

DR. DESTRUCTION

 **ADVANCED GYM RAT ARC PROGRAM** 

DURATION	COMPOUNDS REST	ISOLATIONS REST	TARGET TIER
75-100 Mins	2-3 Mins	45-75 Secs	Advanced Elite

PUSH DAY (HIGH VOLUME HYPERTROPHY)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Press	4 Sets × 6-8 Reps	2-3 Min (Compound)
Incline Bench Press	4 Sets × 8 Reps	2-3 Min (Compound)
Flat Dumbbell Press	4 Sets × 8-10 Reps	2-3 Min (Compound)
Incline Dumbbell Press	4 Sets × 10 Reps	2-3 Min (Compound)
Incline Dumbbell Press & Fly Superset	3 Sets × 10-12 Reps	45-75 Sec (Isolation)
Pec Deck	3 Sets × 12-15 Reps	45-75 Sec (Isolation)
Cable Fly	3 Sets × 15 Reps	45-75 Sec (Isolation)
Dumbbell Shoulder Press	4 Sets × 8-10 Reps	2-3 Min (Compound)
Cable Lateral Raises	4 Sets × 15 Reps	45-75 Sec (Isolation)
Single Arm Cable Lateral Raises	3 Sets × 15 Reps	45-75 Sec (Isolation)
Rope Pushdown	3 Sets × 12-15 Reps	45-75 Sec (Isolation)
Overhead Rope Extension	3 Sets × 12-15 Reps	45-75 Sec (Isolation)

PULL DAY (COMPLETE BACK & ARM ANNIHILATION)

EXERCISE	SETS × REPS	REST INTERVAL
Deadlift	4 Sets × 5 Reps	2-3 Min (Compound)
Wide Grip Lat Pulldown	4 Sets × 8-10 Reps	2-3 Min (Compound)
Close Grip Lat Pulldown	3 Sets × 10 Reps	2-3 Min (Compound)
Single Arm Lat Pulldown	3 Sets × 12 Reps	2-3 Min (Compound)
Seated Cable Row	4 Sets × 10 Reps	2-3 Min (Compound)
T-Bar Row	4 Sets × 8 Reps	2-3 Min (Compound)
Chest Supported Row	3 Sets × 12 Reps	2-3 Min (Compound)
Straight Arm Pulldown	3 Sets × 15 Reps	45-75 Sec (Isolation)
EZ Bar Curl	3 Sets × 10 Reps	45-75 Sec (Isolation)
Spider Curl	3 Sets × 12 Reps	45-75 Sec (Isolation)
Incline Curl	3 Sets × 12 Reps	45-75 Sec (Isolation)
Cable Wrist Roller	3 Sets	45-75 Sec (Isolation)

LEGS DAY (MASSIVE VOLUME LOWER BODY)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	4 Sets × 8 Reps	2-3 Min (Compound)
Wide Stance Leg Press	4 Sets × 10 Reps	2-3 Min (Compound)
Close Stance Leg Press	3 Sets × 12 Reps	2-3 Min (Compound)
Single Leg Extension	3 Sets × 15 Reps	45-75 Sec (Isolation)
Leg Extension	3 Sets × 15 Reps	45-75 Sec (Isolation)
Weighted Lunges	3 Sets × 12 Steps Each Leg	2-3 Min (Compound)
Calf Raises	5 Sets × 15-20 Reps	45-75 Sec (Isolation)

KEEP IN MIND

- **Advanced Only:** High volume designed for experienced trainees.
- **Overload Mandatory:** Progression in load/reps must be tracked.
- **To Failure:** Take the absolute last set of isolation movements to failure.
- **Recovery:** Critical tier sleep and surplus/maintenance fuel required.

UNIVERSAL RULES

- 5-10 Minutes precise dynamic warm-up before lifting.
- 1-3 Acclimation/Warm-up sets prior to heavy compound work.
- Track metrics meticulously; push identical block for 4-8 weeks.
- Consistency overrides everything. Prioritize form over mindless ego weight.