



# The 6-7-8 Duel Stimulus Full-Body Hypertrophy Program (dumbbells)

“Created by [DanielJamesWarburton.com](http://DanielJamesWarburton.com)”

Combines strength training, hypertrophy training within circuits and variable reps in a full body program you can use 3 days a week. Hits you hard, hits you fast and hits you for a long time stimulating growth, strength and increasing energy supplies.

**Daniel Warburton (Dumbbell Dan)**  
**4/1/2012**

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## A Brief Intro to the Dumbbell Program

What is wrong with workouts today?

Why do people always fail?

The main problem is the amount of time people spend on them before they give up and the basic design of them. A lot of workouts are designed to overload people's bodies too much and too soon without progression, but that can just cause injury.

Hypertrophy is referred to as muscular growth. This term is also linked with "progressive overload". But most programs aren't progressive enough and overload individuals too much.

I'm going to go out on a limb and say the "progressive" part is actually 100x more important than the "overload". One of the best pieces of advice I ever got was to start very light and gradually increase the weight over time. Other bits of good advice I have got over my 7 years of using the gym and researching this area was to use my own head, rely on real food and to stick to compound or full body exercises.

This is the most important point for this program. The following information sums up all the principles in one paragraph:

**Stick to full-body and compound exercises, combine stamina circuits with strength power lifts and keep progressing in any way you can (reps or increases in weight). Consume enough calories, use the correct technique for all exercises and rest and recover properly. The body is resistant to change and takes months, not days, to adapt significantly and permanently. Measure your progress over months and years.**

I have called this program the 6-7-8 Duel Stimulus Full Body Hypertrophy Program ("6-7-8 DB program" for short). But what does that title mean?

The 6-7-8 refers to your reps each session in any week. You complete 6 reps on day one, 7 reps with the same weight on day 3 and 8 reps with the same weight on day 5. You then rest for the rest of the week, return next week and increase the weight on week 2, day 1 by 10% or the minimum increase (whichever is largest). After this, you start again at 6 reps and work your way up to 8 reps.

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The duel stimulus refers to stimulating both myofibrillar hypertrophy and sarcoplasmic hypertrophy. There is plenty of information on Wikipedia about both of these processes. Combining both together significantly increases the potential for growth. Out of the two, strength-related hypertrophy is the most effective by itself. This is the reason why Power Lifters often have so much muscle. However, together, this can multiply your results from 1-2lbs a month up to 3-5lbs a month.

Some people may ask why a full body routine? This is simple. A full body routine hits your muscles more often giving them 3 “shocks” a week to grow instead of just once a week. If you are used to a split routine, consider this...

If you did chest on Monday, then you have 6 days after without your chest being used. 6 Days without any exercise. Your muscles significantly de-train in this period which can reduce your results. Most of the gains you’ve made from your chest session have disappeared.

With this program, you hit them 3 times a week.

You may have noticed there is a strong emphasis on the posterior chain (google it) with this program. Why is this? Well this chain of muscles on your back and legs includes some of the biggest muscles in your body. Our overall aim in these sessions is stated below:

***The goal is to hit as many muscles, as often as possible, using a heavy weight for as long as possible thus activating as many fibres as possible whilst taxing not just the nervous system, but the body’s energy supplies in each muscle and the cardio-vascular system.***

This program does not use isolation exercises as these don’t activate many muscle fibres. Muscles can grow even if they have not been directly stimulated. This is because when you activate a massive amount of fibres at the same time from different muscle groups, the body releases hormones that can cause growth of muscles elsewhere. You will also discover muscles like your arms play a part in completing many of the compound and full body moves in this program. They are being developed indirectly.

On the following pages, you will see printouts for the first 3 weeks of the program. The best thing to do is print them off, take them to the gym and just start doing the exercises. Ensure you follow the advice and preparation beforehand. I can assure you, this program follows several well accepted principles for growth and leans more towards strength than endurance.

I have also included several blank templates for you to print off or write in a notebook and use for weeks 3, 4, 5... and onwards.

