FREAK MUSCLE
THE COMPLETE FOUR PHASE GUIDE TO MONSTROUS MUSCLE GROWTH
The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program.

If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of the Sons of Strength Online Coaching, you are agreeing to accept full responsibility for your actions.

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TL;DR Just be safe out there, freaks.
Finding Your Freak

Since the dawn of time, freaks have walked among us. They have turned our heads and dropped our jaws. While some fear these freaks of nature, others envy their insane genetics, physical abnormalities, and feats of strength.

We, too, coveted the prime physiques of these freaks of nature.

This journey to the freak show began in our parents’ basement. In the beginning, the simple contact of skin on iron initiated muscle growth. Looking back now, it was “easy” to make big jumps with the weight on the bar. In a single week, we could crush PRs by 10 to 20 pounds. Everything ounce of protein and carbs we devoured seemed to go directly to the muscle bellies.

The pounds on the barbell and scale quickly grew together like we did as brothers. It was a freaky and magical period where it all came with ease, no matter what we ate nor the set and repetition schemes.

That soon changed. The hypertrophy honeymoon was over.

Within the concrete walls of that basement, we thought we were on our way to impressive stats of strength, shocking size, and what we like to call “freak muscle”.

But then progress went from blazing speed to a screeching halt. We had reached the infamous plateau.

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At that moment, we were at the crossroads where you currently stand.

For the first time in our training journey, we were lost. We had no idea where to go after spinning our wheels with different diets and training programs and very little to show for it.

We were devastatingly frustrated by our lack of progress after putting on nearly 30 pounds of muscle so easily in the early training years. Truthfully, we weren’t excited about our workouts any longer. We had lost the fire. The passion to train was no where to be found.

Hell, we even thought about throwing in the towel and accepting our fate of minimal muscular potentials.

But there was no way we had reached our genetic ceiling already, right?

If only we could get our hands on the secrets of these freaks, then we could achieve maximal muscle growth too.

The search began. We looked high and low, knocked on doors, asked a million questions and found a lot of false answers. All these training methods promised to break us out of the plateau we were experiencing. But they never did the trick.

Name a training protocol and we had gave it a shot. Poliquin’s Principles. GVT. 5-3-1. Vince Gironda’s density work. The Cube Method. Mountain Dog’s Methods. Doggcrapp Training.
Basically, if it was ever published on Testosterone Nation, we had given it a shot.

Then the epiphany that changed everything...

We made the decision to switch our focus from the forums to the science-driven evidence behind muscle building. Even with some quality research and results, we knew that the testing and analysis lacked the real world application.

So, we dusted off the holy grails of our early fitness journeys. We revisited our old spiral notebooks that we deemed our sacred training journals. We flipped through the sweat and chalk-filled pages that documented the initial stages of our growth.

We began piecing the clues together from our personal work in the trenches with the research conducted in a controlled laboratory setting. As we began applying these methods with much trial and error, our excitement was reignited.

Finally, we broke through and cracked the freak code.

Without a research study to reference, we discovered the techniques that allowed us to produce insane amounts of tension and muscular damage.

Before the revelation, we were stuck between shirt sizes. After implementing these very techniques, we finally made the complete transition from a medium-sized tee shirt to a large tee. And for the first time, we looked damn good in them.
We broke our stagnate personal records on the major lifts. Not only adding 20 to 40 pounds on the bench, squat, and deadlift but having the ability to increase our repetition maxes as well.

That is the origin story of Freak Muscle.

What you hold before you are the unorthodox methods we discovered to bust through plateaus, unlock your full muscular potential and restore your excitement in the gym again.

It’s true that you may not have been blessed by the Iron Gods to walk up a flight of stairs and instantly grow your quads an inch or possess the strength to pick up a two-story home at any given moment.

But you can stop blaming your genetics because there is still hope. This program is that hope. Your chance to shatter plateaus. Your path to unleash your own freak muscle.

Inside every individual lies a freak waiting to be awakened and released from its cage. Unleashing your freak will empower you to build never-before-achieved amounts of muscle and ultimately transform your body into a freak physique of your very own.

The physical transformation must initiate mentally. That begins with your acceptance of the label: freak.

You must embrace the freak lifestyle.

By definition, a freak is simply an individual with something strikingly unusual about their appearance or behavior.
Freaks dare to be different. Freaks do the unthinkable and push the envelope. Freaks do not care what the rest of society thinks but they will shock and impress them.

Resist the pressure to conform to the rest of society. Take pride in your unique urge to be different in your muscle building desires. Do not accept the norm of the lackluster results while slaving away at the gym. Do not be average.

You are already an anomaly. You are the one of the chosen few to place the fate of your physique within your own hands simply by reading the sentences before you.

However, freaks know they must take action. Without it, the same you will remain.

