



GET READY MANUAL & CHECKLIST

JEFF NIPPARD



DISCLAIMER

Copyright 2020 by Jeff Nippard. All rights reserved. No part of this e-book may be used or reproduced by any means: graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author, except in the case of brief quotations embodied in critical articles or reviews.

Readers should be aware that Internet Web sites offered as citations and/or sources for further information may have changed or disappeared between the time this book was written and when it is read.

Limit of Liability/Disclaimer of Warranty: While the author has used his best efforts and knowledge in researching and preparing this book, he makes no representations or warranties with respect to the accuracy or completeness of the contents of this book and

specifically disclaims any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your particular situation. You should consult with a medical professional where appropriate. Neither the publisher nor the author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

The contents of this e-book are not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Utilizing the information within this e-book is at the sole choice and risk of the reader.



TABLE OF CONTENTS

ABOUT ME	<u>5</u>
WHY I WANTED TO WRITE A POWERBUILDING PROGRAM	<u>7</u>
THE THEORY OF POWERBUILDING	<u>8</u>
THE ADVANTAGES OF POWERBUILDING	<u>10</u>
HOW TO GET READY: THE CHECKLISTS	<u>13</u>
REFERENCES	<u>21</u>



ABOUT ME

Jeff is a professional drug-free bodybuilder and powerlifter. Through his science-based Youtube channel which has gathered a fan-base of over two million subscribers, Jeff shares the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and gaining strength.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 pound squat, 336 pound bench press and a 518 pound deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to complement his practical experience acquired through training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds

qualified raw powerlifters. He has presented seminars on Block Periodization, concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2019 Ultimate Evidence Based Conference (UEBC), Lehman College and the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field.

Jeff currently lives in Ontario, Canada, where he is producing YouTube videos and programs for people around the world.



WHY I WANTED TO WRITE A POWERBUILDING PROGRAM

I originally wrote this program with myself in mind. When I first got into bodybuilding, I remember hearing someone say “to be a great bodybuilder, you don’t actually need to lift a lot of weight, you just need to *look like* you can lift a lot of weight...” There was always something about that that just didn’t really register with me. I remember thinking “I don’t want to just have the illusion of being strong, I want to actually be strong.” As much as I love the artistic and aesthetic aspects of bodybuilding, I also value the athletic and performance aspects just as much; if not more.

To varying degrees, I believe everyone enjoys the many facets of lifting. Some people “live for the pump” and thereby find the most gratifying aspect of lifting to be that skin-tearing feeling that comes from high volume workouts and high rep sets. Others, with more masochistic inclinations “live for the pain” of lifting. These lifters never feel quite satisfied unless they’ve adequately annihilated a muscle and been honored with delayed onset muscle soreness the following day.

While I certainly can enjoy these aspects of training in certain moods, nothing is quite as rewarding for me as performing to the best of my ability in the gym. I find training so much more satisfying when I view it as an athletic endeavor where I show up and, to the best of my abilities and knowledge, execute the work I need to do. This then is why I love the powerbuilding approach so much: it isn’t just about chasing a pump, nor just about lifting heavy weights with good technique. An effective powerbuilding program should blend the very best of these training styles and, to me, constitutes one of the most effective and enjoyable ways to train.

Apart from the more philosophical rationale for writing a powerbuilding program, I also think it has several distinct advantages when compared to running a “pure bodybuilding” or “pure powerlifting” routine. Let’s consider a few of those, next.

THE THEORY OF POWERBUILDING

As I’ll explain in the main Powerbuilding Program Manual, powerbuilding refers to a style of training in which you combine aspects of bodybuilding and powerlifting. Yet, some coaches and personal trainers insist that these should be treated as two completely separate disciplines. It is very common to hear that if you want to get strong, you need to lift heavy weight for low reps but if you want to get big, you need to lift light to moderate weight for relatively higher reps. While there is sort of some truth to this, it isn’t quite what science says.

One important study from Schoenfeld and colleagues, split 20 trained men into two groups. One group trained with medium loads, doing 10 reps for each exercise, while the other group trained with heavy loads, doing three reps for each exercise [1]. Total volume was matched between the groups, and, after eight weeks, both groups gained the same amount of muscle. Heavy weights and moderate weights were equally effective at building mass. And, when looking at the relatively large body of scientific literature as a whole, while there are differences from study to study (just like there would be differences from person to person), overall, heavy weights, moderate weights, and light weights all clearly build muscle, as long as you train with sufficiently high efforts [1-4].

