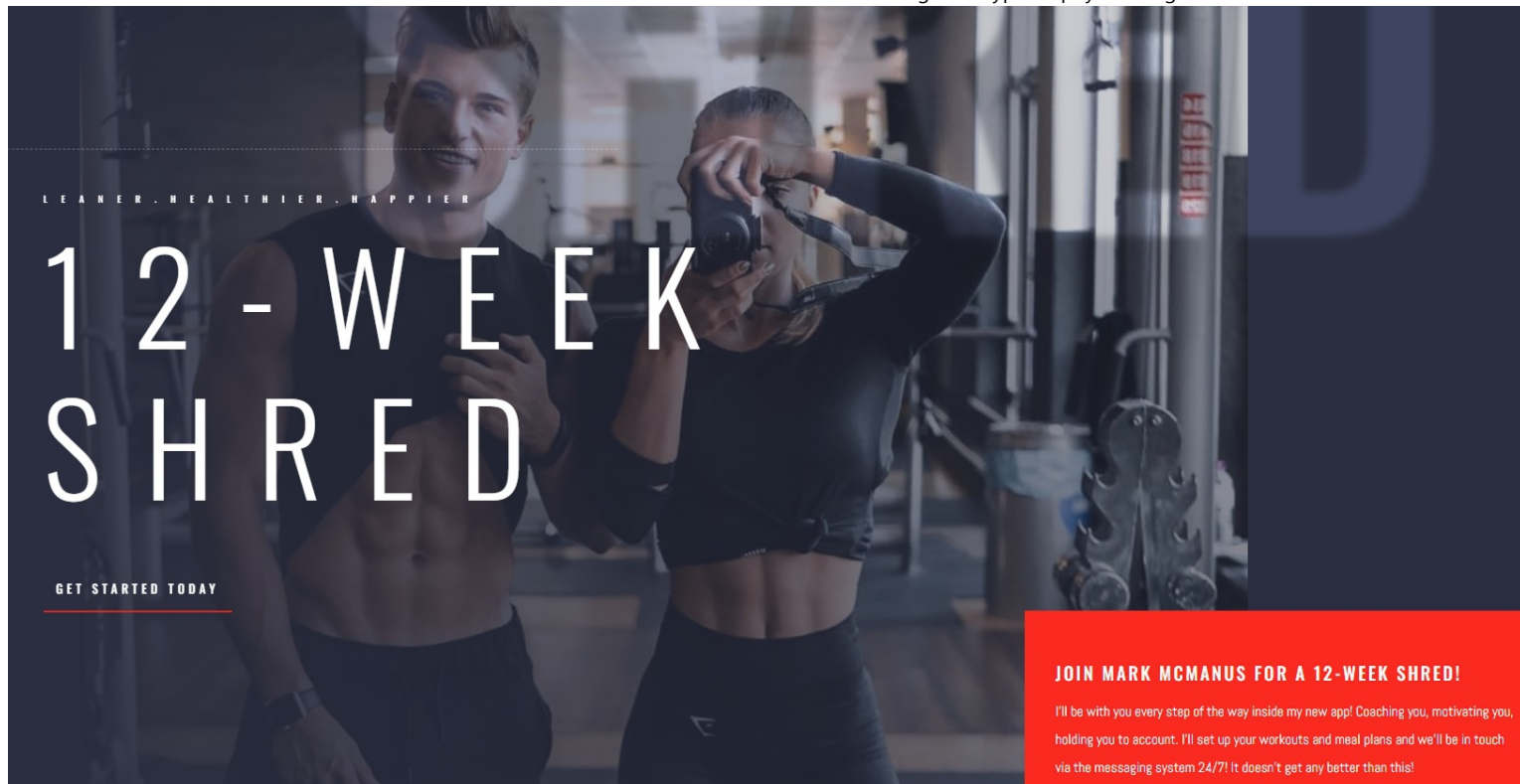
Here are the manual links:

Facebook: <https://www.facebook.com/MuscleHack>

Instagram: <https://www.instagram.com/muscle.hack/>

TikTok: <https://tiktok.com/@MuscleHack>

Twitter: <https://twitter.com/MuscleHacker>



My 12-Week Shred Coaching! I'll take you by the hand and get you ripped inside my new app! I'll be coaching you, motivating you, and holding you to account. I'll create your workouts and meal plans, and we'll be in touch via the messaging system 24/7! [See a preview and discover how to sign up here.](#)

Alternatively, if you want me to be your **coach and mentor** for as long as you like, you'll love my **Premium Mentorship** program. You tell me your goals and we'll work together until we reach those goals! I'll create your meal plans, workouts, and even send **personal videos** to you inside my app. It's me and you 1-on-1 for as long as it takes. [See my Premium Mentorship program here.](#)

GRAB THE FREE MUSCLEHACK APP!



NOTE: Before you go on, don't forget to download the completely **FREE** **MuscleHack** app! You'll be able to track and log your Targeted Hypertrophy Training (**THT**) workouts right inside the app and get all my latest free tips.

Just go to the App or Play store on your mobile device and search for **musclehack** – all one word (for iPhone & Android).

Now you can make sure you are packing on new slabs of muscle over time!

MUSCLEHACK



BY MARK MCMANUS

< Monday and Friday Wo... EDIT SETS

WEEK 1 (MONDAY) WEEK 1 (FRIDAY) WEEK 2 (MONDAY)

1. Barbell Squats

New weight:
 New reps:
 Rep range: 8-12 Rest: 180 sec.
2. Barbell Squats

New weight:
 New reps:
 Rep range: 8-12 Rest: 180 sec.
3. Decline Barbell Bench Press

New weight:
 New reps:
 Rep range: 8-12 Rest: 120 sec.
4. Decline Barbell Bench Press

New weight:
 New reps:
 Rep range: 8-12 Rest: 120 sec.

THT Workout Tracker

MH Blog

How Much Protein Do You REALLY Need? (NEW 2018)
A new Mega Meta-Analysis of 49 protein studies has been carried out on 1863 subjects. Let's put the issue of how much protein we need to build muscle to rest!

Try this – 1 Crazy Set To Grow Your Arms!
Try this Super-Intense "Multi-Set" for your arms that's going to produce some nice new growth! It will expose those arm muscle to brand new levels of intensity!

Is Post-Workout Nutrition Dead?

The Only 4 Supplements You Need To Build Muscle & Lose Fat

HOW THT INCREASES MUSCLE SIZE FAST

Check this out: Your muscles are comprised of individual muscle fibers. Making those individual fibers thicker is what muscle growth is. Any effective bodybuilding system **MUST** be designed in such a way that forces your body to increase the diameter of those fibers. This is **EXACTLY** what **T.H.T.** does! Yes, you'll see a visible difference in muscle size in a matter of weeks with **THT**!

For **THT** to work optimally you must ensure you are getting [enough protein per day](#), and you are getting [enough calories](#) per day (click on those links to find out just how much).

Your protein and calorie needs can easily be met with either of **MuscleHack's** free bodybuilding diets – [G.L.A.D.](#) or [M.A.N.S.](#) **GLAD** is high carb, **MANS** is carb-cycling. They both work equally effectively; you simply pick which one you'd like to do based on the type of foods you like to eat.

Disclaimer: This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. It is presented for information purposes only. Recommendations outlined herein should not be adopted without a full review of the evidence provided and consultation with a physician. Use of the guidelines herein is at the sole choice and risk of the reader. The author and publisher shall remain free of any fault, liability or responsibility for any loss or harm, whether real or perceived, resulting from the use of information in this book.

***IMPORTANT:* THIS TRAINING MANUAL CONSISTS OF 3 MAIN SECTIONS. THEY ARE:**

(1) THT FUNDAMENTALS (UNDERSTANDING THT TRAINING)

- **THE 10-WEEK TRAINING CYCLES**
- **INTENSITY**
- **VOLUME**
- **FREQUENCY**
- **STAYING IN THE RIGHT REP RANGE**
- **PROGRESSIVE OVERLOAD**
- **THE ANABOLIC WINDOW**
- **OPTIMUM REST BETWEEN SETS**

[2] THE THT 3-DAY AND 5-DAY WORKOUTS

- **THE 3-DAY FULL-BODY WORKOUT QUICK-START GUIDE**
- **THE FULL 3-DAY FULL-BODY WORKOUT**
- **THE 5-DAY SPLIT WORKOUT QUICK-START GUIDE**
- **THE FULL 5-DAY SPLIT WORKOUT**

[3] MORE IN-DEPTH THT TRAINING TOPICS

- **HOW TO WARM UP FOR THT TRAINING**
- **THE ULTIMATE MUSCLE-BUILDING CADENCE**
- **WHAT TO DO WHEN YOU FINISH A 10-WEEK CYCLE**
- **TOTAL SIX PACK ABS**
- **THE CHEST BLAST WORKOUT**
- **THE ARMS BLAST WORKOUT**
- **BUFF BAKING MUSCLE-BUILDING RECIPES**
- **THE MUSCLE HACKER'S CREED**
- **REFERENCES**

SECTION 1

T.H.T. FUNDAMENTALS

THE T.H.T. 10-WEEK TRAINING CYCLES

Here's how you'll train on THT...