What you will be doing is not mainstream. Since your goals are not to just fit in but to build an impressive body, the methods in this training regimen will parallel that thought process.

Yes, you will turn heads at the gym with your workout routines and forthcoming results. No, you will not be performing the same, boring as hell 3 sets of 10 repetitions workout that the average joe has been doing for the last decade.

Every facet of this program will coincide with what you ultimately want to achieve: thick, dense muscle.

The undertaking to become a freak is not an easy endeavor. It is a difficult road that requires stepping outside of your comfort zone, attempting new and unfamiliar things, and embracing the struggle.

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If it were easy, everyone would already be a freak and look damn good.

Now, let us assure you that it can be done.

Remember, we were once too in your sleeveless muscle tee; unsatisfied as we stood in front of the mirror and fearful to embrace the freak inside. After unsuccessfully attempting to answer the call, we persistently pushed forward to transform our bodies and minds.

What you hold in your hands is the exact formula for your evolution into a freak.

After many trials and tribulations, Freak Muscle is a collection of the training methods, nutritional strategies, and program design that allowed us to triumph.

Without further ado, we present to you the next 12 weeks of your training life. May the days ahead bring you insane amounts of muscle accompanied by the hard-earned confidence to achieve the impossible in all aspects of your life.

Welcome to the freak show. Let the mutation begin.

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**THE FREAKISH WAYS TO BUILD MUSCLE**

The physical intention of this program is to blatantly build as much muscle as humanly possible. In fact, so much muscle that you are happily considered a freak.

Since the purpose of the 12 weeks ahead of you has been clearly defined, the next step is to look into the mechanisms responsible for the ensuing muscle growth and how it is all possible. To do so, we will break down the scientific evidence behind hypertrophy and its application within the workouts and 4 micro-cycles ahead.

The game of building muscle is more than just getting stronger and adding pounds to the bar. The two are not completely interchangeable.

Sure, becoming freakin’ strong has a place in causing a hypertrophic response but it fails to tell the whole story. Progressive overload is a foundational requirement for muscular growth. Increasing intensity over time will ensure that continual tension is being placed on the targeted muscles. Hence, forcing them to adapt and grow.

However, chasing strength gains will only take you so far in achieving a muscular physique. Even if you can squat, bench and deadlift scary numbers, you will likely only reach 80% of your freak physique potential. That means you are likely leaving 20% of undeveloped muscle on the table.

Let’s change that.

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Since the goal is to build monstrous muscle, we must look into the science behind hypertrophy and the mechanisms that allow the phenomenon to occur. In Brad Schonfeld’s epic review article, “The Mechanisms of Muscular Hypertrophy”, he breaks down the three primary manners in which to grow. Without focusing on these three factors of hypertrophy, you will have a very challenging time reaching maximum muscleularity and transforming into that freak of nature.

I. MECHANICAL TENSION

The primary mechanism behind maximal muscle growth is mechanically induced tension. You could consider it the “mother” of freak muscle. Through the combination of force generation and stretch, this tension is produced and elicits a hypertrophic response.

This brings us back to our discussion on loads and progressive overload. In theory, the more weight on the bar will create more tension and allow you to access those coveted high threshold type 2 muscle fibers.

However, you will hit a ceiling fast. The recruitment of high-threshold motor units will depend on your ability to create and maintain tension in the targeted muscle group. The body will intelligently go to the path of least resistance to get the job done. The heavier the weight and inability to maintain the demand on the intended muscle will cause the weaker, lagging body parts to kick back and relax while the stronger, more developed muscles take over.

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For instance, you perform the bench press for a 5 repetition maximum beyond your last personal record of 10 pounds. You savage, you.

That is excellent for your strength gains. But it does not necessarily mean that you grew that muscle. Most of the time, these gains come from neural adaptations. Now, if you did not control the load and just completed the repetitions without the thought of tension, your debts and triceps may have overridden the weaker pecs. In your quest for a bigger chest, you are not making any true progress towards your goals.

Smoke and mirrors, my friend.

While a powerlifter’s game is built on efficiency, the individual after insane amounts of muscle needs the exact opposite. The game changer when it comes to hypertrophy is inefficiency. Through the elimination of leverage and activation of the correct musculature, tension can be effectively produced and maintained.

Progressive overload focuses on moving the bar from distance A to distance B. Add more weight and complete the prescribed repetitions. Mechanical tension is not part of its algorithm. While it cannot be measured as easily, it does set the platform for the other mechanisms of hypertrophy to occur.

Maximizing tension through a full range of motion, particularly to fast-twitch fibers, will be the key to cause muscle damage and metabolic stress. Simply stated, the more tension you are able to
produce within the muscle, the more damage will be created to cause a positive adaptation.

In all of the Freak Muscle phases, each of the methods will create mechanical tension in their own unique way and in return, produce maximum muscle growth.

