BACK TO BASICS.



BODY PART BLUEPRINT

FIVE SESSIONS. EVERY MUSCLE.

A full session for chest, back, shoulders, arms and legs, with four weeks of progression already written into each one.

BACK TO BASICS

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READ PAGES 4 TO 6 FIRST

Five sessions sit at the back of this book. They only work if you know how to read them, how heavy to go, and how to fit them into your week. Six minutes of reading, and it decides whether the next four weeks count for anything.

01

START HERE

Five sessions. One for each part of you that people notice.

Most men train the same three things over and over. Chest on Monday, a bit of arms when they feel like it, and legs whenever guilt gets loud enough. Then they wonder why their shoulders never changed and their back looks the same as it did four years ago.

You get a complete session for chest, back, shoulders, arms and legs. Each one runs four weeks. Each one gets harder on a schedule so you are not guessing when to push.

HOW A SESSION IS BUILT

- **Nine exercises,** most of them paired so you work one while the other recovers.
- **Four weeks of numbers,** already written. Sets and reps step up as the weeks go.
- **A high rep set in the middle** to finish off what the heavy work started.
- **A finisher at the end.** Where the session says to failure, you go until clean reps stop.

Nothing here is complicated. It is just more thorough than what you have been doing, which for most men is the entire difference.



02

HOW TO READ A SESSION

Every exercise carries a number and a letter. **The number is the group. The letter is the order inside it.**

Exercises sharing a number are done back to back with no rest between them. You rest after the last one, then start the group again.

> **WORKED EXAMPLE**
>
> **1A. Incline barbell press, 10 reps**
> **1B. Incline dumbbell fly, 10 reps**
>
> Press for 10. Pick up the dumbbells and fly for 10. Fifteen seconds to move between them is fine. Now rest 60 to 90 seconds. One round done. Repeat until your sets are finished, then move to group 2.
>
> An exercise with a number and no letter stands alone. Finish all its sets before moving on.

READING THE NUMBERS

4 × 10 means four sets of ten reps. Sets always come first.

1 × 30 is one long set of thirty. These appear once per session, in the middle, and they are meant to burn.

To failure means you stop when the next rep would break your form, not when it starts to hurt. Machines, cables and dumbbells only. **Never a barbell without a spotter.**

REST

60 to 90 seconds after each group. Set a timer, because left alone you will take three minutes and swear it was one.

HOW LONG IT TAKES

50 to 60 minutes once you know the exercises. Much longer than that and you are resting more, not working harder.

> **SHORT NAMES**
>
> **DB** Dumbbell · **BB** Barbell · **KB** Kettlebell · **MB** Medicine ball · **RB** Resistance band

03

PICKING YOUR WEIGHT

DO NOT TEST A ONE REP MAX

Each session names a percentage, around 65 to 70 percent of an all out single. Treat that as context, not homework. You never have to find that number to use this book, and going looking for it in week one is how men get hurt before they start.

Use the rep target instead. Pick a weight where the **last two reps are hard but your form still looks clean.** Same method in every Back To Basics program, and it has never needed a calculator.

GETTING IT RIGHT IN WEEK ONE

1. Start lighter than you think. Week one finds your number, it does not prove anything.
2. Finish the set. All ten reps with five more in the tank means go heavier next set.
3. Form broke before the last rep? Too heavy. Come down, and nobody is watching.
4. Write it down. Guessing next week is how men train for a year and lift the same weight in December.

WHEN TO ADD WEIGHT

Hit the top of the rep range on every set with the last two still hard, then add the smallest jump available. Usually 2.5 kg or 5 lb. Small and often beats big and rare.

THE FOUR WEEKS ARE THE PROGRESSION

Weeks 1 and 2 hold four sets. Week 3 goes to five, or adds reps. You do not need to add weight every session on top of that, and trying to is how a good month turns into a strained shoulder. Let the sets do the work and add load when the reps tell you.

04

BUILDING YOUR WEEK

Five sessions, and three honest ways to fit them around a life.

