

A black and white photograph of a very muscular man standing on a paved road in a desert landscape. He is shirtless, showing his chest, abdominal muscles, and arms. He is looking down and to his left. The background shows a road stretching into the distance under a cloudy sky.

RIP-FAST[®]

ULTIMATE MUSCLE
BUILDING SYSTEMS
TRAINING MANUAL

5000

BASIC: WORKOUT ONLY

YOUR ROAD TO MUSCLE
BUILDING SUCCESS
STARTS HERE...



RIPFAST

ULTIMATE MUSCLE BUILDING SYSTEMS TRAINING MANUAL

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IMPORTANT: THIS IS A HIGHLY EDITED EXCERPT SHOWING THE MAIN WEIGHTS PROGRAM ONLY. WE STRONGLY SUGGEST THAT YOU PURCHASE THE COMPLETE (FULLY GUARANTEED) DE LUXE EDITION, INCLUDING COMPLETE VIDEOS OF THIS PROGRAM FOR MAXIMUM BENEFITS AND FASTEST RESULTS. WE GUARANTEE THAT THE SYSTEM WILL BENEFIT YOU FOR YOUR FULL TRAINING LIFE.

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RIPFAST MISSION STATEMENT

For Ripfast to be the sports nutrition company of choice for body builders, athletes and fitness enthusiasts across the globe, whilst vigorously maintaining our quality, honesty and integrity.

To develop and market safe, effective, strong supplements, with the highest quality ingredients in the world.

To surpass our customers' highest expectations from our supplements and training systems.

To earn the trust and loyalty of our customers and staff. Treating them as the most important people in the world. Committing ourselves to helping them achieve their fitness goals.

To continually innovate. Nutritional science is constantly evolving, to be constantly developing cutting edge formulas that deliver performance benefits never before seen in nutritional supplements.

For our research and development staff to only formulate products that deliver results. We refuse to mislead our customers. If there is not substantial research to support the effectiveness of a product, you won't see it in the Ripfast line.

WWW.RIPFAST.COM

Ripfast Ultimate Muscle Building System™

Note:

1. This system has been scientifically designed to produce maximum muscle mass in the shortest possible time. For maximum gains, stick to the order and intensity as shown.
2. As with all intense training systems, muscle soreness will occur. But this is good! It means it is working. As long as you stick to the Ripfast nutrition program, your muscles will grow back bigger, more defined and stronger.

Ripfast 4 day weight training schedule

- Suitable for individuals with medium to advanced weight lifting experience.

ABSOLUTE BEGINNERS:

If you have never trained with weights before, or have been training for less than six months, we recommend that you do the following: Train for the first month, doing all the exercises recommended for just one STERL set. Don't do the STERL % sets. This will introduce your body to the regime, preparing it for the intensity packed workouts starting on week 5.

Remember : you must still warm up as required and eat correctly right from Day 1.

By the way, please let us know how you get on, we love success stories – you'll know what we mean when soon you help someone out with their training!)

SYSTEM TRAINING SCHEDULE

MON

Chest, Biceps, Triceps, Abdominals

TUE

Shoulders, Traps, Back, Legs, (Abdominals Optional)

WED

Off

THUR

Chest, Biceps, Triceps, Abdominals

FRI*Shoulders, Traps, Back, Legs, (Abdominals Optional)***MONDAY AND THURSDAY TRAINING****CHEST/BICEPS/TRICEPS/ABDOMINALS****CHEST**

<i>Warm up</i>	<i>Bench Press</i>	<i>30% STERL 5 reps</i>
		<i>40% STERL 10 reps</i>
		<i>50% STERL 10 reps</i>

Cycle No 1C

	<i>Bench Press</i>	<i>STERL</i>
<i>(+) failure</i>	<i>Bench Press</i>	<i>70% STERL</i>
<i>(+) failure</i>	<i>Bench Press</i>	<i>50% STERL</i>
	<i>Flyes</i>	<i>STERL</i>
	<i>Dumbell Press</i>	<i>Same as flyes</i>

Repeat Cycle No. 1C three times.

Keep the bar level to your upper chest, and when lowering it , bring it as close to your chest as you can. Remember to have no rest between each of the sets of every cycle in this programme, try to keep your weights prepared beforehand, or just strip the weight down fast, and carry on.

Notes: Doing the bench press on a seated bench press machine gives a great pump, allows perfect form, and allows superfast weight changing.

INNER/LOWER CHEST

Decline bench press is great to get that “ridge” along your lower chest. They are performed like regular bench press but on a decline bench.

Keep the angle no more than 45°. You lie on the bench with your feet at the higher end of the bench.