**II. MUSCLE DAMAGE**

The second primary factor responsible for eliciting a hypertrophic response when resistance training is muscle damage. The desired effect is to disturb the muscle tissue specifically without injury.

This localized damage sets off a series of responses by the body similar to fighting off an infection. However, instead of producing antibodies to rid of the disease, a variety of growth factors are released and promote hypertrophy.

To trigger this positive adaptation, the body must be pushed beyond what it has previously endured and out of its comfort zone. The trauma is created by unfamiliar training methods or movements via exercise selection, accentuating the eccentric component of a lift, or stretching a muscle while being loaded. Particularly, muscle damage is greatest when tension is placed at the muscle length’s extremes in a stretched position.

The methods in this program have been precisely included because of their role as damage-inducers. With the application of mechanical tension that we discussed earlier, muscle damage is taken through the roof.

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The variety and combination of these intensity techniques are where the secrets to building freak muscle lie.

III. METABOLIC STRESS

The final piece of the muscle building puzzle is metabolic stress. This mechanism of hypertrophy is the most known as the “pump” and is more of an umbrella term, to sum up quite a few factors in building muscle.

Metabolic stress is not a single act but a collection of cell swelling, hypoxia, occlusion and satellite cell proliferation. In conjunction with mechanical tension and progressive overload, this deadly trio assassinates the targeted muscles and forces them into the freak muscle nirvana.

That burning sensation during and after destroying a set is not just bro-science of the bodybuilding world. It is actually part of the freak science behind inducing hypertrophy.

Ever since a famous Austrian legend declared his devotion to the “pump”, the chase has been on. The cellular swelling that occurs is the pooling of blood in the working muscle. You know this sensation by a painful, skin-splitting experience where you actually feel what’s going on inside the muscle. As the pressure builds against the walls of the membranes, the integrity of the cells is threatened and an anabolic environment is established. Add in a well-hydrated cell and the freak is let off the leash.

This sets the stage for other factors to come into play and add to the metabolic stress. They include:

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The vascular occlusion through persistent muscle contractions that traps the blood.

The lack of oxygen supply in the muscles due to blood not being allowed to escape.

The accumulation of metabolic byproducts such as lactate, hydrogen ions, inorganic phosphates, creatine and others.

With mechanical tension and muscle damage, metabolic stress is the icing on the cake. By taking into account these three mechanisms, we have devised interesting and effective intensity methods to build the muscle we’ve promised.

To achieve maximal growth of thick and dense muscle, mechanical tension, muscle damage and metabolic stress have been factored into each of these four phases within this program. Add in a mouthful of grit and we have a freak in the making.

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PHASE I. THE FREAK OF NATURE

This first method will shock your nervous system and catalyze your transformation into the freak you have hiding deep within you. Before we unveil the technique that will unlock your muscular potential, we must inform you of the possible side effects.

Consider this your warning that method #1 will produce serious strength gains. The best part is that you will see the results immediately.

We remember our first experience using this technique like it was yesterday...

In a basement, eerily similar to where Sloth from the Goonies was kept, our first coach started to load up the barbell. One plate after the other, the weight amassed more than we had ever attempted. Hell, more than we had ever dreamed of completing a single rep with.

Giving him the “are you freaking crazy?” look, we prepared ourselves for the unknown that lied ahead. As we nervously set up on the bench press, a confident grin came across his face.

He confidently stated, “Just feel the weight”.

A three-second countdown later, our arms were shaking as they held the loaded barbell just shy of the lockout position. A few moments later (which felt like hours), the bar was racked and our nervous systems were firing on all cylinders.
Call it “bro-science” or whatever you must but what we were doing here actually has a name and some research to back up the insanity.

It’s called **Supra Maximal Holds**.

And it’s Freak Muscle’s first method. Now, it is your turn to prime your nervous system and consequently, become stronger than before. Like as in immediate gains of 5 to 10 percent!

While some freak events cannot be explained, this one can. It’s possible through a phenomenon called postactivation potentiation, where the force exerted by a muscle is increased due to its previous contraction.

To simplify it, we’re bringing you back to your days on the diamond. While you were in the batter’s box timing pitches, you may have slid on that doughnut (no icing or sprinkles, unfortunately) on to your bat. After taking a few big swings for the fences, the magic happened after removing that weighted contraption.

The baseball bat would immediately feel a lot lighter; resulting in faster swing speed and hopefully a few out of the park home runs.

Now we’re taking the same science that won you the little league championship and applying it to the iron and your future Freak Muscle.

After completion of the supra maximal holds for the multi-compound movements in your training, you will want to go right into that same movement with a full range of motion.
For example, if you complete the Supra Maximal Holds for the Back Squat. After completing the sets following the parameters below, you will then perform the full range of motion Back Squats for the prescribed sets and reps in your current program. That’s where the magic happens.

