Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

CHEST - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Decline Press BAR		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Moderate/Heavy	2	2	20
Pec Dec		Reverse Grip Close			Both Arms/Legs	3	50	Moderate	2	2	120
Incline Press DB		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	4	10	Moderate/Heavy	4	4	15
Push Ups		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	4	35	Moderate	1	1	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

SHOULDERS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Overhead Press SMITH MACHINE		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	10	Heavy	1	1	10
Lateral Raises CABLE					Both Arms/Legs	3	25	Moderate	1	1	120
Clean Press BAR		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Moderate/Heavy	2	2	30
Upright Rows CABLE		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	40	Light/Moderate	1	1	120

"Train with your brain"

-Dr. Warren Willey

BACK - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Incline Bench Bent Over Rows DB		Neutral Grip (DB)			Both Arms/Legs	3	8	Heavy	2	2	20
Chin ups		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	25	Light/Moderate	2	2	120
Seated Rows		Reverse Grip Close			Both Arms/Legs	3	12	Moderate/Heavy	3	3	20
Strait Arm Lat Pull Down		Wide Grip (Hands / Elbows / Feet / Toes Out)			One Arm/Leg	3	40	Light	1	1	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRAPS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Back Shrugs SMITH MACHINE		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	12	Heavy	2	2	20
Seated DB Shrugs		Neutral Grip (DB)			Both Arms/Legs	3	35	Moderate	2	2	75

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

LOWER BACK - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Dead Lifts						3	10	Heavy	2	2	15
Hyperextensions (Praises)						3	30	Light	2	2	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

BICEPS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Standing Curls Strait BAR		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Heavy	2	2	20
Incline Curls DB		Neutral Grip (DB)			Both Arms/Legs	3	40	Moderate/Heavy	2	2	90
Hammer Curls DB		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	8	Heavy	2	2	15
Behind the Neck CABLE Curls		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	40	Light	1	1	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Close Grip Flat Press		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Heavy	2	2	15
Kick Backs DB		Neutral Grip (DB)			Both Arms/Legs	3	30	Heavy	2	2	120
Decline Lying Extensions BAR		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Heavy	2	2	15
Reverse Push Downs CABLE		Reverse Grip Close			Both Arms/Legs	3	30	Light/Moderate	1	1	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

QUADS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Leg Press		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Heavy	2	2	120
Squats BAR on Back 1/4 movement		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	30	Light/Moderate	2	2	90
									2	2	85
Squats Walking short steps (lunges) DB		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Moderate/Heavy	4	4	90
Squats Walking wide steps (lunges) DB		Wide Grip (Hands / Elbows / Feet / Toes Out)			One Arm/Leg	3	35	Light			

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

HAMSTRING - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Stiff Leg Dead Lifts BAR		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Heavy	2	2	10
Lying (Face up) Leg Curls BALL (Close)		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	50	Light	2	2	120
Lying Leg Curls MACHINE (Wide)		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Moderate/Heavy	2	2	10
Lying Leg Curls MACHINE (Close)		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	25	Light	2	2	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

CALVES - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Standing Heel Raise SMITH MACHINE		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	15	Heavy	2	2	10
Seated Heel Raise DB		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	100	Light/Moderate	2	2	120

Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

ABS - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =
Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Weighted Crunches CABLE						3	12	Heavy	3	3	10
Crunches on Exercise Ball						3	75	Light	1	1	120