

BUILD A GREAT PHYSIQUE

WITH THREE HOURS A WEEK!

Steve Jones

OLD SCHOOL

GAINS

Workout program



*"I made the best gains
of my life with 12
muscle building
movements
performed
3 days a week"*

- Steve Jones

HOW TO

TRAIN LESS. GAIN MORE.



Steve Jones's

OLD SCHOOL

THREE DAY WORKOUT PROGRAM

FULL BODY: MONDAY / WEDNESDAY / FRIDAY

GAINS

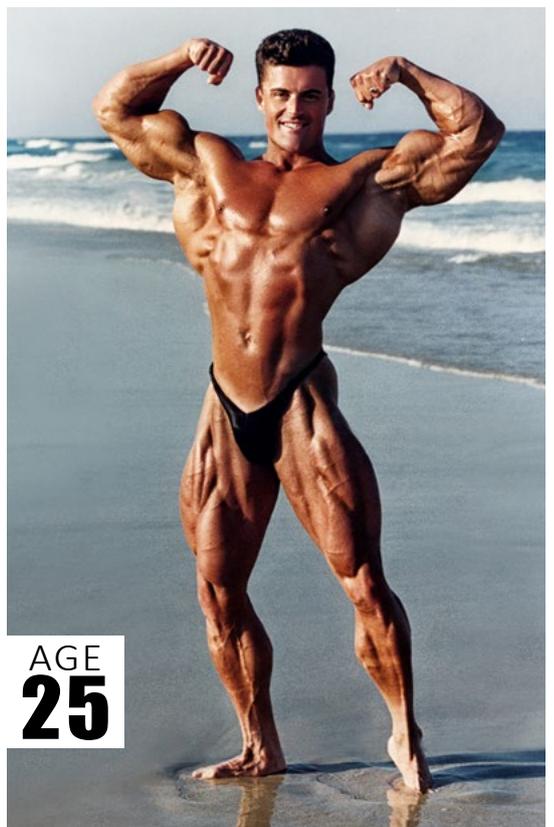
From the desk of: Steve Jones, CEO, Founder,
The Aesthetic Kingdom

My journey into weight training began at twelve years old, under the guidance of my Dad who trained with some of the top bodybuilders in London in the 1950's. He use to share stories of how the "Old School" guys trained and one of the very first programs he put me on was based on the Old School training styles.

Back then, well before they had all the fancy pants exercise science they relied on trial and error to figure out what worked best. You could call it experience, but they knew exactly what they needed to do in order to keep progressing at a steady rate. And it wasn't any super fancy, double split routine, it was a basic whole body workout performed three days a week, typically, Monday, Wednesday and Friday. On the days in between they just went about their daily routine as most of them held down full time jobs. Basically, it was an enjoyable hobby to these guys, but one that they applied consistently!

I personally followed this basic routine for the first three to four years of my bodybuilding years and experienced some of the best muscle gains of my entire career! The reason I feel it works so well is because it has the perfect balance between work and recovery, and for a more scientific reason, it has a positive effect on growth hormone and testosterone levels.

There is a fine line when it comes to the ratios of work and recovery, and I feel this three day routine hits the nail on the head. Just enough stimulus with the right balance of recovery time.





Steve Jones's

OLDSCHOOL WORKOUT PROGRAM

GAINS

FULL BODY: MONDAY / WEDNESDAY / FRIDAY

Keep in mind, no routine will work for you if you don't understand the fundamentals of weight training and nutrition, so it's vital to make sure you have a clear understanding on how to perform a perfect rep and the basics of bodybuilding nutrition. You will hear some gym enthusiast's say bodybuilding is 80% nutrition, I tend to disagree. In reality, it's 100% of everything, meaning, you have to put 100% into your training, a 100% into your nutrition and 100% into supplementation, and back it all up with a winning mind set.

This is not purely about working hard, it's working smart! Because you can work hard on a dumb plan, but it will never make it any smarter. Wisdom always comes before motivation. My personal advice, master every piece of the puzzle to ensure you can create the big picture. Make every rep count, make every meal count, make every thought a positive one. You will succeed if you do your homework and apply a smart plan. This is one of the main reasons I wrote my new book **The Aesthetic Bible**, to share everything I have learned over 38 years of being in the industry.