- THT 3-Day Workout for 10 weeks (8-12 rep range)
- Take a week off training
- THT 5-Day Workout for 10 weeks (8-12 rep range)
- Take a week off training
- THT 3-Day Workout for 10 weeks (6-8 rep range)
- Take a week off training
- THT 5-Day Workout for 10 weeks (6-8 rep range)
- Take a week off training
- Now go back to the top: THT 3-day plan for 10 weeks in the 8-12 rep range.

Remember: If you want or need to change a certain exercise, simply refer to the [Exercise Bank pdf](#) file that came with this download for a suitable replacement.

Simply repeat this cycle over and over again while progressively getting more reps and using slightly heavier weights over time. This is *the* way to get bigger and stronger over time with absolute 100% certainty!

1 QUESTION I NEED TO ANSWER FIRST

Before I lay out the quick-start guide and the workout itself, let me answer the number 1 question I get about THT training. It is this, “How do I know what weight to use in each set?”

Answer: When getting starting with THT training, you'll use the 8-12 rep range for almost every set.

This means that for each and every set, the weight needs to be heavy enough to not allow you to get more than 12 reps, but it needs to be light enough so you can get at least 8.

This will involve a little ‘trial and error’ on your first 1 or 2 THT workouts, but it’s well worth the gains you are going to get.

If you got 8 or 9 reps on the first set of a particular exercise, you will need to knock off about 10% of the

weight for the 2nd set to allow you to and rep to positive failure again between 8 and 12 reps.

What is positive failure? Positive failure is defined as that point in a set when you can no longer complete a full positive/lifting part of the rep without assistance. This is when you end your set.

NOTE: The links in this book **will not work** if you are viewing on the Kindle app. Reading with a PDF reader app like Adobe reader works best.

Want to get **motivated and inspired** for THT training? Go take a quick look at 100% real **before and after pics** of men and women who have transformed their bodies for free with THT. Go here...

[MuscleHack Testimonials](#)

Manual link: <http://www.musclehack.com/category/testimonials-2/>

INTENSITY: HOW HARD YOU NEED TO TRAIN

THT is a high intensity training plan. There is a point in a set where the body's 'Growth Mechanism' is activated; stop before this point and **NO** muscular growth is stimulated. You can liken this to a switch that's flipped when you cross a certain threshold of pressure. This point is also sometimes called 'Overload'.

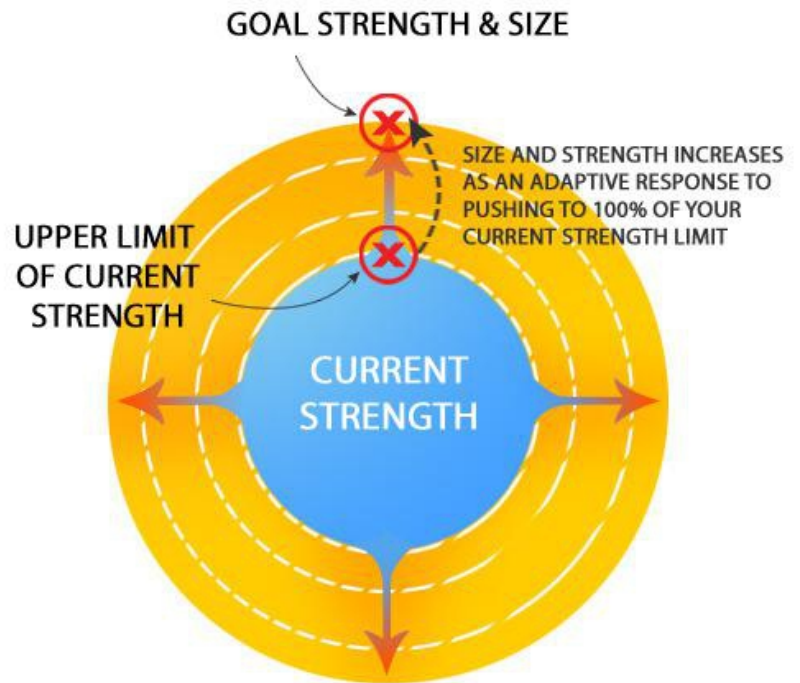
The necessary stimulation to force adaptation (growth) occurs in the last rep(s) of a set.

In order to force the body into making your muscle fibers thicker, you need to give it a damn good reason! Training **WITHIN** your existing strength levels does **NOTHING** to achieve this.

Let's put it simply: If you know you can get a maximum of 12 reps on a given set and you stop at 10 or lower, you did little or **NOTHING** to stimulate a size and strength increase

because you merely trained **WITHIN** your existing strength level.

Stopping a few reps before failure is training **WITHIN** the blue circle to the right. It is only by hitting the outer edge that your set was of sufficient **INTENSITY** to force the body to adapt and grow bigger.



In order to grow bigger and stronger, you need that blue circle to continually expand larger and larger. This means training to 100% intensity i.e. muscular failure.

What do I mean by “failure”?

That point in a set where you cannot possibly complete another lifting part of the repetition unassisted.

Any program (and there are a lot of them) that has you stopping before failure is inefficient for stimulating muscle growth.

Furthermore, any program that has you lifting the same weight in every set (like 5x5 programs and so on) is also **NOT** going to produce growth at anywhere near maximal levels. [Read this article debunking 5x5 workouts for size gains.](#)

Manual link: <http://www.musclehack.com/why-5x5-workouts-dont-build-maximum-muscle/>

NOTE: After you've made incredible gains with a few cycles of **THT** training (and if you have at least 1 year's training experience) you can jack up intensity levels even further with **Advanced THT!** It includes 9 x advanced “Shock and Awe” hypertrophy techniques that will force more gains in size and strength! [Get more details here.](#)



<http://www.musclehack.com/advanced-tht/>

VOLUME: THE AMOUNT OF WORK/SETS YOU NEED TO DO

So we've already established that a High Intensity stress is necessary for stimulating growth. But just how **MUCH** work should we do i.e. how many sets? This is the issue of "volume".

The "more is better" mentality would suggest that the more work you do, the more muscle you'll build. This is erroneous and actually counterproductive to muscle growth.

Many studies have established that growth can be stimulated from just 1 set [1] [2] [3] [4] [5], if that set is brought to the point of muscular failure.

Having said this, even **MORE** growth stimulation will be generated with some additional high-intensity sets.

This meta-analysis [6] concluded that **4-6 sets** can result in **40%** greater hypertrophy.

So the point is this: As long as you train to failure, you will stimulate growth. And you've got 2 choices...

- (1) Train with a low number of sets but hit each body part more often per week. Or...
- (2) Train with more sets per body part and train each muscle less often.

In **THT** we do both, as both approaches are known to work. You do 2 different 10-week long training cycles, which I've already laid out for you.

- The THT 3-day full body plan, followed by...
- The THT 5-day split plan...

...then it's back to the 3-day full body routine (more on that later).

FREQUENCY: HOW OFTEN TO HIT EACH BODY PART

In the first 10-week long THT training cycle, you'll train 3 days per week, doing 2 sets to failure for each body part and training the full body in each workout. Again, each body part is trained 3 times per week with a fairly low volume (amount of sets).

In the next THT cycle, you'll do a max of 8 sets for each body part, but you'll train just 2 body parts per day to really blast it. You'll train 5 days per week in total. So you can see each body part is trained once per week with a moderately high volume (amount of sets).

THT produces **MAXIMUM** muscle growth with precise, efficient, effective workouts, while ensuring that you neither over-train nor under-train. The more **VOLUME** (sets) you do, the longer it takes your body needs to recover and grow.

Now, if you're wondering why you can't just do a high number of sets AND also train each muscle more frequently in order to “speed up” results...the following few paragraphs are for you. **You need to read and understand what I'm about to say – your gains depend on it!**

If you train a muscle again before it has had a chance to finish the recovery and growth process, you simply will **NOT** grow. You are **OVERTRAINING** and actually working against yourself!

