

# Relaxed Training For Body Builders

AKA-“Wankers Routine,” (British term for relaxed training.)

By Dennis B. Weis

*There Are Many Different Ways A Body Builder Can Train, And Often the Workout Schedules Body Builders Use Compliments Their Psychological Makeup. They Do Physically, What They Feel Comfortable with Mentally At A Particular Time.*

Back in the day I dripped blood, sweat, and tears desirous of Herculean ambience, training 2-3 hours a day at times (much to my then wife's dismay) employing **suffer to gain programs**.

I'd wade through 20 or more sets per muscle group(s) performing 8 to 12 reps each. Light poundage(s) were not for me either; I'd challenge the heaviest poundage(s) I could put to use. Each rep(s) was as fast as I could make it while maintaining proper form, with sets going together in combinations, Resting was only a word.... and I'd take only 1 minute's rest at any time between sets.

Instead of 6 to 8 exercises, my workouts covered 15 or more. Six sessions each week was my rule; and no layoffs of more than 2 days. Every workout, each exercise, every moment, in fact, was a challenge, a strain, a fight!

As my work rate in the gym became more severe, the gains in size, strength and muscularity came faster. I soon realized that the gain factor increased in a direct ratio to how much I suffered in the gym!

“Crazy training? Maybe, but it seemed perfect for me at the time. I thrived on that style of training.. I was never tired, and my health improved with each week, as I loaded up on supplements to provide the raw materials I needed. Glorifying in the size, density, strength and power of my muscles, my energy in the gym seemed boundless. I saw no signs of ‘going stale’; my interest grew steadily, never declining.

I never could understand those gutless wimp body builders who exercised as if it was a chore. As I've grown older my enthusiasm for training is still high but my viewpoint has broadened. This has led me to some conclusions that may surprise you.

Basically, I now believe that few bodybuilders derive pleasure from actual performance of the exercise program. For the majority, it is their **goal** that provides the pleasure, not the act of the training itself. Having said that, I realize that some body builders who dedicate themselves to a cruel training program without missing a workout for months on end, actually may seem to enjoy it.

I feel it is the daydreams of the future rewards of “Olympia Winner Huge” muscles or great power of a Leviathan that is providing the training incentive; and gives body builders a euphoric feeling instead of the misery of muscle pain from the performance of uncle Guido ((GWEE do) style workouts.

Older body builders, though not as ambitious, often “suffer” as much as the younger body builders, for their aging bodies complain sometimes at even the mildness of muscle exertions. Sure these men don’t enjoy a Spartan regime but they DO enjoy the results of more; muscle size, strength excellent health, extra energy they achieve, makes the task of training more bearable.

But, after all these years, I still enjoy training and look forward to each session with the heavy iron. Although I’m pleased, I’ve often wondered why my interest has remained so intense. Since I’m no different from other bodybuilders, I am convinced that the answer lies in the use of “**relaxed training**”.

In seriously preparing for a physique contest or a power lifting meet, you must definitely work hard and there can be no other way. If you are on a tough routine of specialization, (such as one of those outlined in the Kennedy/Weis book: HUGE & FREAKY MUSCLE MASS and STRENGTH SECRETS) then too you must expect to suffer to gain. But the man who is interested only in looking fit, feeling vital and being physically efficient, can relax in the gym and seek the path of least resistance and find it. The eventual result of this practice will be “**relaxed training**”.

### **Here are 4 Guideline Factors for implementing “relaxed training”**

1. Employ exercise biased selections you enjoy instead of those that annoy you. With the wide variety of movements available for each muscle group of the body, this is not difficult.
2. Perform each exercise, **with extreme mental focus**, until comfortably tired NEVER going to beyond failure and into lactic acid paralysis.
3. Gauge the length of the program by the way you feel on a particular training day.
4. Finally ,train moderately do not rigidly insist on using certain poundage’s but select poundage(s) you feel like handling without straining much.

All four of the guideline factors compliment the concept of “**relaxed training**” where enjoyable workouts are experienced. I and others that I coach in body building have trained in this manner with tremendous success. From my observations there is never a reluctance to go to the gym, never feeling of boredom or unhappiness while training.

## Here are 4 workouts which represent the best of “relaxed training”

### No. 1 Rotating Sets and Reps Workout

#### Monday and Thursday

(Do one or two specific warm-up sets first)

Barbell upright rows or (sub: Incline barbell press) 4 sets x 12 reps

Barbell back squats (High bar style and parallel depth) 4 sets x 12 reps

#### Tuesday and Friday

(Do one or two specific warm-up sets first)

Supine barbell bench press or (sub: Incline barbell press) 4 sets x 12 reps

Barbell bent over rowing or (sub: Conventional Deadlift) 4 sets x 12 reps

Follow the above workout program for a month or so if you are limited for workout time. During the **first week** of the program, adhere to the 4 sets x 12 reps outlined above.

During the **second week**, change your sets and reps to 6 sets x 8 reps on the three upper torso exercises and for the squat movement, do 3 sets x 16 reps.