Expect 2-3lbs a month of muscle from using this program (as long as your diet and recovery is spot on; Technique is important as well). However, if you are an advanced lifter with a lot of muscle, this will be considerably less and I highly recommend you stick to another program based on strength only.

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## **Notes and Advice**

### **Diet**

This is for bulking. Consume at least 3000 calories on a daily basis. If you are bulking, complete the workout on Monday-Wednesday-Friday. If possible, research the appropriate MACROS for your goal and stick to them.

### **Supplementation**

Cod-Liver Oil, Whey Protein and a Multi-Vitamin + Minerals tablet daily (Add creatine when you start to Plateau).

Drink 4-8 pints of Full Fat Milk a day to assist in bulking up.

No other supplements are required as most are utter BS and can reduce gains. My favourite supplement for bulking is milk.

### **Before You Start**

- Ask a gym instructor to give you a 6 week conditioning program to increase your strength + stamina before you start.
- Visit your Doctor and ask him for a medical check to make sure you have no underlying health or heart problems that may cause injury.
- Get a personal trainer to complete a health assessment and to test for muscular imbalances beforehand. Ask a gym instructor to create a program for you to correct these before you start (usual problems are ABS being too weak and Shoulders being too weak).
- Complete several rotator cuff exercises during the warm up before you complete the circuits above.
- A recommended warm up for most people is 7 minutes on a cross-trainer, 3 minutes rotator cuff exercises then 2 warm up sets or circuits before starting the main exercises.

### **Recover Weeks**

- Every 2 months, have one week off without any exercises at all. This helps your body fully recover and reduces plateaus. When you return, you will feel fitter and stronger. You should be capable of lifting more.

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## **Progression**

You must always be aiming to either increase your weight or reps from the previous session. Using the format below, if reps increase, the weight must stay the same. However, when weight increases, reps will be reduced from 8 reps to 6 reps.

Using this method, it gives the body slightly more chance to adapt and keeps switching from a strength-hypertrophy response to an endurance hypertrophy response then back again. Your body gets conditioned to reps and sets quicker than anything else. This method helps to stimulate both increases in muscular fibres (strength response) and increases in sarcoplasmic fluid (stamina response). Using a mixed response, it is theoretically possible to gain up to 5lbs a month with this method (2lbs of fibre growth, 3lbs of fluid increase) but this does depend on diet, genetics and many other factors.

Monday (day 1, 8, 15...etc)= Carry out workout as prescribed

Wednesday (day 3, 10, 17...etc)= increase reps to 7 using same weight as last session

Friday (day 5, 12, 19... etc)= increase reps to 8 using same weight as last session

Next Week = As long as you have progressed to 8 reps perfectly last session, then increase weight to the next heaviest and start again on 6 reps. Increase the reps to 7 on your next session and 8 reps on your last session of the week.

For exercises in the abs circuit with a percentage... continue with the same reps and % for each session. But at the start of each new week (ie... on Monday if you are following this perfectly), increase the time of the plank by 5-10 seconds and increase reps by 10%. Continue to do this every single week.

When you can complete more than 20 reps with your abs per exercise, it may be time to add weights onto the bodyweight exercises and follow a similar set up as the other exercises where you complete 6 reps at your 8-10 rep max weight, increase the reps next session and the next, then reduce reps and increase weight at the start of each week.

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If you have not progressed to 8 reps or been able to increase your %, repeat your previous session. If you have repeated your previous session three times without progression, have a full week off with NO EXERCISE FOR 1 WEEK! Purchase some creatine from <http://www.myprotein.co.uk> and start using it as recommended.

## **Starting weight and Preparation**

Have a day 0, week 0, session before you start. Head to the gym and find out your 1rep max for all the following exercises using Dumbbells or the cable machine. A 1 rep-max is the heaviest weight you can move WITH PERFECT TECHNIQUE for just one repetition. Record this next to the exercises below:

- Weighted Front Squats=
- Chest Press=
- Pendlay Row=
- Military Press=
- Deadlift=
- Cable Crunch=

For the above exercises, take 50% of the 1rep-max weight. That is your starting weight and is approximately your 10 rep max. With the deadlift, use 70% of the 1 Rep Max as your starting weight. Next, Find out the maximum number of reps you can do with the following exercises:

- Reverse Crunch=
- Hanging Knee Raise=

And find out how long you can do the following exercise for:

- The plank (feet shoulder width apart and both on the ground)=                      seconds

Follow the figures stated on the sheets below for the last 2 exercises.

