



# INTRO

**Discover The 180 Muscle Method That Instantly Builds Up To 5-7 Pounds Of Muscle Using (DRTS Sets) In The First 30 Days**

by Tim Ernst, Del Monte Pro Team



# INTRO

You made a great decision on picking up the 180 Muscle Method. To fully get the benefits of the program you must read this manual first as it will explain more in detail on how to properly execute the exercises.

## Disclaimer

You totally understand that you may injure yourself as a result of participation in a fitness program, and hereby release TurnAroundFitness ([www.TurnAroundFitness.com](http://www.TurnAroundFitness.com)) It's affiliates and Tim Ernst's from any liability now or in the future for any injury, including, but not limited to heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during or after my participation in the bodybuilding contest preparation/fitness program offered.

By participating in the 180 Muscle Method Program, you state that in consideration of your participation in Tim Ernst's ([www.TurnAroundFitness.com](http://www.TurnAroundFitness.com)) fitness program, you for yourself, your personal representatives, administrators, heirs and assigns, hereby holds harmless, TurnAroundFitness ([www.TurnAroundFitness.com](http://www.TurnAroundFitness.com)) and Tim Ernst, from any claims arising from your participation in the fitness program.



Make sure to always consult with a physician before performing any strenuous exercise program.

This program is ideal for intermediate to advanced lifters who have had a least 1-2 years of weight training under their belt. If you have had less than 1-2 years proceed with caution.

Make sure to go through any warm-up exercises and rehearsal sets before performing your first working set.

Take your downloadable print-out sheets with you and record your progress week to week.

Take pictures every week and send them to [taernst@verizon.net](mailto:taernst@verizon.net)

If anything is unclear in the 180 Muscle Method Program, send your questions to [taernst@verizon.net](mailto:taernst@verizon.net)



# TRAINING SPLIT

<b>Days</b>	<b>Exercises</b>
<b>Monday</b>	<b>Chest &amp; Back (Tricep/Bicep DRTS Sets)</b>
<b>Tuesday</b>	<b>Quads (Shoulder/Ham DRTS Sets)</b>
<b>Thursday</b>	<b>Bicep/Tricep (Chest/Back DRTS Sets)</b>
<b>Saturday</b>	<b>Shoulders/Hams (Quads DRTS Sets)</b>



# PROGRAM LOGIC

This is a 12 week transformation program where the focus is on developing strength and size all in the same workout.

The 180 Muscle Method is a strength and size based program where the workouts are performed in 4 - 45 minute sessions per week. These short workouts lead to a boost in HGH production improving insulin sensitivity while increasing muscle growth.

There is an ab program that is optional if you want to develop your abs. You can train your abs after your training sessions or on your off days, it's entirely up to you.

The beginning of every workout is designed to build strength. You'll notice that most of the workouts start off with compound exercises within a 2-6 rep range. You'll be training for Myofibrillar Hypertrophy on the first or second exercise of every workout with the exception of smaller muscle groups.

-Myofibrillar Hypertrophy are loads lifted beyond 75% and increases contractile proteins therefor being able to adopt and lift heavier loads next time. The exercises will be higher intensity combined with low volume in the 2-6 rep ranges with long rest periods (2-3 min)



In the middle of the program you'll do a complete "180" and perform super-set exercises within the 8-15 rep range. This is where you'll be training for Sarcoplasmic Hypertrophy. Whenever you see a letter next to a number like this: A1 A2, you'll perform both of those exercises together with no rest between. Once you complete the superset, rest for the prescribed amount of time within the program.

-Sarcoplasmic Hypertrophy is the fluid that is produced within the muscle resulting in micro trauma for the particular muscle to respond= growth. This type of training protocol is what makes your muscles look "BIGGER." You will be performing low intensity, higher volume training within the 8-15 rep range with short rest periods (45-60 sec)

Agonist/Antagonist is the foundation of the "180 Muscle Method." This form of training increase strength dramatically. Working the antagonist muscle is simply working it's opposite or push/pull movements combined in a super-set. For example: Chest/Back/Shoulders, Quads/Hams. Bicep/Tricep.