<i>Warm up</i>	<i>Decline Bench Press</i>	<i>70% STERL 8 reps</i>
<i>Cycle No 2C</i>	<i>Decline Bench Press</i>	<i>STERL</i>
<i>(+) failure</i>	<i>Decline Bench Press 80%</i>	<i>STERL</i>
	<i>Cable Crossovers</i>	<i>STERL</i>
<i>(+) failure</i>	<i>Cable Crossovers 80%</i>	<i>STERL</i>

Repeat Cycle No 2C three times.

Notes: Cable crossovers and Pec Dec are in inner chest definition exercise. If you don't have access to a crossover/pec dec machine, perform dumbbell flyes, "crossing" your hands at the top of the movement and "squeezing" your inner chest muscles, as you do so. If you are an absolute beginner, introduce the above cycle (2C) into your program on week 5.

<i>Warm up</i>	<i>Dumbbell Pullovers</i>	<i>60% STERL 10 reps</i>
<i>Cycle No 3C</i>	<i>Dumbbell Pullovers</i>	<i>STERL</i>
<i>(+) failure</i>	<i>Dumbbell Pullovers 60%</i>	<i>STERL</i>
<i>(+) failure</i>	<i>Parallel Bar Dips</i>	
<i>OPTIONAL:</i>	<i>*Assisted Parallel Bar Dips 10 reps (+) failure</i>	

*(*Assisted dips are when a friend helps you, or you use a machine that has a platform that assists you.)*

Repeat Cycle No 3C three times.

Notes: When training chest, try to alternate your routine - i.e. changing the order of the cycles - this allows energy application of equal emphasis on all chest parts.

BICEPS

<i>2 sets warm-up</i>	<i>Barbell curl 40% STERL 10 reps</i>
	<i>Barbell curl 50% STERL 10 reps</i>
<i>Cycle No 1 B</i>	<i>Barbell curls STERL</i>
<i>(+) failure</i>	<i>Barbell curls 70% STERL</i>
<i>(+) failure</i>	<i>Barbell curls 50% STERL</i>

Repeat Cycle No 1B three times.

Notes: A great mass builder is to do the barbell curl movement on a cable machine. These ensures strict form and you can change the weight really fast.

Cycle No 2B Seated Hammer Curls STERL
 (+) failure Seated Hammer Curls 60% STERL
 Repeat Cycle No 2B three times.

Cycle No 3B (optional)

(lean back on incline bench, arms at side).
 Incline Concentration Curls STERL
 (+) failure Incline Concentration Curls STERL 60% STERL
 Repeat Cycle No 3B two times.

TRICEPS

Stretch after each cycle by pushing your arms as far out behind you as you can.

2 sets warm-up Triceps pushdowns 40% STERL 10 reps
 Triceps pushdowns 50% STERL 10 reps

Cycle No 1T
 Triceps pushdowns STERL
 (+) failure Triceps pushdowns 70% STERL
 (+) failure 2 Bench Triceps Dips

Repeat Cycle No 1T: three times

Cycle No 2T
 Dumbell extensions STERL
 (+) failure Dumbell extensions 60% STERL

Repeat Cycle No 2T: three times

Notes: 2 bench triceps dips are when you place your hands behind you on one bench, and your feet in front of you on another. You then “dip” down as far as you can. On the up movement lock your arms at the top, and repeat. Feel the movement into your triceps.

ABDOMINALS

50 Semi Sit ups on a bench (do not go all the way up or down)

150 Crunches (performed intensely)

30 Twisting Crunches left side (performed intensely)

30 Twisting Crunches right side (performed intensely)

30 Side Crunches left side (performed intensely)

30 Side Crunches right side (performed intensely)

50 Semi Sit ups (accelerated)

Please also see RIPFAST'S ABSOLUTE DEFINITION for super effective abdominal routines.

Notes: We recommend that you do the abs routine on all 4 days!

But you can do it on just Monday and Thursday if you wish.

If you cannot manage all of the movements, simply do all you can.

But aim to eventually hit the targets. Once you're comfortable, take it further. The abs routine will give you fantastic results very fast, and it only takes around 10 minutes!

Did you know that the routine above if done 4 times a week, means you'll be doing nearly 77,000 crunch type movements a year!

This will give you great abdominal and lower back strength, but above all a stunning, rock hard six pack.

Remember that abdominal work is very rewarding.



REMEMBERING IT ALL

Don't be worried how you're going to remember all this information. The programme really is very simple to use and is unbelievably effective. Note down your exercises for the day, and take the notes with you to the gym.

After three to four sessions it will become almost second nature to you. Furthermore, after a few months (as long as you train consistently, and eat what we've recommended), you'll be advising others in the gym on how to train, after they see how well you're doing, and ask your advice. We're saying this not to boast, but from real experience.

TUESDAY AND FRIDAY TRAINING REGIMEN SHOULDERS/TRAPS/BACK/LEGS/ (ABDOMINALS)

SHOULDERS

(DELTOIDS)

Stretch between each cycle by "turning" arms round several times at your side or pushing arms back as far as possible.