As a quick aside, there does seem to be a bottom end to how light you can train and still “optimize” muscle growth. One 2018 paper found that once you dip down to 20 percent of your one rep max, you do tend to see less growth [4]. Realize that would correspond to extremely light weight (at least 50 to a hundred reps), so it isn’t really a practical consideration anyhow.

The bottom line is that unless you’re going really, ridiculously light, both heavy weights AND light weights can be effective at building muscle. If you are looking for strength gain however, the rep range really does matter.

In that same Schoenfeld study, the heavy group doing three reps per set, saw significantly better strength gains on the bench press than the moderate-load group, with trends toward better strength on the squat as well. This is because strength is a specific skill. That is, if you want to get better at lifting heavy stuff, you need to lift heavy stuff.

The reason I say all of this is to counter the idea that you need to lift moderate-light weights to build muscle and lifting heavy weight for low reps won’t do anything for muscle growth. When I first got into lifting, this was something I heard quite often. However, based on the best science we have, this is simply not true. This is good news for the powerbuilder because it means we can do some low rep, so-called pure strength work, and still have it “count” toward our muscle gains.

In case you ever hear this and are tempted to never do a set over one to five reps again, let me quickly inform you that even though the results of the Schoenfeld study seem to indicate that low reps are the best on the surface (since you get the same muscle gains with better strength gains), if you dig into the details of the experiment's results, you'll learn that the heavy powerlifting-style sessions took more than four times as long to complete, and the subjects reported higher mental and physical fatigue as well.

You can see then that if we want to balance both of these goals, we clearly need to use a structured combination of different rep ranges. This is where powerbuilding comes in.

WHAT ARE THE ADVANTAGES OF POWERBUILDING?

Despite being an enjoyable, rewarding and arguably, admirable way to train (being strong is respectable!), there are also several more tangible advantages to training like a "powerbuilder," at least periodically.

1. COMBINING REP RANGES IS MOST LIKELY SUPERIOR FOR MUSCLE GROWTH.

There is a general consensus among exercise scientists that using a combination of rep ranges is ideal for optimizing hypertrophy. This is most likely because using a mixture of different rep zones can trigger for growth through slightly different mechanisms. It seems lower rep sets signal for muscle growth primarily through mechanical tension, whereas high reps sets likely signal for growth primarily through metabolic stress. Rep counts in the middle would use a combination of the two. To be clear, sticking to one rep range will be enough to cause hypertrophy, but will likely not be enough to maximize hypertrophy. If you're currently training exclusively in the traditional bodybuilding "6-12 rep range" you would most likely benefit from including some sets in the 1-5 zone and some sets in the 12-20+ zone.

2. POWERBUILDING CAN HELP BODYBUILDERS BREAK THROUGH SIZE PLATEAUS.

I think one of the main reasons many trainees stop gaining muscular size past the noobie phase is they are no longer able to provide an overloading stimulus to the muscle. Part of the reason why beginners are able pack on size so quickly is that they are able to apply so much progressive tension to the muscle as they gain strength rapidly. As trainees enter the intermediate-advanced stages of training, they often stop gaining strength simply because linear progressive overload is no longer feasible on many exercises. There comes a point where you simply can't add more weight without cheating on your form. I believe that powerbuilding can provide a workaround here. Because of the additional focus on low rep, heavy strength work on the squat, bench press and deadlift, you become much stronger in general. Once you apply that new found strength to the typical "bodybuilding movements" in moderate to high rep ranges, the potential for overload is so much higher and plateaus in hypertrophy can be more easily overcome. Granted, powerbuilding isn't a magic trick. It most likely won't make you grow like a noobie all over again, but in my coaching experience, it can be a very effective tool for driving progress forward in more experienced trainees who have hit a plateau.

3. POWERBUILDING CAN HELP POWERLIFTERS BREAK THROUGH STRENGTH PLATEAUS.

Powerbuilding isn't only valuable for bodybuilders. It also has merit for those primarily interested in gaining strength. As a beginner, most strength gain comes from neurological adaptations first: you are basically teaching your brain how to work with your muscles to move weight. But once you've figured out how to lift properly, the strength returns on those neurological adaptations begin to diminish. And deep into the more advanced stages of powerlifting, it becomes very difficult to drive strength progress forward by focusing exclusively on low rep ranges and heavy weights.