Trust us and try it. You will totally freak out.

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>Back or Front Squat, Flat or Incline Bench, Pull-Up, Rack Pull, RDL</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXECUTION</td>
<td>Support the load while the joints are just shy of lockout. Create as much tension in entire body as possible</td>
</tr>
<tr>
<td>INTENSITY</td>
<td>Load the bar with 120 - 150% of 1RM</td>
</tr>
<tr>
<td>DURATION</td>
<td>5 - 10 seconds</td>
</tr>
<tr>
<td>SETS</td>
<td>Warm up with 2-3 primer sets. Then complete 2 sets at the set working load</td>
</tr>
</tbody>
</table>

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### DAY 1 - UPPER

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
<th>REST</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supersets Barbell overhead</td>
<td>5</td>
<td>15</td>
<td></td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Supersets Incline Hammer</td>
<td>5</td>
<td>15</td>
<td></td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Supersets Dumbbell Press</td>
<td>5</td>
<td>10</td>
<td></td>
<td>20s</td>
<td></td>
</tr>
<tr>
<td>Supersets Split Squat</td>
<td>5</td>
<td>10</td>
<td></td>
<td>20s</td>
<td></td>
</tr>
<tr>
<td>Supersets Tricep Push</td>
<td>5</td>
<td>10</td>
<td></td>
<td>20s</td>
<td></td>
</tr>
<tr>
<td>Supersets Calf Raise</td>
<td>5</td>
<td>15</td>
<td></td>
<td>20s</td>
<td></td>
</tr>
<tr>
<td>Supersets Leg Extension</td>
<td>5</td>
<td>10</td>
<td></td>
<td>15s</td>
<td></td>
</tr>
<tr>
<td>Supersets Knee Raise</td>
<td>5</td>
<td>10</td>
<td></td>
<td>15s</td>
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</tr>
<tr>
<td>Supersets Leg Lunge</td>
<td>5</td>
<td>10</td>
<td></td>
<td>15s</td>
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</tbody>
</table>

### DAY 2 - LOWER

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
<th>REST</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supersets Squat</td>
<td>5</td>
<td>10</td>
<td></td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Supersets Lunge</td>
<td>5</td>
<td>10</td>
<td></td>
<td>30s</td>
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<tr>
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<tr>
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<td>5</td>
<td>10</td>
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<td>15s</td>
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</table>

### DAY 3 - UPPER

<table>
<thead>
<tr>
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<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
<th>REST</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supersets Flat Barbell</td>
<td>5</td>
<td>10</td>
<td></td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Supersets Dumbbell Press</td>
<td>5</td>
<td>10</td>
<td></td>
<td>30s</td>
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<tr>
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<td>Supersets Leg Lunge</td>
<td>5</td>
<td>10</td>
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<td>15s</td>
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</table>

### DAY 4 - LOWER

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
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<th>Notes</th>
<th>REST</th>
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</thead>
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<tr>
<td>Supersets Squat</td>
<td>5</td>
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<td></td>
<td>30s</td>
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</tr>
<tr>
<td>Supersets Lunge</td>
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<td>5</td>
<td>10</td>
<td></td>
<td>15s</td>
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</tr>
</tbody>
</table>

**Notes:**
- Increase weight every set.
- Superset: Working sets, increase weight every set.
- Combo: Working sets, increase weight every set.
PHASE II. THE FREAK FACTOR

There comes a time in one’s journey to a freak physique where he or she must push the envelope. Throw science and common sense out the window in order to break the mold.

Since you are here to transform into a freak of nature, you must go beyond the actions of modern society. After all, they will be the ones that envy your transformation after placing these methods into your training programs.

To grow an abnormal amount of muscle, our thoughts go outside of the box.

Typically, exercises that require coordination, power, and explosiveness are completed first in a workout. The reason being for how taxing these dynamic effort movements are on the central nervous system. Since they require a maximum amount of force to move the resistance as fast as possible, one should be physically and mentally fresh in order to reap the benefits.

However, there is a time and place where one can push these explosive exercises to later in the program; after a good amount of volume has already been completed and the body is in a fatigued state.

Without further ado, we present to you the third method in Freak Muscle: the Power Contrast method.

The goal being to recruit high threshold motor units and provide them with a stimulus that will yield growth.

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In addition to demanding more from these type 2 muscle fibers to elicit hypertrophy, we will preserve their ability to move explosively. In typical bodybuilding, there is a constant focus on tension and slower tempos to increase time under tension and disrupt homeostasis. There is nothing wrong with that whatsoever. However, one’s ability to produce explosive bursts of power can be reduced. Throw in the factor of age and you may just feel slow.

The Power Contrast method is not for the faint of heart. Not to worry, you’re transforming into a freak. This simple trick of pushing your power movements (hang cleans, high pulls, push presses) later into your workout will require grit. You will need to dig deep to not only perform these effectively but safely as well.

