

# The Ivan Drago Workout

A 4-week Training Program that will help you pack on KO Power, Speed, Endurance, and a crap load of Lean, Athletic Muscle Mass.

## Diet

You're going to be training insanely hard, this isn't an easy, simple program, so eat a ton of clean, healthy foods. Follow the following principles to make the most out of the program.

We're not taking steroids like Drago did, but we *are* going to boost our testosterone levels naturally – big thanks to the [4-Hour Body](#) for some great tips on this.

## Tips

**A cold shower** after a workout helps with the recovery process. A cold show upon rising and before bed helps increase levels of testosterone, a very powerful hormone that will help aid the recovery process, and help you build lean muscle mass.

We're building cardio into the routine will help you speed up the recovery process by riding the body of lactic acid.

### Upon rising

2-4 eggs + 3 Brazil nuts + assorted veggies + (3,000 iu vitamin D3)

### Meal 2 (3-4 hours later)

2 grass fed ground beef burgers + cheese + mustard + pickles

### Meal 3 (pre Workout)

1-2 cups oatmeal + 1-2 chicken breasts + assorted veggies

### Meal 4

Shake: protein powder + carbs (fruit, or carbs powder) within 15 minutes of finishing workout.

### Meal 5 (post workout – within 90 minutes of training)

French Toast: 2-4 slices whole bread + 8-12 egg whites + cinnamon + vanilla extract + organic maple syrup.

### Meal 6 (before bed)

1-2 whole eggs + 3 Brazil nuts + 3,000 iu Vitamin D3 + 50 mg Zinc + 50 mg Magnesia

# The Workout

I *never* train 5 days a week, but in this case, that's exactly what we're going to do. If you get worn down, then take a few days off, this IS NOT going to be easy on the body!

## Warm-up

10 Minutes Jump-Rope

### Day 1 (Monday)

Lower + Shoulders

A. Clean + Press

Reps: 6, 3, 2, 1, 1, 3

Rest: 180 seconds

B1. Squat

B2. Military Press

B3. Hamstring Curls

Reps: 15, 6, 8, 15

Rest: 45 seconds at the end of the entire set

2 minutes skipping at an average pace

C1. Leg curls

C2. Seated Calf Raise (or leg press)

C3. Lateral Raise

C4. Bent-over Lateral Raise

Reps: 20, 10, 10, 20

Rest: 30 seconds after the entire set

10 minutes skipping at an average pace

Abs/core

1. Roll-outs

2. Declined Weighted Sit-ups (goal 12 reps)

3 sets to failure

## **Day 2 (Tuesday)**

### Upper

A. Inclined bench press

Reps: 8, 6, 4, 4, 12

Rest: 120 seconds

B1. Alternating Med-Ball Push-ups

B2. Chin-ups

B3. Inverted Row

Reps: 20, 20, 20

Rest: 30 seconds after entire set

2 minutes skipping at an average pace

C1. Weighted Dips

C2. Yates Row

C3. Barbell Curls

C4. Cable Flys

Reps: 15, 6, 8, 15

Rest: 30 seconds after entire set

10 Minutes skipping at an average page

### Abs

1. Plank – failure

2. Hanging Leg Raise

3 sets to failure

## **Day 3 – (Wednesday) Recovery Day**

**Day 4 (Thursday)**  
Lower + Shoulders

A. Clean + Press  
Reps: 6, 3, 2, 1, 1, 3  
Rest: 180 seconds

B1. Leg Press  
B2. Lumberjack Press  
B3. Hamstring Curls  
Reps: 15, 6, 8, 15  
Rest: 45 seconds at the end of the entire set

2 minutes skipping at an average pace

C1. Leg curls  
C2. Seated Calf Raise (or leg press calf raise)  
C3. Straight leg deadlift  
C4. Bent-over Lateral Raise  
Reps: 20, 10, 10, 20  
Rest: 30 seconds after the entire set

