



# SHOCK AVE<sup>1.4</sup> protocol

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FROM *D*ANGEROUSLY*H*ARDCORE.COM

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## Disclaimer

The “Content” presented herein is for informational purposes only and intended for use by adults capable of understanding the Content and capable of seeking medical advice from appropriately licensed professionals when necessary or appropriate. Although I have researched various topics extensively and attempted to organize numerous issues associated with diet and exercise in a clarifying manner, the Content is not intended as a substitute for professional medical input or action. Always seek the advice of a qualified health provider regarding a medical condition or your ability to apply the Content in a safe manner. Please never disregard professional medical advice or fail to seek it in a timely manner because of something you have read anywhere, including here.

## Introduction

I'm glad you decided to learn about and experiment with Shockwave Protocols™ from Dangerously Hardcore™. Two protocols are presented here, but with limited details. This is not an ebook with all the answers, all the methodology needed to create a highly customized program for you. This is the basics. Remember, it's free: you get what you pay for.

I included training templates, but only of a simple nature. Shockwave Protocols incorporate many training styles and methods, introducing each at the exact moment that triggers maximum growth or maximum strength. The training split presented here is a pure Shockwave-style, utilizing Partitioned Set Ramping (PSR)™, Daily Undulating Periodization (DUP)™, Self-Modulated Progression (SMP)™ and, of course, Eccentric-Loading, Explosive ConTraction (ELECT)™ repetition performance.

If a question burns in your heart, and the answer just can't be gleaned from these pages, there's always the Question and Answer Forum on DH dedicated to Shockwave methodologies (<http://dangerouslyhardcore.com/forum/>). I will answer questions as often as I can, but many members have already experimented with and experienced incredible gains with Shockwave, and can answer many questions.

If your questions require a description of your daily schedule, age, stress level, activity level, how much you love Lucky Charms and won't give them up, plus a discussion of your bowel movements, then don't expect an answer, at least not from me. I can't design a program for every person who passes through the Dangerously Hardcore site. You're an adult: figure shit out.

Diet is always the difficult part, and determining the number of calories you need for any goal is a crap shoot. Daily and weekly adjustments require attention to how you look, how you feel and your performance in the gym, and are your best option for getting the results you want. Setting a static calorie or macronutrient level and not deviating never produces optimal results. I am developing software tools to make this process easier, and they'll be available early in 2012.

## Terminology

- *Shockwave Protocol*

A method of combining diet and training with specialized components to avoid CNS burnout, to grow and get stronger consistently, every workout, every day, for any scenario, even during extreme situations like pre-contest training and dieting. Using Shockwaves, competitors consistently add muscle while reaching insanely low levels of body fat.

- *ELECT*

Standing for Eccentric-Loading, Explosive-ConTraction, ELECT is a method of performing a single repetition to produce maximum strength gains, maximum central-nervous system (CNS) stimulation without over-stimulating or burning out the CNS. The repetition consists of lowering the weight through the eccentric part of the movement in 1 second, “releasing” the tension right before reaching the turnaround point, then exploding into the contraction which should raise the weight as rapidly as possible on each repetition.

- *PSR*

Partitioned-Set Ramping (PSR) allows maximum stimulation of the motor-nerves, allowing you to push harder than possible with a normal straight set. A partitioned set starts with a target repetition range, usually between 12 and 20 reps inclusive broken into partitions of smaller rep ranges, usually 3 to 4 repetitions per partition. The first partition is done with an extremely light weight using ELECT rep performance. Immediately after completing this partition, select a higher weight and perform the next partition. Continue until the last partition (normally, only 5 partitions are performed, but more may be appropriate), at which point you may choose to use normal rep performance for your final few reps.

- *DUP*

Daily Undulating Progression (DUP) is a method of adjusting how we train a muscle or muscle group within a single week to accelerate gains. For example, During the first part of the week, you may train chest hard and very heavy using a 6-rep/set scheme. Later in the week, you would perform a high-volume set on chest, just one or two, of lighter weight, shooting for 12 reps or more. The DUP

exercise is normally chosen to complement the prior- or upcoming-week's training.

