

# 12 WEEK ALPHA TRANSFORMATION

## THE MAN'S GUIDE TO PRIMAL STRENGTH AND SIZE



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**Published by:**  
Jared Dicarmine

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## Legal Disclaimer

### Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

### Muscle-Building Disclaimer

**Required Legal Disclaimer:** Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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## How to Warm Up

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower. (Optional)
2. Perform the exercise you are beginning with. Perform this exercise for 3-5 sets with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

**Note:** Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.



Warm Up Example:	Squats
<u>Warm Up Set 1</u>	<u>Empty Bar- 3 x 8</u>
Warm Up Set 2	135 – 1 x 6
Warm Up Set 3	145 – 1 x 4
Warm Up Set 4	155 – 1 x 2-3

## How should I de-load?

In this program, the de-load is very simple. You will simply perform the same workout routine, only you will reduce the intensity by as much as 50-60% and focus on refining your form and technique. During a de-load you should never train to failure. Consider your de-load an active rest cycle.

### Successful De-Load

The goal of a de-load is to allow you to become stronger and bigger by incorporating a planned "active recovery" phase into your normal workout program. If done correctly, you should be able to make strength and performance increases, regularly, with a reduced risk of injury. It will also serve as a mental and physical break that will preemptively address any recovery issues you may have.

Regular Workout	De-Load Workout
<b>Squat</b>	<b>Squat</b>
Set 1: 225 lbs x 5	Set 1: 95 lbs x 8
Set 2: 225 lbs x 5	Set 2: 95 lbs x 8
Set 3: 245 lbs x 3	Set 3: 105 lbs x 8
Set 4: 245 lbs x 3	Set 4: 105 lbs x 8

## Alpha Training System: Weeks 1-4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPER</b>	Lower (b) <b>HYPER</b>	Rest
Rest	Upper (b) <b>POWER</b>	Lower (b) <b>POWER</b>	Rest	Upper (a) <b>HYPER</b>	Lower (a) <b>HYPER</b>	Rest
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPER</b>	Lower (b) <b>HYPER</b>	Rest
Rest	Upper (b) <b>POWER</b>	Lower (b) <b>POWER</b>	Rest	Upper (a) <b>HYPER</b>	Lower (a) <b>HYPER</b>	Rest

### Training Principles

1. End each hypertrophy exercise 1 rep short of failure – RPE 9
2. End each power exercises 2 reps short of failure – RPE 8
3. Aim for progression on every lift
4. Use this [1rm calculator](#) – Percentages based on this number

## Alpha Training System: Weeks 5 - 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPHER</b>	Lower (b) <b>HYPHER</b>	Rest
Rest	Upper (b) <b>DE-LOAD</b>	Lower (b) <b>DE-LOAD</b>	Rest	Upper (a) <b>DE-LOAD</b>	Lower (a) <b>DE-LOAD</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPHER</b>	Lower (d) <b>HYPHER</b>	Rest
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPHER</b>	Lower (c) <b>HYPHER</b>	Rest

### Training Principles

1. End each hypertrophy exercise 1 rep short of failure – RPE 9
2. End each power exercises 2 reps short of failure – RPE 8
3. Aim for progression on every lift
4. Use this [1rm calculator](#) – Percentages based on this number



## Alpha Training System: Weeks 9-12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPER</b>	Lower (c) <b>HYPER</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPER</b>	Lower (d) <b>HYPER</b>	Rest
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPER</b>	Lower (c) <b>HYPER</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPER</b>	Lower (d) <b>HYPER</b>	Rest

### Training Principles

1. End each hypertrophy exercise 1 rep short of failure – RPE 9
2. End each power exercises 2 reps short of failure – RPE 8
3. Aim for progression on every lift
4. Use this [1rm calculator](#) – Percentages based on this number

## Alpha Training System: Workout Index

### A - Workout Index (Hyper)

#### Upper (a) - Hyper

Exercise	Sets	Reps	Rest
Incline Bench Press	3	8	2 Minutes
DB Flyes	3	8	2 Minutes
Seated Cable Row	3	10	45-90 Seconds
Dumbbell Row	3	12	45 Seconds
Lateral Raises	3	12	45-90 Seconds
Dumbbell Curl	3	8	45-90 Seconds
Incline DB Curl	2	10	45-90 Seconds
Triceps Pushdown	2	10	45-90 Seconds
Barbell Shrugs	3	12	45-90 Seconds

#### Lower (a) - Hyper

Exercise	Sets	Reps	Rest
Front Squat	4	8	3 Minutes
Barbell Lunge	3	10	60-90 Seconds
Leg Extension	3	12	60-90 Seconds
Lying Ham Curls	4	10	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## A - Workout Index (Power)

### Upper (a) - Power

Exercise	Sets	Reps	Rest
Bench Press	3	5 @ 85%	3-5 Minutes
Incline DB Press	3	6	45-90 Seconds
Bent Over Row	3	6	45-90 Seconds
Lat Pulldown	2	8	90 Seconds
Overhead Press	3	6	90 Seconds
Upright Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

### Lower (a) - Power

Exercise	Sets	Reps	Rest
Squat	3	3 @ 90%	3-5 Minutes
Deadlift	2	3 @ 85%	90 Seconds
Leg Press	4	8	60-90 Seconds
Hamstring Curls	4	8	45 Seconds

