

Once... Twice... Three Times

By

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Third time is charm, maybe – maybe not. Third time can make a difference in bringing up a lagging body part. Over the years the frustration of sticking points and endless hours of training for little in the way of benefit for the effort hits all of us. Not being a very patient soul in the first place for me it compounds the frustration even more.

Having tried the many different methods of pushing past points of no or little response, and having a good amount of success with them, I continued to experiment until I landed on the one that I enjoyed the most. Most all of the methods worked for me but I need something that was not time consuming and something that would not eat away at my last bit of energy, something enjoyable, something productive. For me the answer is the three days in a row method.

Any experienced bodybuilder will inevitably come to the point in time when they are tuned in to their body. Instinctively they will know when they have taken on too much or done too little. We recognize over-training as well as under-training. We feed off our bodies signals and are aware of the fact at times we can train to failure, at times just short of failure, and still other times we train far from failure. Experience teaches us and the wise learn from what we are taught.

Being a great believer in variation, I have often trained each muscle group one time per week, especially during a heavy regime when attempting to add size and power. Not having very spectacular recuperative abilities, I need more rest between sessions than most (a lesson learned after years of ignoring my body).

Here is the exact routine I followed not long ago, one I designed to work each muscle group in a specialized manner that incorporated the three times in a row principle.

Sunday: Chest and Calves

Bench Press 1x12, 1x10, 1x8, 1x6
Incline Dumbbell Press 1x12, 1x10, 1x8, 1x6
Flat Bench Dumbbell Flye 1x12, 1x10, 1x8, 1x6
Standing Calf Raise 1x15, 1x12, 1x10, 1x8, 1x6

Monday: Back

Bent Over Barbell Row 1x12, 1x10, 1x8, 1x6
Lat Pulldown 1x12, 1x10, 1x8, 1x6
Seated Long Lat Row 1x12, 1x10, 1x8, 1x6
Dumbbell Shrug 1x12, 1x10, 1x8, 1x6
Hyper Extension 4x12
*Bench Press 1x12, 1x10, 1x8, 1x6

Tuesday: Quads / Hams / Delts

Leg Extension 1x12, 1x10, 1x8, 1x6
Squat (Various; Smith Machine, Front, Back) 1x12, 1x10, 1x8, 1x6
Leg Curl 1x12, 1x10, 1x8, 1x6
Down The Rack Dumbbell Press
Side Lateral 1x12, 1x10, 1x8
*Bench Press 1x12, 1x10, 1x8, 1x6

Wednesday: Biceps / Triceps / Calves

Barbell Curl 1x12, 1x10, 1x8, 1x6
Seated Alternate Dumbbell Curl 1x12, 1x10, 1x8, 1x6
Triceps Press Down 1x12, 1x10, 1x8, 1x6 (Followed by three strip sets)
Lying Triceps Extensions with EZ Curl Bar 1x12, 1x10, 1x8, 1x6

Seated Calf Raise 1x15, 1x12, 1x10, 1x8, 1x6

Thursday: Forearms

Reverse Curl 1x12, 1x10, 1x8, 1x6

Wrist Curl 1x12, 1x10, 1x8, 1x6

Note the bench press is performed on Sunday which is the regular scheduled day for the movement and then repeated again on Monday and Tuesday at the conclusion of those two workouts. The bench press is performed three days in a row for four sets. Do not try to set it so on one day you go heavy – one day medium - one day light. Perform all sets on all three days with the maximum poundage that will allow you to complete the rep sequence outlined.

This can be followed for any muscle group, three consecutive days in a row. I have found it really helpful with hitting chest, back, delts, thighs, and calves. For me bi's and tri's did not respond as well. I believe it's because they are smaller muscle groups and when working the chest, tri's are heavily worked and working back hits the bi's; thus you can easily over-train these muscles.

Although I have experimented with performing the above method for five days in a row instead of three, I never found it to be more beneficial. Three consecutive days provided the best in results for me.

Haven't done it... give it a try. Good Luck!

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