

# Panzerfist

## II



« Frontschwein »



Gentlemen-

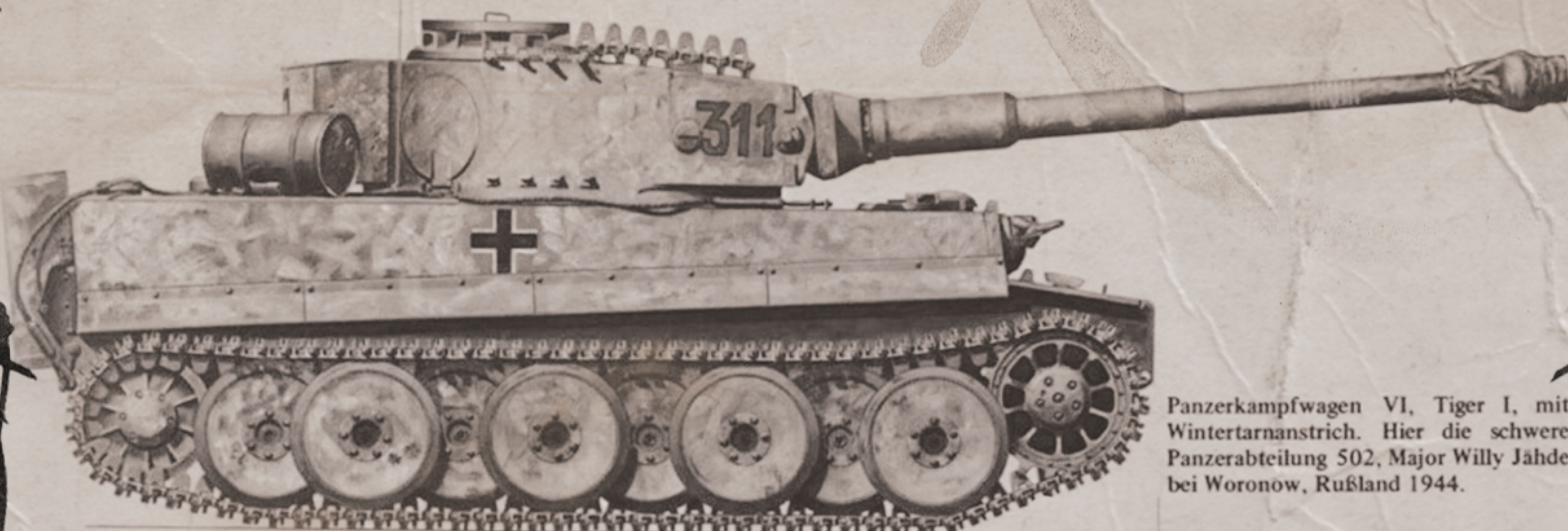
Welcome back to the panzer line.



The mission remains the same: build up the musculature with a highly efficient training routine in order to become a front-line offensive weapon.

The original Panzerfist power bodybuilding program has now been downloaded thousands of times, and the need for a next step in the ongoing campaign was apparent.

"Frontschwein" is that evolution - designed as a 6 day a week program, it will require your full attention, intention, and intensity in order to be functional. Just like everything else in this life.



Panzerkampfwagen VI, Tiger I, mit Wintertarnanstrich. Hier die schwere Panzerabteilung 502, Major Willy Jähde bei Woronow, Rußland 1944.

Once again, we will eschew the needlessly complicated, the obsession with "special equipment," and layout that requires a degree in advanced mathematics to understand.

This time, however, we will add in more intermediate/advanced methodology - the program operates on an A/B axis that incorporates BOTH high volume as well as high intensity rather than clinging to one or the other as the absolute truth.

Frontschwein embraces the eternal beauty and truth of both Mentzer and Platz, annihilating the muscle fiber with a blitzkrieg of high rep alternated with crushing weight to achieve maximal progression through muscular oppression.

Get in the trenches and embrace the storm of steel.