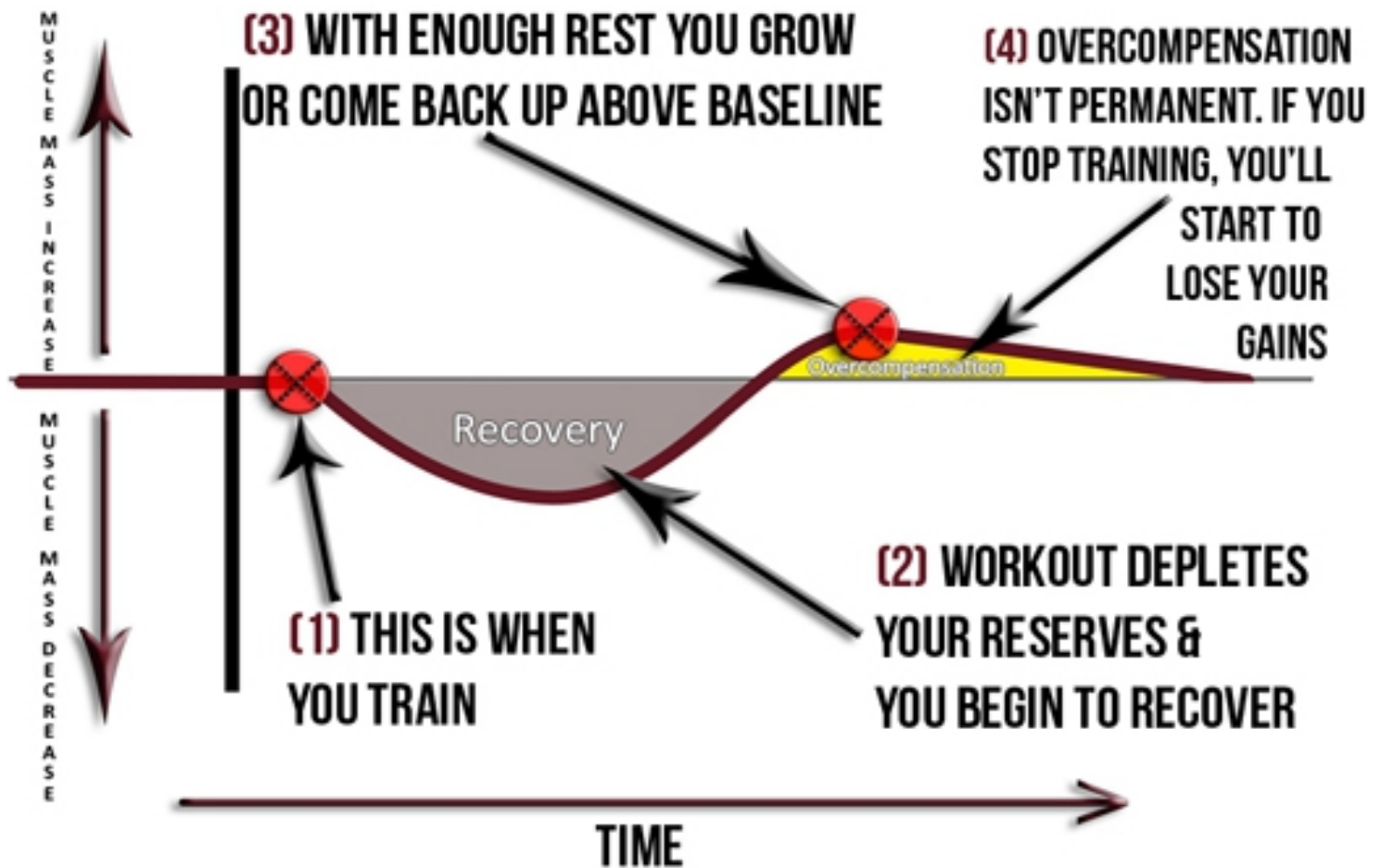
I created a concept known as the **PEAK OVERCOMPENSATION POINT** to illustrate this (**POP** for short).

Overcompensation in this context simply means growth i.e. the body putting back more muscle than was there before the workout. And remember that you don't overcompensate (grow) until you've finished **RECOVERING**.

Too many sets will virtually guarantee that you won't even be recovered, let alone have grown before you hit that

body part again. **THE RESULT:** Overtraining and a lack of progress.

Here's a diagram to help illustrate the point.



If you workout at point (1), you need to wait until point (3) for maximal growth. Your body will dip into recovery (2) first before the process of compensating begins. From this we can define **POP** as:

POP is the period of time it takes for your workout to produce **MAXIMAL GROWTH** and **BEFORE** the muscle starts to **ATROPHY** (get smaller) again.

IT'S LIKE PICKING A SCAB – Ever fall and rip some skin off your knee when you were a kid? Immediately after the event, the body went to work and started the recovery/repair process. You formed a scab.

What did your mother tell you? *“Don’t pick that scab or it won’t heal!”* This is a great analogy for muscle growth. A workout only **STIMULATES** growth, it does not **PRODUCE** it.

The body produces the growth all by itself in the inter-training periods; you just have to leave it alone and **REST**.

So how do you know for sure if you’ve overcompensated?

Well, because the size of a muscle is proportional to its strength, if you’re stronger on your next workout, you’ve overcompensated. Therefore, if you complete more reps

on the same exercise during the next workout, you can be confident that you've overcompensated. And you'll do that a lot on **THT**!

(Note: there is some good research indicating that [supplementing with creatine](#) can optimize the recovery process. [UK/Europe Link](#).)

STAYING IN THE REP RANGE IN ALL SETS

Does it make sense to start your workout at a light weight and gradually build up to your maximum lift? No. It's actually counter-productive for the following reason...

The only time that you have 100% of your strength intact is at the very start of your workout.

This being true, we can then say that you should begin each workout with the heaviest weight you can lift (after your [warm-up](#) of course). Some people have thought it best to “work up” to their heaviest lift. But if you do a number sets before this max lift, that first set **WON'T** actually be your heaviest lift. Here's why...

With each successive set you make further **INROADS** into your strength i.e. you get weaker.

So you'll be fooled into thinking that this is your top weight when it isn't - and by quite a large margin! It should be obvious then that this is an ineffective way to train.

If you are currently building up to your heaviest weight during your workouts, you need to **FLIP** it on its head i.e. from pyramid-style training, to a **REVERSE**-pyramid. So how do we train?

- You warm up as explained in a [later section](#)
- You then hit the particular body part with the heaviest weight you can handle to positive failure for **8-12** reps.
- Take a 2-3 minute break, reduce the weight a little (about 10%), and do the same again.
- Each successive set of the same exercise will be a little lighter, but this ensures that you stay within the given rep range in every set of the workout.

How much lighter? Well it depends on the amount of load used. If you're bicep curling 20kg, you'll only need to drop by 1-2kg's between sets. If you're benching 100kg, you'll need to knock off anywhere from 5 to 10kgs between sets. Generally speaking, a 5-10% drop usually works great.

So you start with 100% of your strength intact and make progressively bigger inroads into your strength as the workout progresses.

And this is for good reason! Creating these inroads triggers the body to adapt and bring your strength not just back to 100%, but >100%. This is **OVER**compensating. This is how muscle growth is actually stimulated.

So when you go back to the gym to perform this same workout again, you'll notice that your max strength has now increased i.e. you've gotten stronger and can handle more weight and/or reps.

Now all you have to do, my friends, is keep doing it! Keep progressing. Adding more weight to the bar and/or performing more reps in successive workouts is the one fundamental that guarantees muscle growth.

THE KEY - PROGRESSIVE OVERLOAD

Everything we've discussed in the book so far counts for **NOTHING** if you get this part wrong.

There is a point in a set where the body's 'Growth Mechanism' is activated; stop before this point and virtually **NO** muscular growth is stimulated. You can liken this to a switch that's flipped when you cross a threshold of pressure. This point is sometimes called 'Overload'.

What then is **PROGRESSIVE** overload?

Progressive overload simply means that you can't keep lifting the same weights for the same number of reps from workout to workout. In short, you must continually...

...seek to increase the amount of weight and/or reps completed during any given set in each successive workout.

So if you completed 9 reps of 50lbs to failure on your first set of [Cable Preacher Curls](#), next week you must aim to reach failure on the 10th rep or higher on the first set.

When you can complete 12 reps at 50lbs, you increase the weight at your next workout. If you can't complete at least 8 reps, the weight is too heavy and you should adjust and go lighter (assuming you are training in the 8-12 rep range).

Please don't be tempted to increase the weight by too much when you hit 12 reps. This is the downfall of many a bodybuilder, and the **REAL** reason behind many plateaus. You should only increase the load **MARGINALLY** to ensure ongoing gains. My rule of thumb is basically to increase the load by 5%-10%. See [this article](#) for more.

(When you start **THT** you'll need to 'feel around' for the correct weights for each exercise. Don't worry, just go to failure and make a note for your next workout.)

Please note that the **THT** rep-ranges I am about to introduce are not pulled out of thin air, nor are they based on tradition. Reaching failure in this window ensures that the adaptations you force the body to make are **ANAEROBIC, MUSCLE-BUILDING** adaptations.

Read on to discovery more about the principle I call 'The Anabolic Window!'

THE ANABOLIC WINDOW: THE "GOLDILOCKS" PRINCIPLE

During your workouts there is a window of opportunity in every set in which to stimulate the body to build muscle. You simply **CANNOT** afford to mess this up.

THT specializes in muscle growth. This being the case, we specifically want our body to make the **ANAEROBIC** adaptation of increasing the size of its muscle fibers, in particular, the fast twitch fibers.

Obviously then we must train in a way that **MAXIMIZES** anaerobic adaptations. With me so far? Good.

When training for size gains, a set should not be too short, nor too long. So, what do I mean by “**The Anabolic Window**”?

What I mean by this is that there is a certain duration that a set should last that ensures you are actually stimulating

muscle growth. You will sometimes hear this referred to as 'Time Under Load'.

Muscle growth can be stimulated from sets lasting anywhere from as little as 20 seconds right up to about a minute long. Therefore, for each and every set you'll pick a weight that causes you to reach a point of muscular failure anywhere between 20 and 60 seconds.

This is the "Goldilocks" principle of building muscle. It's the '**THT Anabolic Window**' and you should train within this duration-per-set for maximum muscle growth.