FIVE DAYS

MON	TUE	WED	THU	FRI	SAT	SUN
CHEST	BACK	WALK	SHOULDERS	ARMS	LEGS	REST

FOUR DAYS

Chest, Back, Legs, then Shoulders and Arms together. For the combined day take groups 1, 2 and 3 from each and leave the rest.

THREE DAYS

Run the five in order and take whichever comes next. Chest on Monday, Back on Wednesday, Shoulders on Friday, then Arms the following Monday. You get through all five every twelve days instead of every seven. Slower, and it beats a five day plan you abandon in week two.

TWO RULES WHICHEVER YOU PICK

Never the same muscle two days running. Chest on Monday and shoulders on Tuesday is fine. Chest Monday and chest Tuesday is not, and your shoulders will tell you first.

Legs get their own day. Do not staple them onto the end of another session. You will rush them, and then you will start skipping them.

WHERE THE ARMS DAY REALLY MATTERS

Your arms already work on chest day and back day. The separate arms session exists because for most men that indirect work is not enough, and arms are the first thing anyone notices. Keep it, but put it after the two big days, never before them.

05

CHEST

THE SESSION

Around 65 to 70 percent of your best effort. Rest 60 to 90 seconds after each group. Exercises sharing a number run back to back.

	EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1A	Incline Barbell Press	4 × 10	4 × 12	5 × 10	5 × 10
1B	Incline DB Chest Fly	4 × 10	4 × 12	5 × 10	5 × 10
2A	Decline Barbell Bench Press	4 × 10	4 × 12	5 × 10	5 × 10
2B	Decline DB Chest Fly	4 × 10	4 × 12	5 × 10	5 × 10
3	DB Hammer Grip Chest Press	1 × 30	1 × 30	1 × 30	1 × 30
4A	Leverage Incline Press	4 × 10	4 × 10	4 × 12	5 × 10
4B	Landmine Press	4 × 10	4 × 10	4 × 12	5 × 10
5A	Negative Seated Machine Fly, 5 second lower	4 × 10	4 × 10	4 × 12	5 × 10
5B	Push Up	1 x fail	1 x fail	1 x fail	1 x fail

THREE THINGS THAT DECIDE THIS SESSION

- **Set the bench around 30 degrees.** Steeper than that and your front shoulders quietly take the press over.
- **Bar to the chest, not the chin.** The path lands on the lower half of your sternum, and it is the same path on the way up.
- **Flies are a stretch, not a press.** Small bend in the elbow, hold that bend, and let the chest do the opening.

THE ONE THAT CATCHES MEN OUT

Bench is the lift men load with their ego, and the shoulder pays for it long before the chest does. Set your shoulder blades down and back before the bar moves, keep them there, and if the bottom few inches pinch, stop short of it. A chest you can still train at fifty beats a number you told someone once.

06

BACK

THE SESSION

Around 65 to 70 percent of your best effort. Rest 60 to 90 seconds after each group. Exercises sharing a number run back to back.

	EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1A	Barbell Deadlift	4 × 10	4 × 12	5 × 10	5 × 10
1B	Bent Over Barbell Row	4 × 10	4 × 12	5 × 10	5 × 10
2A	Alternating DB Row	4 × 10	4 × 12	5 × 10	5 × 10
2B	Chest Supported DB Row	4 × 10	4 × 12	5 × 10	5 × 10
3	Lat Pulldown	1 × 30	1 × 30	1 × 30	1 × 30
4A	Close Grip Lat Pulldown	4 × 10	4 × 10	4 × 12	5 × 10
4B	Wide Grip Cable Row	4 × 10	4 × 10	4 × 12	5 × 10
5A	Farmer Walk, 20 yards per rep	3 × 8	3 × 10	4 × 12	5 × 10
5B	Inverted Row	4 × 10	4 × 10	4 × 12	5 × 10

THREE THINGS THAT DECIDE THIS SESSION

- **Pull with the elbow, not the hand.** Drive the elbow toward your back pocket and the lat does the work instead of the forearm.
- **Let the shoulder blades travel.** Full stretch at the top of a pulldown, full squeeze at the bottom. Locked shoulders build nothing.
- **A rounding back ends the deadlift set.** Not the rep after next. The set. Reload lighter and finish the work properly.