# Campaign Overview

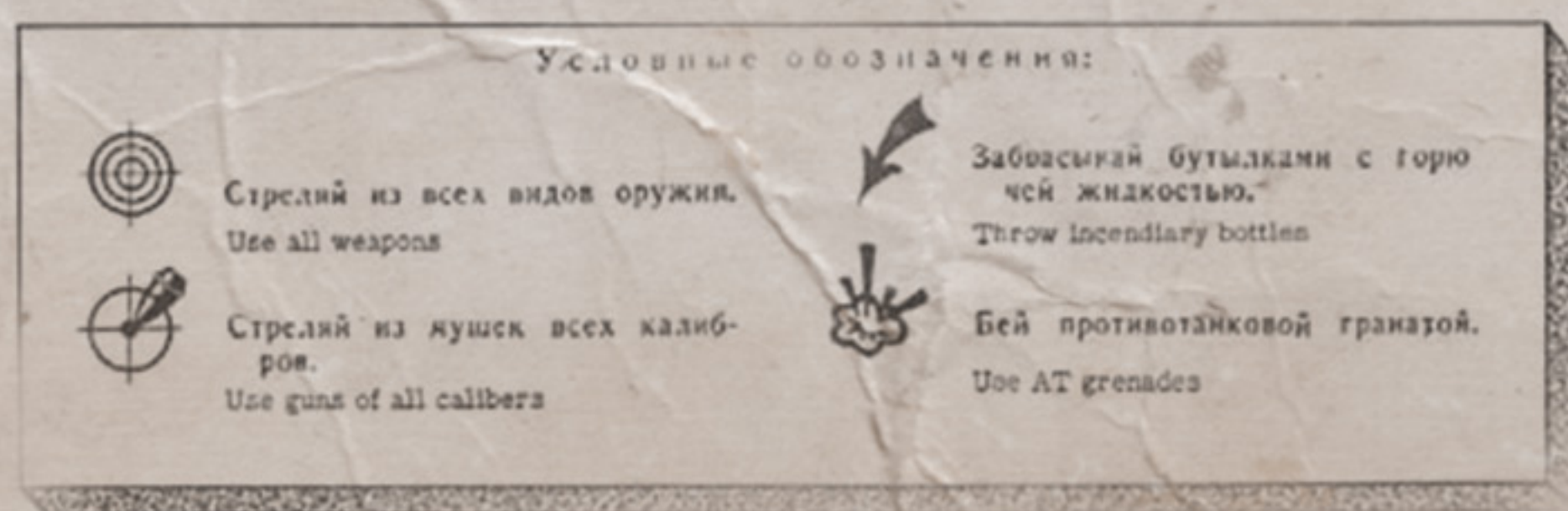
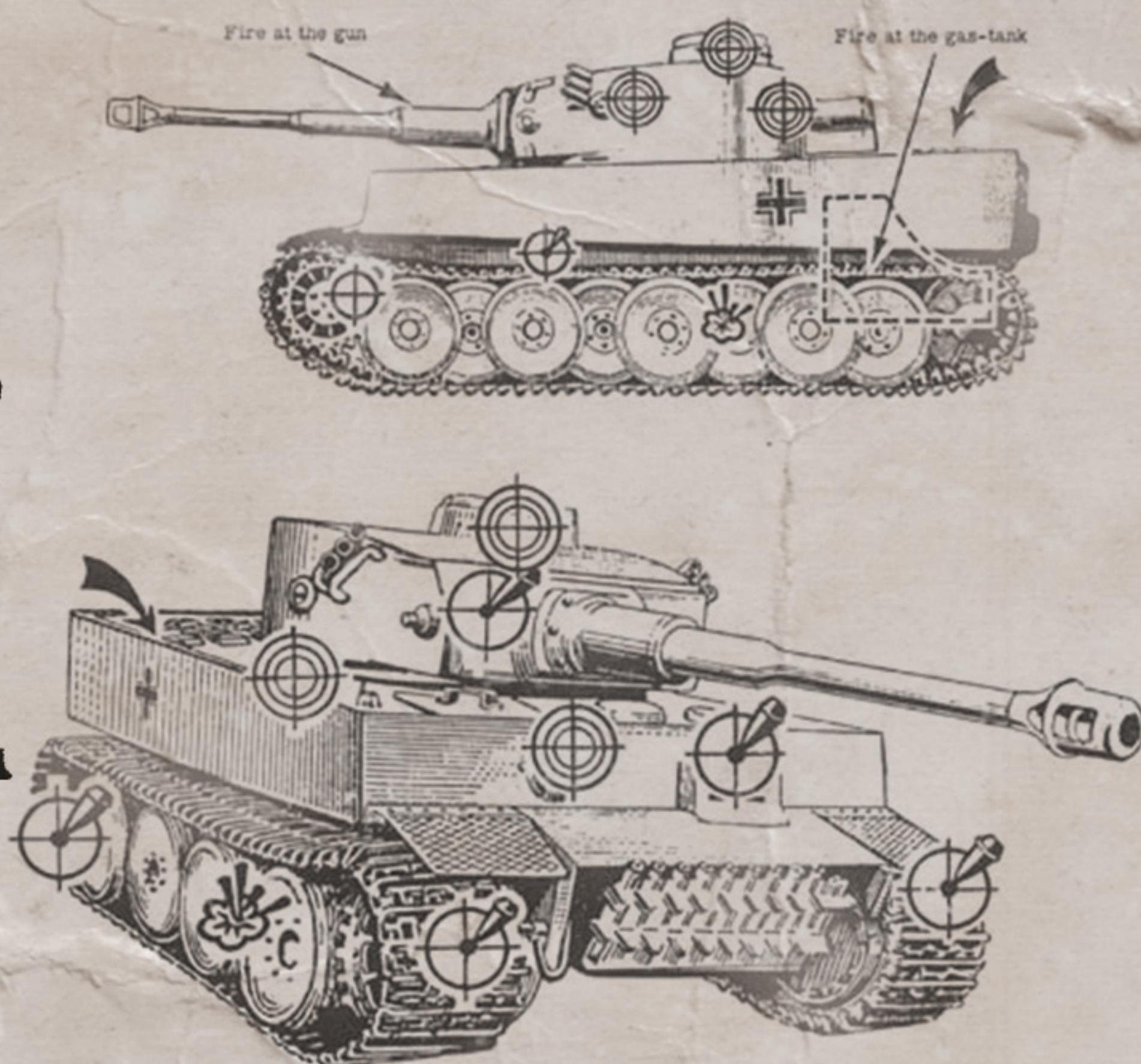
Each week will see two targeted assaults on three groupings of musculature.

