



# **RIPFAST**

## **ETERNITY MUSCLE BUILDING SYSTEMS TRAINING MANUAL**

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# **WARNING:**

**YOU HOLD IN YOUR HANDS THE MOST POWERFUL  
MUSCLE BUILDING SYSTEM IN THE WORLD.  
IN TWO HOURS, AFTER TAKING IN THE FOLLOWING  
PRECIOUS INFORMATION ALONG WITH THE STATE OF THE  
ART SCIENTIFICALLY ENGINEERED TRAINING PROGRAM,  
YOU'LL BE READY TO CHANGE YOUR BODY.  
AND YOUR LIFE.**

**READY?  
HERE WE GO!**

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# RIPFAST MISSION STATEMENT

For Ripfast to be the sports nutrition company of choice for body builders, athletes and fitness enthusiasts across the globe, whilst vigorously maintaining our quality, honesty and integrity.

To develop and market safe, effective, strong supplements, with the highest quality ingredients in the world. To surpass our customers' highest expectations from our supplements and training systems.

To earn the trust and loyalty of our customers and staff. Treating them as the most important people in the world. Committing ourselves to helping them achieve their fitness goals.

To continually innovate. Nutritional science is constantly evolving, to be constantly developing cutting edge formulas that deliver performance benefits never before seen in nutritional supplements.

For our research and development staff to only formulate products that deliver results. We refuse to mislead our customers. If there is not substantial research to support the effectiveness of a product, you won't see it in the Ripfast line.

**[WWW.RIPFAST.COM](http://WWW.RIPFAST.COM)**

# RIPFAST ETERNITY TRAINING

After applying the PRECISION-1 techniques in the Ripfast 5000 manual, including Cycling your routines, and adhering strictly to the recommended nutritional guidelines for at least the last 18 to 24 months, you should, by now, have built a great body.

But after packing on muscle mass rapidly and consistently during this period, gains eventually begin to slow down or even stop. Even if you have been 'cycling' efficiently.

You simply 'hit a brick wall', in bodybuilding terms it is called a 'plateau'.

## IMPORTANT NOTE:

If you are still gaining muscle, and continuing to grow using PRECISION-1, that's fabulous. Carry on as you are. You should always use up every last muscle growth benefit still available to you during each bodybuilding phase, to the absolute maximum. Only you lose out by moving to the next phase, when there was still development to be had in an earlier phase.

But if you have successfully used PRECISION-1 or if you are an experienced body builder, but you find growth has slowed considerably or stopped, it's time to progress to Eternity Training.

## MORE RIPFAST SUCCESS FOR YOU

You may have come across many 'experts' in your life. Giving you complicated, overweighted pseudo-scientific theories, backed up by pseudo-scientific sounding supplements.

At Ripfast our mission is to counter all that. Giving you maximum information for maximum results with the minimum headache.

You have already experienced the power and sheer magic of the Precision-1 Training System.

The following routines, along with the basics you applied in Precision-1 will keep your muscles boosted, and growing for life.

It is a dynamic, specifically engineered system that:

Beats the problem of the dreaded 'plateau' Prevents stagnation Ensures that you don't overtrain Ensures that you are in and out of the gym as fast as possible, and it can be applied repeatedly for eternity while still achieving fresh results.

## MUSCLE ADAPTABILITY (RECAP):

The body wants to be comfortable. When you are training to the max, it will increase muscle mass to adapt to the stress, so that it is more comfortable with the stress (of pushing those weights).

The plateau comes when the body reaches a point where there is enough muscle mass to deal with most types of pressure (weight).

Most bodybuilders simply think that by constantly trying to increase the weight they will overcome the plateau. But this is not the case, and doing this without a proper training plan can lead to serious overtraining or physical breakdown, and is downright dangerous.

The human body is always trying to keep the maximum energy reserves.

Muscle mass uses energy just to exist. So naturally, the body tries to minimise muscle mass to maximise energy reserves.

Due to this fact, the longer you wait between training sessions, or if you have a long layoff, the muscles begin to lose size (atrophy). Obviously this is more visible and more obvious in a highly muscular person.