THT will always target that sweet spot in the middle and optimize your potential for growth!

Lifting 60%-85% of your 1 Rep Max is the single best way to stimulate growth according to this meta-analysis [9] (a study of studies).

This translates reps-wise into a low of 6 reps per set, to a high of 12 reps per set. The **EXACT** reps-per-set used in **THT** training.

Training at a max of 12 reps per set is also recommended by the National Strength and Conditioning Association [10].

In addition, all intelligent people in this field know and recommend this: Tom Venuto, Charles Poliquin, Mark Sisson, and many more. This isn't my mere opinion. It's a fact!

Each and every set of **THT** training will have you training **OPTIMALLY** within the **ANABOLIC WINDOW**.

To conclude, keep your sets short and intense. You'll soon witness the **FASTEST** muscle growth you've ever experienced!

OPTIMUM REST & RECOVERY BETWEEN SETS

There is something that you **SHOULD** be doing between sets to **MAXIMIZE** your size and strength gains! Something so simple it's shocking! It **ISN'T** stretching (bad idea), posing, flexing, or any form of cardio whatsoever. It is simply resting/chilling...doing absolutely nothing.

Furthermore, if you're training for maximizing strength and size, those periods of "doing nothing" should be lasting 2 or 3 minutes.

Check out this study [12] - Title: **Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men.** They said, "The purpose of the current study was to compare different rest interval durations on upper and lower body strength."

They took 36 trained men and put them on a 16-week resistance training program. The men were split into groups resting for 1 minute, 3 minutes, and 5 minutes between sets. They tested the maximal strength of all groups before the study, 8-weeks through, and after the full 16 weeks. They concluded...

“The findings of the current study indicate that utilising 3 or 5 min rest intervals between sets may result in significantly greater increases in upper and lower body strength beyond the initial weeks of training versus utilising 1-min rest intervals between sets.”

So if you're not completely new to bodybuilding, you're much better off resting longer between sets since increases in strength correlate positively with muscle size.

I recommend 3 minutes rest between sets for larger compound movements, and 2 minutes for smaller body parts like biceps or calves. However, if you're completely wiped after a particular set, don't be afraid to take a little longer if you feel you really need it.

This amount of time allows the recovery of intra-cellular energy stores in the muscle. It is also adequate for flushing out any lactate that has built up from previous sets. This enables us to keep up our level of intensity high throughout the entire workout.

If you don't allow enough rest between sets, you'll restrict the amount of overload you can place on the intended muscle in successive sets. Remember, this is bodybuilding, not an endurance contest.

If you need more proof, another study [13] entitled "The effect of resistance exercise rest interval on hormonal response, strength, and hypertrophy with training" found that arm cross-sectional area (thickness) increased more when trainees took 2.5 minutes rest as compared to a shorter 1-minute rest interval.

Therefore strategies like "[super-setting](#)" 2 different body parts are just a terrible idea. You've nothing to gain and everything to lose by super-setting. The goal of a bodybuilding workout is not to get it over with in the shortest amount of time possible. Neither is it to try and win some sort of respect from the "bros" in the gym by doing back to back sets and thinking it makes you look like a tough guy.

The message is simple: **Hit it hard. Then rest.**

SECTION 2

T.H.T. 3-DAY & 5-DAY ROUTINES

THT 3-DAY QUICK START GUIDE

- There are 19 total sets per workout (Monday and Friday) and 17 sets on Wednesdays.
- You'll do this workout 3 days per week (with a full day of rest between workouts). Most people do Mon, Wed, Fri.
- You'll hit each body part with 2 sets each (with just 1 set for forearms).
- Work in the [8-12 reps-per-set](#) range.
- Take each set to [positive failure*](#) because the necessary stimulation to force adaptation (growth) occurs in the last rep(s) of a set.
- Train in the exact order of exercises listed (this is important)
- Take 2-3 minutes rest between each set

Positive failure is defined as that point in a set when you can no longer complete the **full range** of the positive/lifting part of the rep without assistance.

- Write down and record the weight you used for each and every set (get the [free logs](#) or use the free **MuscleHack** app to track your workouts)
- Write down and record the number of reps you hammered out for each and every set
- If you get more than 12 reps on any set, use a heavier weight for that particular set on your next workout – and use the smallest increase you possibly can ([small increases over time produce the BEST results](#)).
- This ensures that over time you achieve [progressive overload](#) – one of the fundamental keys of building muscle.
- After 10 weeks, take a week off and then go on to the 5-day per week training plan.

Remember – keep striving to do more reps with ever-increasing weights. And always...

MAKE EVERY REP COUNT! | MAKE EVERY SET COUNT!

THE T.H.T. 3-DAY WORKOUT

Your First Step! [Download your workout logs on the THT download page](#) or simply track your workouts inside the MuscleHack app for Android and iPhone.

YOUR MONDAY & FRIDAY WORKOUT

Set	MONDAY & FRIDAY WORKOUT			Week 1	
				Monday	
	LEGS	REST AFTER SET	REP RANGE	Weight	Reps
1 st	Squats *	3 mins	8 to 12		
2 nd	Squats *	3 mins	8 to 12		
	CHEST				
3 rd	Decline Dumbbell Bench Press	2 mins	8 to 12		
4 th	Decline Dumbbell Bench Press	3 mins	8 to 12		
	CALVES				
5 th	Calf Raises	2 mins	8 to 12		
6 th	Calf Raises	2 mins	8 to 12		
	ABS				
7 th	Weighted Reverse Crunches	2 mins	8 to 12		
8 th	Weighted Reverse Crunches	2 mins	8 to 12		
	SHOULDERS				
9 th	Overhead Press	2 mins	8 to 12		
10 th	Overhead Press	2 mins	8 to 12		
	BICEPS				
11 th	Seated Incline Dumbbell Curls	2 mins	8 to 12		
12 th	Seated Incline Dumbbell Curls	3 mins	8 to 12		
	LATS				
13 th	Seated Cable Rows	2 mins	8 to 12		
14 th	Seated Cable Rows	3 mins	8 to 12		
	TRICEPS				
15 th	Tricep Cable Push Downs	2 mins	8 to 12		
16 th	Tricep Cable Push Downs	3 mins	8 to 12		
	TRAPS				
17 th	Shrugs	2 mins	8 to 12		
18 th	Shrugs	2 mins	8 to 12		
	WRISTS				
19 th	DB Wrist Curl	Done!	8 to 12		
	* or Leg Presses				

- [Squats](#) x 2 sets (**legs**)
- [Decline Dumbbell Bench Presses](#) x 2 sets (**chest**)
- [Calf Raises](#) x 2 sets (**calves**)
- [Weighted Reverse Crunches](#) x 2 sets (**abs**)
- [Overhead Barbell Press](#) x 2 sets (**shoulders**)
- [Seated Incline Dumbbell Curls](#) x 2 sets (**biceps**)
- [Seated Cable Rows](#) x 2 sets (**lats**)
- [Tricep Cable Pushdowns](#) x 2 sets (**triceps**)
- [Shrugs](#) x 2 sets (**traps**)
- [Dumbbell Wrist Curls](#) x 1 set (**forearms**)

Note: If you want or need to change any exercise, simply refer to the [Exercise Bank pdf](#) file that came with this download for a suitable replacement.

YOUR WEDNESDAY WORKOUT

Set	WEDNESDAY WORKOUT			Week 1		Week 2	
				Wednesday		Wednesday	
	BACK (Overall)	REST AFTER SET	REP RANGE	Weight	Reps	Weight	Reps
1 st	Deadlifts	3 mins	4 to 6				
2 nd	Deadlifts	3 mins	4 to 6				
3 rd	Deadlifts	3 mins	4 to 6				
	CHEST						
4 th	Deep Dips*	2 mins	8 to 12				
5 th	Deep Dips*	3 mins	8 to 12				
	LATS						
6 th	One-Arm Dumbbell Rows	2 mins	8 to 12				
7 th	One-Arm Dumbbell Rows	3 mins	8 to 12				
	SHOULDERS						
8 th	Overhead Dumbbell Press	2 mins	8 to 12				
9 th	Overhead Dumbbell Press	3 mins	8 to 12				
	BICEPS						
10 th	Concentration Curls	2 mins	8 to 12				
11 th	Concentration Curls	3 mins	8 to 12				
	TRICEPS						
12 th	Cable Bent-Over Triceps Extensions	2 mins	8 to 12				
13 th	Cable Bent-Over Triceps Extensions	3 mins	8 to 12				
	LEGS						
14 th	Leg Presses	3 mins	8 to 12				
15 th	Leg Presses	3 mins	8 to 12				
16 th	Leg Extensions	2 mins	8 to 12				
17 th	Leg Curls	Done!	8 to 12				
* all the way to the bottom. Allow your elbows to flare out a little at the bottom. Don't perform top few inches of the rep							

- Deadlifts x 3 sets (**back**)
- Deep Dips x 2 sets (**chest**)
- One-Arm Dumbbell Rows x 2 sets (**lats**)
- Overhead Dumbbell Presses x 2 sets (**shoulders**)
- Concentration Curls x 2 sets (**biceps**)
- Cable Bent-Over Tricep Extensions x 2 sets (**triceps**)
- Leg Presses x 2 sets (**legs**)
- Leg Extensions x 1 set (**legs - quads**)
- Leg Curls x 1 set (**legs – hamstrings**)

So I want you to start THT Training with this 3-day routine in the 8-12 rep range.