On the following pages is the first 3 weeks of your workout, carefully look at each table, print it out and take it with you to the gym.

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<u>Type</u>	<u>Exercise</u>	<u>Weight (rep max)</u>	<u>Reps= 6</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	10 RM=      kg/lbs	6	Standing
<b>Circuit</b>	Chest Press	10 RM=      kg/lbs	6	Seated
<b>Circuit</b>	Pendlay Row	10 RM=      kg/lbs	6	Standing
<b>Circuit</b>	Military Press	10 RM=      kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	6 RM=      kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	8 RM=      kg/lbs	6 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	60% of Max Reps=	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	60% of Max Time Before Failure=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=1    DAY= 1</b>		<b>TIME WORKOUT STARTED</b> =        :        AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>



# The 6-7-8 Duel Stimulus Full-Body Hypertrophy Program (dumbbells) | 2012

<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 7</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	7	Standing
<b>Circuit</b>	Chest Press	kg/lbs	7	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	7	Standing
<b>Circuit</b>	Military Press	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	7 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	70% of Max Reps=	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	70% of Max Time Before Failure=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=1    DAY= 3</b>		<b>TIME WORKOUT STARTED</b> =    :    AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>

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<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 8</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	8	Standing
<b>Circuit</b>	Chest Press	kg/lbs	8	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	8	Standing
<b>Circuit</b>	Military Press	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	8 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	80% of Max Reps=	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	80% of Max Time Before Failure=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=1    DAY= 5</b>		<b>TIME WORKOUT STARTED</b> =    :    AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>

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<b>Type</b>	<b>Exercise</b>	<b>Weight (increase by 10% or minimum)**</b>	<b>Target Reps= 6</b>	<b>Seated, Floor Work or Standing?</b>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	6	Standing
<b>Circuit</b>	Chest Press	kg/lbs	6	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	6	Standing
<b>Circuit</b>	Military Press	kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then Continue with Deadlifts below...			(**increase the weight for all Exercises by 10% or minimum, Whichever is the largest)	
<b>Finisher</b>	Deadlift	kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	6 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	(increase reps by 10%) =	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(Add 5-10 seconds on previous time)=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=2 DAY= 1</b>		<b>TIME WORKOUT STARTED</b> = : AM/PM	<b>WRITE ANY OTHER NOTES</b> <b>BELOW OR ABOVE....</b>

# The 6-7-8 Duel Stimulus Full-Body Hypertrophy Program (dumbbells) | 2012

<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 7</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	7	Standing
<b>Circuit</b>	Chest Press	kg/lbs	7	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	7	Standing
<b>Circuit</b>	Military Press	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	7 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	(same as previous session)=	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(same time as previous session)=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=2 DAY= 3</b>		<b>TIME WORKOUT STARTED</b> = : AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>

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<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 8</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	8	Standing
<b>Circuit</b>	Chest Press	kg/lbs	8	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	8	Standing
<b>Circuit</b>	Military Press	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	8 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	BodyWeight	(same reps as previous session)	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(same time as previous session)	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=2    DAY= 5</b>		<b>TIME WORKOUT STARTED</b> =    :    AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>

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On the following pages is a blank template to be used each week after week 2. Just remember to pay attention to the number of reps being complete in the ab workout and to start using weighted ab exercises if need be. I highly recommend you carry on using this workout until you can complete over 5 minutes of the plank. At this point, you should then switch to pure strength training.

Feel free to print the following pages off or write a similar table in a small notepad.