This constant 'mission' to expend the minimum energy possible is the reason why the body eventually conditions itself to a training routine.

In fact the more experienced you are, the faster the body learns to adjust to these new stresses and routines.

This explains why an advanced bodybuilding athlete will constantly run into a 'brick wall' whatever new routines he tries. His body is 'super tuned' to detect and adapt to the stress.

## **SOME COMMON SOLUTIONS**

As stated before, many bodybuilders use a progressive resistance (gradually increasing the weight) routine which works great for them. But even as they up the weight for further 'shocks' to the system, the gains just stop happening. They find themselves confused and directionless when they are hitting a plateau and nothing works. Basically, the athlete's body's energy conservation system is over riding any results the training may give. The body is constantly successfully accommodating to the training stress that it is receiving.

Another solution is trying to 'confuse' the muscle by varying the routines. The gains do start again, but as before, the result is the same, where the body simply adjusts to the new routine, when the athlete again tries something new, the above happens again! This leads to lack of enjoyment in training, and serious frustration.

A frustrated athlete may try the crazy route by going to seriously heavy poundages in an effort to create new mass. But, although there will be growth, soon after there will be serious overtraining which leads to diminishing returns, loss of strength, possible illness, and worst of all BURNOUT.

Some resort to abusing anabolic steroids. Again, this is a short term, 'cheap cheat', and is highly dangerous.

You'll have found, that however you approach the problem, all roads lead to ADJUSTMENT. The body basically adjusts, and this is the frustrating fact that is such a serious problem to many successful bodybuilders.

'I've improved so much in the past year. Now it's stopped. Why?'

This is the eternal question.

Well don't worry.

We have the solution.

# RIPFAST ETERNITY: EST AND OST PRINCIPLES

## EST is EXTREME STRESS TRAINING

## OST is OPTIMUM STRESS TRAINING

These two forms of training will form the basis of our next batch of training guidelines to take you through Phase 1 and Phase 2.

It is a simple yet stunningly effective set of Ripfast Training Principles that will explode any 'plateaus' or 'brick walls' that you may encounter in your bodybuilding goals.

During Phase 1 (and Phase 2, but for now we'll concentrate on Phase 1) we will deliberately vary the volume and intensity of training over set periods of time.

You may feel that this sounds complicated, and you really want to 'just train', not to worry about variations and specifics. Nothing could be further from the truth. In fact the EST/OST sessions will inject new life into your training. You'll constantly be alert to the amends that you are making in your training. Furthermore workouts will be:

- Short, sharp and effective

- Less boring, more varied

- Constantly giving exciting new results. Just like when you first started!

The program is segmented into various phases. Each phase builds on and depends on the achievements of the previous phase.

- Each phase lasts about 4 months, with the whole program running for about a year.

Having shorter segments of training cycles, building up to a whole leads to more exciting results and the elimination of 'stagnation' for the athlete.

We have actually introduced variety within each weekly range of training sessions. The main variations being:

- No. of reps

- Amount of rest

- Adaptability

- Remember all the hassles about the body's constant desire to adapt.

- Well, the RIPFAST ETERNITY Training System uses that to its advantage.

- And how!

# THE ETERNITY PRINCIPLES

Are based on the regeneration period that exists between the time that the muscle is stressed and the time it actually begins to adapt to that stress.

A good example of the regeneration period is when one goes on a diet. Initially there is a dramatic drop in weight. This is because the body's metabolism is working as usual, but the calorie intake has dropped. Continual weight is lost due to the fact that the metabolism is running at a much higher level than the calorie intake.

During a regeneration period of a few weeks, the body realises what is going on and adapts by slowing down its metabolic rate to one more consistent with the calorie intake. This leads to a slow down in weight loss.

ETERNITY training works on a similar principle by combining EST (Extreme Stress Training) with OST (Optimum Stress Training). We force the body into an extreme state, where the EXTREME STRESS is so high that the body is forced to maximise all its resources to not let this EST 'wear it out'. Thus the body is on 'maximum alert' to adapt as fast as it can to this extreme form of stress (EST). We then dive straight into OPTIMUM STRESS TRAINING (OST) which involves training at much lower stress levels.