10 minutes skipping at an average pace

Abs/core  
1. Roll-outs  
2. Declined Weighted Sit-ups (goal 12 reps)  
3 sets to failure

## **Day 5 (Friday)**

Push dominated

A. Yates Row

Reps: 8, 6, 4, 4, 12

Rest: 120 seconds

B1. Clap push-ups

B2. Chin-ups

B3. Inclined Bench Press

Reps: 20, 20, 20

Rest: 30 seconds after entire set

2 minutes skipping at an average pace

C1. Weighted Dips

C2. Cable Pushdowns

C3. Dumbbell Curls

C4. Close Grip Bench

Reps: 15, 6, 8, 15

Rest: 30 seconds after entire set

10 Minutes skipping at an average page

Abs

1. Plank – failure

2. Hanging Leg Raise

3 sets to failure

## **Day 6 - (Saturday)**

### Power Day

#### A. Floor Press

Reps: 8, 6, 4, 4, 12

Rest: 120 seconds

#### B1. Chin-ups

B2. Box Jumps (start on box 12-24 inches high, spend as little time on the ground as possible)

B3. Box Jumps (jump on to box as high as possible).

Reps: 20, 20, 20

Rest: 30 seconds after entire set

10 Minutes skipping at an average pace

#### Abs

1. Plank – failure

2. Hanging Leg Raise

3 sets to failure

## **Day 7 Recovery Day**

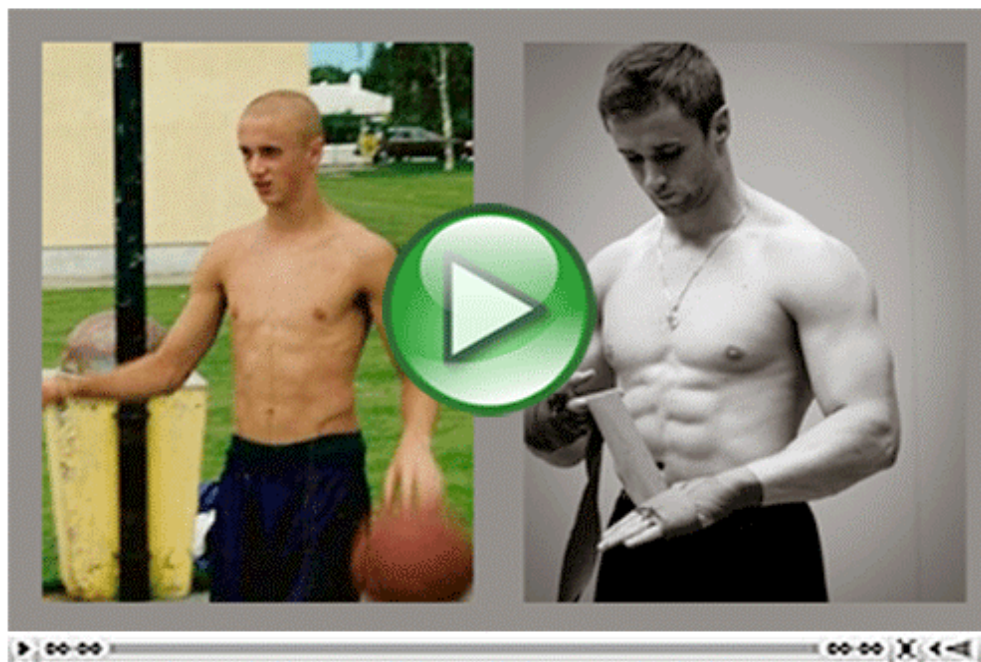
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# Enjoy the Workout!

Remember, this is a *very* hard program that will help you pack on lean, athleticism muscle mass fast – IF, you allow your body to recover properly. Take care of those hours before, after, and during your workout when your body craves nutrients!

Also, check out this video:

**Here's a FREE video presentation on how I was able to develop **32 Pounds of Lean Athletic Muscle in Only 32 Weeks.** You can do it too!**



[CLICK TO PLAY](#)