Each assault will alternate focus on specific lifts/muscles by switching their order throughout the week.

Each assault will also break the groupings into VOLUME or INTENSITY, allowing for a complete approach to muscle breakdown/stimulation in a full week's onslaught.

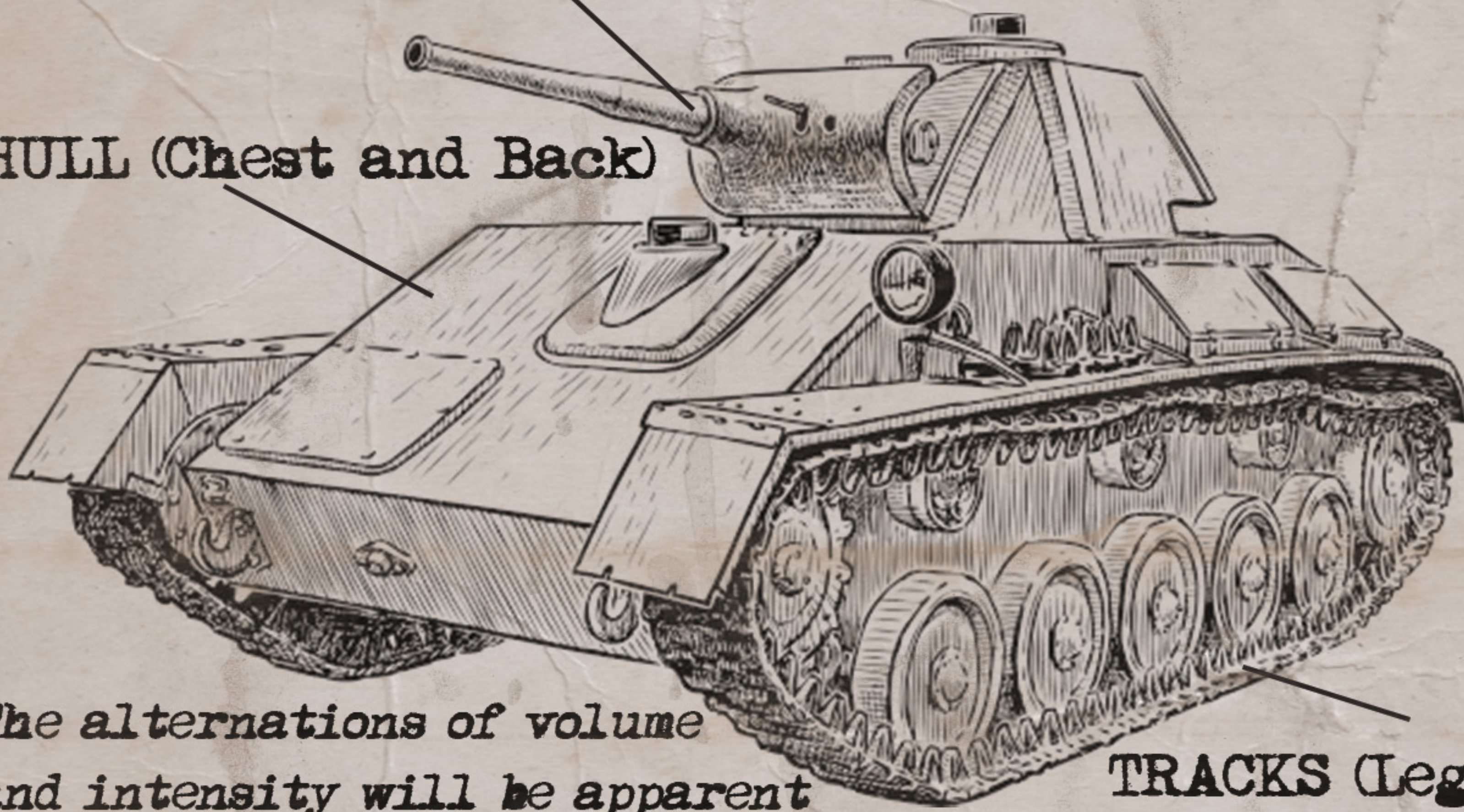
One rest day is programmed, but more can and should be taken depending on fitness level/overall strength.