Remember, all else equal, a bigger muscle IS a stronger muscle. So if you find your strength

progress plateaued, one of the most straightforward ways to get stronger is to make the muscles that contribute to that lift bigger. This is why periodically training more like a bodybuilder can have benefits for “pure powerlifters” as well.

4. POWERBUILDING IS GENERALLY MORE OBJECTIVE THAN MOST BODYBUILDING PROGRAMS.

Another common problem that experienced trainees looking to gain size often run into is lack of objective focus. Once steady, linear progress is no longer feasible, many lifters start spinning their wheels, relying on highly subjective markers of training success like level of pump, soreness, etcetera. While these factors can be useful proxies of effective training in some circumstances, nothing will determine progress like progressive increases in strength. Because a powerbuilding approach is more focused on increasing the weight being lifted on heavy compound lifts, it provides a more objective way of ensuring progress as one gets more years of lifting under his or her belt.

A FEW CAVEATS

Despite the advantages above, it’s important to note that I am not saying that you NEED to powerbuild to make progress, or implying that it is the “SINGLE BEST” way to train. When it comes to bodybuilding, there are no mandatory rep ranges and no mandatory exercises. If you are only concerned with building muscle and have absolutely no interest in powerlifting or getting strong, then there is absolutely no rule saying that you must include some low reps in your training. There is also no rule saying that you must squat, bench press and deadlift. However, if you’re interested in getting both more muscular and stronger, this will surely be a very effective program for you.



HOW TO GET READY: THE CHECKLISTS

Now that you understand some of the background and rationale for why I wanted to create this program and why I believe it is a very effective way to train, it is time to lay out how you should prepare for executing the plan.

A. TRAINING GEAR CHECKLIST

First, let me say that gym gear is always optional, as there are no required pieces of equipment to gain muscle and increase strength. Proper training and nutrition will always have a far greater impact on progress than even the most complete lifting gear arsenal. With that being said, there are certain pieces of equipment that can assist in allowing you to lift more weight for certain exercises and may be worth investing in if you are really serious

about taking your strength game up a notch or two.

STRONGLY RECOMMENDED:

CHALK (OR LIQUID CHALK)

Chalk will prevent the bar from slipping in your hands due to sweat. Most casual trainees don't realize just how enormous of a difference chalking up can make for barbell exercises, especially the deadlift. If your gym doesn't allow chalk use, I'd recommend picking up some liquid chalk which is less messy and more discrete (or you can start going to a real gym... just kidding).

BELT

I use a 10mm lifting belt for hard working sets on the squat, bench press, deadlift and overhead press. Contrary to popular opinion, a belt doesn't actually reduce core activity and won't make your core weaker over time [5]. It functions by increasing intra-abdominal pressure and increasing torso rigidity and stability while lifting. So you don't become completely dependent on it or start using it as a crutch, I generally do not recommend wearing a belt for light warmup sets.

SQUAT SHOES

A squat shoe with an elevated heel can be useful for increasing stability and improving depth on the squat. If you struggle with ankle mobility and reaching appropriate depth as a result, a squat shoe can be a very easy fix. I also typically wear squat shoes while bench pressing as I find the elevated heel helps me keep my feet planted, while improving leg drive.

HIGH SOCKS

To avoid shin scrapes and friction while deadlifting, I recommend wearing high socks.

FLAT SOLED SHOE

For the deadlift, a flat soled shoe such as Chuck Taylors or deadlift slippers will provide the most stable base of support without compromising hip position. The flat soled shoe is more favorable than a running sneaker because it doesn't create an energy leak from the softer sole.

BANDS

Investing in a set of bands is recommended - especially if training at home. Several exercises in this program use cables but can be substituted with a band-equivalent of the same movement pattern. You can find the bands I use, [here](#).

OPTIONALLY RECOMMENDED:

KNEE SLEEVES

Knee sleeves will not do as much as a belt will for increasing your squat performance, but can still make a significant difference. I personally find knee sleeves help my knees feel more secure and assist in getting a bit more out of the stretch reflex in the bottom of a squat.

WRIST WRAPS

Wrist wraps can be useful for improving wrist stability while bench pressing. If you have a difficult time keeping your wrists stacked (i.e. your wrists are excessively bending back) when benching, you may benefit from investing in a pair of wrist wraps. With that said, gear should never be seen as a band-aid solution and you should always attempt to make the proper adjustments to your technique, independent of equipment use.