- *SMP*

Trying to push-through a workout, even when your body is wrecked, or sticking to a senselessly high-volume training schedule simply because you were told to can be detrimental. Your body tells you when it can go 0 to 60 in under 4 seconds and when, instead, you need to stick to the slow lane. Self-Modulated Progression (SMP) is when you listen to your body and adjust accordingly. Shockwave Protocols create a scheme to help you always train at the maximum level your body can handle without going past and blowing-out your CNS, thus limiting gains for weeks to come.

## Protocols

This booklet contains basic plans for two types of protocols, Jacked and Ripped. The female version of Shockwave Protocols will be covered in an upcoming series on a new site focused on female Super-Heroes In Training called BeautifullyHardcore.com (<http://beautifullyhardcore.com/>). The series will be called, *Super Hero In Training: The Female Blueprint*.

- *Shockwave Protocol: Jacked*

There shouldn't be much I need to add to that description. The Jacked Shockwave is designed for extremely lean gains in muscle mass, and with a high enough percentage of body fat at the outset of the program this Shockwave can also produce significant fat loss while adding quality muscle mass.

Keep in mind that this Shockwave builds muscle and is not optimal for strength gains, although I have to be honest, I might have screwed up a little on this one because people report great size gains but also surprising strength gains, breaking through barriers they've fought with for years. Despite my apparent miscalculation, no one's complaining.

- *Shockwave Protocol: Ripped*

This program is for those who want to get shredded, while keeping all of their hard-earned muscular gains and most of their strength. It's great for near-contest level results as well as shedding a bit of that saggy love-handle fat. If you want to take it to the extreme, this will almost get you there (there's some tweaking to be done when you get under 10% body fat, and no, I'm not going to tell you what it is in a free ebook).

## Shockwave Training System™

The Shockwave Training Program™ is a single integrated resistance training schedule that underlies all of the Shockwave Protocols. Its purpose is simple: maximize anabolic signals and minimize catabolic signals. Achieving this with every training session means uninterrupted growth—no more de-loading weeks, no more missed lifts, no more lethargy, no more overtraining—but it also means doing just enough work, and not too much. This is when listening to the body makes or breaks the training.

Doing just enough challenges lifters at all experience levels because training protocols dictate exact volumes for each session. Progression means increasing weight, reps or volume every time the athlete enters the gym. Failure to do so means failure. This methodology assumes and depends on the body always residing in a state of perfect performance, absolute recovery and maximum efficiency. Anyone who has a body knows this is a crock of shit.

The Shockwave Training Program, however, lets the body—the trainee—reach maximum anabolic signaling and minimum catabolic signaling every training session. The way it works is simple. There are 5 levels of movements in each session and the goal is to work through as many levels as you feel capable of performing on a given day. That's it. If you feel exhausted, stop at Level 1. Amped and ready to tear down cinderblock walls with your teeth? Run the full gambit through to Level X. I describe each level below.

- Level 0: As you might expect, these are warm up exercises. The weight should be light, manageable and rep performance is rapid yet controlled. Always perform all Level 0 movements, resting no more than a couple minutes between sets.
- Level 1: These movements employ the Eccentric-Loading Explosive ConTraction (ELECT) rep performance strategy. Read about ELECT at <http://dangerouslyhardcore.com/?p=542#elect>. The absolute minimum goal of any training session is to complete all Level 1 movements. There should be a minimum of rest between each mini-set, creating one, long set for each ELECT movement.
- Level 2: These are the auxiliary movements and performance is like any normal training plan: a weight should be chosen such that the desired number of reps is just obtainable, i.e. if the target is 8 reps, choose a



weight in which you can get 8 reps but a 9<sup>th</sup> would be impossible. Rest no longer than 3 minute between sets

- Level U: This level incorporates Daily Undulating Periodization (DUP) into the program and helps maintain and increase strength during Shockwave Training, more so than any other periodization scheme yet studied. Rest no longer than 3 minute between sets
- Level X: The extra or extreme level movements. Perform these movements on the days when you feel invincible in the gym. The weight should be heavy, but doable—this is not the time to max-out or miss a lift. These movements specifically enhance CNS activation, but if done improperly—you couldn't get your ego under control—they will slow or even halt gains.

