

BEN PAKULSKI'S



M140

**The 7-Day
Primer Workout**



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THE



**7-DAY
PRIMER PHASE**

**BY BEN PAKULSKI
HONORS KINESIOLOGY DEGREE, CSCS, ACE, MAT**

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The 7-Day Primer Workout

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The 7-Day Primer Workout

WELCOME TO THE 7-DAY PRIMER PHASE

THE PHILOSOPHY:

MI40 is a high intensity, high volume, overload type workout system. In order for you to maximally benefit from this program it is absolutely necessary that you:

- 1) Execute each and every exercise perfectly. This does NOT mean that must execute these exercises with maximum load (or weight).
- 2) It means that you must take the muscle through its maximal range of motion (ROM) for that exercise while maintaining tension. This is all described in the exercise execution guide and the Primer Phase will give you a full week to get familiar with what a full ROM feels like.
- 3) You MUST initiate each repetition with the muscle you are intending on working. For instance, if the pecs are being worked, the first movement must come from the pecs contracting. This sounds easy in theory but difficult in the gym. Go to the gym when it's less busy this week to avoid the temptation to default to your old lifting patterns.
- 4) You must consciously try to use the working muscle to pull or push the weight through the entire range of motion.
- 5) You must get a muscle to its fully shortened position, or as close



PHOTO: RICK SCHAFF



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as you can without sacrificing form. You will learn how to do this by reading the Exercise Execution Guide and watching the online videos.

- 6) You must ELIMINATE extraneous movement. The ONLY movement that exists in this program is the movement necessary to move the target muscle through its range of motion. NOT any other part of your body. NO swinging. NO momentum. EVER! There is no place for it in this program. Again, watch the online videos to see how I coach my students and listen for the cues I give them to “lock down” their form.

This program is not only designed to build maximal amounts of muscle in a very short time, but it is also designed to train your body and your nervous system on how to move so that you continue to grow going forward! There should be NO plateaus when you know how to manipulate the variables within MI40.





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HOW TO GET “PRIMED”!

The 7-day primer for MI40 is going to require that you train each body part twice.

The exercises selected are very specific to the goal of teaching your body how to contract each muscle through a full range of motion. There will be NO FORCED REPS.

The body moves in predetermined “schema”. Patterns that exist in your brain from previously rehearsed movements.

The goal of the MI40 Primer, is to begin to teach the body and brain to re-wire your current patterns of movement and replace them with the optimal ones for symmetrical growth and maximal muscle stimulus.

Forced reps will teach your body the wrong patterns and create inconsistencies and therefore slow the learning process. Ever notice how your best body parts feel the most natural and you don’t even have to think about it when you train it? This is NOT coincidence. Your brain has stored a more optimal movement pattern than you have for other body parts.

Before starting this 7-day PRIMER, Please take the time to watch the exercise demonstration DVD and read the exercise execution manual (AT LEAST once). Every time you re read it or re watch it you’ll learn something new.

This will be vital to your success.

The primer will also be a “pre-conditioning” of sorts to prepare your body for what is about to take place over the following 40 days.

The goal of the primer is NOT to cause excessive soreness, tissue damage or neurological overload.



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The goal is to train the body and brain to move how YOU want them to.

Pay attention to detail.

Create GREAT habits. Don't allow yourself to break them, ever.

MI40 NOTE: PLEASE note, that if you plan on starting MI40 on a Monday, the primer must begin 10 days prior, which would be a Friday to ensure 3 days COMPLETELY OFF before beginning MI40 (Friday, Saturday and Sunday before you start). Use these off days to ensure you have everything you need to complete MI40.

- ▶ Prep Meals
- ▶ Design or print off your meal plan
- ▶ Order Supplements
- ▶ Get a Massage
- ▶ Stretch
- ▶ Review all the MI40 materials
- ▶ Rest and prepare.

The keys to the execution in the PRIMER phase:

- 1) "Initiate with the working muscle". The first movement in the sequence MUST come from the muscle you are trying to work. If you're working your biceps, you must consciously contract the biceps first, from a fully lengthened position.
- 2) Too many people start movements by "jerking" from other parts of the body or momentum. This is a "no-no".