## B – Workout Index (Hyper)

### Upper (b) - Hyper

Exercise	Sets	Reps	Rest
Bent Over Rows	4	8	2 Minutes
Pull Ups (BW)	3	AMAP	45-60 Seconds
Reverse Curls	3	10	45-60 Seconds
Face Pulls	3	8	45-60 Seconds
Incline Bench Press	3	8	2 Minutes
Flat DB Press	2	10	60 Seconds
DB Shoulder Press	3	8	60 Seconds
DB Shrugs	3	12	45-60 Seconds
Skull Crushers	3	12	45-60 Seconds

### Lower (b) - Hyper

Exercise	Sets	Reps	Rest
Romanian Deadlift	4	8	3 Minutes
Hamstring Curls	3	10	45-60 Seconds
Front Squat	4	8	60-90 Seconds
Barbell Lunges	3	12	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Power)

### Upper (b) - Power

Exercise	Sets	Reps	Rest
Bench Press	3	5 @ 85%	3 Minutes
Bent Over Rows	3	6	2 Minutes
Weighted Chin Ups	3	6	60 Seconds
Overhead Press	3	3	2 Minutes
DB Shoulder Press	2	8	60 Seconds
Lateral Raises	3	8	90 Seconds
Rear Delt Raises	2	8	45-60 Seconds

### Lower (b) - Power

Exercise	Sets	Reps	Rest
Squat	3	5 @ 80%	3 Minutes
Deadlift	2	3 @ 85%	3 Minutes
Front Squat	3	5	2-3 Minutes
Standing Calf Raises	4	8	45 Seconds

## C - Workout Index (Hyper)

### Upper (c) - Hyper

Exercise	Sets	Reps	Rest
<b>Incline Bench Press</b>	<b>4</b>	<b>8</b>	<b>2 Minutes</b>
<b>DB Flyes</b>	<b>3</b>	<b>8</b>	<b>2 Minutes</b>
<b>Seated Cable Row</b>	<b>4</b>	<b>10</b>	<b>45-90 Seconds</b>
<b>Dumbbell Row</b>	<b>3</b>	<b>12</b>	<b>45 Seconds</b>
<b>Lateral Raises</b>	<b>4</b>	<b>12</b>	<b>45-90 Seconds</b>
<b>Dumbbell Curl</b>	<b>3</b>	<b>8</b>	<b>45-90 Seconds</b>
<b>Incline DB Curl</b>	<b>2</b>	<b>10</b>	<b>45-90 Seconds</b>
<b>Triceps Pushdown</b>	<b>2</b>	<b>10</b>	<b>45-90 Seconds</b>
<b>Barbell Shrugs</b>	<b>4</b>	<b>12</b>	<b>45-90 Seconds</b>

### Lower (c) - Hyper

Exercise	Sets	Reps	Rest
<b>Front Squat</b>	<b>5</b>	<b>8</b>	<b>3 Minutes</b>
<b>Barbell Lunge</b>	<b>3</b>	<b>10</b>	<b>60-90 Seconds</b>
<b>Leg Extension</b>	<b>3</b>	<b>12</b>	<b>60-90 Seconds</b>
<b>Lying Ham Curls</b>	<b>5</b>	<b>10</b>	<b>60-90 Seconds</b>
<b>Standing Calf Raises</b>	<b>5</b>	<b>8</b>	<b>45 Seconds</b>

## C - Workout Index (Power)

### Upper (c) - Power

Exercise	Sets	Reps	Rest
Bench Press	5	5 @ 85%	3-5 Minutes
Incline DB Press	3	6	45-90 Seconds
Bent Over Row	4	6	45-90 Seconds
Lat Pulldown	2	8	90 Seconds
Overhead Press	4	6	90 Seconds
Upright Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

### Lower (c) - Power

Exercise	Sets	Reps	Rest
Squat	5	3 @ 90%	3-5 Minutes
Deadlift	3	3 @ 85%	90 Seconds
Leg Press	4	8	60-90 Seconds
Hamstring Curls	4	8	45 Seconds

## D – Workout Index (Hyper)

### Upper (d) - Hyper

Exercise	Sets	Reps	Rest
Bent Over Rows	4	8	2 Minutes
Pull Ups (BW)	4	AMAP	45-60 Seconds
Reverse Curls	3	10	45-60 Seconds
Face Pulls	4	8	45-60 Seconds
Incline Bench Press	4	8	2 Minutes
Flat DB Press	3	10	60 Seconds
DB Shoulder Press	4	8	60 Seconds
DB Shrugs	3	12	45-60 Seconds
Skull Crushers	3	12	45-60 Seconds

### Lower (d) - Hyper

Exercise	Sets	Reps	Rest
Romanian Deadlift	5	8	3 Minutes
Hamstring Curls	3	10	45-60 Seconds
Front Squat	5	8	60-90 Seconds
Barbell Lunges	3	12	45-60 Seconds
Standing Calf Raises	5	8	45 Seconds



## D – Workout Index (Power)

### Upper (d) - Power

Exercise	Sets	Reps	Rest
Bench Press	5	5 @ 85%	3 Minutes
Bent Over Rows	4	6	2 Minutes
Weighted Chin Ups	3	6	60 Seconds
Overhead Press	4	3	2 Minutes
DB Shoulder Press	3	8	60 Seconds
Lateral Raises	3	8	90 Seconds
Rear Delt Raises	3	8	45-60 Seconds

### Lower (d) - Power

Exercise	Sets	Reps	Rest
Squat	6	5 @ 80%	3 Minutes
Deadlift	3	3 @ 85%	3 Minutes
Front Squat	4	5	2-3 Minutes
Standing Calf Raises	5	8	45 Seconds