Those who are more advanced will be using heavier weights and more SHOCK TACTICS during their workouts, and will therefore require more rest, while weaker or less developed troops will need less rest and can forge ahead as long as they maintain solid nutritional supply lines.



These training groupings are:  
**CANNONS (Shoulders and Arms)**

**HULL (Chest and Back)**



*The alternations of volume and intensity will be apparent in the following sections.*

**TRACKS (Legs)**

Abdominal and calf should be trained on alternating days, 2-3 movements each.

#### *A Note on Working Sets:*

All sets listed are considered "working sets."

When you see only 1 or 2 sets of low rep listed, this refers to your actual working sets, not the warm-up/lead-in sets you've done on the way up to your maximum weight at the prescribed repetition schemes.

If you don't grasp where "working sets" begin, imagine that someone you admire or want to impress is standing there watching you train.

Your first working set is the first one you would admit to them was truly difficult.



Whether you're on a VOLUME portion or an INTENSITY one, these are merely technical terms. Actual, personal intensity should remain cranked up like a tank pilot on Panzerschokolade at all times - high rep sets don't mean easy sets, it simply means the weight will be lower to allow for more repetitions, and more blood driven into the muscle. The weight should always be as heavy as possible to manage the prescribed amount of repetition within 2-3 reps.



Light weight nets light result.  
At a certain point in bodybuilding,  
heavy weights must be moved for maximum repetition.