But the body is still in a 'state of alert' with high adaptation capabilities. With the inclusion of the regeneration period factor (the time lapse before the body realises that the stress level has dramatically decreased).

The extreme combination of a 'state of alert' in the body with very high adaptation capabilities yet lower training stress provides a 'muscle growth bonanza' for the body resulting in bigger, speedier muscle growth – without overtraining.

The EST is built up with gradually increased training volume and intensity. This is combined with strictly controlled rest periods.

Then as soon as we enter the OST phase, you get longer rest periods and a much less intense training workload.

## REGENERATION

Now the regeneration period starts, a period of time 'sandwiched' between the extreme state during your EST period, and the point a few weeks later when the body realises that you are no longer being 'punished' by the EST sessions, but rather are going through the OST phase.

This regeneration period finds the body with a surplus of adaptation resources. These resources are then channelled into the creation of newer, bigger, more exciting slabs of muscle.

The fantastic thing about the RIPFAST EST and OST Training Principles is that they never allow boredom to set in. One, because you will constantly be getting results, which will excite you and keep your commitment to training as strong as it was on Day 1.

And two, because during the EST sessions you will be seriously stressing your muscles out! And looking forward to the OST period when you'll have less intensity and have longer breaks!

But after a few weeks of this you'll be aching to get back to some seriously intense EST weight sessions! All the time chiselling, improving, increasing your muscle mass. Such is human nature.

With Ripfast Training Systems you win some and then you win some more!

We won't allow you to lose.

# ETERNITY TRAINING : EST/OST

The Routines:

Please note. Do not use the RIPFAST ETERNITY training program until you have spent at least 12 to 24 months using the Ripfast Precision-1 Training Program.

This system is for experienced bodybuilders only, and depends on a degree of muscularity already present in the athlete to build and refine it further.

## EXPERIENCED BODYBUILDERS

Please note: Even if you have trained for years and are an experienced bodybuilder choosing to start with Eternity Training straightaway, we still thoroughly recommend that you train using the Precision-1 Training System for at least 6 weeks prior to starting ETERNITY training.

## Nutrition

Stick to the diet plan prescribed in Precision-1. If you feel that you are not gaining enough weight, and are particularly concerned with achieving 'serious mass', and are not concerned with initially putting on some fat, try combining it with the CALORIC/ BMR based nutrition plan.

## Exercises

This program lists just body parts required. Exercise selection is up to you. Choose what you know from experience works for you. If in doubt, stick to the basic compound exercises, e.g.:

Bench Press for chest

Barbell Curls for Biceps

Shoulder Press for shoulders

Squats for legs, etc.

Compound exercises involve several muscle groups apart from the actual muscle being worked, as opposed to 'definition' exercises (like the pec-dec). A compound movement increases general strength and involves more musculature in areas not even directly involved in the area being worked, so it is always the best choice.

## Reps

Each day in the ETERNITY TRAINING PROGRAM has a designated number of reps.

These rep levels improve various features of the athlete's capabilities.

Generally:

**– The higher rep sets improve stamina.**

**– The lower rep sets increase strength.**

When selecting the weight to push, the rule of thumb is this:

Always select a weight where the last rep is almost impossible. Having trained thoroughly with Precision-1, you should be in a good position to judge your capabilities.

For example, on 12-14 rep days, rep no. 13 & 14 should be almost impossible to perform.

This principle also applies to 6-8 and 8-10 rep days. Select the weight accordingly.

## **Training Journal**

As always, keep a training journal to keep note of how you are

progressing. This will be invaluable when you later wish to assess which part of your EST/OST cycle was the most beneficial and gave you the maximum results. (More on why this is so crucial later).

## **Aerobics**

Aerobics are not mentioned in the routines. One reason is that the EST sessions will contribute significantly to fat loss. This will extend to OST periods as well (whilst the body is on 'high alert' during the regeneration period).

But we recommend that you do perform at least two aerobic sessions a week. Select two training days, a few days apart when you feel you will be able to add an aerobic session to the end of your workout.

## **Technique**

Ensure perfect technique. By performing an exercise incorrectly you are seriously damaging potentially amazing results.

