



THE ATHLETIC-AESTHETIC PHYSIQUE

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**MUSCLE SPECIALIZATION
ACCELERATOR SERIES**

BACK AND CALVES

BACK AND CALVES ACCELERATOR

Most guys who struggle to develop their back and calf muscles do so because their mind muscle connection is really weak. Because of this, the Back and Calves Accelerator is based on two techniques: Isometrics and pre-fatigue activation sets.

ISOMETRICS

An isometric contraction simply means you hold a particular position of an exercise for a predetermined amount of time. So a 5-second isometric hold on a pull-up, for example, would require you to pause at the top of the pull-up position for 5-seconds while maximally contracting the lats. Isometrics are a great way to improve mind muscle connection so that you can really “feel” the muscle working.

For the workouts that use isometrics below, you will perform an isometric hold for the prescribed amount of time on each rep. So if the workout looks as follows:

Cable Straight-Arm Pulldown — 3 x 10-12 reps w/ a 5-second isometric hold

Then you would perform a 5-second isometric hold on each of the 10-12 reps you complete. If this is still confusing, here's a short video explaining isometrics: [Isometrics 101](#).

PRE-FATIGUE ACTIVATION SETS

Pre-fatigue activation sets are simply when you perform two exercises that target the same muscle (or muscle groups) back to back. The goal of the first exercise in the sequence is to activate and pre-fatigue the target muscle to increase intensity and improve mind muscle connection during the second exercise. Usually, the first exercise is lighter for higher reps and the second exercise is heavier for lower reps.



BACK AND CALVES ACCELERATOR

WEEK 1 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Straight Arm Pulldown	3	10-12	2
	Neutral Grip Lat Pulldown	3	8-10	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Seated Calf Raise w/ 5- second isometric hold at peak contraction.	4	10-12	1
Perform 4 sets of 10-12 reps with a 5-second isometrics hold at peak contraction of each rep for seated calf raise, resting 1 minute in-between sets.				

WEEK 1 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Face Pull	3	10-12	2
	Bent Dumbbell Row	3	8-10	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Single Leg Hop (hold weight in arm on the same side of leg hopping).	4	20-25	1
Perform 4 sets of single leg hop, resting 1 minute in-between legs.				

BACK AND CALVES ACCELERATOR

WEEK 2 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Dumbbell Shrug w/ 2 Second Pause at top	3	13	2
	Barbell Power Shrug	3	8	
Perform 1 set of dumbbell shrugs with 2-second pause at the top/peak contraction of each rep followed immediately by barbell power shrugs. Rest 2 minutes and repeat two more times.				
2	Standing Single Leg Calf Raise	4	15	1
Perform 4 sets of standing single leg calf raise, resting 1 minute in-between legs.				

WEEK 2 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Dumbbell Pullover	3	10-12	2
	Dumbbell 1-arm Row	3	10-12 per arm	
These are straight sets. So you will do 3 sets of Dumbbell Pullovers, resting 1 minute in-between sets. Then you will do 3 sets of dumbbell 1-arm rows, resting 1 minute in-between arms.				
2	Single Leg Hop (hold weight in arm on the same side of leg hopping).	4	20-25	1
Perform 4 sets of single leg hop, resting 1 minute in-between legs.				

BACK AND CALVES ACCELERATOR

WEEK 3 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Straight Arm Pulldown	3	10-12	2
	Neutral Grip Lat Pulldown	3	8-10	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Seated Calf Raise w/ 5- second isometric hold at peak contraction.	4	10-12	1
Perform 4 sets of seated calf raise, resting 1 minute in-between sets.				

WEEK 3 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Face Pull	3	10-12	2
	Bent Dumbbell Row	3	8-10	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Single Leg Hop (hold weight in arm on the same side of leg hopping).	4	20-25	1
Perform 4 sets of single leg hop, resting 1 minute in-between legs.				

BACK AND CALVES ACCELERATOR

WEEK 4 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Dumbbell Shrug w/ 2 Second Pause at top	3	13	2
	Barbell Power Shrug	3	8	
Perform 1 set of dumbbell shrugs with 2-second pause at the top/peak contraction of each rep followed immediately by barbell power shrugs. Rest 2 minutes and repeat two more times.				
2	Standing Single Leg Calf Raise	4	10 per side	1
Perform 4 sets of standing single leg calf raise, resting 1 minute in-between legs.				

WEEK 4 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Dumbbell Pullover	3	10-12	2
	Dumbbell 1-arm Row	3	10-12 per arm	
Perform 1 set of shrugs followed immediately by plate front raise. Rest 2 minutes and repeat two more times.				
2	Single Leg Hop (hold weight in arm on the same side of leg hopping).	4	20-25	1
Perform 4 sets of single leg hop, resting 1 minute in-between legs.				