

I learned the foundation of this routine 35 years ago in Sports Medicine — Advanced Weightlifting Theory, Technique and Practice. I used it to win two lightweight Mid-USA titles in 1994 and 1995, completely steroid-free. I was never the largest man on stage. Symmetry won those titles.

At 65 the goal is not mass. There are no long-lived giants. I train for the function of a Ninja Warrior or a lightweight UFC fighter, on whole food: nuts, seeds, grains, berries, beans, greens. Bread in check. No obsessing over macros.

ZERO REST

Between sets I do 90 seconds of continuous aerobic movement instead of sitting. Resistance and cardio at the same time. Saves about an hour a day.

6 DAYS A WEEK

Four training days, rotated across six days. Muscle groups get hit twice one week and once the next. Overlap is the point.

WHEN TO CHANGE

Shift reps every 6 to 8 weeks. The rule: change the program when you stop getting sore. Mirror and scale beat a logbook with bands.

THE THREE CYCLES · 6 TO 8 WEEKS EACH

1 PURE STRENGTH

Old school: 4–6 sets, 1–3 reps, 60 seconds rest. My version: never below 8 reps, never more than 3 sets. 90 seconds of movement instead of the rest. I do not risk injury to get big.

2 MAXIMUM HYPERTROPHY

Old school: 4–6 sets, 8–10 reps, 2 minutes rest. My version: those 2 minutes of dead time become 90 seconds of fluid full-body aerobics. Heart rate stays up while the target muscle recovers.

3 INTERMEDIATE FIBERS

Old school: 4–6 sets, 12–15 reps, 90 seconds rest. This is my sweet spot. Swap the rest for 90 seconds of continuous movement.

Print the day sheets. Write the band or the weight in the boxes. Check the date. This is a living system — it changes when you stop getting sore.

BETWEEN EVERY SET: 90 SECONDS OF CONTINUOUS MOVEMENT. NO SITTING.

Date _____ Cycle _____ Week _____ How I feel _____

EXERCISE	SET 1	SET 2	SET 3	NOTES
Bench Press band / weight · reps				
Incline Press band / weight · reps				
Decline Press band / weight · reps				
Flys (incline, flat, or decline) band / weight · reps				
Pull-Overs band / weight · reps				
Dips band / weight · reps				
Triceps exercise of your choice band / weight · reps				
Second triceps exercise of your choice band / weight · reps				

AFTER THE SESSION

Sore? Y / N Energy: 1 2 3 4 5 Sleep last night: _____

What I ate around training: _____

Notes: _____

BETWEEN EVERY SET: 90 SECONDS OF CONTINUOUS MOVEMENT. NO SITTING.

Date _____ Cycle _____ Week _____ How I feel _____

EXERCISE	SET 1	SET 2	SET 3	NOTES
Shoulder Shrugs band / weight · reps				
Military Press band / weight · reps				
Upright Rows band / weight · reps				
Front Raises band / weight · reps				
Lateral Raises band / weight · reps				
Rear Flys band / weight · reps				
Wrist Curls band / weight · reps				

AFTER THE SESSION

Sore? Y / N Energy: 1 2 3 4 5 Sleep last night: _____

What I ate around training: _____

Notes: _____

BETWEEN EVERY SET: 90 SECONDS OF CONTINUOUS MOVEMENT. NO SITTING.

Date _____ Cycle _____ Week _____ How I feel _____

EXERCISE	SET 1	SET 2	SET 3	NOTES
Wide Grip Pulldowns band / weight · reps				
Seated Cable Rows or Bent-Over Rows band / weight · reps				
Narrow Grip Pushdowns band / weight · reps				
Reverse Grip Pulldowns band / weight · reps				
Lower Back Machine or extensions band / weight · reps				
Biceps exercise of your choice band / weight · reps				
Second biceps exercise of your choice band / weight · reps				

AFTER THE SESSION

Sore? Y / N Energy: 1 2 3 4 5 Sleep last night: _____

What I ate around training: _____

Notes: _____

BETWEEN EVERY SET: 90 SECONDS OF CONTINUOUS MOVEMENT. NO SITTING.

Date _____ Cycle _____ Week _____ How I feel _____

EXERCISE	SET 1	SET 2	SET 3	NOTES
Squats band / weight · reps				
Lunges band / weight · reps				
Calf Raises — feet straight (2 sets) 2 sets · band / weight · reps				
Then a few reps toes-in outside of the calf already got hit · just enough to burn				
Calf Raises — toes out (2 sets) 2 sets · band / weight · reps				
Then a few reps toes-in outside of the calf already got hit · just enough to burn				

AFTER THE SESSION

Sore? Y / N Energy: 1 2 3 4 5 Sleep last night: _____

What I ate around training: _____

Notes: _____