## **Stress**

If you find that the EST phase is seriously stressing you out or affecting strength levels, DON'T WORRY! You will see the massive benefits during the OST phase and on!

## **Program**

Don't invent your own program. Stick to the routine as stated. Also, don't miss training sessions, this will have a negative effect on results.

## **EST/OST**

The EST periods last 3 weeks, each week building on the intensity of the previous week. By the end of 3 weeks of EST your body will be on 'high alert' with maximised adaptation capabilities. We will then plunge into 3 weeks of OST, and a regeneration period leading to much desired increases in dense muscle mass!

Each period of EST is designed specifically for the OST period straight after it. Until you have gone through a complete cycle and you know (from your training journals) what worked best for you, don't dip in, or mix routines!

## OST

You may find that after 3 weeks of OST training, you are still growing and getting gains. In this case, stick with it a little longer to maximise any growth before moving on to the next EST session.

There are 3 x 3 week EST periods

Followed by 3 x 3 week OST/REGENERATION periods.

One full cycle will take at least 18 weeks. Ensure that you do your 18 weeks before progressing on to any other advanced training.

Remember: Every opportunity you get to maximise muscle growth should be used in full. By rushing forward prematurely you will just cheat yourself out of potential results, and possibly go into areas where you aren't in the peak condition that you should be in to meet the challenges ahead.

## Later

Once you've completed your minimum of 18 weeks on PHASE 1 Eternity Training, you can consult your training journal (which is why it is so crucial) to see which period of EST/OST worked best for you and gave you the maximum results, and repeat it, until you find that results are slowing down.

At this point go into EST again and repeat that phase again. After doing this a couple of times, you will probably prefer to go back to the start of the cycle again. It's your choice. See what parts gave you the most explosive growth. As long as something works, keep at it.

Remember that this type of 'selective' training can only be done once you have been through the whole cycle.

At some point you will start to think about .....Phase 2!

## ETERNITY: PHASE 2

Phase 2 training is seriously intense, but will lead to further unbelievable growth! But it's only to be taken in small doses, because the intensity of the program if extended over a long period of time will lead to serious overtraining.

Phase 2 is a program where YOU MUST:

- Have trained thoroughly for the past 12-18 months using the Precision-1 and Eternity PHASE 1 training cycles.
- Be on top of your game, as far as training technique and nutritional requirements go.

If you can say yes to these points, then prepare for Phase 2 training as it will take you further into deeply intense training than you've ever experienced before, leading to explosive anabolic muscle creation.

As you will see from the Phase 2 routines outlined later on, they are simply the 6 week EST/OST PHASE 1 program condensed into ONE WEEK!!!

The regeneration period is literally condensed into 1 or 2 days.

ESSENTIAL: Do NOT use the Phase 2 training system for any more than 2 to 3 weeks! It is too intense.

It will give you fantastic results, but after 2 to 3 weeks, return to PHASE 1 training. Either the whole program or the segment of PHASE 1 that worked best for you.

After this you can have another dose of PHASE 2.

Another important fact is: Don't forget about Precision-1! This fantastic system will seem fresh to you and your body too when you haven't applied it for a while.

Going back and forth, mixing it up (whilst keeping good training journal records of your progress) will lead to a lifetime of stunning muscular growth, health and fitness.

# ETERNITY TRAINING

## PHASE 1

Follow this program for weeks 1 to 3.

The number before the body part indicates the number of sets to perform.

### 1ST EST PERIOD

#### EST WEEK 1

Rest period between sets : 2 minutes

Day 1:	3 x Chest	12-14 reps per set
	3 x Biceps	12-14 reps per set
	3 x Triceps	12-14 reps per set
	3 x Calves	2-14 reps per set
	3 x Abs	12-14 reps per set

Day 2:	3 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Thighs	12-14 reps per set
	3 x Abs	12-14 reps per set

Day 3: REST

Day 4:	3 x Chest	10-12 reps per set
	3 x Back	10-12 reps per set
	3 x Legs	10-12 reps per set
	1 x Shoulders	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	3 x Chest	7-10 reps per set
	3 x Back	7-10 reps per set
	3 x Legs	7-10 reps per set
	1 x Shoulders	7-10 reps per set
	1 x Biceps	7-10 reps per set
	1 x Triceps	7-10 reps per set