**Note:** We do NOT recommend that you perform exercises that you are not technically proficient at. Meaning you should only use a movement where you are confident in your skill to perform while in a fatigued state. If not, this will only set you up for potential injury.
**POWER CONTRAST**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>INTENSITY</td>
<td>Dependent on repetition parameters. Generally, use 40 - 60% of 1 Repetition Maximum</td>
</tr>
<tr>
<td>DURATION</td>
<td>4 - 8 repetitions</td>
</tr>
<tr>
<td>SETS</td>
<td>Complete 3 - 6 sets.</td>
</tr>
<tr>
<td>TEMPO</td>
<td>Move through the concentric portion of exercise as FAST as possible.</td>
</tr>
</tbody>
</table>
# Freak Muscle

## Phase II - Power Contrast

### Day 1 - Back + Biceps

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Table Bar Pull-Down                  | 4    | Max  | 12 x 24h *
| Single Arm Rowing Bar                 | 8    | 12s  | 3 x 15s *Set as many reps each set without failing. Quality over quantity. |
| Neutral Grip Pulldown                 | 3    | 12   | 3s    | Standard Execution. |
| Chest Dip, high pull                 | 3    | 8    | 3s    | **Power Exercise.** |
| Split-Dip Face Pull                   | 2    | 8    | 3s    | Standard Execution. |
| Standing 3D Bar Curl                  | 3    | 8    | 3m    | Standard Execution. |
| Reverse the Hack Bar Curl             | 2    | 12 - 15 | 3m | Split stance, keeping the "proper set," keep elbows around |
PHASE III. THE FREAKY, FREAK

Ready for the best pump of your life? After all, you did decide you wanted to become a freak right?

Before you get all riled up and take this method to the sheets, we’re talking about the best muscular pump you’ve ever had in the gym. One that would make Arnold jealous. A set that shoves so much blood into the muscle belly that it turns bright red and grows before your very eyes.

The third installment of Freak Muscle is all about creating blood-curdling tension in the targeted muscle fibers to demand a hypertrophic response.

It begins with one simple yet brutally effective modification to your traditional repetitions.

Wait for it...

The secret tweak is eliminating the isometric components of the repetition. By not locking out at the top of the movement nor pausing in the stretch after a controlled negative, we are making you into a monster.

**Constant tension technique** is the second method of building Freak Muscle.

Without those two isometrics, any rest between repetitions is virtually eliminated. Therefore, we are creating a hypoxic environment for the muscles under demand. This specific situation with-

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Out oxygen will cause an increase in muscle size and mitochondrial density; particularly via slow twitch muscle fiber growth.

A little-added bonus... Not only will your muscle growth be exploding but you will also be improving your aerobic conditioning. Skip walks on the beach and add in some constant tension techniques to your next training day. It may not be as pleasant but you will surely like the results a lot more.

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**CONSTANT TENSION**

- **Exercises**: Goblet or Hack Squat, Push-Ups or Machine Presses, Shoulder Presses, Romanian Deadlifts, Glute Ham Raises
- **Execution**: Do not allow the joints to lock into extension nor rest in the bottom position.
- **Intensity**: Use 40 - 60% of 1 Repetition Maximum
- **Duration**: 12 - 20 repetitions OR 40 - 60 seconds per set
- **Sets**: Complete 2 to 6 sets.
- **Tempo**: 2 - 0 - 2 - 0 (Eccentric/Iso/Concentric/Iso)

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# Freak Muscle
## Phase III - Constant Tension

### Day 1 - Chest

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Press</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Dumbbell Row-in Arm Press</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Ab Wheel</td>
<td>1</td>
<td>8</td>
<td>Max</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td>Smith Machine (Guillotine) Press</td>
<td>1</td>
<td>4</td>
<td>12</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Cable Fly</td>
<td>1</td>
<td>4</td>
<td>50s</td>
<td>1m</td>
<td></td>
</tr>
</tbody>
</table>

**CURRENT TENSION**

### Day 2 - Back

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutral Grip Pulldown</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Chest Supported Incline Bar Row</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Chin Up</td>
<td>1</td>
<td>4</td>
<td>Max</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td>Roman Chair Dumbbell Row-in Arm Press</td>
<td>1</td>
<td>4</td>
<td>10</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Leg Calf</td>
<td>1</td>
<td>4</td>
<td>15</td>
<td>1m</td>
<td></td>
</tr>
</tbody>
</table>

**CURRENT TENSION**

### Day 3 - Legs

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunging Leg Curl</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Backsquat</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Romanian Deadlift Split Squat</td>
<td>1</td>
<td>4</td>
<td>10 each</td>
<td>3m</td>
<td></td>
</tr>
<tr>
<td>Seated Leg Extension</td>
<td>1</td>
<td>4</td>
<td>15</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td>Seated Calf Press</td>
<td>1</td>
<td>4</td>
<td>15</td>
<td>1m</td>
<td></td>
</tr>
</tbody>
</table>