**This is a basic rule of engagement.**



# Day One: Gull

## CHEST (Intensity)

Incline Dumbbell Press 4 x 4-6

Weighted Dips 4 x 4-6

Flat Bench 4 x 4-6

## BACK (Volume)

Palm-Facing Close Grip Pulldowns 5 x 12

Seated Cable Row 5 x 12

Face Pulls 5 x 12





# Day Two: Cannons

## SHOULDERS (Volume)

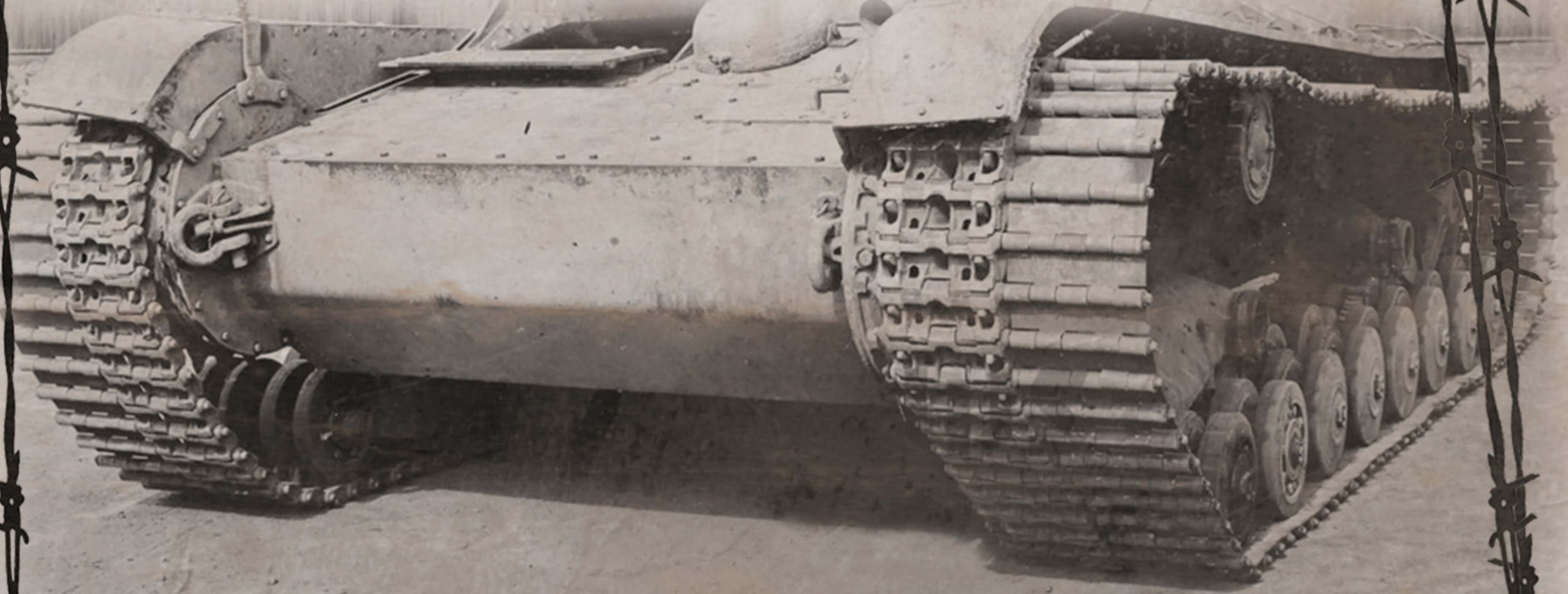
Seated DB Press 5 x 10  
Lateral Cable Raises 5 x 10 each  
Rear Delt Machine or DB 5 x 10

## ARMS (Intensity)

Straight Barbell Curl 3 x 6-8  
Hammer Curl 4 x 6-8  
Close Grip Bench or Smith 3 x 6-8  
Straight Tricep Pressdown 4 x 6-8