## EST WEEK 2

Rest period between sets – 1 1/2 minutes

Day 1:	4 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	4 x Triceps	12-14 reps per set
	4 x Calves	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 2:	4 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Thighs	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 3: REST

Day 4:	4 x Chest	10-12 reps per set
	4 x Back	10-12 reps per set
	4 x Legs	10-12 reps per set
	1 x Shoulders	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	4 x Chest	7-10 reps per set
	4 x Back	7-10 reps per set
	4 x Legs	7-10 reps per set
	1 x Shoulders	7-10 reps per set
	1 x Biceps	7-10 reps per set
	1 x Triceps	7-10 reps per set

Day 6 & 7: REST

## EST Week 3

Rest period between sets – 1 1/2 minutes

Day 1:	5 x Chest	12-14 reps per set
	5 x Biceps	12-14 reps per set
	5 x Triceps	12-14 reps per set
	5 x Calves	12-14 reps per set
	5 x Abs	12-14 reps per set

Day 2:	5 x Shoulders	12-14 reps per set
	3 x Traps	12-14 reps per set
	5 x Back	12-14 reps per set
	5 x Thighs	12-14 reps per set
	5 x Abs	12-14 reps per set

Day 3: REST

Day 4:	5 x Chest	10-12 reps per set
	5 x Back	10-12 reps per set
	5 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	5 x Chest	7-10 reps per set
	5 x Back	7-10 reps per set
	5 x Legs	7-10 reps per set
	2 x Shoulders	7-10 reps per set
	1 x Biceps	7-10 reps per set
	1 x Triceps	7-10 reps per set

Day 6 & 7: REST

# 1st OST Period

(Regeneration Phase – weeks 4, 5 & 6)

We are now into the first OST period. Follow this program for weeks 4 to 6.

Rest period between sets – 3 minutes

Day 1:	3 x Chest	10-12 reps per set
	3 x Biceps	10-12 reps per set
	3 x Triceps	10-12 reps per set
	3 x Calves	10-12 reps per set
	3 x Abs	10-12 reps per set

Day 2:	3 x Shoulders	10-12 reps per set
	2 x Traps	10-12 reps per set
	3 x Back	10-12 reps per set
	3 x Thighs	10-12 reps per set
	3 x Abs	10-12 reps per set

Day 3: REST

Day 4:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	3 x Legs	8-10 reps per set
	1 x Shoulders	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 5:	3 x Chest	5-8 reps per set
	3 x Back	5-8 reps per set
	3 x Legs	5-8 reps per set
	1 x Shoulders	5-8 reps per set
	1 x Biceps	5-8 reps per set
	1 x Triceps	5-8 reps per set

## 2nd EST Period

### EST Week 7

We now return for 3 more weeks of Extreme Stress Training. Follow this EST program for weeks 7 to 9.

Rest period between sets – 2 1/2 minutes

Day 1:	3 x Chest	12-14 reps per set
	3 x Biceps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Legs	12-14 reps per set

Day 2:	3 x Chest	12-14 reps per set
	3 x Triceps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Legs	12-14 reps per set

Day 3: REST

Day 4:	3 x Chest	10-12 reps per set
	3 x Back	10-12 reps per set
	3 x Legs	10-12 reps per set
	1 x Shoulders	10-12 reps per set
	1 x Traps	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	3 x Legs	8-10 reps per set
	1 x Shoulders	8-10 reps per set
	1 x Traps	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 6 & 7: REST

# EST WEEK 8

Rest period between sets – 1 1/2minutes

Day 1:	3 x Chest	12-14 reps per set
	3 x Biceps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Legs	12-14 reps per set

Day 2:	3 x Chest	12-14 reps per set
	3 x Triceps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Legs	12-14 reps per set

Day 3: REST

Day 4:	3 x Back	10-12 reps per set
	3 x Chest	10-12 reps per set
	3 x Legs	10-12 reps per set
	1 x Shoulders	10-12 reps per set
	1 x Traps	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	3 x Legs	8-10 reps per set
	1 x Shoulders	8-10 reps per set
	1 x Traps	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 6 & 7: REST