**CURRENT TENSION**

### Day 4 - Shoulders

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated D/B Lateral Raise</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Bench Military Press</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Alternating D/B Front Raise</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Chest Supported Incline D/B Lateral Raise</td>
<td>1</td>
<td>4</td>
<td>10</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Medicine Ball Push Press</td>
<td>1</td>
<td>4</td>
<td>15</td>
<td>1m</td>
<td></td>
</tr>
</tbody>
</table>

**CURRENT TENSION**

### Day 5 - Arms

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing Cable Curl</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Standing Bent Over Extension</td>
<td>1</td>
<td>4</td>
<td>1@1, 3@1.5, 1@3, 1@5</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>DB Cross Body Hammer Curl</td>
<td>1</td>
<td>4</td>
<td>B/P</td>
<td>30s</td>
<td></td>
</tr>
<tr>
<td>Seated Shoulder D/B Extension</td>
<td>1</td>
<td>4</td>
<td>12</td>
<td>45s</td>
<td></td>
</tr>
</tbody>
</table>

**CURRENT TENSION**

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**CURRENT TENSION**

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PHASE IV. THE FEARSOME FOURTH

What if we told you the secret to thickfreakness lies in the fourth and final method. This technique will be sure to stimulate every single muscle fiber that has yet to be touched with the prior three methods.

That method is Extreme Loaded Stretching.

Hold on one second before you freak out at the sight of the word “stretching”.

This is not your fu-fu, lame static stretching. You are now a freak after all. That means you perform as beastly as you look.

In studies using animals, it was concluded that holding a weight-ed stretch can lead to size increases of 300%. The results are as insane as the specific protocol used to discover those findings (hanging weights on the birds’ wings for 28 days).

You may not be an actual animal but figuratively speaking, there are some takeaways from this research. Now, we promise you will not be spending more than 60 seconds in any stretch position. However, we cannot promise you that this method will not cause tears and painful agony.

With that said, you must be extremely aware that these exercises can be dangerous if performed incorrectly. We caution you to stretch only to a point of mild discomfort. That discomfort should be specifically in the targeted muscle group and never in the joints and ligaments.

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Some of those tears will come from the joy after discovering the insane amounts of muscle you’ve built.

Through tension and muscle damage, these Extreme Loaded Stretches will cause cell swelling to act as the finishing touch to your freak physique.

The process of reciprocal inhibition is the reason for this method’s madness and results. To perform these specific stretches, there is one vital piece of the puzzle you must employ.

Immediately following a set of 10 to 15 repetitions, you will contract the antagonist to the target muscle for a prescribed time. By flexing the opposite side of the muscle that you are stretching, you are increasing mobility and the number of motor units needed to hold that vulnerable position.

For example: Following a set of Incline Dumbbell Biceps Curls, you will extend the elbow and flex the triceps as hard as possible. This will put the biceps in a stretched position and allow it to experience even more hypertrophy.

As we alluded to earlier, the Extreme Loaded Stretching method should be utilized as a finisher in your training program. Since these stretches are not your typical, run-of-the-mill movements, you will want to place these at the end of your workout. Performing them at the beginning will be detrimental to your performance and freak muscle.
### LOADED STRETCHES

<table>
<thead>
<tr>
<th><strong>EXERCISES</strong></th>
<th>Bulgarian (Rear Foot Elevated) Split Squats, Romanian Deadlifts or Good Mornings, Pull Up or Lat Pulldowns, Pec Flies, Biceps Curl Variations (Incline DB Curls work best), Triceps Overhead Extensions, Calf Raises</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXECUTION</strong></td>
<td>Contract the other side of the intended muscle for time to complete set</td>
</tr>
<tr>
<td><strong>INTENSITY</strong></td>
<td>Use 40 - 80% of 1 Repetition Maximum</td>
</tr>
<tr>
<td><strong>DURATION</strong></td>
<td>20 - 60 seconds</td>
</tr>
<tr>
<td><strong>SETS</strong></td>
<td>Complete 3 - 4 sets</td>
</tr>
</tbody>
</table>
### Day 1 - BACK + BICEPS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bicep Curls</td>
<td>4</td>
<td>12 + 15</td>
<td></td>
</tr>
<tr>
<td>Standing Barbell Rows</td>
<td>4</td>
<td>20 + 25</td>
<td></td>
</tr>
<tr>
<td>Seated Barbell Rows Stretch</td>
<td>4</td>
<td>20s + 25s</td>
<td></td>
</tr>
<tr>
<td>Seated Hip Thrust</td>
<td>4</td>
<td>8 + 10</td>
<td></td>
</tr>
<tr>
<td>Seated Bicep Stretch</td>
<td>4</td>
<td>20s + 25s</td>
<td></td>
</tr>
</tbody>
</table>

