Muscle Intelligence Foundations Skill Acquisition Programming

TEMPLATES AND GUIDEBOOK

MUSCLE INTELLIGENCE™

Ben Pakulski

"The Godfather of Intelligent Muscle Building"

is widely considered the world's best muscle expert and top authority on physique optimization and lifestyle integration for high-achieving men over 35. He currently helps executives, pro-athletes and entrepreneurs look, feel and perform at their best.

Ben is the CEO of the Muscle Intelligence Brand, host of the Muscle Intelligence Podcast, and creator of MI40, the best selling brand that revolutionized the fitness industry, changing the way training is understood and executed. His programs have helped millions of students, coaches and trainers transform their bodies and build thriving coaching businesses.

As an IFBB Professional Bodybuilder, Ben competed in 23 shows from 2008-2016, finishing top 10 in the prestigious Arnold Schwarzenegger Classics for 6 consecutive years, placing 2nd in 2013. Ben reached the pinnacle of the bodybuilding world in 2012 and 2016, competing in the Mr. Olympia Contest and was considered one of the top 10 bodybuilders in the world for many years.

When not teaching or training, Ben spends his time at home or traveling with his two angels, Benjamin Zane and Presley Skye.

Gavin Attorre

is the Head Coach at Muscle Intelligence

With over 20 years in the industry, Gavin coaches clients and also delivers education to personal trainers.

Based in the UK, he has worked with professional sports teams and elite athletes. Gavin was also a part of the lecturing team at the Poliquin Group and is one of only a few coaches globally to hold the highly recognized PICP Level 5 award.

FOUNDATIONS PHASE PROGRAM STRATEGY

- Work muscle and ROM in weak positions (within client's capability)
- Increase muscular contraction capability
- Increase joint stability
- Increase movement range of motion under control
- Prepare the body for more advanced training progressions
- Workout 3 times/week with Full Body 1 and Full Body 2 alternating
  - Week 1: Full Body 1, Full Body 2, Full Body 1
  - Week 2: Full Body 2, Full Body 1, Full Body 2
  - ...and so forth
- Each phase lasts 4-12 weeks

FOUNDATIONS PHASE GOALS

- Improve movement capability
- If you can't consciously contract and control the muscle you're trying to train, you're wasting time

WARMUP

Warmup			
Exercise	**Sets x Reps**	**Tempo**	**Rest**
A - Couch Stretch	2 x 30s each leg		-
B - 90-90 w Trunk Flexion	2 x 6-10 reps each side		-
C - Push Up to Downward Dog	2 x 4-6 reps	3 breath inhale & exhales in stretch then one push up will complete 1 full rep	-
D1 - Hip CARS D2 - Shoulder CARS	2 x 2 rotations each hip and arm		-
E - Straight Leg Hamstring Kick	2 x 10 reps		-
F - A Skip	2 x 10 skips each leg		-

PHASE 1 - ISOMETRIC HOLDS

Improve:	Guidelines:
• Muscular contraction ability • Strength at weak positions • Joint stability • Mind muscle connection • Muscular potentiation	• Do not go to full failure too often - keep 1-2 RIR ◦ Allows adequate contractions ◦ Enhances recovery ◦ Results in less CNS fatigue

FULL BODY 1

Full Body 1			
Exercise	**Sets x Reps**	**Tempo**	**Rest**
A1 - L5-S1 ELDOA A2 - Hack Squat A3 - Z Press Pronating	3 x 30s 3 x 10-15 3 x 10-15	Hold 3-1-1-0 3-1-1-0	45s 45s 45s
B1 - Lunge With Adductor Emphasis (Band) B2 - Single Arm Dumbbell Rows	3 x 12-15 3 x 10-15	3-0-1-0 3-1-1-1	- 90s
C1 - Glute Bridge on the Floor C2 - Lying Leg Curl	3 x 8 3 x 10-15	2-0-1-4 3-0-1-2	45s 45s
D - Cable Fly	3 x 12-20	2-2-1-1	45s
E1 - Leg Extension E2 - Plank (Retraction & Protraction)	3 x 12-20 3 x 12-20	3-0-1-1 2-1-2-1	45s 45s