The training split with indetified labels follows. I designed the split for ample recovery, to optimize DUP and to avoid pre-exhaustive conflict, e.g. training biceps on back day.

Every time you train, keep moving. You want to complete the appropriate workload in the shortest amount of time possible—remember, the workload will change depending on how your body feels. The resistance program may seem time consuming, but considering that each 5-set ELECT movement lasts about as long as one normal set, the training sessions zip by.

# Shockwave Training Split

## Monday: Chest and Bis

Level	Exercise	Performance	Sets	Reps	Exchange
0	Bench Press	<i>WU</i>	3	10	
1	Incline Iso Hammer Press	<i>ELECT</i>	5	3	Incline BB Press
1	Decline Bench	<i>ELECT</i>	5	3	Dips-Elbows Out
2	DB Pullover	<i>Normal</i>	2	8	
X	Bench Press	<i>Pause-Press</i>	1	2	
U	Pulldowns	<i>Normal</i>	3	8	
1	BB Curls	<i>ELECT</i>	5	3	
1	Close-Grip Chins	<i>ELECT</i>	3	3	
2	Hammer Curls	<i>Normal</i>	2	10	
U	Triceps Rope Pushdown	<i>Normal</i>	2	10	Kickbacks

## Tuesday: Legs

Level	Exercise	Performance	Sets	Reps	Exchange
0	Sumo Dead Lift	<i>WU</i>	3	8	
0	Leg Extensions	<i>WU</i>	3	12	
1	Squats	<i>ELECT</i>	5	3	
1	Angled Leg Press	<i>ELECT</i>	5	3	
X	Squats	<i>Pause-Press</i>	1	2	
1	Leg Curls	<i>ELECT</i>	5	3	
2	Stiff Leg Dead Lift	<i>Normal</i>	2	10	
2	Seated Calf Raise	<i>Normal</i>	AFAP	100	
1	Angled Calf Press	<i>Normal</i>	3	8	
2	Tibialis Raise	<i>Normal</i>	3	12	

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## Wednesday: Core

Level	Exercise	Performance	Sets	Reps	Exchange
0	Ab Wheel	<i>Normal</i>	3	10	
1	Wood Chops	<i>Normal</i>	2	10	
2	Landmines	<i>Normal</i>	3	20	

## Thursday: Shoulders, Tris

Level	Exercise	Performance	Sets	Reps	Exchange
0	Chest Stretch	<i>WU</i>	2	30 sec	
0	Cable Side Laterals	<i>WU</i>	3	10	DB Side Laterals
1	Smith Machine Shoulder Press	<i>ELECT</i>	5	3	Shoulder Press
1	1-arm ½ DB Upright Row	<i>ELECT</i>	5	3	Cable Upright Row
2	Side Laterals	<i>Normal</i>	2	8	
X	Push-Press	<i>Pause-Press</i>	1	2	
1	Smith Mach Close Grip Bench	<i>ELECT</i>	5	3	Floor Press
2	Dips	<i>Normal</i>	2	10	
U	Standing Concentration Curls	<i>Normal</i>	2	10	

## Friday: Back

Level	Exercise	Performance	Sets	Reps	Exchange
0	Pulldowns	<i>WU</i>	3	10	
0	Dead Lift	<i>WU</i>	2	8	
1	Dead Lift	<i>ELECT</i>	5	3	
1	1-arm DB Row	<i>ELECT</i>	5	3	BB Row
X	Dead Lift	<i>Pause-Pull</i>	1	1	
2	Close Grip Pulldowns	<i>Normal</i>	3	8	
1	DB Shrugs	<i>ELECT</i>	5	3	BB Shrugs
1	High-Wide Pulley Rows	<i>ELECT</i>	5	3	
2	Bent Over DB Side Laterals	<i>Normal</i>	3	10	
U	DB Bench Press	<i>Normal</i>	2	10	

## Shockwave Protocol: Jacked

*Training Time Commitment Per Week: 6.5 hours*

Here's how to get started on your path toward being “that guy” in the gym that everyone wants to look like, but are too scared of to talk to—because you'll look like a beast.