The **third week**, change your sets from six to eight and the reps from eight to five on the upper body exercises.

On the squats, reduce the sets from three to two and increase the reps from sixteen to twenty. **Week four** remains the same as week three. Always try to increase the poundage whenever possible but not at the expense of “technique emphasis.”

### No. 2 Super Fitness Strategy

On this particular 20-minute “Relaxed Training” workout all you will need is a barbell of a weight can curl five times in good form and two dumbbells whose total weight is about half of that of the barbell. Since this program is more of a localized muscular fitness protocol so, the poundage(s) used do not need to be extremely heavy. Therefore, the routes to success will be in the exacting technique emphasis employed within each exercise. Spend 3 seconds in the positive phase contraction and 4 seconds in the negative phase of each repetition performed.

Do the following exercises and repetitions in the exact following order and without any rest pauses whatsoever.

BB curl	5 reps
DB lateral raise	10 reps
BB curl (again)	5 reps
BB press (standing)	10 reps
BB bent over rowing	10 reps
DB side bends (one dumbbell only)	20 reps
DB alternate front raises	10 reps
DB front lunges	20 reps
BB shrugs	20 reps
Ab crunches	20 reps
BB back squats	15 reps
DB straight arm pullover	15 reps
Ab knee pull-ins	20 reps
BB bench press	12 reps
BB conventional deadlift	15 reps
DB flat flies	10 reps
One-leg heel raise (hold DB in each hand)	20 reps

(Abbreviations: BB – barbell; DB – dumbbell)

### No. 3 25 Maxi-Pump Rep System

This is a **race-the-pump**, total anabolic workout where one set of 25 maxi-pump reps are performed for each of the following exercises in literally non-stop fashion and in the order listed.

- (1) One-legged dumbbell heel raises.
- (2) Leg curl on machine.
- (3) Leg extension on machine.
- (4) High Bar barbell back squats.
- (5) 30-degree Dumbbell incline press.
- (6) One-dumbbell pullover.
- (7) 30-degree dumbbell incline press.
- (8) Pulley cable cross-overs.
- (9) Barbell press behind neck.
- (10) Dumbbell lateral raises.
- (11) Barbell upright rowing.
- (12) Dumbbell shrugs.
- (13) Dumbbell press over head (Gironda style).
- (14) Neck work (Front, side, or posterior).
- (15) One-arm pulley cable rowing.
- (16) One-arm bent over dumbbell rowing.

- (17) [Close grip bench press](#) with E-Z curl bar.
- (18) [45-degree Preacher barbell curls](#).
- (19) [Lying barbell french press](#).
- (20) [30-degree Dumbbell incline curls](#).
- (21) [One-arm dumbbell triceps extensions](#).
- (22) [Two hands barbell curl](#).
- (23) [Reverse barbell curl](#), and **finally**,
- (24) [Dumbbell concentration curl](#).

You can walk through the entire 24 exercises in about 27-30 minutes, but only if all the training equipment is arranged and ready to use beforehand.

## **No. 4 The Super-Ten**

This workout conditions muscle “tonus,” improves heart and lung efficiency, and builds enduring strength. Use approximately one-third of your bodyweight on a barbell and begin the exercises, moving from one exercise to the next with absolutely no rest pauses. The only break you will get at all will be when you reach exercises 9 and 10 (where a switch of hand orientation is necessary). Perform each exercise for 15 continuous repetitions each.

- (1) [Parallel barbell back squats](#) – warm up.
- (2) [Bent Arm supine barbell pullover](#) (lying supine on an exercise bench).
- (3) [Barbell upright rowing](#).
- (4) [Standing barbell press behind neck](#).
- (5) [Barbell standing heel raises](#).
- (6) [Barbell \(positioned on back\) side bends](#).
- (7) [Barbell front lunges](#).
- (8) [Barbell stiff-legged deadlift](#).
- (9) [Two-hand barbell curl](#), and **finally**,
- (10) [Barbell back squats](#) (below parallel).

Before I’m flooded with eMails of outraged protests by you gym rats who insist on quoting clichés such as; ‘**lift heavy or GO home**’ or ‘**you’ve got to WANT it**’ let me emphasize a point.

This concept of “**relaxed training**” as represented in the 4 workouts presented are for the body builder who wishes only to keep fit, strong and well built with a minimum of effort, in the most pleasant way possible.

**Relaxed Training** is definitely not for the experienced **hardcore body builder**, **power lifter**; or **strongman**. They already know there is no easy way for them! I do feel there is an important place for this system, however.

As just one example, it is difficult to get an older man started with the weights. Using the “**relaxed training**” method, he becomes a body builder almost before he realizes it and will probably keep training painlessly the rest of his life.

In closing I want to make a radical statement. The kind of “**relaxed training**” I have talked about can actually, for most natural body builders, *even if they have aspirations on competing*, be as productive or more than the heavy duty only training approach. The “go heavy go home” group tends to train too hard and/or too much and holds back forthcoming gains.

Keep the unorthodox approach of “**relaxed training**” in mind – it may prove valuable, sooner than you think.