

6 DAY / WEEK TRAINING SYSTEM

Day One: Pecs, Back including Lats, Abs
 Day Two: Delts, Arms, Trapezoids
 Day Three: Calves, Thighs & Forearms Repeat same program for day 4,5. and 6- rest on 7th.
 Only work three body parts per day.

1st Month:
 1st week perform 6 reps for pees, back and lats, delts, arms and traps.
 Perform 10 reps for calves, thighs. forearms and abs.
 2nd and 3rd weeks add two reps per week for each exercise for one month; totaling 6 more reps to per exercise at the end of the month.

2nd Month:
 Repeat the 1st month's program by dropping your reps back down to your first week's starting point and then work your reps back up each week. All exercises must be changed every two weeks. You may use the first two weeks' exercises again after your 3rd and 4th weeks of new exercise have been completed.

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISES (sets x reps)	PECS, LATS, BACK, ABS	DELTS, ARMS, TRAPS	CALVES, THIGHS, FOREARMS	PECS, LATS, BACK, ABS	DELTS, ARMS, TRAPS	CALVES, THIGHS, FOREARMS	OFF
WEEK 1: Use 3 sets per exercise the first two weeks. Perform 6 reps for peecs, back and lats, delts, arms and traps. Perform 10 reps for calves' thighs fore-arms & abs.	3x6	3x6	3x10	3x6	3x6	3x10	OFF
WEEK 2 Second Week: Increase all exercises by 2 reps. (Use 1st month rep program for all weeks).	3x8	3x8	3x12	3x8	3x8	3x12	OFF
PROPER MUSCLE CONFUSION CHANGE ALL EXERCISES (GRIP WIDTH, BARBELL to DUMBBELL, MEDIUM to WIDE STANCE FOR SQUATS) These changes are ex-tremely important in the Russian Bear Training System.							
WEEK 3 Third Week: Change all exercises. Example; Change from barbell curl to dumbbell curls or narrow to wide grip on barbell. Other examples arc bench press from wide to narrow grip. Medium to wide leg stance in squat, etc.	4x10	4x10	4x14	4x10	4x10	4x14	OFF
WEEK 4 Fourth Week: Use same exercises as 3rd week. Repeat this program for months to follow.	4x12	4x12	4x16	4x12	4x12	4x16	OFF

START ROUTINE OVER FOR 2ND MONTH AND SO ON.

Important Rules to Follow:

1. Don't miss workouts.
2. Don't deviate from Russian Bear System of proper Muscle Confusion.
3. Change your exercise every Two Weeks.
4. Don't Skip any day of taking Russian Bear supplement as your nutritional support.
5. Don't socialize when training. Concentrate on your workout and finish your training within 1½ hours. Growth Hormone (GH) greatly decreases after one hour of exercise. Go through your sets promptly.

NOTES: THIS ROUTINE GIVES A LOT OF ROOM FOR VARIETY. PICK 1 EXERCISE PER BODY PART. HOWEVER, GIVEN THAT, AFTER 2 DAYS REST, YOU CAN SWITCH THE ANGLE. IE. MONDAY FLAT BARBELL BENCH PRESS, THURSDAY, INCLINE BARBELL PRESS. WEEK 3 CHANGE TO DUMBBELL FLAT PRESS, THURSDAY, INCLINE DUMBBELL PRESS. HEAVIER LOADS CAN BE USED FOR THE 1ST 2 WEEKS, THEN WEEKS 3-4, LIGHTER WEIGHT AND HIGHER REPS. VAL TALKS ABOUT MUSCLE CONFUSION~~ THIS PROGRAM USES MICRO AND MESO PERIODIZATION. GENIUS!

Before starting on any health, bodybuilding or sports training program get clearance from your doctor.

CONTENT MADE AVAILABLE THROUGH THIS PROGRAM IS NOT INTENDED TO PROVIDE AND DOES NOT CONSTITUTE MEDICAL OR HEALTHCARE ADVICE - NOR CAN IT BE RELIED UPON AS PREVENTATIVE CARE, CURE OR TREATMENT FOR ANY DISEASE OR MEDICAL CONDITION.- YOU SHOULD CONSULT WITH A QUALIFIED HEALTHCARE PROFESSIONAL FOR ADVICE REGARDING THE DIAGNOSIS AND TREATMENT OF ANY MEDICAL CONDITION AND BEFORE STARTING ANY VITAMIN, HERBAL OR DIETARY SUPPLEMENTATION, NUTRITIONAL, EXERCISE OR OTHER MEDICATION PROGRAM.

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