

OUTLAW MUSCLE

Gain 7lbs of Muscle in 30 days



By Teiko Reindorf

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By reading this document, you assume all risks associated with using the advice given below, with a full understanding that you, solely, are responsible for anything that may occur as a result of putting this information into action in any way, and regardless of your interpretation of the advice

Disclaimer:

You must get your physicians permission before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Outlaw Muscle. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Outlaw Muscle exercise program, please follow your doctor's orders.

One thing my life isn't... Is boring

All these years spent working as a personal trainer, has given me access for whole whack of different people.

I've sat across the table at fancy restaurants with multimillionaires and

stood behind seasoned criminals as they prepared for squat

10 years and **hundreds** of clients later ...

most faces have dissolved into a mental mash in my brain,

few names are memorable but even fewer unforgettable

One of my client's whose name will forever be etched into my memory is Jimmy

Jimmy was a young, man who just happened to walk into the gym I worked at some years back

He was a typical skinny guy, with rail-thin arms and a bird chest...

Looking at him you would have **never** suspected that he spent his formative years navigating his way through a criminal underbelly

Few people knew this...

But, at the tender young age of 24 Jimmy had *risen-up* the ranks of an outlaw biker gang to become **second in command**

And like I said before - aside from the notoriety his position offered him, Jimmy was a fairly unsuspecting fellow

he rarely looked the part of a violent criminal

The day Jimmy walked into our club, he walked right up to the front desk and asked to see a manager

In his brief meeting with **our Boss** he pointedly told him his sole reason for joining

It was to get Bigger and nuthin else

He was there for results and demanded to be paired with someone who knew their shit

There was no time for *“fuckin around”*

Minutes later, I heard my name called over the PA system...

And so began the story of how I started training Jimmy

When we first met, I greeted him as any other client, I was pleasant and warm

Truth is...

had it not been for my managers shaken disposition and the whispering of the back room staff

I would've been completely **clueless** as to *just how dangerous* ol Jimmy was

But the more Jimmy and I trained, the **more apparent** it became

First it was the nods of respect from the gym tough guys

Then, it was the strange way people responded when we asked to share a piece of equipment

They'd take one look at Jimmy and high tail it outta there

I finally wised -up to ol Jimmy's affiliation when I caught him flash a **known** biker gang member a look that turned the man...

white as a ghost

As curious as I was to confirm my suspicions... I knew better than to press him about it

If there was one thing I'd learned through my years of training it was this....

Some clients demanded discretion

Once I finally pieced it all together

It started to make sense why he was so rabid about gaining size.

His position in the bike gang called for him to be fearsome in all respects

Obviously one could still be the head honcho at Jimmy's size...

but I'd imagine everytime you asserted your leadership, there would be one guy in the room sizing you up and thinking they could **easily take you**

Eitherway...

Despite Jimmy's tiny frame he did have one major advantage when it came to packing on muscle

He worked his ass off

Jimmy was *one of those* dream clients who loved pushing himself to the limit

Unfortunately, guys like this often have to be reeled-in before they overtrain or injure themselves

As it so happens

One day after **yet** another grueling workout

I pulled Jimmy aside and told him about a new system of training I'd been reading up on

It was Chad Waterbury's High Frequency Training approach

And

If he was willing to "test it out"

I was "pretty sure" we could pack some serious mass on his frame

(Now remember... I had only read about this approach, and though it made a lot of sense... I had NEVER tried it before)

Jimmy glared over at me with an look I'd never seen before.

For a moment I felt the pang of panic one feels when thrust into a potentially life threatening situation

Without uttering a word, Jimmy studied my face as if surveying for any trace of dishonesty.

Then following what seemed like the longest pause in the history of man, Jimmy said

“Alright Teiko... I will take you up on this offer, but let's just say you better not waste my time or...”

his voice trailed off.

He didn't need to say anything else, I knew exactly what he was implying

This shit better work, or I'd be sorry

The program I gave Jimmy was simple enough.

It was a high frequency muscle building routine where you only train 4 days a week

But, here's the catch...

You had to train, with 2 individual sessions each day you worked out

Yep, you read that right...

There was an *am* session AND a *pm* session

The first workout was done in the morning.

This was the high intensity workout where you focus on multiple sets of big compound exercises like squats, presses and deadlifts to shock the nervous system... and promote strength gains

Then

Later on that day you would come back to the gym to do low-intensity, high rep, volume training to exhaust the muscular system... and build muscle.

There's a sample of the exact program we used below

But before you even attempt it...

I should warn you

a:) this type of training can't be done for an extended period of time, you will get injured

b:) It's fairly time consuming and should only be attempted by someone who has a lot of **time on their hands**

The Outlaw Training program

Chest & Back

Day 1: AM

A1: Barbell chest press 10x6

A2: Supine Chin-up 10x6

Day1: PM

A1: Incline Dumbbells press 6x10

A2: One-arm Dumbbells Row 6x10

Legs

Day 1: AM

A1: Front squat 10x6

A2: Seated leg curls 10x6

Day 2: PM

A1: Bulgarian split squat 6x10

A2: Romanian deadlift 6x10

Day 3 - Off

Arms

Day 4: AM

A1: Barbell biceps curl 6x10

A2: V-bar dips 6x10

Day 4: PM

A1: Scott Dumbbells curl 10x6

A2: Barbell J-press 10x6

Traps and Calfs

Day 5: AM

A1: High pulls 6x10

A2: Seated calf raise 6x10

Day 5: PM

A1: Shrugs 10x6

A2: Standing calf raise 10x6

Rest 90 seconds inbetween supersets for AM workouts and 60 seconds inbetween exercises for PM workouts

As you can see the program is fairly time intensive

If there is one major difference between this and Chad's version

It's this... Chad's gets you the same result in about half the time

But hey man, If time isn't an issue for you

And you really want to give this program a shot...

Here are a few things to help you get through it.

First, you are gonna want to increase your food intake.

The volume of training you will be doing is gonna be much higher than what you are currently used to

And your muscles are gonna need the excess calories to make-up for it

If you wanna avoid spiraling into a catabolism during this program...

Jack up your caloric intake by roughly 15- 25 percent.

Secondly, supplement with some sort of branch chain amino acid both before and during your workouts.

This will reduce

the soreness you experience during the training

and help you recover much, much quicker

Next, aim for 8-10 hours of sleep every single night.

Remember this sort of training is gonna force growth with the added benefit of a hormonal shit storm

Most of these hormones are gonna be released as you sleep

so if you want to get the full benefit of this sort of training...

You've gotta sleep.

Lastly, once you have finished this program

Don't go near a gym for a full week.

This overreaching style of training is very taxing on both the muscular and nervous system. if you wanna grow you've gotta rest once you are done

Obviously I didn't go into too much detail about how this system works, but I promise you it delivers

Sadly, It's one major knock is the time commitment

If I had to do it all again I would have just used Chad's original HFT program

If you want to read up about it, I have provided a link below

==> Chad's High Frequency Training Program <==

Alright man

Till next time, I'm out

Teiko Reindorf NSCA-CPT