STRAPS

To ensure that your grip does not become a limiting factor when deadlifting, straps can be quite useful. However, because grip is an important aspect of overall strength, and forearm development is important for aesthetics, I recommend using straps sparingly and aim to hit

at least one working set of deadlifts per week without straps and rarely, if ever, wear straps for deadlift warmups.

You can find most of my recommended equipment at the following affiliate link:
<http://Rise.ca/jeff>

B. TECHNIQUE CHECKLIST:

If you want to be ahead of the rest of the class, I'd recommend at least watching the tutorials for the Big 3 lifts in my Technique Tuesday series before getting started. If there is any intervening time between now and when you officially begin the program, you can start putting the techniques explained into practice in the gym right away. This way, when you start the program, you can hit the ground running.

Squat: <https://www.youtube.com/watch?v=bEv6CCg2BC8>

Bench Press: <https://www.youtube.com/watch?v=vcBig73ojpE>

Deadlift (Sumo): <https://www.youtube.com/watch?v=XsrD5y8EIKU>

Deadlift (Conventional): <https://www.youtube.com/watch?v=VL5Ab0T07e4>

C. TRAINING CHECKLIST:

Before you begin the program, make sure you have some idea of your one rep maxes on the squat, bench and deadlift.

If you are uncertain on how to determine these numbers, below you will find a full summary (also included in the main program manual). Remember, you don't need to know exactly what your true one rep max is to find the right loads. You just need to be in the right ballpark. To illustrate for anyone who has not calculated his or her 1RM, let's use the squat as an example.

Always use a spotter's assistance and safety pins when testing one rep maxes!

Option 1 - Do an AMRAP (“As Many Reps As Possible”) test as follows:

- Warm up by pyramiding up in weight, using currently estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1.
- Do a set of as many reps as possible with 90-92.5 percent of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about three to five reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your new working 1RM:

<https://www.exrx.net/Calculators/OneRepMax.html>

Option 2 - Plug the results of a recent “tough set” taken close to failure in the six or lower rep range into this calculator, which will estimate your 1RM:

<https://www.exrx.net/Calculators/OneRepMax.html>

Option 3 - Do an actual one rep max test:

This approach is more suitable for experienced powerlifters accustomed to hitting heavy singles. For everyone else, this is generally not my preferred option because if you aren't accustomed to maxing out with heavy loads, it can result in form breakdown and potentially carry a higher risk of injury. If you are going to use this approach, think of it more like an “RPE 9.5 max” rather than a true RPE 10 max that you risk failing. Remember, we're only trying to get an estimate of what you could do to help determine the loads you should use. It isn't important for us to know exactly where your strength ceiling actually is in order to apply a progressive stimulus in the program. If you decide to go this route, perform the max test as follows:

- Warm up by pyramiding up in weight using currently estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1, 95% x 1
- Pick a weight between 100 percent and 107.5 percent of your currently estimated 1RM and complete it for one rep

- Stop once you feel like you're in the RPE 9-10 zone. You've found your estimated 1RM.

Note: Options 1 and 2 are preferred for those with primarily bodybuilding goals. Because powerlifters are generally more accustomed to doing heavy singles, Option 3 may be simpler for those with primarily powerlifting goals.

Note: If you do any AMRAP tests or max tests before beginning the program, do them on their own day for each lift and then rest at least two days before beginning Week 1.

Don't train too hard or heavy the week before starting the program.

While I wouldn't say a complete deload is required before starting Week 1, I would strongly advise against training with either higher volumes or higher loads than you are accustomed to in the week or two before starting the program. If you want to be recovered and ready to hit the ground running, I'd recommend running a "light week" before starting Week 1.

However, if you're just finishing up a tough training phase, it would be well advised to cut your usual weekly volume down 25-50 percent and reduce your RPE's by one or two units in the week before starting.

As stated above, if you need to test your maxes because you really aren't sure where they're at right now, make sure you take at least two days of complete rest before beginning Week 1 of the program and make an effort to keep the volume and intensity relatively low for the rest of the week in which you max test.