# The 6-7-8 Duel Stimulus Full-Body Hypertrophy Program (dumbbells) | 2012

<u>Type</u>	<u>Exercise</u>	<u>Weight (increase by 10% or minimum)**</u>	<u>Target Reps= 6</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	6	Standing
<b>Circuit</b>	Chest Press	kg/lbs	6	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	6	Standing
<b>Circuit</b>	Military Press	kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then... (**increase the weight for all by 10% or minimum, whichever Whichever is the largest)				
<b>Finisher</b>	Deadlift	kg/lbs	6	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	6 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	Bodyweight or kg/lbs	(increase reps by 10% if bodyweight)=	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(Add 5-10 seconds on previous time)=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=    DAY= 1</b>		<b>TIME WORKOUT STARTED</b> =    :    AM/PM	<b><u>WRITE ANY OTHER NOTES BELOW OR ABOVE....</u></b>

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<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 7</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	7	Standing
<b>Circuit</b>	Chest Press	kg/lbs	7	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	7	Standing
<b>Circuit</b>	Military Press	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	7	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	7 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	Bodyweight or kg/lbs	(same as previous session if BW or 7 reps if weighted) =	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(same time as previous session)=	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=    DAY= 3</b>		<b>TIME WORKOUT STARTED</b> =        :        AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>



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<u>Type</u>	<u>Exercise</u>	<u>Weight</u>	<u>Target Reps= 8</u>	<u>Seated, Floor Work or Standing?</u>
<b>Circuit</b>	Weighted Front Squats	kg/lbs	8	Standing
<b>Circuit</b>	Chest Press	kg/lbs	8	Seated
<b>Circuit</b>	Pendlay Row	kg/lbs	8	Standing
<b>Circuit</b>	Military Press	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
Repeat the above circuit at least 3 times then...				
<b>Finisher</b>	Deadlift	kg/lbs	8	Standing
<b>Recovery</b>	Rest		2 Minutes	
<b>Ab Circuit</b>	Cable (or weighted DB) Crunch	kg/lbs	8 reps	Floor Work
<b>Ab Circuit</b>	Reverse Crunch or Hanging Knee Raises	Bodyweight or kg/lbs	(same as previous session if BW or 8 reps if weighted) =	Floor Work or Standing
<b>Ab Circuit</b>	Plank	BodyWeight	(same time as previous session) =	Floor Work
<b>Recovery</b>	Rest		2 Minutes	
Repeat the Abs Circuit at least 3 times then...				
	20 minutes of progressive stretches!			
	<b>WEEK=    DAY= 5</b>		<b>TIME WORKOUT STARTED</b> =    :    AM/PM	<b><u>WRITE ANY OTHER NOTES</u></b> <b><u>BELOW OR ABOVE....</u></b>

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## Final Words

Feel free to cross things out on these tables once they are printed off, write all over them or change things as required. Especially when you get to the point of using weighted ab exercises. The “**Finisher**” refers to a final move to finish off the main muscle building circuit. The deadlift is one of the greatest exercises to SHOCK the body into growth however, it also is the most strenuous. USE THE CORRECT TECHNIQUE AND ONLY LIFT A MAXIMUM OF 2 WARM UP SETS WITH A SINGLE WORK OUT SET WITH THE DEADLIFT AS DOING MORE THAN THAT 3 DAYS A WEEK CAN WEAR YOU AWAY AND INJURE YOU.

I heavily encourage you to write notes about your session such as:

“failed to progress on the deadlift”

Or

“circuit was too easy”

...And act upon those notes. Nobody trains absolutely perfectly all the time. There will be times when you won't be focusing on technique and that may result in injury or pain. If you feel pain or faint at any time, STOP INSTANTLY and seek professional advice. If you end up getting injured, seek the help of fitness professionals who can help you and advise you accordingly.

This program follows many principles that work, however, the program itself is brand new and has not had anyone apart from myself use it.

If you would like to be featured as a testimonial on this ebook, send your feedback, photos or anything else you think I should include to my email address:

[Daniel@danieljameswarburton.com](mailto:Daniel@danieljameswarburton.com)

And I'll see what I can do ;)

Happy training.

Daniel (dumbbell dan)

Ps. If you have any questions or problems, head over to the forums on <http://www.myprotein.co.uk> where I usually am (dumbbell dan).