Now let's take a look at the 5-day workout, which you will begin after 10 weeks on the 3-day plan.

Again, remember to get the THT Exercise Bank for a list of substitute exercises here: <http://www.musclehack.com/tht-training-exercise-bank-free-download/>

THE T.H.T. 5-DAY SPLIT WORKOUT INTRO

What we'll do now is take a look at the THT 5-day split cycle, which you can do after you finish 10 weeks of training with the 3-day full body plan.

Then after this, we go in-depth into more science of THT. I highly recommend you read this section so you know exactly WHY you are doing what you are doing.

Your First Step! [Download your workout logs on this page.](#)

Here are the weekly workouts for the 5-day split cycle:

- Monday – Shoulders & Traps
- Tuesday – Legs
- Wednesday – Triceps, Biceps & Forearms
- Thursday – Back
- Friday – Chest & Abs

Stick to the above schedule as planned. Why?

It's best to keep 48 hours between hitting your shoulders, chest and triceps. Working one of these muscle groups involves one or both of the other. Therefore, for optimal recovery and growth it is only prudent to keep a 48 hour buffer between them.

We also want to keep 48 hours between leg and back workouts since you can't squat without involving the back, and you can't deadlift without involving the legs.

Most trainers have missed this, in my opinion. Just another reason why **THT** is quite possibly the most effective workout for increasing muscular size on the planet. And why MuscleHackers just keep on getting stronger and stronger and bigger and bigger, while others stagnate.

T.H.T. 5-DAY QUICK START GUIDE

- You'll hit each body part directly once per week with a maximum of 8 sets each
- You'll train 1-2 body parts per day, 5 days per week (most people do Monday-Friday)
- Use the exact order of days, and the exact order of exercises. This has all be carefully planned out for maximum effectiveness.
- Work in the 8-12 rep range
- Take each set to positive failure* because the necessary stimulation to force adaptation (growth) occurs in the last rep(s) of a set.
- Take 2-3 minutes rest between each set
- Write down and record the weight you used for each and every set
- Record the number of reps you hammered out for each and every set

* Positive failure is defined as that point in a set when you can no longer complete the full range of the positive/lifting part of the rep without assistance.

- If you get more than 12 reps on any set, use a heavier weight for that particular set on your next workout – and use the smallest increase you possibly can ([small increases over time produce the BEST results](#)).
- This ensures that over time you achieve [Progressive Overload](#) - one of the fundamental keys of building muscle.
- After 10 weeks, take a week off before going back to the 3-day per week training plan discussed earlier (but now you'll be stronger).

Remember – keep striving to do more reps with ever-increasing weights.

And always...

MAKE EVERY REP COUNT! | MAKE EVERY SET COUNT!

MONDAY WORKOUT – SHOULDERS & TRAPS

	SHOULDERS & TRAPS			Week 1	
Set	Shoulders	Rest After Set	Rep Range	Weight	Reps
1 st	Overhead Barbell Press	3	8 to 12		
2 nd	Overhead Barbell Press	3	8 to 12		
3 rd	Overhead Barbell Press	3	8 to 12		
4 th	Overhead Dumbbell Press	2	8 to 12		
5 th	Overhead Dumbbell Press	2	8 to 12		
6 th	Dumbbell Lateral Raises	2	8 to 12		
7 th	Dumbbell Lateral Raises	2	8 to 12		
8 th	Dumbbell Front Raises	4	8 to 12		
Set	Traps	Rest After Set	Rep Range	Weight	Reps
1 st	Shrugs	2	8 to 12		
2 nd	Shrugs	2	8 to 12		
3 rd	Shrugs	2	8 to 12		
4 th	Shrugs	2	8 to 12		

12 sets in total today. 8 for the shoulders and we finish with 4 for the traps.

- [Overhead Barbell Press](#) x 3 sets
- [Overhead Dumbbell Presses](#) x 2 sets
- [Dumbbell Lateral Raises](#) x 2 sets
- [Dumbbell Front Raises](#) x 1 set
- [Shrugs](#) x 4 sets

3 sets of Overhead Barbell Presses with 3 minutes rest between to allow to maximum force generation on all sets. It will prove very beneficial to perform your overhead presses while seated at smith machine (or use a shoulder press machine). This is because [you can generate more power when stabilization is taken out of the equation](#) [7] [8]. So, for these early sets, a machine works best. We'll use free weights for the rest of the workout to involve those stabilizer muscles.

NOTE: Both the rear delts and the traps get a lot of work on any rowing movement and during deadlifts. It's therefore very easy to overtrain these body parts and end

up getting nowhere. You will notice there are no specific rear delt movements in **THT**, and quite a low volume of trap work. This is as it should be for optimal progress.

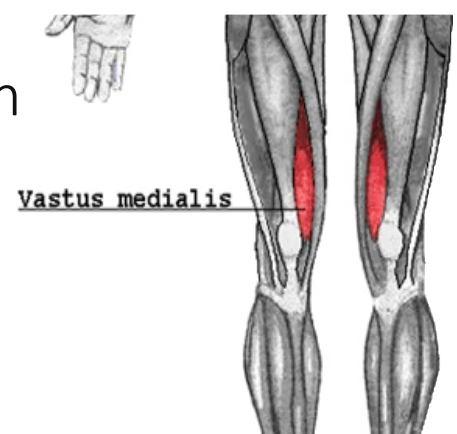
TUESDAY WORKOUT – LEGS

	LEGS			Week 1	
Set	Legs	Rest After Set	Rep Range	Weight	Reps
1 st	Squats	3	8 to 12		
2 nd	Squats	3	8 to 12		
3 rd	Leg Press	3	8 to 12		
4 th	Leg Press	3	8 to 12		
5 th	Stiff Leg Deadlifts	3	8 to 12		
6 th	Stiff Leg Deadlifts	2	8 to 12		
7 th	Leg Extensions	2	8 to 12		
8 th	Leg Curls	3	8 to 12		
Set	Calves	Rest After Set	Rep Range	Weight	Reps
9 th	Calf Raises	2	8 to 12		
10 th	Calf Raises	2	8 to 12		
11 th	Calf Raises	done!	8 to 12		

- [Squats](#) x 2 sets
- [Leg Presses](#) x 2 sets
- Stiff Leg Deadlifts x 2 sets
- Leg Extensions x 1 set
- Leg Curls x 1 set
- [Calf Raises](#) x 3 sets

While squats and leg presses are the best leg exercises, don't skip leg curls and extensions. Only these isolation exercises can place maximum resistance on the quads and hamstrings in their **fully contracted position** or **peak contraction point (PCP)**. Furthermore, one of the quadricep muscles, the

vastus medialis (see right), will not even come into play until the legs are almost in their fully extended position (fully straightened). This is achieved with the leg extension exercise.



WEDNESDAY WORKOUT – TRICEPS, BICEPS, & FOREARMS

	TRICEPS, BICEPS, & FOREARMS		
Set	Triceps	Rest After Set	Rep Range
1 st	Tricep Cable Push Downs	2	8 to 12
2 nd	Tricep Cable Push Downs	2	8 to 12
3 rd	Tricep Cable Push Downs	3	8 to 12
4 th	Cable Bent-Over Triceps Extensions	2	8 to 12
5 th	Cable Bent-Over Triceps Extensions	2	8 to 12
6 th	Cable Bent-Over Triceps Extensions	3	8 to 12
7 th	Decline Tricep Extensions	2	8 to 12
8 th	Decline Tricep Extensions	3	8 to 12
Set	Biceps	Rest After Set	Rep Range
1 st	Cable Preacher Curls	2	8 to 12
2 nd	Cable Preacher Curls	2	8 to 12
3 rd	Cable Preacher Curls	3	8 to 12
4 th	Seated Incline Dumbbell Curls	2	8 to 12
5 th	Seated Incline Dumbbell Curls	2	8 to 12
6 th	Seated Incline Dumbbell Curls	3	8 to 12
7 th	Concentration Curls	2	8 to 12
8 th	Concentration Curls	2	8 to 12
Set	Forearms	Rest After Set	Rep Range
1st	Barbell Wrist Curls	2	8 to 12
2nd	Barbell Wrist Curls	done!	8 to 12

Today, 8 sets for both triceps and biceps, then we finish off with a couple of sets for our forearms. Triceps are hit first because they make up 2/3rds of our arms, our biceps taking up the remaining 1/3rd.