## EST WEEK 9

Rest period between sets – 1 minute

Day 1:	4 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Legs	12-14 reps per set

Day 2:	4 x Chest	12-14 reps per set
	4 x Triceps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Legs	12-14 reps per set

Day 3: REST

Day 4:	4 x Chest	10-12 reps per set
	4 x Back	10-12 reps per set
	4 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set
	1 x Traps	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	4 x Chest	8-10 reps per set
	4 x Back	8-10 reps per set
	4 x Legs	8-10 reps per set
	2 x Shoulders	8-10 reps per set
	1 x Traps	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 6 & 7: REST

## 2ND OST PERIOD

(Regeneration Phase : Weeks 10, 11 & 12)

We now progress to the 2nd Regeneration phase of Optimum Stress Training. Perform this program for weeks 10 to 12.

Rest period between sets – 1 1/2 minutes

Day 1:	4 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	4 x Triceps	12-14 reps per set
	4 x Calves	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 2:	4 x Shoulders	12-14 reps per set
	3 x Traps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Thighs	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 3: REST

Day 4:	4 x Chest	10-12 reps per set
	4 x Back	10-12 reps per set
	4 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Day 5:	4 x Back	8-10 reps per set
	4 x Chest	8-10 reps per set
	4 x Legs	8-10 reps per set
	2 x Shoulders	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 6 & 7: REST

# **3RD EST PERIOD**

## **EST WEEK 13**

OK! Time for Extreme Stress Training. How are we doing so far?

This period of EST again extends to 3 weeks

Period of Rest between sets : 3 minutes

Day 1:	3 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	4 x Triceps	12-14 reps per set
	3 x Calves	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 2:	4 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Thighs	12-14 reps per set
	2 x Abs	12-14 reps per set

Day 3: REST

Day 4:	3 x Back	10-12 reps per set
	3 x Chest	10-12 reps per set
	3 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set

Day 5:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	2 x Legs	8-10 reps per set
	2 x Shoulders	8-10 reps per set

Day 6 & 7: REST

## EST WEEK 14

Period of Rest between sets : 2 minutes

Day 1:	3 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	3 x Triceps	12-14 reps per set
	3 x Calves	12-14 reps per set
	3 x Abs	12-14 reps per set

Day 2:	4 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	3 x Back	12-14 reps per set
	3 x Thighs	12-14 reps per set
	3 x Abs	12-14 reps per set

Day 3: REST

Rest period between sets : 1 1/2 minutes

Day 4:	3 x Back	10-12 reps per set
	3 x Chest	10-12 reps per set
	3 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set

Day 5:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	3 x Legs	8-10 reps per set
	2 x Shoulders	8-10 reps per set

Day 6 & 7: REST

# EST WEEK 15

Period of Rest between sets : 2 minutes

Day 1:	4 x Chest	12-14 reps per set
	5 x Biceps	12-14 reps per set
	4 x Triceps	12-14 reps per set
	4 x Calves	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 2:	5 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Thighs	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 3: REST

Rest period between sets : 1 minute

Day 4:	4 x Back	10-12 reps per set
	4 x Chest	10-12 reps per set
	4 x Legs	10-12 reps per set
	2 x Shoulders	10-12 reps per set

Day 5:	4 x Chest	8-10 reps per set
	4 x Back	8-10 reps per set
	4 x Legs	8-10 reps per set
	2 x Shoulders	8-10 reps per set

Day 6 & 7: REST

# 3RD OST PERIOD

(Regeneration Phase : Week 16, 17 & 18)

This is the last 3 week OST period of the Eternity Training Systems 18 week cycle.

After this you can repeat Phase 2 by repeating the cycle, do a period of Precision-1 again, or progress to Phase 3.