# Day Three: Tracks

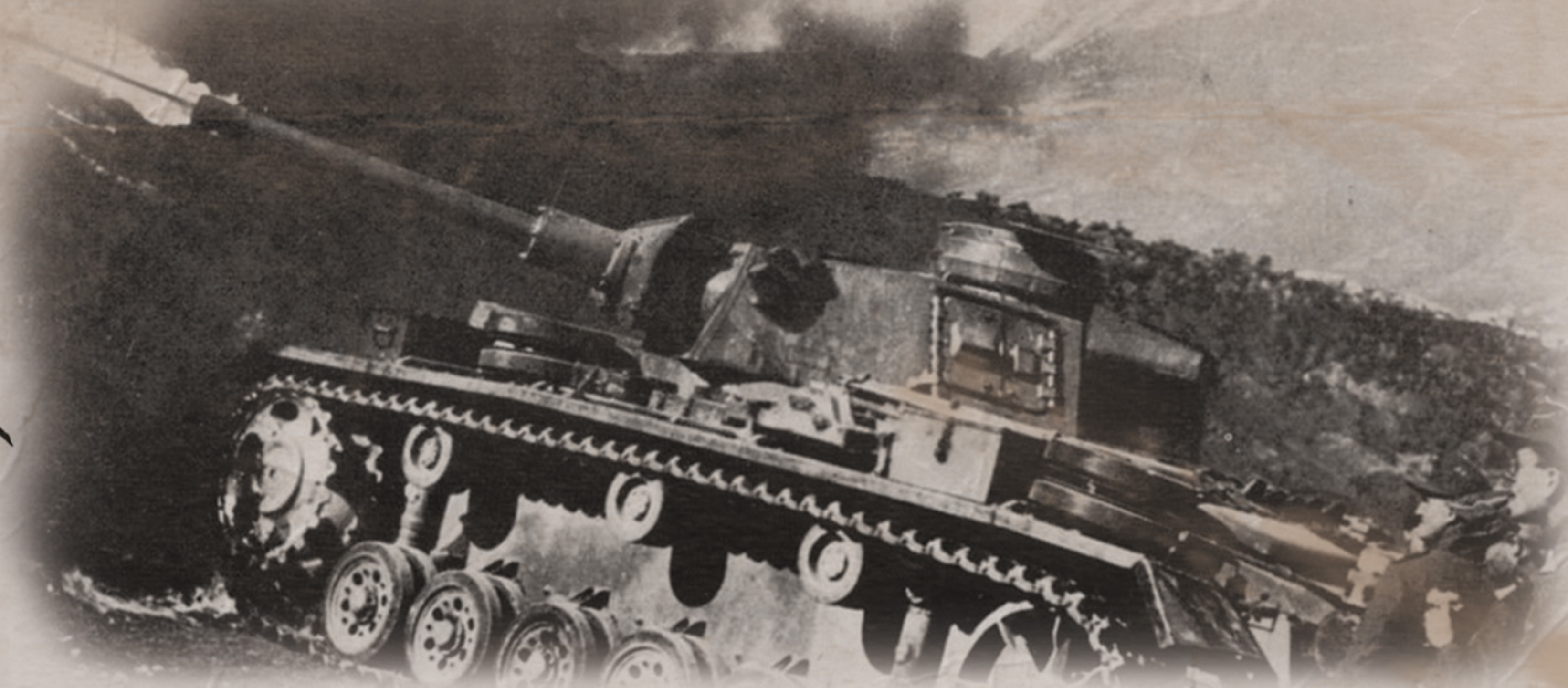


## LEGS (Intensity)

Back Squat 4 x 6-8

RDL 4 x 6-8

Leg Press 5 x 8-10



# Day Four: Gull

## BACK (Intensity)

Deadlift or Rack Pull 3 x 3

DB Row 4 x 6

Weighted Chins 4 x 6

## CHEST (Volume)

Incline Smith Press 5 x 10

DB Pullover or Decline Press 5 x 10

Cable Crossover 5 x 10



# Day Five: Cannons



## ARMS (Volume)

Preacher Curl 5 x 12

Incline Bench DB Curl 5 x 10

Rope Extensions 5 x 10

Single Handed Cable

Extension/Kickback 5 x 12

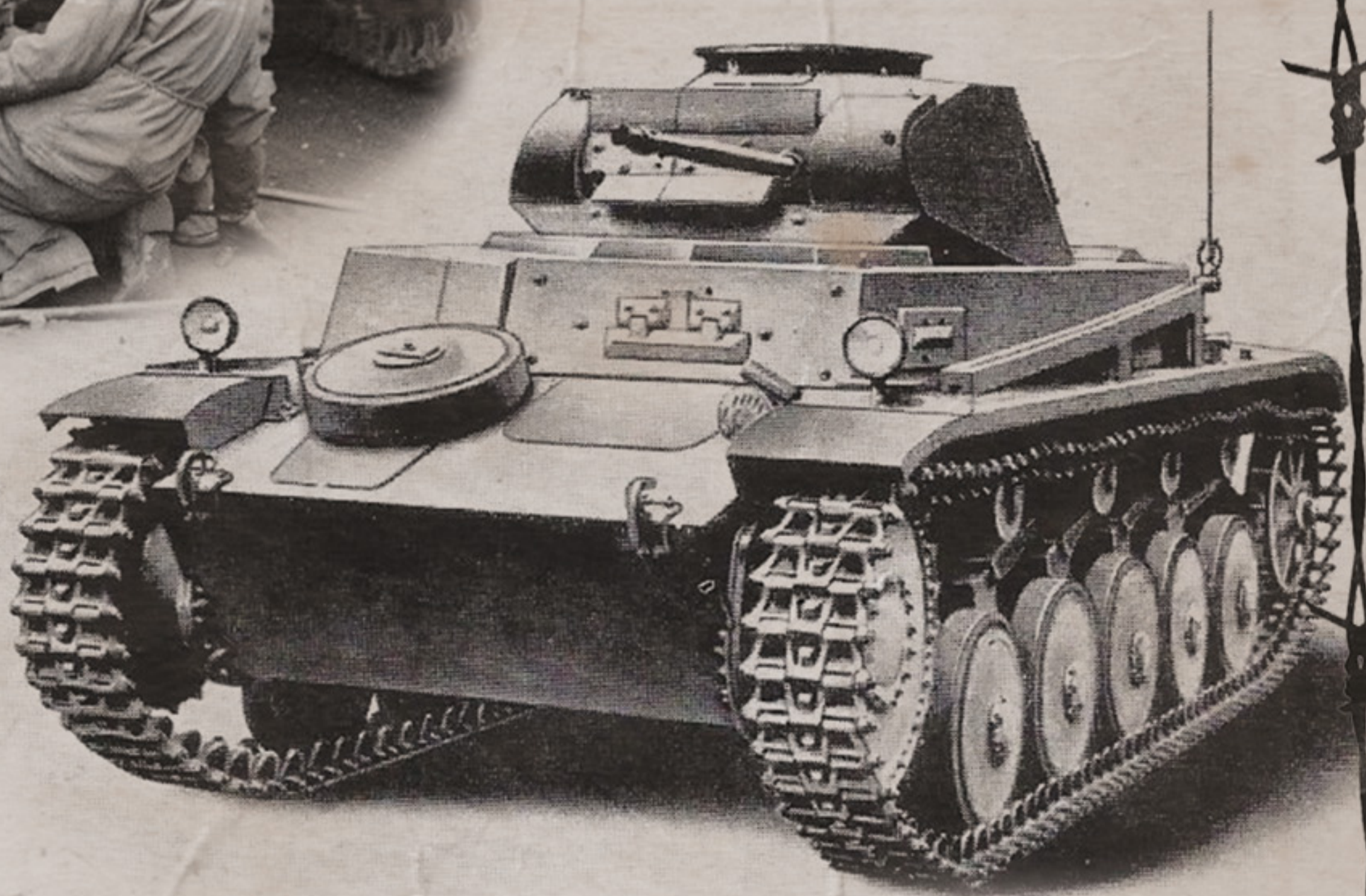
## SHOULDERS (Intensity)