There is absolutely no reason to feel frustrated with your progress, it is not necessary and can be avoided. The truth is, you have to learn the fundamentals first and foremost. An ounce of fundamentals is worth a ton of complexity, this is why a really basic program like the Old School bodybuilders three days per week plan works so well. It's nothing fancy, but it is based on the fundamentals of bodybuilding, the right balance of work and recovery. Applied consistently, with a solid nutrition plan, it has the power to totally transform your physique!



Still hitting the gym hard at 50 years of age and loving every minute of it!

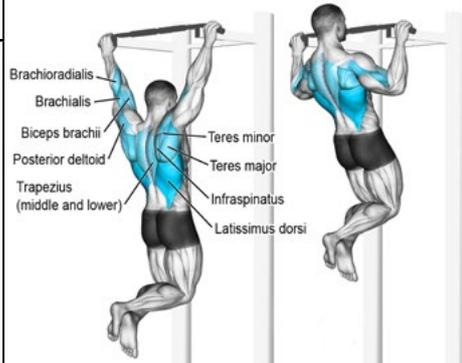
Combine this program with advice from my Aesthetic Bible and Mind Champion Books and you will be well on your way to success!

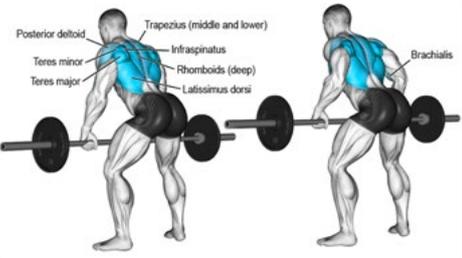
Let's toast to your future health & well being.

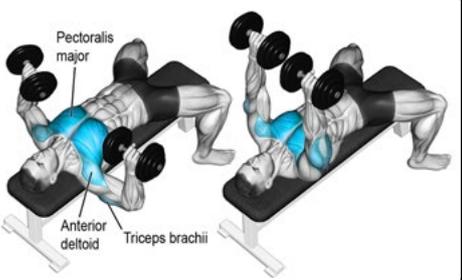
Your friend in fitness

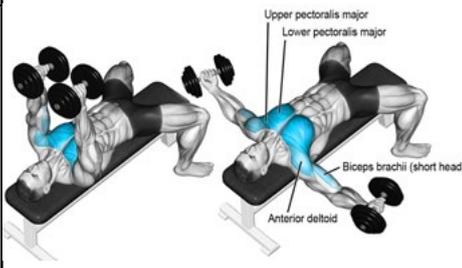
Steve Jones

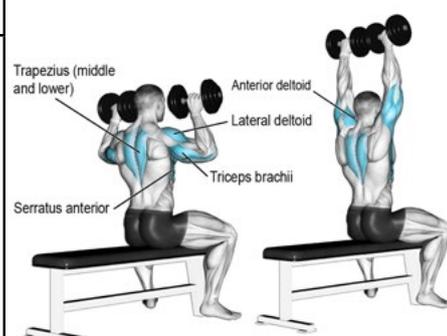


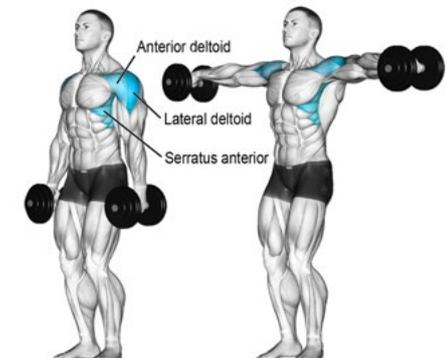
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Pull ups (Back)	3	As many as you can to failure	
<p>Note: This is one of the best exercises for building a great V taper. Don't be concerned about the number of reps you can do, just do as many as you can. Ensure you perform each rep in a controlled manner, no swinging, rocking or flicking you way up! If you are really struggling you can use the assisted chin up machine if your gym has one. If you have patience with this exercise, and stick with it you will build some great width across your back.</p>			