- 1) Diet: The diet portion for the Jacked Shockwave is Carb Back-Loading™. The details can be found at (the book will not be available again until Jan 1<sup>st</sup>): <http://www.dangerouslyhardcore.com/979/buy-the-carb-back-loading-book/>.
- 2) Training Schedule: Since the diet is Carb Back-Loading, workouts should ideally start after 3pm and end before 7pm (i.e. your training should be done sometime between 3 and 7) and the details of how to eat on this schedule is laid out in the Carb Back-Loading book. I understand that not everyone can schedule their training at this time and the book covers how to adjust.
- 3) Training Session: In each session the goal is to get through as many levels as possible, excluding Level X. Level X should be attempted once per week, preferably with a different movement each week. If you don't feel up to it on any given day, don't worry about it.
- 4) Cardio Work: This one's tough. Try to walk a total of 1.5 hours each week—three 30 minute sessions of dedicated walking at a brisk pace would be ideal (don't include walking from the couch to the refrigerator or walking from cubicle to cubicle at work).

# Shockwave Protocol: Ripped

*Training Time Commitment Per Week: 7.5 hours*

Ready to get ripped? All those bullshit ads you see all over the web are a joke—literally—compared with this. It's easier than implementing the Jacked Shockwave.

- 1) **Diet:** The diet portion for the Ripped Shockwave is Carb Nite®. The details can be found at <http://carbните.com>.
- 2) **Training Schedule:** There is no optimal schedule for resistance training while on Carb Nite except for the night you splurge on carbs. If possible, train in the afternoon on your splurge night, and eat carbs immediately after and on through until bed. If you cannot manage to time your training with Carb Nite, don't worry too much about it. If you train first thing in the morning, it's okay to have the post-workout shake immediately after training, even if that occurs well before 10am.
- 3) **Training Session:** For each session, the goal is to get through all levels except Level X. On most days, you may feel depleted and lethargic from the chronic lack of carbohydrates—especially if this is your first time using such a plan. On these days, your goal should be Levels O, 1 and U. Only in rare instances will Level X be worth attempting while on the Ripped Shockwave. But if that day comes when you feel like an ox on methamphetamines, Level X is appropriate.
- 4) **Cardio Work:** You will need to perform a total of 1 hour of high intensity interval training (HIIT) done in a particular fashion, what is called Fartlek training, which was HIIT long before there was HIIT. In general, it's interval training consisting of very short spurts of full-out intensity followed by long recovery periods. For the Ripped Shockwave, the intervals are as follows and are best performed on a spinning cycle: Warm up at a slow pace for 4 minutes, 30 seconds; sprint with all-out effort for 30 seconds; repeat. Each set of intervals lasts 5 minutes and you should add another 5 minutes of cool down at the end. Ideally, you should do two 35 minute sessions per week (6 intervals followed by 5 minutes of cool down) or three 25 minute sessions (4 intervals followed by 5 minutes of cool down). Avoid doing Fartlek sessions within 2 hours of any resistance

training session except core day (Wednesdays). In addition, find time for one solid hour of brisk walking per week. Maybe a Sunday hike.

## Last Things

This is more of an epamphlet than an ebook, and I'm sure the questions are forming already. Like I said in the introduction, use the Question and Answer Forum at Dangerously Hardcore (<http://dangerouslyhardcore.com/forum/>).

You should be well acquainted with most of the exercises in the program and you can find demos of those that may not be familiar on YouTube (<http://www.youtube.com/DHKiefer> )

If you've read through this entire ebook and have no idea what Blend D or Blend H is, can't figure out what the hell ELECT means and think all this suggestion of skipping breakfast and loading up on leucine sounds lame, then you need to take a look at where this all started, DangerouslyHardcore.com.

If you decide to try either of these programs, please consider taking before photos. When you look so bad ass that you can't stand it anymore, take an after picture and post them both on the forums. I am happy to give you a spotlight on my blog if you've earned it (and yes, I'm the one who'll decide if you've earned it, and at my own whimsical discretion).

Now go make some Shockwaves.