Military Press 4 x 6

Upright Row 4 x 8

Heavy Lateral Raise 4 x 6-8

# Day Six: Tracks



## LEGS (Volume)

Hack Squat 5 x 12

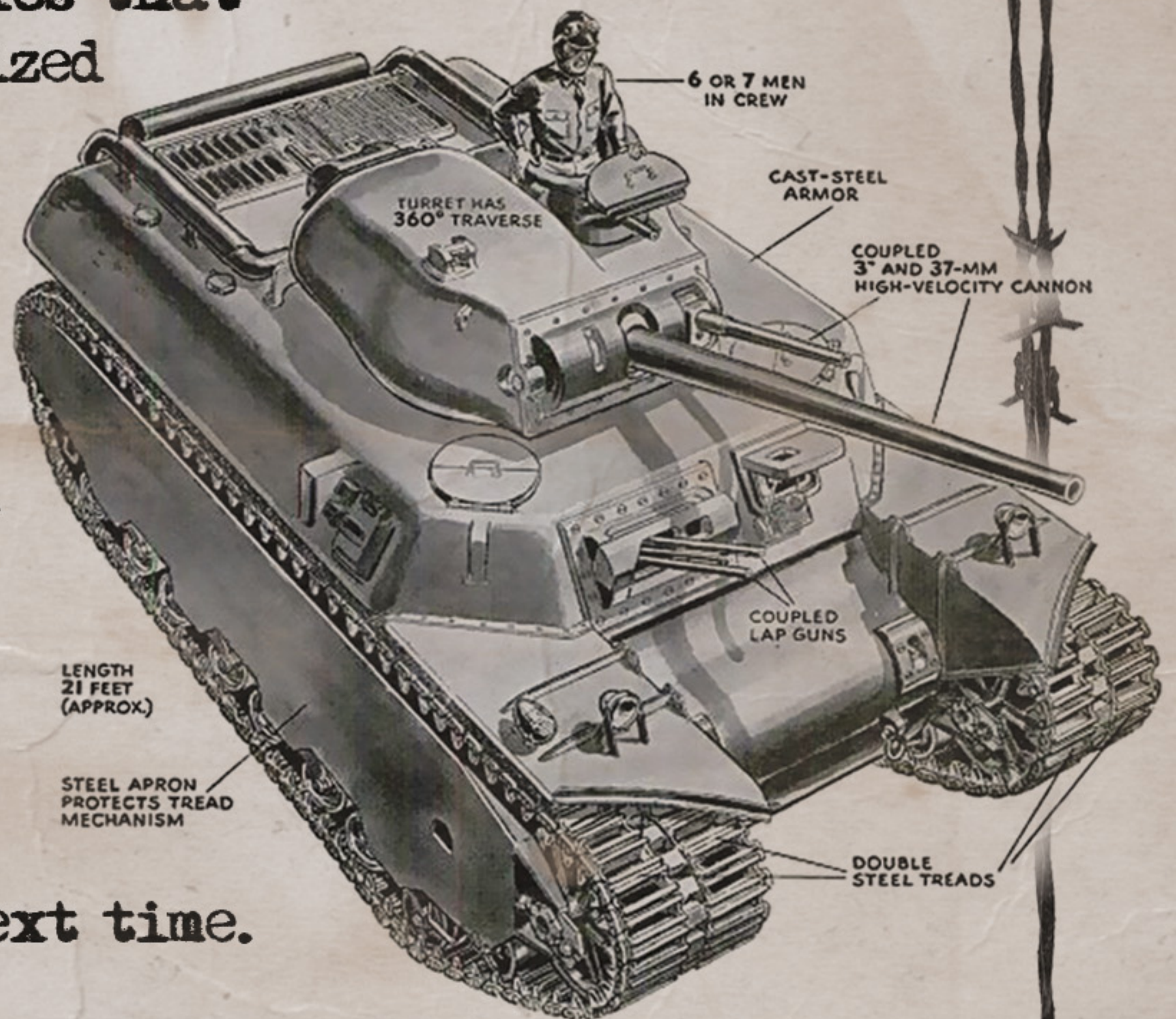
Walking Weighted Lunges 5 x 12 (each leg)

