

DoggCrapp (aka DC Training)

Doggcrapp (DC) training was created by Dante Trudel. It is basically a very effective and straight forward way to train and gain muscle mass that has come to be known as DC training. This program was very popular back in the early 2000's and it developed a sort of a cult following on the Internet.

I have used the DC style of training in my own workouts and have made great results from it. I have done some of my best personal record lifts in the gym while following this routine. It definitely produces faster gains then the typical bodybuilding workout program.

The fundamental principles of DC training include:

- Heavy weights
- Rest pause sets
- Low volume, high frequency workouts
- Heavy stretching

Heavy Weights

Heavy weights are essential for training DC style. According to Dante, a bodybuilder that makes the greatest strength gains (in a controlled manner) will make the greatest size gains.

Dante Quote:

"It's ridiculous to see how many 160lb bodybuilders claiming that you don't have to lift heavy to get big, but you never see those same small bodybuilders benching 405lbs, squatting 550lbs, and deadlifting 655lbs. A bodybuilder who can throw around that kind of weight will be no doubt an above average bodybuilder."

Rest Pause

A rest pause is simply taking a quick rest at the end of a set and then performing some additional repetitions. For DC training this is how it works.

You will do your first set (after warm ups of course) and rep until failure, rack the weight, and take 12-15 deep breaths.

Then you will do another set with the same weight until you hit failure. Again rack the weight and take 12-15 deep breaths and then do another set until failure.

This is the rep and rest pause technique that you must use on most of the DC exercises.

Low Volume & High Frequency

The DC training program uses one work set per body part, per workout. But it is a high intensity rest pause set. By hitting failure 3 times within one set, you will stimulate growth without the need for additional sets and exercises.

Here is the workout template:

Workout 1:

chest, shoulders, triceps, back width, back thickness

Workout 2:

biceps, forearms, calves, hamstrings, quads

Workout every second day and alternate the 2 workouts.

Use 1 exercise for each body part. So by picking 3 exercises for each body part, you will have 6 different workouts, making a full rotation lasting 2 weeks. It's critical that you bring a note book to the gym and keep track of the exercises, sets, and reps that you do.

Each workout your goal is to beat what you did for your last workout.

If you are eating, sleeping, and training correctly, you should be able to surpass all your weights. If you do not beat your previous best, you must switch the exercise out for a new one and continue the process.

Here are some sample exercises that you can use for each bodypart.

Chest:

Barbell Bench Press (flat, incline, decline)

Hammer Strength Bench Press (flat, incline, decline)

Dumbbell Bench Press (flat, incline, decline)

Back Width:

Pull ups (different grips)

Pulldowns (different grips)

Back Thickness:

(back thickness exercises and quad exercises are not rest paused due to safety)

Deadlifts

Power Rack Deadlift Lockouts

T-bar Rows

Bent Barbell Rows

Seated Cable Rows

Shoulders:

Barbell Shoulder Press

Dumbbell Shoulder Press

Hammer Strength Shoulder Press

Quads:

(quads are done with one heavy set 6-10 reps, a 3-5 minute rest, then a lighter 20 rep set)

Barbell Squats

Front Squats

Hack Squats

Leg Press

Hamstrings:

Lying leg curls

Seated leg curls

Stiff leg deadlifts

Biceps:

Dumbbell curls
Preacher curls
Barbell curls

Forearms:

Reverse Barbell Curl
Reverse grip cable curls
Hammer Curls

Triceps:

Reverse grip smith machine bench press
Lying French Press
Close-grip bench press

Calves:

Leg press toe press
Hack squat toe press
Seated calve raises
Standing calve raises

Abs:

Because the abs are simply stabilizer muscles, and not a major muscle group that we train for growth like chest, arms, back, legs, etc. You can simply add in some abdominal exercises at the end of your workouts. A good ab workout that you can follow is my:

100 Rep Ab Workout at: http://www.youtube.com/watch?v=bvHBW0hjU_k

Other exercises can be used as well. The DC program advocates compound movements over isolation movements because greater poundages can be used and they have a greater potential for strength gains.