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- 3) A 2-second squeeze in the contracted position with conscious intent to contract the working muscle.

(Example - Hold at the top of a bicep curl for a 2 count , or a 2-second hold at the bottom a lat pulldown)

- 4) A 2-second pause in a fully lengthened position.

(Example - pausing for a 2-count at the bottom of a bench press or squat to completely eliminate all momentum)

- 5) The tempo is consistent. No extra time to pause at the bottom OR the top of any Range of Motion.



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FRIDAY

DAY 1

BACK/SHOULDERS/BICEPS INTENSITY: *60%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
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Seated Supported Machine Row	4	15
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Seated Side Laterals	5	20
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Standing Barbell Curl	4	15
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3 Minute REST

One-Arm Dumbbell Row	5	20
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Reverse Pec Fly	4	15
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Machine Side Lateral Raise	4	12
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Two-Arm Machine Curl	4	12
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3 Minute REST

Seated Cable Row (close grip)	4	15
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Seated Dumbbell Front Raise	3	15
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One-Arm Cable Curl – (facing away from machine)	3	20
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SATURDAY

DAY 2

CHEST/TRICEPS INTENSITY: 60%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
Flat Barbell Bench Press	4	12
Machine Pec Fly	4	20
3 Minute REST		
45-degree Incline Dumbbell Press	5	15
30-Degree Incline Dumbbell Pec Fly	3	15
3 Minute REST		
One-Arm Alternating Cable Pressdown	4	15,12,10, 15 +NOS
1 Minute REST		
Reverse Grip Triceps Cable Pushdown	4	15
Incline Lying Barbell Triceps Extension ("skull-crushers")	3	20



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SUNDAY

DAY 3

QUADS/HAMSTRINGS/CALVES INTENSITY: 60%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
Lying Leg Curls	5	12
Squats	4	20
Standing Calve Raise	3	15
3 Minute REST		
Seated Leg Curl	4	15
Walking Lunges	4	15/Leg
Leg Extension	4	20
3 Minute REST		
Seated Calve Raise	3	20
Stiff-leg Deadlift	3	15
One-Leg Leg Press	3	20/Leg



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MONDAY DAY 4 - OFF

TUESDAY

DAY 5

BACK/DELTS/BICEPS INTENSITY *80%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
Bent Over Barbell Row	4	15
Seated Side Laterals	4	20
Seated Dumbbell Curl	4	20
3 Minute REST		
Wide Grip Lat Pulldown	4	15
Machine Shoulder Press	4	15
Machine Preacher Curl	4	10
3 Minute REST		
One-Arm Dumbbell Row	3	20
Bent Over Rear Delt Lateral Raise	3	12
Two Arm Cable Bicep Curls	3	15
3 Minute REST		
Underhand Grip Seated Cable Row	3	15
Dumbbell Front Raise	3	15
One-Arm Dumbbell Preacher Curl	3	12



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WEDNESDAY

DAY 6

CHEST/TRICEPS INTENSITY 80%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
Incline Barbell Bench Press	4	12
Machine Pec Fly	4	15
Machine Dip	4	20
3 Minute REST		
Flat Dumbbell Fly	4	15
Flat Machine Press (Hammer Strength or similar)	4	10
Reverse Grip Tricep Pushdown	4	15
3 Minute REST		
Close Grip Bench Press	3	20
Overhand Grip Pushdowns	3	12
Overhead Tricep Extensions	3	15



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THURSDAY

DAY 7

QUADS/HAMSTRINGS/CALVES INTENSITY 80%

*Choose a weight that allows you to complete the assigned reps easily with PERFECT form. The goal here is to teach your body how to move. NOT to make you sore. Stop WELL short of failure, but take no time between exercises unless otherwise stated.

EXERCISE	SETS	REPS
Leg Extension	4	12
Leg Press	4	20
Seated Calve Raise	4	20
3 Minute REST		
Squat	4	12
Standing Calve Raise	4	8
Seated Leg Curl	4	12
3 Minute REST		
Lying Leg Curl	4	10
Hack Squat	4	10
Walking Lunge	2	15/Side

FRIDAY-OFF
SATURDAY-OFF
SUNDAY-OFF

MONDAY-BEGIN MI40!