ABOUT THE DEADLIFT

It opens this session because it is the heaviest pull you own, and it deserves a fresh back. Reset your position on every rep rather than bouncing them. The moment your lower back rounds the set is finished, whatever number you were on. Ten honest reps beat twelve you have to explain to a physical therapist.

One exception to the pairing. Rest a full minute between the deadlift and the row instead of running them back to back. They are the only two lifts here that load your lower back the same way, and stacking them with no gap is where good backs get hurt.

07

SHOULDERS

THE SESSION

Around 65 to 70 percent of your best effort. Rest 60 to 90 seconds after each group. Exercises sharing a number run back to back.

	EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1A	Arnold DB Press	4 × 10	4 × 12	5 × 10	5 × 10
1B	Standing DB Lateral Fly	4 × 15	4 × 15	5 × 10	5 × 10
2A	Supinated Barbell Shoulder Press	4 × 10	4 × 12	5 × 10	5 × 10
2B	Barbell Shrug	4 × 10	4 × 12	5 × 10	5 × 10
3	DB Hammer Grip Press, alternating	1 × 30	1 × 30	1 × 30	1 × 30
4A	Plate Front Raise	4 × 10	4 × 10	4 × 12	5 × 10
4B	Landmine Press	4 × 10	4 × 10	4 × 12	5 × 10
5A	Negative Lateral Fly	4 × 10	4 × 10	4 × 12	5 × 10
5B	Machine Shoulder Press	1 x fail	1 x fail	1 x fail	1 x fail

THREE THINGS THAT DECIDE THIS SESSION

- **Lateral raises stop at shoulder height.** Go higher and the traps take the weight off the side delt you were aiming at.
- **Press in front of your head, never behind it.** Behind the neck loads the shoulder at its weakest angle for no extra reward.
- **Lower slower than you lift.** Side delts answer to control. Most men swing a weight they could handle clean at half the size.

IF YOUR SHOULDER CLICKS

A click with no pain is usually nothing. A click with pain means stop pressing overhead and get it looked at. Do not train through a painful shoulder for four weeks and then wonder why it took a year to settle. Rows and pulldowns will keep you busy in the meantime.

08

ARMS

THE SESSION

Around 65 to 70 percent of your best effort. Rest 60 to 90 seconds after each group. Exercises sharing a number run back to back.

	EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1A	Preacher Curl	4 × 10	4 × 12	5 × 10	5 × 10
1B	Cable Rope Overhead Tricep Extension	4 × 10	4 × 12	5 × 10	5 × 10
2A	Alternating Incline Cable Curl	4 × 10	4 × 12	5 × 10	5 × 10
2B	Tricep Pushdown, straight bar	4 × 10	4 × 12	5 × 10	5 × 10
3	Alternating Hammer Curl	1 × 30	1 × 30	1 × 30	1 × 30
4A	EZ Bar Skull Crusher	4 × 10	4 × 10	4 × 12	5 × 10
4B	Overhead Cable Curl	4 × 10	4 × 10	4 × 12	5 × 10
5A	Cable Tricep Kickback	4 × 10	4 × 10	4 × 12	5 × 10
5B	Reverse Barbell Curl	4 × 10	4 × 10	4 × 12	5 × 10

THREE THINGS THAT DECIDE THIS SESSION

- **Keep the elbows still.** A curl moves at the elbow. The moment the shoulder joins in, your back is doing it.
- **Take triceps work overhead.** The long head only stretches when your arm is up, and it is the biggest of the three.
- **Honest reps beat heavy ones.** Arms are small muscles. They grow from clean work, not from the weight you can swing.

ARMS ARE TWO THIRDS TRICEPS

Every man who wants bigger arms curls. Your triceps make up roughly two thirds of the upper arm, which is why this session pairs a curl with an extension all the way down. Give the pushing work the same attention you give the pulling, and your sleeves will notice long before your biceps do.