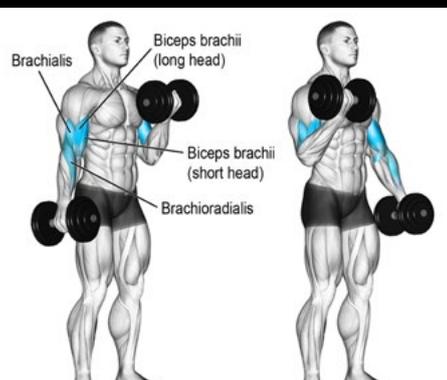
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Barbell Rows (Back)	3	10 - 12 repetitions	
<p>Note: Where pull ups develop back width, the barbell row will help develop thickness in your back. The art to getting the most from this movement is correct form, so start with a lighter weight and focus on really feeling your back muscles contract as you pull the barbell into your lower abs. Slowly lower the barbell and feel a nice stretch at the bottom of the movement. Avoid ego lifting, because this exercise can cause lower back injury if your form is sloppy and too much weight is used. Remember it's all about making each and every rep count!</p>			

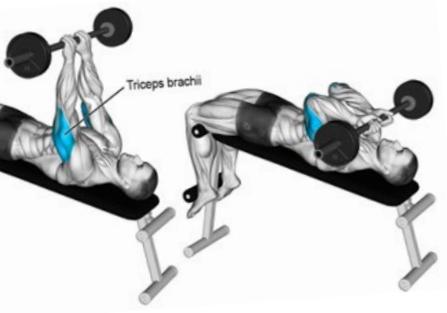
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Bench press (Chest)	3	10 - 12 repetitions	
<p>Note: Dumbbells are the preferred choice over barbell because there is a greater range of movement and reduced chance of injury. Once again form is vital, use a weight that you can control on both the positive and negative part of the movement. Ensure you get a decent stretch as you lower the dumbbells and a nice squeeze at the top of the movement. I liked to use a slight incline on this exercise, around 20-30 degrees is fine.</p>			

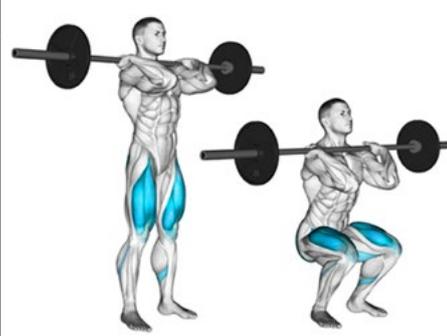
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Flys (Chest)	3	10 - 12 repetitions	
<p>Note: The dumbbell fly is a great exercise to help build a nice tie in between your pecs and delts. It helps build nice, wide, flared pecs that add the all important element of width to your upper torso. Start with a lighter weight to master the technique. This is not a press, it is a fly so imagine you are trying to hug a giant tree as you squeeze the dumbbells together. I like this movement because it also helps establish a good separation between your pecs and upper bicep, delt area.</p>			

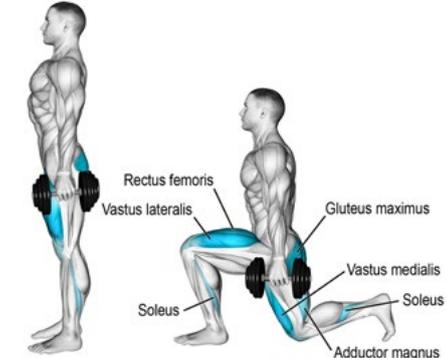
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Shoulder Press (Shoulders)	3	10-12	
<p>Note: One of the hallmarks of an impressive physique is having wide, capped shoulders. The dumbbell shoulder press is a great exercise that targets the front and lateral heads of your deltoids. This exercise can be performed seated, standing or even with kettlebells. In fact I prefer kettlebells because they tend to help keep my elbows in front of my body. Once again focus on the rep form, keeping tension on your delts at all times. Squeeze at the top and slowly lower to the start position. I often superset this movement with dumbbell side lateral raises as seen below.</p>			

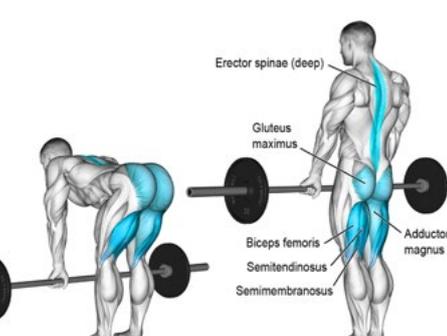
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Side Lateral Raise (Shoulders)	3	10 - 12	
<p>Note: This exercise is the KING when it comes to developing broad shoulders, however, it is one of the worlds most poorly performed exercises. The reason why? Trying to use too much weight. The secret to performing this movement correctly is starting light and mastering the form. Focus on raising the dumbbells with purely your outer delt strength. Avoid clicking the dumbbells backwards as many do! Keep your palms facing the ground as you raise the dumbbells with a slight twist like pouring a jug of water towards the floor.</p>			