D. NUTRITION CHECKLIST:

Nutrition is an often neglected and under-appreciated component of performance and recovery. I'd need a full book to explain all the nuances of nutrition for performance (actually -- I already wrote one that you can check out [here](#) if you're interested in having all the gory

details). For now, we'll keep the nutrition summary simple:

- Try to finish up any cut you are running. While you certainly can still gain strength while running a fat loss phase, a caloric deficit will dampen strength gains and prevent you from maximizing your strength and size results on this program.
- When running the program, aim to be at least at caloric maintenance or, more ideally, in a 20-25 percent caloric surplus. The sooner you can start that, the better, as you will have glycogen levels nice and full for when you start Week 1.
- Consider increasing protein. I recommend aiming for at least one gram of protein per pound of bodyweight while running this program. This will help optimize body composition. In support of this, a 2018 meta-analysis found that improvements in lean body mass seemed to plateau around 1.6 g/kg body weight of protein (~0.75 g/lb body weight of protein) [6]. However, the authors noted that, given the variability in responses between individuals and wanting to account for margins of error within their estimation, they recommend a protein intake of ~2.2 g/kg body weight (~1.0 g/lb body weight) for those seeking to maximize muscle growth.
- Consider creatine supplementation. If you are currently taking creatine, simply continue with a three to five gram maintenance dose of creatine monohydrate per day. If it's been a month or more since the last time you supplemented creatine, consider loading with four 5 gram doses for five to seven days [7-9]. After the loading phase, return to the maintenance dose of three to five grams per day. Creatine can be taken any time of day, but, according to one study, may be more effective when taken post-workout [10]. In terms of the type of creatine, only go with creatine monohydrate. This is the most researched form of creatine (thus, shown to be the safest) and no other forms have been shown to be more effective [11].

With these checklists in your hands, you are fully equipped to hit the ground running when you start the program. If you ever run into any issues along the way, don't hesitate to reach

out to my highly knowledgeable [coaching support](#) team with any questions or concerns. Please allow for three to five business days for a reply. Thank you so much for your support and good luck with the program!



REFERENCES

1: Schoenfeld BJ, Ratamess NA, Peterson MD, Contreras B, Sonmez GT, Alvar BA. Effects of different volume-equated resistance training loading strategies on muscular adaptations in well-trained men. *J Strength Cond Res.* 2014;28(10):2909-2918.

2: Weiss LW, Coney HD, Clark FC. Gross measures of exercise-induced muscular hypertrophy. *J Orthop Sports Phys Ther.* 2000;30(3):143-148.

3: Schoenfeld BJ, Contreras B, Ogborn D, Galpin A, Krieger J, Sonmez GT. Effects of Varied Versus Constant Loading Zones on Muscular Adaptations in Trained Men. *Int J Sports Med.* 2016;37(6):442-447.

4: Lasevicius T, Ugrinowitsch C, Schoenfeld BJ, et al. Effects of different intensities of resistance training with equated volume load on muscle strength and hypertrophy. *Eur J*

Sport Sci. 2018;18(6):772-780.

5: Miyamoto K, Iinuma N, Maeda M, Wada E, Shimizu K. Effects of abdominal belts on intra-abdominal pressure, intra-muscular pressure in the erector spinae muscles and myoelectrical activities of trunk muscles. Clin Biomech (Bristol, Avon). 1999;14(2):79-87.

6: Morton RW, Murphy KT, McKellar SR, et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. Br J Sports Med. 2018;52(6):376-384.

7: Kreider RB, Kalman DS, Antonio J, Ziegenfuss TN, Wildman R, Collins R, et al. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. Journal of the International Society of Sports Nutrition. 2017 Jun;14(1).

8: Hultman E, Soderlund K, Timmons JA, Cederblad G, Greenhaff PL. Muscle creatine loading in men. Journal of Applied Physiology. 1996 Jul;81(1):232-7.

9: Harris RC, Söderlund K, Hultman E. Elevation of creatine in resting and exercised muscle of normal subjects by creatine supplementation. Clinical Science. 1992 Sep;83(3):367-74.

10: Antonio J, Ciccone V. The effects of pre versus post workout supplementation of creatine monohydrate on body composition and strength. J Int Soc Sports Nutr. 2013;10:36.

11: Burke DG, Chilibeck PD, Parise G, Candow DG, Mahoney D, Tarnopolsky M. Effect of Creatine and Weight Training on Muscle Creatine and Performance in Vegetarians. Medicine & Science in Sports & Exercise. 2003;35(11):1946-55.



GET READY MANUAL & CHECKLIST

JEFF NIPPARD

THIS DOCUMENT IS THE INTELLECTUAL PROPERTY OF JEFF NIPPARD
UNAUTHORIZED DISTRIBUTION OF THIS DOCUMENT IS STRICTLY PROHIBITED
AND VIOLATORS WILL BE PROSECUTED.