09

LEGS

THE SESSION

Around 65 to 70 percent of your best effort. Rest 60 to 90 seconds after each group. Exercises sharing a number run back to back.

	EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1A	Barbell Front Squat	4 × 10	4 × 12	5 × 10	5 × 10
1B	DB Reverse Lunge	4 × 15	4 × 15	5 × 10	5 × 10
2A	Stiff Leg DB Deadlift	4 × 10	4 × 12	5 × 10	5 × 10
2B	Close Stance Barbell Squat	4 × 10	4 × 12	5 × 10	5 × 10
3	Leg Press	1 × 30	1 × 30	1 × 30	1 × 30
4A	Leg Press Calf Raise	4 × 10	4 × 10	4 × 12	5 × 10
4B	Walking Lunge	4 × 10	4 × 10	4 × 12	5 × 10
5A	Quad Extension	4 × 10	4 × 10	4 × 12	5 × 10
5B	Glute Bridge	1 x fail	1 x fail	1 x fail	1 x fail

THREE THINGS THAT DECIDE THIS SESSION

- **Hips first, then knees.** Push your backside back before you bend. Knees leading is where the lower back starts paying.
- **Get to parallel at least.** Depth builds more leg than extra plates on a half squat ever will.
- **Drive through the whole foot.** Mid foot and heel. Coming onto the toes takes the load off the quads and puts it in your knees.

BACK PAIN WHEN YOU SQUAT

Usually a weak core rather than a bad back. Legs move heavier loads through more directions than anything else you do, and without a solid middle your lower back takes over the stabilizing. Front squats punish that quickly, which is exactly why they open this session. Go lighter than your ego wants for the first two weeks.

10

SWAP IT OUT

Someone is on the machine. Your gym does not have it. You are training in a garage with two dumbbells and a bench. None of that is a reason to skip the session.

WRITTEN IN THE SESSION	USE INSTEAD
Incline Barbell Press	Incline dumbbell press, or push ups with your feet on a bench
Cable Fly	Dumbbell fly lying on a bench, or a band crossover off a door
Barbell Deadlift	Dumbbell Romanian deadlift, or a kettlebell held in both hands
Lat Pulldown	Pull ups if you have a bar, or a band pulldown from your knees
Seated Cable Row	One arm dumbbell row, or an inverted row under a solid table
Machine Shoulder Press	Seated dumbbell press, or a standing press with a band under both feet
Cable Lateral Raise	Dumbbell lateral raise, one arm at a time if the weight is awkward
Preacher Curl	Incline dumbbell curl with your back flat on the bench
Tricep Pushdown	Band pushdown over a door, or a close grip push up
Leg Press	Goblet squat, or a dumbbell split squat
Quad Extension	Slow step up onto a bench holding dumbbells
Leg Press Calf Raise	Standing calf raise off a step with a dumbbell in one hand

THREE SWAPS THAT ARE NOT SWAPS

- **A squat in place of a hinge.** Deadlifts and Romanian deadlifts train the back of your legs. Squats mostly do not, and swapping one for the other leaves half the leg untouched.
- **Something heavy in place of the finisher.** The last exercise is there for reps. Loading it up adds fatigue and takes away the point.
- **Both halves of a pair.** If one exercise is unavailable, change that one. Replace both and the pairing the session is built on disappears.

WHAT MAKES A FAIR SWAP

Three things. The joint moves the same way, the rep target stays the same, and you can add weight to it over four weeks. A swap that fails the third test will hold you still for a month, which is why bodyweight moves belong in the high rep slots and rarely anywhere else.

11

YOUR LOG

Men who write their numbers down lift more four weeks later than men who do not. Not because writing builds muscle, but because memory lies and a notebook does not.

FOUR THINGS TO WRITE, AND NOTHING ELSE

- **The weight.** What went on the bar or which dumbbells you picked up.
- **The reps you got.** Not the reps written in the book. The ones you finished.
- **How the last two felt.** One word does it. Easy, hard, or ugly.
- **Anything that hurt.** A shoulder that pinched in week 2 explains a lot in week 4.

Copy this page, photograph it, or keep it in your phone. One sheet per body part.