*2 sets warm-up Shoulder Press 30% STERL 10 reps
 Shoulder Press 40% STERL 10 reps*

*Cycle No 1s Shoulder Press STERL
(+) failure Shoulder Press 70% STERL
 Lateral Raises STERL
(+) failure Lateral Raises 70% STERL*

Repeat Cycle No 1S three times.

*Cycle No 2s Dumbell Press STERL
(+) failure Dumbell Press 70% STERL
 Front Raises STERL
(+) failure Front Raises 70% STERL*

Notes: The Dumbbell Press is exactly like the barbell press, but using dumbbells. Remember to bring the weight down as close to your shoulders as you can.

Front raises – are exactly like lateral raises, except you lift the weight up in front of you upto forehead height, instead of to your side.

Performing these exercises on a shoulder press machine is more effective because you can use perfect form and change the weight faster.

This potent Ripfast combination of exercises, backed up with good traps work will give you front, back and side shoulder development – i.e. shoulders like boulders!

TRAPEZIUS:

(TRAPS)

2 sets warm-up Barbell shrugs 40% STERL 12 reps

Barbell shrugs 50% STERL 12 reps

Cycle No 1T Barbell shrugs STERL

(+) failure Barbell shrugs 70% STERL

Dumbbell shrugs STERL

Repeat Cycle No 1T: two times.

**Stretch between cycles by “rolling” your head round slowly.*

BACK

(LATS)

Cycle No 1B Warm up Lat pulldown 40% STERL 8 reps

Lat pulldown 50% STERL 8 reps

Lat pulldown STERL

(+)failure Lat pulldown 80% STERL

with close grip

(this varies the angle of attack)

Repeat Cycle No 1B: three times

Cycle No 2B (+) failure Bent rows with barbell STERL

Bent rows with barbell 80% STERL

Repeat Set No 2B three times

**After each cycle, stretch by touching your toes.*

Cycle No 2L

- Squats or Leg Presses STERL*
- (+) failure Squats or Leg Presses 50% STERL*
- Leg curls STERL*
- (+) failure Leg curls 80% STERL*
- Toe raises STERL*
- (+) failure Toe raises 80% STERL*

Repeat Cycle No 2L once.

ABDOMINALS: Recommended, but optional (routine as before)

45 MINUTE ROUTINE:

The previous routine is a seriously effective heavy workout. It's great advantage is that it makes you a serious weight training athlete practically straight away, (and it'll give you serious results very fast too), unlike many poor guys who are too intimidated or are so unknowledgeable that they don't pick up their first barbell until six months after they've joined the gym! (By the way, if you see someone like this, help them, it's very satisfying).

Back to the routine: It gets you in there, used to the gym, pumping serious iron! Which is where you need to be. One drawback is that you may find is that you are having to spend longer than you wish in the gym. If this is the case, we still thoroughly recommend that you stick to the "long sessions" for at least the initial one or two months. Call it a baptism by fire, or an initiation ceremony.

After this, if you wish, you can switch to the following routine.

It is just as intense, but limits your actual weights sessions to only about 45 minutes per session. (On aerobics days they'll be longer).

We have listed only bodyparts to train.

MONDAY/THURSDAY	:	CHEST/BICEPS/ABS
TUESDAY / FRIDAY	:	SHOULDERS/TRAPS/AEROBICS
WEDNESDAY / SATURDAY	:	LEGS/BACK/ABS
SUNDAY	:	REST

LOWER BACK

WARNING:

If you have any lower back problems, do not perform this exercise without first consulting a physician. Have an experienced trainer instruct you on the proper execution of this and all weight lifting exercises. Another good exercise for lower back are traditional sit ups.

2 Sets warm-up Deadlift 30% STERL

1 set Deadlift STERL

1 set (+) failure Deadlift 75% STERL

1 set (+) failure Deadlift 50% STERL

Note: Many gyms having very exciting “back” machines. If you wish, you can add or replace “dead lift” with one of these, but still apply the STERL RIPFAST PRECISION-1 PRINCIPLES.

ALTERNATIVE: Sit ups with weight to failure. Weight: 50 to 75% STERL.

LEGS:

After completing each cycle, make sure you stretch well touching your toes. After toe raises stepping back and leaning against the wall, heels flat. Hold these poses for 20 seconds.

2 sets warm up Squats 20% STERL 30 reps

(Legs continued)

Cycle No 1L

Leg Presses STERL

(+) failure Leg Presses – 80% STERL

Leg extensions STERL

(+) failure Leg extensions – 80% STERL

Repeat Cycle No 1L three times.

Cycle No 2L

Squats or Leg Presses STERL

(+) failure Squats or Leg Presses 50% STERL