### Day 2 - CHEST + SHOULDERS + TRICEPS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Bench Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Decline Press (Pullover)</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Superset Decline Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Decline Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Decline Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Incline Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
</tbody>
</table>

### Day 3 - LEGS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Cable Fly</td>
<td>4</td>
<td>10 + 15</td>
<td></td>
</tr>
<tr>
<td>Squat with Sled</td>
<td>4</td>
<td>10 + 15</td>
<td></td>
</tr>
<tr>
<td>Single Leg Squats</td>
<td>4</td>
<td>12 + 15</td>
<td></td>
</tr>
<tr>
<td>Leg Presses</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
</tbody>
</table>

### Day 4 - CHEST + BACK

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Cable Fly</td>
<td>4</td>
<td>10 + 15</td>
<td></td>
</tr>
<tr>
<td>Reverse Grip Pull Up</td>
<td>4</td>
<td>10 + 15</td>
<td></td>
</tr>
<tr>
<td>Alternating Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
</tbody>
</table>

### Day 5 - SHOULDERS + ABS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Cable Crossover</td>
<td>4</td>
<td>10 + 15</td>
<td></td>
</tr>
<tr>
<td>Decline Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Alternating Dumbbell Press</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
<tr>
<td>Standing Cable Row</td>
<td>4</td>
<td>6 + 10</td>
<td></td>
</tr>
</tbody>
</table>

Visit our website at www.sonsofstrength.com for more information and tips on strength training.
### Freak Muscle - Phase I

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1 - Upper</td>
<td>Day 2 - Lower</td>
<td>Day 3 - Upper</td>
<td>Day 4 - Lower</td>
<td></td>
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</table>

### Freak Muscle - Phase II

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1 - Back + Biceps</td>
<td>Day 2 - Chest + Triceps</td>
<td>Day 3 - Legs</td>
<td></td>
<td>Day 4 - Shoulders + Arms</td>
<td></td>
</tr>
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</table>

### Freak Muscle - Phase III

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1 - Chest</td>
<td>Day 2 - Back</td>
<td>Day 3 - Legs</td>
<td></td>
<td>Day 4 - Shoulders</td>
<td>Day 5 - Arms</td>
</tr>
</tbody>
</table>

### Freak Muscle - Phase IV

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1 - Back + Biceps</td>
<td>Day 2 - Chest + Shoulders + Triceps</td>
<td>Day 3 - Legs</td>
<td>Day 4 - Chest + Back</td>
<td>Day 5 - Shoulders + Arms</td>
<td></td>
</tr>
</tbody>
</table>
Good...Good. The transformation is almost complete.

When it comes to your training, you have all the nuts and bolts to build an insane amount of muscle.

However, there are three freak factors that you must be aware of and implement to truly maximize your muscle growth.

The first of these is your nutrition. In the separate manual, Freak of Nature Nutritional Strategies, you will find the foundational habits needed to create an anabolic environment to fuel your workouts, add slabs of muscle to your frame and improve your overall body composition.

The importance of this manual and its implementation cannot be stressed enough. The strategies laid down are simple yet extremely effective in your transformation into a freak.

The second of these freak factors is recovery. The intensity techniques included in each of these four phases are just that...intense.

While your body may not be used to these, do not fear overtraining. Instead, you should be afraid of under-recovering.

Recovery is an integral part of your success in this program. If you train hard - like expected on this Freak Muscle regimen - you must recover even harder.
What you do within the gym’s mirrored walls is only half the battle. The sets, reps and load set the stage for the body to adapt and build muscle. If you are not recovering through proper nutrition, sleep, hydration and more stress-free activities in your life, you will not see the results you seek.

In addition to the recovery strategies listed above, it is suggested that you include active recovery modalities in your week. These can be and are not limited to:

- Meditation
- Easy paced walking
- Walking barefoot in grass
- Playing with a pet (like our crazy puppy, Storm)
- Yoga
- Contrast showers
- Ice baths or cryotherapy
- Mid-day naps
- Mindfulness practice
- Infrared Saunas
- Massage, Acupuncture, Self-Myofascial Release
- Sexy time...You freak ;)

The third and final factor lies in the space between the ears. This is where the true transformation into a freak starts and ends.

The cerebral components of motivation and mentality are what separates those with freakish results and those with nothing to show.

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From a motivational aspect, you must constantly remind yourself of your “why”. Why do you want to be a freak? What is the driving force behind your desire to build monstrous muscle?

At your low moments throughout the next 12 weeks, and you will have them, you must pull from your motives to rise above the resistance.