Here are some benefits to working Agonist/Antagonist muscle groups on the following page:



-A muscle group can be worked harder if it's preceded by the contraction of the opposite muscle group.

- Working more muscles at the same time.
  - The worked muscle takes on the load, the antagonist muscle helps control the movement.
  - Working the opposite muscle group, almost all the same muscles are engaged only this time the antagonist muscle take on the load
  - Optimizes the number of contracting muscle fibers.
- Recover Faster

### DRTS Sets (Dynamic Reps Triple Sets)

DRTS Sets are performed at the end of every workout and are NOT related to the working muscles you performed earlier at the beginning of your workout. The reasoning for this is you'll be working each muscle group twice a week but, performed entirely different exposing you to various muscle building stimuli. For example: On day one you'll do Chest/Back in the beginning of the workout and towards the end, you'll do DRTS sets of Bicep/Triceps.

If this is a little confusing, don't worry as it is all mapped out for you in the printable worksheets. Just follow the workout and you'll be ok.



# PROGRAM PROTOCOLS

-(Sets). Sets will be the amount of sets you'll perform for each exercise. Pay special attention to the exercises as most of them are performed as a super-set. Whenever you see a letter next to a number, its consider a super-set. For example: A1. A2.

-(Reps). Reps is how many times you'll lift the weight on any given set. Each week for the compound lifts (Strength), the reps get lower. You'll add weight each week for these lifts.

Example: Reps Week 1 4-6 (starting Weight)  
Reps Week 2 3-5 (Heavier)  
Reps Week 3 2-4 (Heavier)  
Reps Week 4 2-4 (Heavier)

In the middle of the program (Size) the reps go in the opposite direction from week to week and increase. The goal here is to keep the same weight or decrease by only 5-10%.

Example: Reps Week 1 8 (75% Max)  
Reps Week 2 10 (Same weight or 5-10% Lighter)  
Reps Week 3 12 (Same weight or 5-10% Lighter)  
Reps Week 4 15 (Same weight or 5-10% Lighter)





-Tempo. Follow the prescribed tempo for each exercise. For example: a 3-0-1-0 is, 3 seconds on the negative (the lowering of the weight), 0 seconds pause at the bottom, 1 second on the lifting of the weight and 0 seconds for the pause at the top.

- (+). Whenever you see a plus symbol, it's considered a drop set. For example: on your last set of a particular exercise, you'll drop the weight by 10-20% 3 times without rest.

-Dynamic Rep Triple Sets (DRTS). DRTS sets are tri-sets performed back to back with no rest. There are 3 sets/ 3 exercises. Once you complete the first round of the tri-set, rest for 60 seconds and repeat 2 more times.

You'll notice every week of every month are "180 Pyramid Cycles" with rep ranges of 8,10,12. You'll choose a weight where you can do 8 reps for each exercise in the tri-set. Then decrease the weight by 10-20% and do 10 reps. Finally go even lighter on your last set when you reach the 12 rep protocol.



# PROGRAM

# DIET

There are 2 different diets for the 180 Muscle Method Program

The GROWTH phase is for guys who are under 12% body fat.

Each week your calories will increase by 400. Your last week (week 4) you'll decrease your calories to maintenance. The last day in week 4 you'll increase your calories for a "cheat" day after training.

On the first day of week 5, step back on the scale and use that weight to start the process all over again for the following month.

The CUTTING phase is for guys who are above 15% body fat.

Each week your calories will decrease by 300. You'll be limited to only 1 carbohydrate post workout. Most of your diet will consist of Protein/Fat. The last day in weeks 3-4 you will be able to have a cheat day after training.



On the first day of week 5, step back on the scale and use that weight to start the process all over again for the following month.