FULL BODY 2

Full Body 2			
Exercise	**Sets x Reps**	**Tempo**	**Rest**
A1 - Bulgarian Split Squat A2 - ELDOA Rectus Femoris A3 - Chest Press Machine	3 x 10-15 3 x 20-30s 3 x 8-12	3-1-X-0 Hold 3-1-1-0	45s 45s 45s
B1 - L5-S1 ELDOA B2 - 45 Degree Hip Extension B3 - Single-Arm Overhead Cable Triceps Extensions	3 x 20-30s 3 x 10-15 3 x 12-20	Hold 3-1-1-2 2-1-1-1	45s 45s 45s
C1 - Pendulum Squat C2 - ELDOA – Thoracic Mobilization C3 - Lat Pulldown High PulleySingle Arm	3 x 10-15 3 x 20-30s *during rest period 3 x 10-15	3-1-1-0 Hold 3-1-1-2	45s - 45s
D1 - Standing Calf Raises D2 - Lying Cable Lateral Raise	3 x 15-20 3 x 15-20	2-1-1-1 2-1-1-1	45s 45s

PHASE 2 - ECCENTRIC TRAINING

Improve:	Guidelines:
• Movement quality via slower tempos • Stability at joints with increased slow twitch muscle fiber hypertrophy • Sarcomere hypertrophy ◦ Beginners or untrained individuals ◦ Gains are minimal after 3-12 months of training depending on the individual and the frequency	• Be aware of potential of increased muscle damage ◦ Hypertrophy stagnates ◦ Lowers recoverability • Use lower reps and stay within 1-2 RIR

FULL BODY 1

Full Body 1			
Exercise	**Sets x Reps**	**Tempo**	**Rest**
A1 - L5-S1 ELDOA A2 - Hack Squat A3 - Z Press Pronating	3 x 30s 3 x 5-8 3 x 5-8	Hold 4-0-1-0 4-1-1-0	45s 45s 45s
B1 - Low Pulley Split Squats B2 - Single Arm Dumbbell Rows	3 x 6-10 3 x 5-8	3-2-1-0 3-0-1-1	- 90s
C1 - Glute Bridge on the Floor C2 - Lying Leg Curl	3 x 6-10 3 x 5-8	3-1-1-2 3-0-1-1	45s 45s
D - Cable Fly	3 x 8-12	3-1-1-1	45s
E1 - Leg Extension E2 - Plank (Retraction & Protraction)	3 x 8-12 3 x 12-20	2-0-1-1 2-1-2-1	45s 45s

FULL BODY 2

Full Body 2			
Exercise	**Sets x Reps**	**Tempo**	**Rest**
A1 - Bulgarian Split Squat A2 - ELDOA Rectus Femoris A3 - Chest Press Machine	3 x 10-15 3 x 20-30s 3 x 5-8	4-0-X-0 Hold 4-1-1-0	45s 45s 45s
B1 - L5-S1 ELDOA B2 - 45 Degree Hip Extension B3 - Single-Arm Overhead Cable Triceps Extensions	3 x 20-30s 3 x 6-10 3 x 8-12		45s 45s 45s
C1 - Pendulum Squat C2 - ELDOA – Thoracic Mobilization C3 - Lat Pulldown High Pulley Single Arm	3 x 8-12 3 x 20-30s *during rest 3 x 6-10	3-0-1-0 Hold 3-1-1-1	45s - 45s
D1 - Standing Calf Raises D2 - Lying Cable Lateral Raise	3 x 6-10 3 x 8-12	2-2-1-0 2-1-1-1	45s 45s

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By Gavin Attorre and Ben Pakulski

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