- [Tricep Cable Pushdowns](#) x 3 sets
- [Cable Bent-Over Tricep Extensions](#) x 3 sets
- [Decline Tricep Extensions](#) x 2 sets
- [Cable Preacher Curls](#) x 3 sets
- [Seated Incline Dumbbell Curls](#) x 3 sets
- [Concentration Curls](#) x 2 sets
- [Barbell Wrist Curls](#) x 2 sets

THURSDAY WORKOUT – BACK

	BACK			Week 1	
Set	Back	Rest After Set	Rep Range	Weight	Reps
1 st	Deadlift	3	4 to 6		
2 nd	Deadlift	3	4 to 6		
3 rd	Deadlift	3	4 to 6		
4 th	Seated Cable Rows	2	8 to 12		
5 th	Seated Cable Rows	2	8 to 12		
6 th	Seated Cable Rows	3	8 to 12		
7 th	Unilateral One-arm Dumbbell Rows	2	8 to 12		
8 th	Unilateral One-arm Dumbbell Rows	done!	8 to 12		

After yesterday's grueling workout, comes a shorter (but no less intense) back session. There is absolutely no better back exercise in the world than the [Deadlift](#). You must start your back workout with this lift because it requires the majority of your strength and energy. Fatiguing your body with smaller exercises first would lead to a sub-optimal workout.

We'll do 3 sets of Deadlifts – all within the 4-6 rep range. Deadlifts are **ALWAYS** in the 4-6 rep range in **THT**. This is heavy work guys so be careful. Be sure to [read my tutorial](#).

- [Deadlifts](#) x 3 sets
- [Seated Cable Rows](#) x 3 sets
- [One-Arm Dumbbell Rows](#) x 2 sets

FRIDAY WORKOUT – CHEST & ABS

	CHEST & ABS			Week 1	
Set	Chest	Rest After Set	Rep Range	Weight	Reps
1 st	Flat Barbell Bench Press	2	8 to 12		
2 nd	Flat Barbell Bench Press	3	8 to 12		
3 rd	Deep Dips	2	8 to 12		
4 th	Deep Dips	3	8 to 12		
5 th	Decline Dumbbell Bench Press	2	8 to 12		
6 th	Decline Dumbbell Bench Press	3	8 to 12		
7 th	Incline Barbell Bench Press	2	8 to 12		
8 th	Incline Barbell Bench Press	3	8 to 12		
Set	Abs	Rest After Set	Rep Range	Weight	Reps
1 st	Hanging Leg Raises	2	8 to 12		
2 nd	Hanging Leg Raises	2	8 to 12		
3 rd	Weighted Reverse Crunches	2	8 to 12		
4 th	Weighted Reverse Crunches	2	8 to 12		
5 th	Kneeling Cable Crunches	2	8 to 12		
6 th	Kneeling Cable Crunches	done!	8 to 12		

- [Flat Bench Press](#) x 2 sets
- [Deep Chest Dips](#) x 2 sets
- [Decline Dumbbell Bench Press](#) x 2 sets
- [Incline Barbell Bench Press](#) x 2 sets
- [Hanging Leg Raises](#) x 2 sets
- [Weighted Reverse Crunches](#) x 2 sets
- [Kneeling Cable Crunches](#) x 2 sets

We start with the fundamentals of a great chest workout: The Bench Press. Perform 2 sets of flat bench presses before moving on to Dips to help sculpt the lower portion of your chest. If you can't do dips try [Partial Chest Flys](#).

Then it's 2 sets of Decline Dumbbell Bench Presses (shown to recruit maximal pectoral muscle fibers), and we end with 2 sets of Incline Presses just to place a little more emphasis on our upper chest.

NOTE: Do you want a bigger, fuller, more defined chest in a hurry? I created a new routine that had my “lab rats” gain up to 3 inches on their chest. See [this part of the book](#) for more details on the 'Chest Blast' (or google “chest blast workout musclehack”).

Building the abdominal muscles requires no special exercises. The ones above are recommended because they place a lot of resistance on the abs at the **Peak Contraction Point** and help recruit all the necessary muscle fibers.

6 intense, weighted sets as outlined above will build your abdominal muscles **FAR** better than doing 1000 crunches every day or other such nonsense.

Never use a stability ball for the abs. They are extremely ineffective for reasons [I outline in this article](#).

NOTE: Getting a six-pack is about more than building your abdominals. The most essential part is getting your total body fat percentage under 10%. See [this part of the book](#) for more.

SECTION 3

T.H.T. MORE IN-DEPTH TOPICS

HOW TO WARM-UP FOR THT WORKOUTS

Your **THT** workouts **MUST** be preceded by an adequate warm-up. Why is it so important? You simply don't have access to **100%** of your strength without a proper warm-up.

The objectives of a warm up are to raise your body temperature, raise your pulse, mobilize the joints, prevent injury, and acclimate to lifting heavy loads (both physically and mentally).

There are many ways to warm up. Getting the warm-up right depends on the type of training you're undertaking. Just as you must select the correct type of training to suit your goals, you must also select the correct type of warm up to **MAXIMALLY** benefit your bodybuilding workout.

Typically, there are 3 components of a warm up: (1) Pulse Raiser (2) Joint Mobility (3) Stretching.

However, as **Muscle Hackers** we can scratch 'stretching' off our list. Stretching a muscle can cause it to temporarily weaken. This is referred to as "**Stretching-Induced Force Deficit**".

While athletes with different goals can and **SHOULD** stretch, we shouldn't and don't need to. Here's the point: we can mobilize joints, get our pulse and body temperature up, and acclimate to heavy weights with just 1 method...doing a lighter version of our first working set.

So here's how to warm-up optimally for a **THT** workout:

(**OPTIONAL**) 2-3 minutes of light aerobic activity e.g. cross trainer. This is your 'pulse raiser'.

WARM-UP SET 1: 10 reps at **50%** of your first working set weight. For example, if you are about to bicep curl 50kg on your first set, curl 25kg for 10 reps.

Rest for 1 minute.

WARM-UP SET 2: 4-5 reps at about **70-75%** of your first working set

Rest a minute.

WARM-UP SET 3: 1 or 2 reps at **90%** of your first working set.

Rest a minute then perform your first working set.

When doing the full-body 3-day **THT** workout, the initial warm-up sets and working set of squats is sufficient to get the whole body warmed-up. There's no need to repeat this process before each body part. Now, when you're done warming up you possess a short-term quality that you must use immediately – you're at your **STRONGEST!**

THE ULTIMATE MUSCLE-BUILDING CADENCE

Many studies, including this one [11], have shown that for improving strength and size at an optimal rate, you should lift a weight quite quickly and lower it more slowly.

Quick Definition:
“Cadence” in bodybuilding simply refers to the speed at which you lift and lower the weight.

Pushing a weight at almost maximal speed produces a better stimulus for changes in strength and size.

I've long recommended to my readers a lifting speed of around 1 second, and a lowering of around 2 seconds. This was shown to be very much the case in the above study where participants using this cadence increased their strength 10 times as much as a control group, which used a self-selected speed. 10 times, guys – that's huge!

To be more exact, it took the experimental group 0.8 seconds to perform the upward, concentric movement, and the downward, eccentric part took 2 seconds to perform.

Why is this cadence best?

You can use slightly heavier weights with this kind of cadence, not to mention it also helps maximize muscle fiber recruitment.

The researchers said,

“This study shows that the speed execution of an exercise leads to a specific muscle recruitment during the whole period”

This means that a faster lift and slower lowering sends a more **POWERFUL** signal from the nervous system to recruit more muscle fibers. And the more fibers involved in a lift, the **GREATER** the potential growth stimulation!

Momentum?

Are you thinking that this kind of result could be caused by simply producing extra momentum? Not so.

This is something that I've been saying for years: if it is even *possible* for you to create momentum by pushing a weight at near maximal speed, then the weight itself is too light. That's your problem, not the speed of execution.

If you select a weight that forces failure on or before the 12th rep, you just can't generate momentum with a 1 second lifting speed. Get your weights right, then do this!

So on **THT** aim for around a 1 second lift, 2 seconds lowering cadence. Though don't be so strict that you're counting this in your head. Just “feel” for the proper cadence; it comes naturally and instinctively.

WHAT TO DO WHEN YOU FINISH A 10-WEEK CYCLE...

So now you've done 10 weeks of the 3-day routine, followed by 10 weeks of the 5-day routine. Where do you go from here?

You did both the above cycles in the 8-12 rep range – the most growth-promoting rep range. It's time to switch things up a little by training in the 6-8 rep range.

6-8 reps per set is still a hypertrophic rep range i.e. It will still stimulate muscle growth. However, we will be focusing a little bit more on strength increases for our next cycle. And with a smaller rep range, you'll be really *increasing* the weights over the next 10 weeks.

Now, you'll need to increase the weights you use from week 1 of this new cycle, since you'll be able to lift more for 6-8 reps than you can for 8-12 reps.

I've created a [free rep range calculator here](#) that you can use to work this out. Simply input the load you used and how many reps you got at the end of your last cycle and it will tell you the correct weight to use to work in the lower 6-8 rep range.

So, your **THT** training cycles will look like this:

- 3-Day Workout for 10 weeks (8-12 rep range)
- Take a week off training
- 5-Day Workout for 10 weeks (8-12 rep range)
- Take a week off training
- 3-Day Workout for 10 weeks (6-8 rep range)
- Take a week off training
- 5-Day Workout for 10 weeks (6-8 rep range)
- Take a week off training
- Now go back to the top: 3-day plan for 10 weeks in the 8-12 rep range.