or total between 50 - 100 reps

Seated Leg Curl 5 x 10

# Shock Tactics:

The following are tactics that can and should be utilized in every workout, especially by more advanced troops. You can apply them randomly, or systematically, but you should always log the results in your Field Notebook and look to do more reps, more weight, or some other form of progressive overload next time.



## DE-ESCALATION

Drop-sets. After working up to your heaviest weight working sets, remove 10% or more from the weight. Perform another set normally with adequate rest between. This can be repeated as many times as desired.





## SEIGE

Forced reps. This requires a comrade to assist - when you reach the final repetition of a set and can simply do no more without total failure, your training partner assists slightly with the weight to maintain normal bar speed and the set is continued for another 3-5 repetitions past failure.



## BARRAGE

Strip set. Similar to a drop-set, but without the rest. Set does not stop as weight is stripped from the bar or machine, and repetitions continue to failure until another drop in weight is required. This can continue as long as desired at whatever intervals are chosen until all weight is removed.

## BLITZKRIEG

Super-set. Immediately after performing one set of an exercise, move directly to the next exercise in this list and perform a set of it without resting between the two. These two sets of different movements are considered "one superset."




## FALSE CEASEFIRE

Rest-pause. Especially good for intensity days. Once you reach failure, rack the weight or maintain lockout. Rest for 5-10 seconds and attempt another few reps. Repeat as many times as possible.







## ENTRENCH

Negative repetition. Also excellent for intensity days. Once failure is reached, a comrade assists with the positive portion of the lift, then the negative is held for as long as possible. This is repeated for as many repetitions as possible until the speed of the negative increases too much to be valuable.



## RECON

Feeder sets. Especially good for heavy compounds. When working up to high weights, utilize multiple low rep scheme sets at weights below max weight set to allow your muscles to become accustomed to the increase in weight.

Example: Working up to a 405 pound working set on my back squat, I utilize standard warmup sets at 135, 225, and 315, shooting for 5-10 reps a set.

Following these, I use feeder sets of 2-3 reps at 345, 365, and 385, then hit my sets at 405 with supreme confidence.

# Logging Your Progress

Every workout should be tracked and logged, including SHOCK TACTICS.

Numbers, sets, weights, repetition, times, etc. Include notes of what felt off or on so you can intelligently make progress.

Each workout should look to beat the one before it by adding tactics of overload - more weight, less rest, more reps etc. depending on the day.

Log your nutrition especially!!!

Rest and

feeding the machine are critical elements of training that are the most common reasons for failure or chronic lack of progress.

Remember:

Be disciplined. Be serious. Be consistent, and progress will follow.

Marduk is a PED.

Train hard.

- XCII, WEREWOLF COMMAND





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