Heavy stretching

After each exercise you are to perform a deep stretch for the muscle group you just trained before moving on to the next exercise. Hold each stretch for 60 seconds.

Here are some suggested stretches for each muscle group:

Chest:

With a pair of dumbbells hold the bottom position of a flat bench dumbbell flye.

Triceps:

Holding a dumbbell in the bottom position of a 1 arm overhead dumbbell extension (do 1 arm at a time).

Shoulders:

With a barbell in a rack set at shoulder height, face away from the bar and reach back behind you, grabbing the bar with your palms facing up. Walk your feet forward until you feel a deep stretch in the shoulders.

Biceps:

Just like the shoulder stretch, but grab the bar with the palms facing down. You'll feel the stretch in the biceps.

Back:

Hang from a wide grip pull up bar. Add weight with a weight belt if you can.

Hamstrings:

Stand with one leg up on a barbell set in a rack about chest height. Holding your toe and keep your leg straight. Repeat with the other leg.

Quads:

Facing a barbell in a power rack about hip high - grip it and simultaneously sink down and throw your knees under the barbell and do a sissy squat underneath it while going up on your toes. Then straighten your arms and lean as far back as you can.

Calves:

You don't need to stretch calves with this program because when you do the calf exercises you will hold the full stretch position for 15 seconds at the very bottom of each repetition.

Sample Workout Program:

First Rotation:

Workout 1:

Chest:

flat bench press (rest paused 11-15 total reps)

Shoulders:

seated dumbbell press (rest paused 11-15 total reps)

Triceps:

reverse grip smith machine bench (rest paused 11-15 total reps)

Back width:

wide grip pull ups (rest paused 11-15 total reps)

Back thickness:

deadlift (2 sets of 6-9 reps)

Workout 2:

Biceps:

barbell curls (rest paused 11-15 total reps)

Forearms:

reverse grip ez bar curls (1 set 15-20 reps)

Calves:

seated calve raise (1 set 12 reps, hold the stretch for 15 seconds with each rep)

Hamstrings:

lying leg curls (rest paused 15-20 total reps)

Quads:

barbell squats (1 set of 6-10 reps, then 1 set of 20 reps)

Second Rotation:

Workout 1:

Chest:

incline hammer strength bench press (rest paused 11-15 total reps)

Shoulders:

seated barbell press (rest paused 11-15 total reps)

Triceps:

Lying French Press (rest paused 11-15 total reps)

Back width:

close grip pull downs (rest paused 11-15 total reps)

Back thickness:

bent over barbell row (2 sets of 6-9 reps)

Workout 2:

Biceps:

dumbbell curls (rest paused 11-15 total reps)

Forearms:

pin wheel curls (1 set 15-20 reps)

Calves:

standing calve raise (1 set 12 reps, hold stretch for 15 seconds with each rep)

Hamstrings:

seated leg curls (rest paused 15-20 total reps)

Quads:

leg press (1 set of 6-10 reps, then 1 set of 20 reps)

Third Rotation:

Workout 1:

Chest:

flat dumbbell bench press (rest paused 11-15 total reps)

Shoulders:

hammer strength shoulder press (rest paused 11-15 total reps)

Triceps:

close grip bench press (rest paused 11-15 total reps)

Back width:

wide grip pull downs (rest paused 11-15 total reps)

Back thickness:

chest supported T-bar row (2 sets of 6-9 reps)

Workout 2:

Biceps:

ez bar preacher curls (rest paused 11-15 total reps)

Forearms:

reverse grip cable curls (1 set 15-20 reps)

Calves:

leg press calve raise (1 set 12 reps, hold stretch for 15 seconds with each rep)

Hamstrings:

stiff leg deadlift (1 set 15-20 reps)

Quads:

hack squats (1 set of 6-10 reps, then 1 set of 20 reps)

Each time you go through each rotation try to beat your previous best lifts from your last workout.

If you have any questions about this workout, please feel free to post them on the members forum at:

<http://www.TotalFitnessBodybuilding.com/forum>