Remember: If you want or need to change a certain exercise, simply refer to the [Exercise Bank pdf](#) file that came with this download for a suitable replacement.

Simply repeat this cycle over and over again while progressively getting more reps and using slightly heavier weights over time. This is *the* way to get bigger and stronger over time with absolute 100% certainty!

Note: Many people have asked and **YES** you can start with the 5-day routine if you wish, it really doesn't matter. I normally recommend new trainees start with the 3-day plan because they'll train their whole bodies in one single workout; this allows them to get accustomed to all the exercises more quickly.

TOTAL SIX PACK ABS - FAT-SHREDDING SIX-PACK PROGRAM

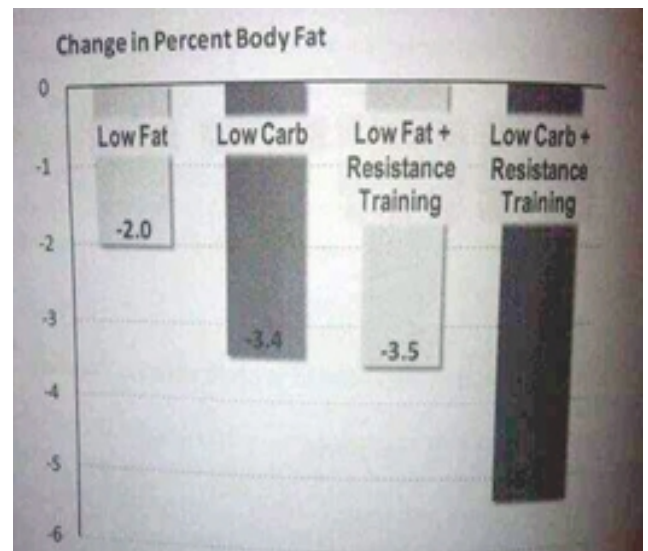
Total Six Pack Abs is the best fat loss and six-pack abs product on the market. I say that without any hesitation.



TSPA produces faster fat loss than anything else. It consists of:

- (1) The best fat-blasting diet (scientifically proven to be the most effective around)
- (2) A (slightly) modified **THT** training cycle – yes you train your **WHOLE** body as normal. You never stop making gains in the gym just because you are cutting.
- (3) The most effective form of cardio for fast fat loss (cardio is optional on TSPA)

Science has repeatedly proven the combination of the type of diet and training used in TSPA as **THE SINGLE BEST** way to lose fat and improve body composition.



NOTE: you will cycle carbs up and down on TSPA. It is not a permanent low-carb diet.

TSPA has its own fat-torching diet and sample meal plans.

I have so much confidence in this product that TSPA comes with an 8-week 100% no-quibble money-back guarantee.

Let me show you some examples of **REAL** success stories who have reported back to me after they tried the system.

Let me stress once again that all **MuscleHack** and **Total Six Pack Abs** testimonials are 100% genuine. People, of their own accord, send me their pics and a message of thanks after they've used the TSPA system.

Other bodybuilding 'gurus' out there have their friends write testimonials for their products. Additionally, and **SHAMEFULLY**, they also hire models who already have six-packs and get some good pics. They *then* have them eat like crazy for a few months and take some pics of the fatter version. Then they swap the photos and claim that the lean, six-pack version is the 'after', and the heavier pic is the 'before'. What a scam! In contrast, here's some **REAL-LIFE** testimonials...

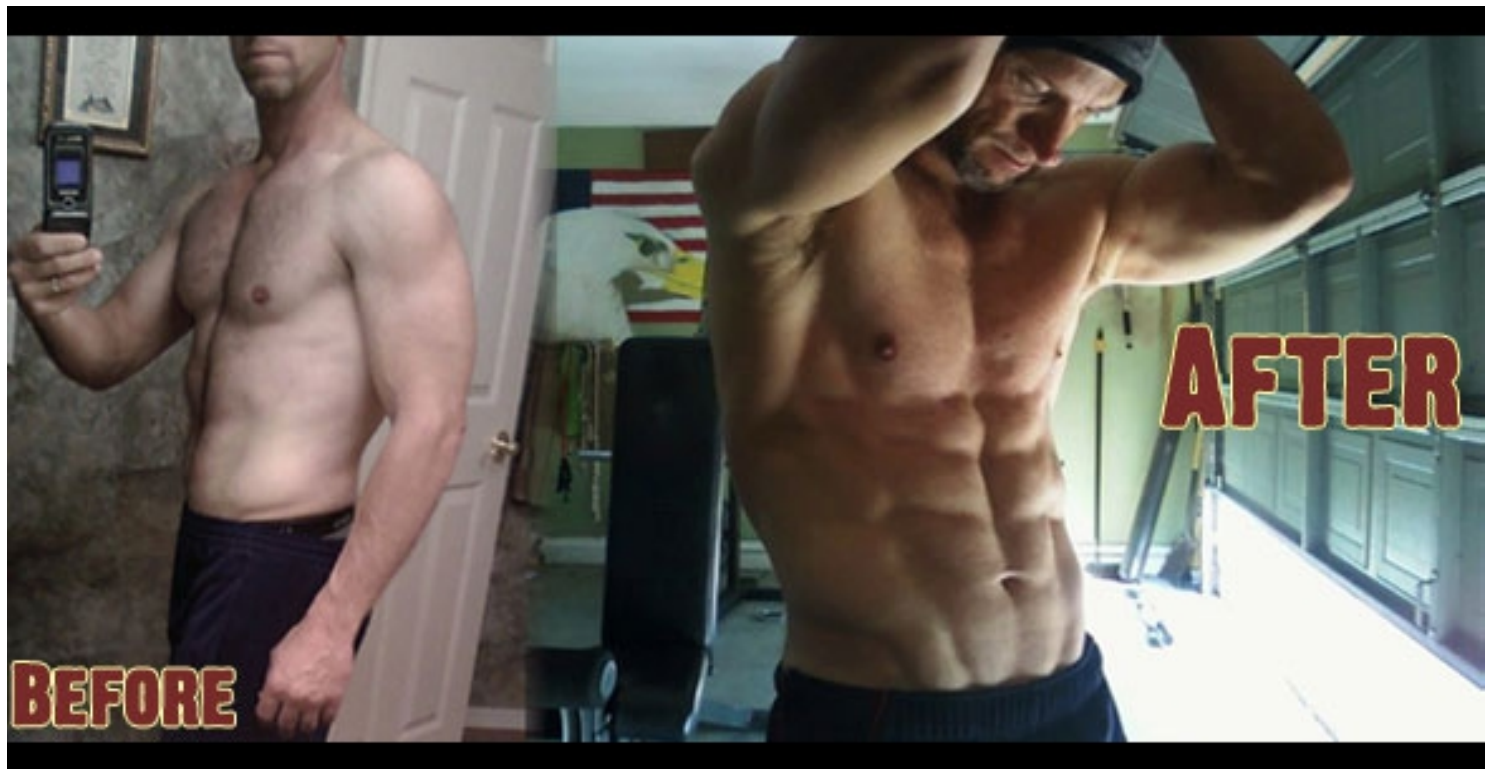


[Chris is a wrestler and wrestles under the name 'The Cougar Kid']

"Using Total Six Pack Abs it took around 43 days. I have two sets of calipers, the metallic ones have me at 9% and the slim line ones that pinch me harder are saying 7%, so I

guess I'm around 8%."

[This is Chris' Facebook page.](#)



"Mark, I wish I had known about your program a couple of years ago. I'm 44 and for the first time in my life I have myself down to 9% bodyfat with abs to show. I bought Total Six Pack Abs and did the program for exactly 6 weeks. The more I followed your guidelines the faster I started to cut. I always have a ton of energy, my vascularity has gone crazy and I feel great all the time. I can't thank you enough."

[This is Al Siebert's Facebook page.](#)



"It was the precision with which your TSPA program outlined everything that enabled me to finally get down to 9.8% bodyfat at 176 lbs and a 32 inch waist. I'm around 11% bodyfat in the after photo. I don't have one when I was 9.8%. Either way I'm sure you will agree that my results are impressive. People who haven't seen me for a while are totally blown away and even my close friends and family had trouble believing that such a simple no nonsense approach works. Mark thank you very much, I'm grateful."

Darshan Weerasinghe. Colombo, Sri Lanka **Note:** Darshan has been kind enough to leave his email address in case anyone wants to contact him for verification of these claims. bigdarshan@gmail.com



After finding Total Six Pack Abs, 46 yr old Lisa took 1st place in the Natural Pennsylvania NPC Pittsburgh show, and placed 3rd at the Elite Physique NPC Pittsburgh show!

“Hi, Mark! I won 1st! I cannot tell you how many people I refer to your site! Some don’t believe that’s all I used this last year to get where I am, but I tell them, yes it is! I’m an ex-runner – cardio queen. I’m 46 years old and never felt better or stronger or tighter. Thank you, Mark, for your website and great information!”

Lisa Hauliska

[SEE ALL THE TOTAL SIX PACK SUCCESS STORIES HERE](http://www.TotalSixPackAbs.com)

www.TotalSixPackAbs.com

ADVANCED THT TRAINING



After you've reaped awesome gains from THT – and if you have at least 1 year's training experience under your belt – it may be time to go advanced!