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4

THE NUMBER THAT MATTERS MOST

Total weight moved, not the weight on one set. Five sets of ten at 135 lb beats four sets of ten at 145 lb, even though the second one feels stronger in the moment. Week 3 adds a set for exactly that reason.

12

THE RULES

Six things that decide whether the sessions work.

1. WARM UP THE MOVEMENT, NOT THE TREADMILL

Two light sets of whatever comes first, then start. Ten minutes of walking warms you up without teaching your shoulder anything about pressing.

2. FULL RANGE BEATS HEAVY

Bring the weight all the way down and all the way back. Muscle grows at least as well from long, controlled reps as from short heavy ones, and half a rep with more plates on the bar mostly grows your opinion of yourself.

3. STOP ONE OR TWO REPS SHORT ON MOST SETS

Training to the edge on every set adds fatigue faster than it adds muscle. Leave a rep or two in reserve on the main work. Save the going all out for the sets marked to failure.

4. PROTEIN EVERY SINGLE DAY

Aim for one gram per pound of your goal body weight, spread across three or four meals. Lifting asks for repair material. Miss it and the sessions are damage without the rebuild.

5. SLEEP IS PART OF THE PROGRAM

Seven hours or more. Cut to five or six while you are dieting and more of the weight you lose comes off as muscle instead of fat. You cannot out train a short night.

6. SHOW UP ON THE DAYS YOU DO NOT WANT TO

Four honest sessions in a bad week beat six perfect ones you only manage when life is calm. Nobody who got somewhere felt like it every time.



13

QUESTIONS

HOW LONG BEFORE I SEE A CHANGE?

Strength moves first, usually inside three weeks. Visible size takes longer, closer to eight to twelve weeks of steady work, and the men around you notice before you do.

CAN I RUN TWO SESSIONS IN ONE DAY?

Only shoulders and arms, and only the first three groups of each. Stacking two full sessions gives you ninety minutes of work and about forty minutes of quality.

WHAT IF I MISS A DAY?

Move it, do not drop it. Push the week along by a day and carry on. A missed session is a delay. A missed week is a decision.

DO I NEED TO EAT MORE TO GROW?

To add real size, yes. A small surplus, roughly two to three hundred calories above what holds your weight steady, with protein handled. Eating far above that adds fat, not speed.

SHOULD I DO CARDIO AS WELL?

Walking, as much as you like. Hard running and cycling on leg day will cost you, so keep them on rest days or after lifting rather than before.

WHAT HAPPENS AFTER FOUR WEEKS?

Run it again with the weights you finished on. Most men get two rounds out of this before the numbers stop moving, and at that point you need a plan built around you rather than around everyone.

DO I NEED SUPPLEMENTS?

Food first, every time. Protein powder is convenience, not magic. Creatine is the one with real weight behind it, three to five grams a day, taken whenever suits you. Everything else on the shelf is optional at best.

I AM SORE FOR FOUR DAYS. IS THAT NORMAL?

In week one, yes. After that it should settle. Soreness measures how new something was, not how well it worked, and chasing it will cost you sessions.

THE GYM IS PACKED AT SIX. WHAT NOW?

Run the pairs with whatever is free and keep the rest honest. A session done in a different order beats a session you skipped because someone was on the bench.



Remember this

TRAIN THE PARTS YOU CANNOT SEE IN THE MIRROR.

MYRON JACKSON

BACK TO BASICS

WHEN YOU NEED MORE

This book gives you five sessions. It cannot watch your form, see the shoulder you hurt in 2019, or tell you why the same weight feels heavy on a Thursday.

Most men who come to me have already tried. Gym memberships. Programs online. Meal plans. Some of it worked for a while. Most of it did not last. That was not a discipline problem. It was built for nobody in particular.

Back To Basics is built for one man at a time. We look at what is going on inside your body before we build anything. We work around the injuries you are carrying. And you are never doing it alone.

1. Apply. It takes about two minutes.
2. We look at it, and you book a call.
3. We decide together whether this is the right fit.

APPLY NOW

apply.joinbacktobasics.com

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