Period of Rest between sets : 1 minute

Day 1:	4 x Chest	12-14 reps per set
	4 x Biceps	12-14 reps per set
	4 x Triceps	12-14 reps per set
	4 x Calves	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 2:	4 x Shoulders	12-14 reps per set
	2 x Traps	12-14 reps per set
	4 x Back	12-14 reps per set
	4 x Thighs	12-14 reps per set
	4 x Abs	12-14 reps per set

Day 3: REST

Rest period between sets : 2 minutes

Day 4:	3 x Back	10-12 reps per set
	3 x Chest	10-12 reps per set
	3 x Legs	10-12 reps per set
	1 x Shoulders	10-12 reps per set
	1 x Biceps	10-12 reps per set
	1 x Triceps	10-12 reps per set

Rest period between sets : 3 minutes

Day 5:	3 x Chest	8-10 reps per set
	3 x Back	8-10 reps per set
	3 x Legs	8-10 reps per set
	1 x Shoulders	8-10 reps per set
	1 x Biceps	8-10 reps per set
	1 x Triceps	8-10 reps per set

Day 6 & 7: REST

## PHASE 2

	<b>BODY PART</b>	<b>NO. OF SETS</b>	<b>NO. OF REPS</b>	<b>REST BETWEEN SETS</b>
<u>Day 1</u>	Chest	3	25 reps	3 minutes
	Biceps	3	30-40 reps	4 minutes
	Triceps	3	30-40 reps	5 minutes
	Abs	3	100 reps	1 1/2 minutes
<u>Day 2</u>	Shoulders	3	25 reps	3 minutes
	Traps	2	25 reps	3 minutes
	Back	3	40-50 reps	4 minutes
	Legs	3	40-50 reps	6 minutes
<u>Day 3</u> (Regeneration)	Legs	3	10 reps	1 1/2 minutes
	Chest	3	10 reps	1 1/2 minutes
	Back	3	10 reps	1 1/2 minutes
	Shoulders	3	10 reps	1 1/2 minutes
	Triceps	3	10 reps	1 1/2 minutes
	Biceps	3	10 reps	1 1/2 minutes
<u>Day 4</u>	Chest	4	4-6 reps	1 minute
	Back	4	4-6 reps	1 minute
	Legs	4	4-6 reps	1 minute
	Shoulder	4	4-6 reps	1 minute
	Biceps	4	4-6 reps	1 minute
	Triceps	4	4-6 reps	1 minute
<u>Days 5 &amp; 6:</u>	Rest			
<u>Day 7 :</u>	Start Again			

## S. i. Training

S.i. training is SERIOUS INSTINCTIVE Training.

It is important to note that instinctive training does not mean, going by how your muscles 'feel' on a particular day.

By Serious Instinctive Training, we refer specifically to the application of training ideas and concepts that will come naturally to you after you have spent the required periods putting into practice the principles advocated in the preceding pages.

Ripfast's concept of S.i. depends on you, using and re-applying all that you know from real experience in the gym, that has been proven to work for you.

Applying it using super-effective combinations and training strategies that you intuitively know will give you further benefits in your training, and your quest for ever more impressive health, muscle and fitness achievements.

With S.i. you go to your personal training journals, sifting through all your Precision-1/Eternity 1 & 2/effective EST & OST regeneration periods, (now you know why they were of such immense value).

Using these notes based on established Ripfast Principles of success, that you have now experienced yourself, you create your own individual 'blue-print', a perfectly tuned, personalised system for yet more future success.

Going back and forth, mixing it up (whilst keeping good training journal records of your progress) will lead to a lifetime of stunning muscular growth, health and fitness.

## A Word to the Wise

For new, up to date information on real advances in bodybuilding nutrition and techniques, you may wish to visit our website on a fairly regular basis, at [www.ripfast.com](http://www.ripfast.com).

You'll get the facts – no nonsense!

You may have wondered at times, all these guys keep talking about is more and more improvements. All they ever speak of is new ways to get even better results in the gym, I'm quite happy with the results I've already achieved!

To this, we say, great! But the fact is one should always be reaching for the next goal, that next improvement, not just in the gym, but in life too.

Whether, you're training to maintain what you have achieved, newer bigger gains, or whatever your goal, you're still going to be spending 'x' amount of time in the gym, we want that to be the most constructive, beneficial time that can be! That's what we're about. That's our philosophy.

Thank you for choosing Ripfast.

We hope, and are confident that your bodybuilding success will soon expand even further to encompass all aspects of your life!