It's **GAME-CHANGING** time!

Advanced THT is a THT-style training system with **9 x advanced “Shock and Awe” hypertrophy techniques.**

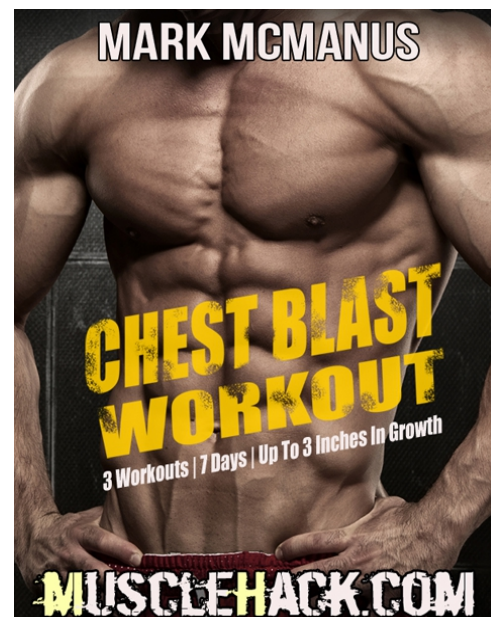
This new training methodology literally *forces* your body to make rapid new gains in size and strength – no matter how long you've been training!

You've never trained like this before! [Get details here and discover 1 of the advanced methods you will use.](http://www.musclehack.com/advanced-tht/)

<http://www.musclehack.com/advanced-tht/>

THE CHEST BLAST WORKOUT

In November of 2014 I recruited 'lab rats' to test a whole **NEW** way of training the chest. The results astounded me! [See them here](#). In just 7-10 days they gained anywhere from 0.5 – 3 inches in size! But make no mistake about it – this training is crazy intense!



3 Workouts | 7 Days | Up to 3 Inches in Growth

This routine includes advanced techniques you've never used or even heard of before.

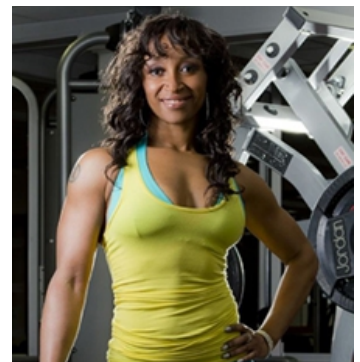
Now let's have a look at some results from my "lab rats"...

JJ De Beer, a 19 year old guy from Pretoria, South Africa - Gained 3 Inches. ([his facebook profile here](#))

On the 23rd November, before the workout, his chest measured 48 inches. After the chest blast, his chest measured 51 inches. He said,

“The program was Intense and the pump was insane. I loved it the results. As I approached the end of the workout my pectorals were on fire. Must say one of the best workouts I ever completed.”

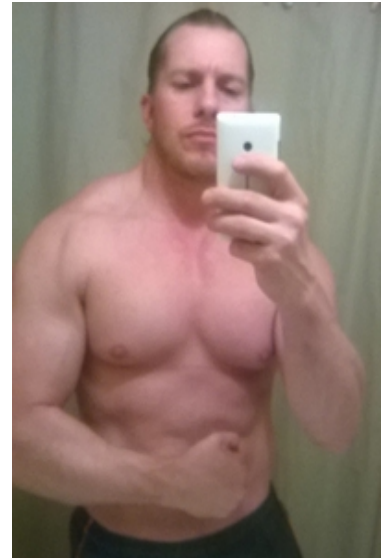
Clara Mosha, 47yrs old in London, UK – Gained 1.5 Inches (the only female who completed the blast. Trainer and owner of [Ultimate Physique Training](#))



“Hey Mark, really really enjoyed this workout. I have never been challenged like this doing a chest workout. For women I would say if you want to develop a nicely shaped

upper body this is for you! The results are amazing! I really didn't think you could make such a difference in measurements and aesthetics in 1 week!"

**Sean Brown from Corinth, Texas, USA –
Gained 1.5 Inches ([his facebook here](#))**



"Mark, here are my results from the blast:

- . Starting measurement 11-23-14: 43.5 inches (before)*
- . As of December 3rd: Chest size 45 inches*

My gains stayed!! Very happy with how this turned out!"

See more results from the 'lab rats' and get more details here: [Chest Blast Workout](#)

(<http://www.musclehack.com/chest-blast-workout/>)

Or google "Chest Blast Workout MuscleHack"

THE ARMS BLAST EXPERIMENT REVEALED

In November 2009 I recruited some volunteers via MuscleHack to test a new bodybuilding protocol I had developed. The goal of which was to try and increase the size of the subject's arms by half an inch in 1 week! ([Get Your Copy Here](#))



As you will see, some people reached this target, some did even better! I'll start with the most recent feedback I received from 20 yr old Matthew McCray from Atlanta, Georgia (USA).

Matthew is a hardgainer who **GAINED 1.5 INCHES** (from 12" to 13.5" in 7 days) [his full story here](#)

"I was pretty skeptical about the whole 1 inch in a week. I was (and still am) pretty skinny but these were great

results! Definitely more than I expected and should give hope to us skinny guys out there!

Writing this two weeks after the workout my right arm is 13.65in and my left is 13in, so these are definitely permanent gains (not just a pump) and ALL muscle as my arms have never been this hard in my life.”

Greg Magisana, Kingaroy, Queensland, Australia. **GAINED 2CMs or 0.8 INCHES!**

“Hello Mark. I have finished the Blast Arms Routine and I am happy to say that it has worked. My measurements were as follows...

Before they were 34cm relaxed and 36cm flexed. It didn't change at all until the 4th day afterwards when they seem to have grown overnight. Now the final measurement is 35cm relaxed and a huge difference flexed come to 38cm . I can see the difference in the size and my muscle seems to be more solid/harder when flexed. Thanks again.”

Craig. Sydney, Australia. **GAINED 1.5CMs which is OVER 1/2 an INCH**

“Hey Mark. Left arm began at 29cm and finished up at 30.3cm. Right arm began at 30cm and grew to 31.5cm – also taken on Monday. [ed. this was 6 days after the workout]

I found the cadence a really good way to train to failure – I was so concentrated on counting those intervals that it meant I trained to true failure because I didn’t know what rep I was on.

The static failure was REAL tough to give 100% but I definitely found it gave me a deep burn in the bicep for at least 10 minutes after I had completed the set (something not usually experienced for me). Thank you so much for the opportunity.”

[CLICK HERE TO GET YOUR COPY OF THE ‘ARMS BLAST EXPERIMENT’ NOW!](#)

<http://www.musclehack.com/arms-blast/>

Or google “Arms Blast MuscleHack”

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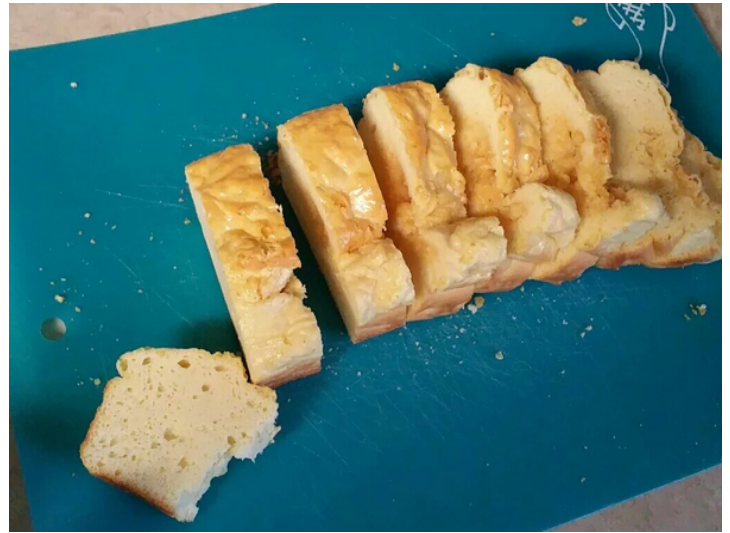


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THE MUSCLE HACKER'S CREED!

Read this before each THT training session for awesome motivation...

(1) Today I **WILL** Give 110% – I **WILL** give it absolutely **EVERYTHING** I've got!

(2) Today I **MUST** break all records that I have previously set – more reps and/or more weight.

(3) Today I **WILL** make **EVERY** rep count! I **WILL** make **EVERY** set count!

(4) Today I **WILL** work to the very last rep so that I don't waste a single set.

(5) Today I will focus on the **RESULTS** of my workout, not the pain of the process. I remember that pain is simply **WEAKNESS** leaving the body!

(6) Today I **AM** achieving my goals. This single workout brings me **one step closer**, but only if I give it my **ALL!**

(7) Today I will be **ON FIRE!**

(8) Today I won't give my body any other choice **BUT TO GROW!**

(9) Today I will strain my potential until it **CRIES FOR MERCY!**

(10) And lastly...Today my efforts **WILL** produce the results I desire, and I will become a source of **INSPIRATION** and **MOTIVATION** to all of those around me.

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