



OLD SCHOOL BODYBUILDING PROGRAM PDF

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	Exercise	Alternative	Equipment Suggestions
Full Body A	Squat		Smith, Hack, Belt , Pendulum, Leg Press
	RDL		Barbell (BB) , Dumbbell (DB), Trap Bar
	Shrug		BB, Plate-loaded Shrug Machine
	Leg Extension		
	Supinated (Palms Up) Curl*		BB, Cable , DB Alternating or Simultaneous
	Hammer Curl*		Cable , DB
	Reverse Curl*		EZ Curl (BB or Cable), Kettlebell
	Chest Press	Incline Press	DB, Machine (including Smith), or BB
	Shoulder OH Press		DB, Machine (including Smith), or BB
	Lateral Raise	Lu Raise	DB , Cable with wrist cuffs
	Pec Deck	Seated Cable Fly	Pec Deck Machine, Seated Cable Machine
	Arm (Triceps) Extension		Seated Machine , Standing Cable
	Hamstring Curl		Seated , Prone
	Wide Grip Pulldown		Cable, Pulldown Machine
	Row		Seated Row Machine, T-Bar
	Calf Raise		BB Standing, Straight Leg Calf Machine , Leg Press
Full Body B	Supinated (Palms Up) Curl*		BB, Cable , DB Alternating or Simultaneous
	Hammer Curl*		Cable , DB
	Reverse Curl*		EZ Curl (BB or Cable), Kettlebell
	Chest Press	Incline Press	DB, Machine (including Smith), or BB
	Shoulder (OH) Press		DB, Machine (including Smith), or BB
	Front Raise		DB , Cable with wrist cuffs
	Pullover		BB or DB
	Single Leg Press		Smith, Hack, Belt , Pendulum, Leg Press
	RDL	Hip Thrust	BB, DB, Trap Bar, Hip Thrust Machine , Smith Machine, BB
	Shrug		BB , Plate-loaded Shrug Machine
	Leg Extension		
	Arm (Triceps) Extension		Seated Machine , Standing Cable
	Hamstring Curl		Seated , Prone
	Wide Grip Pulldown		Cable, Pulldown Machine
	Row, Elbows High		Seated Row Machine, T-Bar
	Calf Raise		BB Standing, Straight Leg Calf Machine , Leg Press

Apply this Load/Rep guideline for the exercises above:

	Warm-Ups			Working Sets	
Load	<50%	60%	80%	90-95%	90-95%
Reps	10	4-6	4-6	4-6	4-6

Example 2 week schedule you can use:

Day*	Workout
1	Full Body A
2	REST
3	Full Body B
4	REST
5	Full Body A
6	REST
7	REST
8	Full Body B
9	REST
10	Full Body A
11	REST
12	Full Body B
13	REST
14	REST

Application Notes

Double Progression Method

Double progression refers to increasing weight or reps.

For this program, aim for 4 reps per working set. Once you “own” 4, go to 5 and then 6. Once you’re at 6 with a Rep In Reserve, raise the weight.

Now, nothing says you can’t raise the weight again once you’ve mastered a weight for 4 reps with one in the tank. You can approach it that way too.

Reps In Reserve (RIR)

Train your working sets to just shy of failure. Of course, that assumes you know what your max effort actually is. Stop 1 rep short of that rep that takes you 5 to 7 seconds to lift with an approximation of good form.

A Few Final Thoughts: A Recap

The subject of anabolics angers a lot of folks.

They’re misunderstood as a proxy for hard work.

The previously referenced clinical evidence demonstrated that a muscle will grow and get stronger with steroids than from training alone. It “is what it is” as they say.

The champions from the late Silver Era may have dabbled with steroids when they were first introduced.

Maybe. Maybe not.

But their physiques were their physiques without them.

Even if they *did* (and I tend to think they didn’t), the volumes and variety were nowhere near what’s taken by even the casual steroid user these days. Not even close.

The Old School provides a refreshing reboot, especially for people who aren’t planning on competing, who want to maximize their gym time for strength, size, and aesthetics.

We need to appreciate what the Old School discovered and successfully implemented in the absence of the confusing variable of anabolics, and combine that knowledge with what we now know from physiology research performed since the 50s.

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Disclaimer: Our Old School Bodybuilding Program is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before starting any new fitness program, especially if you have any pre-existing medical conditions or injuries.

By following this plan, you acknowledge that you are voluntarily participating in the exercises at your own risk and assume all responsibility for any potential injury. Listen to your body, use proper form, and modify as needed to suit your personal fitness level. Results may vary based on individual effort, genetics, nutrition, and consistency.

This Is Why I'm Fit and its contributors are not liable for any injuries or health issues that may result from using this program.