Those days when you are feeling tired, flat and unmotivated, you will need to do everything in your power to overcome. In these situations, you should be prepared with some tricks up your sleeve. Here are some freaky ways to do so:

- Watch inspiring videos like [this one](#).
- Read motivational quotes and articles.
- Listen to podcasts and speeches.
- Find new music and create an insane playlist. Like this one on [Spotify](#).
- Have a set [pre-workout routine](#) to trigger your workouts.
- Remind yourself that you must bring your absolute best on one [single](#) set. That is all.
- Get a training partner to keep you accountable.

Lastly, your mindset in all aspects of your life should match your new freak muscle. As you destroy and rebuild each muscle fiber in your body, your mental make-up should strengthen as well.

The same freak mentality that you bring to your training should be applied to your entire lifestyle. Bring that same tenacity to your work, relationships, family, friends and leisure activities.

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**FREAK MUSCLE**
When you build this muscle, you will build your confidence in parallel.

Use this newly found confidence to allow your true self to shine. Do not fear to be you and stray from the mainstream society’s opinion.

That is where the freak inside is let free.

By the completion of these next 12 weeks, you will build insane amounts of muscle, become stronger than ever before and finally have the confidence to be the freak you truly are.

The world needs more freaks like you.
**FREQUENTLY ASKED FREAK QUESTIONS**

Is there anything I should do prior to beginning this program?

Yes! We are so glad you asked. Before initiating this program, we recommend that you:

1. Take pictures to judge your progress. A front, back and side photo should suffice.
2. Take measurements. Specifically your weight, waist circumference and body fat percentage.
3. Review the program. Look up the exercises on our YouTube channel.
4. We recommend that you print out the workout PDFs and keep a log of your training either on these sheets or in a journal.

Should I warm up before doing these workouts?

Absolutely! A dynamic warm up is essential to prime the body for the task at hand, reduce the chance of injury, and get the most out of the training program. Follow this link for a video series of a dynamic routine that we developed.

What equipment do I need to complete this program?

The Freak Muscle training program was designed to be performed in a fully-equipped gym. At the bare minimum, you will need access to barbells, dumbbells, and a cable system.

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I am a beginner to resistance training. Is this training program for me?

No, we would not recommend that you begin your training journey with this program. The methods utilized are geared towards more intermediate to advanced lifters. We recommend beginning with a different program and then revisiting this program after you have hit a plateau.

What if I cannot follow the schedule exactly?

Each of the phases’ schedules is only a recommendation. While we feel these are the best arrangements for the training days at hand, the most optimal schedule is one that allows you to get each of the workouts in without compromising your recovery. So feel free to adjust these according to your own schedule.

What is the duration of each phase?

Each phase is a microcycle that lasts 3 weeks. However, you can extend the phases longer than this recommended 12 week period. You can push each phase up to 6 weeks. This is especially recommended if a certain phase is producing excellent results or you have not yet mastered that phase to your fullest potential.

What if I cannot perform a certain exercise?

We recommend that you follow the program as closely as possible. However, this is not always possible. Since we cannot individualize the program to every person, you should substitute with an exercise that is as close to the prescribed movement as possible. For instance, if you choose not to perform Back Squats, you
can substitute Goblet Squats, Front Squats, Hack Squats, or Leg Press. Be sure to apply the same methods for that exercise.

**How do I determine my 1 RM (repetition max)?**

The methods in this training program do call for percentages off your 1 repetition max. Some exercises may be better to use those numbers on a scale 1 to 10. So, if a method calls for 60 to 80 percent of your 1 RM, you will use a weight that will cause you to exert to a 6 to 8 out of 10 (being the hardest and most you could possibly do).

For those that want a more accurate load suggestion, you can calculate your 1 repetition max with the following formula:

\[(\text{Weighted Used} \times \text{Repetitions Completed} \times .033) + \text{Weighted Use} = 1 \text{ RM}\]

For example, if you bench pressed 100 pounds for 3 reps. Your 1 RM would be...

\[(100 \times 3 \times .033) + 100 = 109.9\]
ABOUT THE SONS OF STRENGTH

There you have it. That’s what Freak Muscle is all about.

But how freaking rude of us. We didn’t even get a chance to introduce ourselves. We were so damn excited to get you started.

Sons of Strength is our alias. Kinda like a superhero duo or those Super Smash Bros.

Our birth names are Eric and Ryan Johnson. That’s right, we are more than just bros but actually share parents, genetics, and blood.

When we’re not we’re usually competing in the gym, ring, or at the dinner table, we spend the rest of our time making pop culture references on our blog, creating super villains in the movies and kissing babies, we’re usually competing in the gym, ring, or at the dinner table.

Oh yeah, and we believe in fitness.

Enough about us already. This is about you.

Tell us about how your training and transformation during Freak Muscle is going or went over on our Facebook, Instagram, Twitter or YouTube.

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