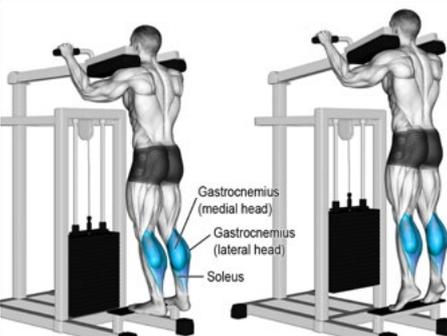
EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Curls (Biceps)	3	10 - 12 repetitions	
<p>Note: A great set of arms makes a great physique, and the dumbbell curl is one of the best overall upper arm building movements. I like to perform this movement with either dumbbells or kettlebells. Perform them alternately with palms facing your upper thighs, as you raise the dumbbell twist your wrist (supinate) to get a nice contraction of the bicep and brachialis. The great thing about this movement is the fact that it works part of your forearms as well. Focus on form, no swinging, leaning back or body momentum. Get a nice squeeze at the top of the movement.</p>			

EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Lying Triceps Extensions (Triceps)	3	10 - 12 repetitions	
<p>Note: Often called skull crushers for obvious reasons, and yet a very good reason not to try and lift too heavy on this movement! Good form is vital, as using too heavy a weight can leave you open to elbow injuries! So keep it light, master the form and focus on keeping your elbows pointed to the ceiling and tucked in close to your body. This is a deliberate, controlled movement that requires pure focus. When it comes to building great triceps it is certainly one of the all time best movements.</p>			

EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Front Squats (Quads)	3	15-20	
<p>Note: This was one of the great Steve Reeves favourite leg exercises! I love this movement, as I feel it is safer than back squats and really targets the front quad region more effectively. You can either use the grip in the photo, or a cross over grip, or you can even hold a kettlebell or a 20kg plate. The secret is form, slowly decent feeling your quads take the load. I tend to go just below parallel with this movement. In fact this exercise is much harder than standard rear squats, thats probably the reason many people avoid it! But we all know, the tougher the road, the greater the reward!</p>			

EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Dumbbell Lunges (Quads, glutes, hammies)	3	15 - 20	
<p>Note: In my mind this is one of the best overall leg movements for both men and women! It targets the quads, hamstrings and glutes like no other movement. In fact I get a better pump in my quads from lunges than another other leg exercise. I tend to perform this exercise in an alternate fashion, step forward with one leg and then back and repeat with the other. The secret is to use control and make sure your knee of the rear leg touches the floor. And the front knee runs parallel to the floor. A really demanding, yet highly beneficial exercise.</p>			

EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Stiff leg dead lift (Hamstrings)	3	15 - 20 repetitions	
<p>Note: Balance is the key to developing an aesthetic physique, hence it's vital to have balance between your quads and hamstrings. The stiff leg deadlift is one of my favourite hamstring exercises. You do not need a heavy weight because the secret is focusing on using your hamstrings and glute strength to contract as you straighten your torso. Keep a slight bend in your knees at all times to prevent back injury, feel a gentle stretch as you lower the barbell to halfway down your shins. Get that nice squeeze in the glutes as you return to the start position.</p>			

EXERCISE / Muscle group	SETS	REPS	DESCRIPTION
Standing Calf Raises (Calves)	3	15 - 20 repetitions	
<p>Note: A great set of calves can even make mediocre quads look great! Once again it's all about balance, so having massive quads with tiny little billiard cue calves is just not a great look. The secret to getting results from any calf movement is rep form. It's not about weight, as this is a big mistake made by many. Make each rep a deliberate movement, feel the contraction at the top, and slowly lower until you feel a good stretch. No bouncing, rocking or bobbing up and down. This movement require laser like focus to get results!</p>			

SUMMARY:

A few important points to get the most from this program

- ✓ **Start slow.** If you are new to weight training I would recommend starting with only two sets per exercise until you have become accustomed to the program.
- ✓ **Make every rep count.** Focus on making each and every repetition count, because your success all starts and ends with a single rep! If you are unsure of how to perform the perfect rep refer to my book *The Aesthetic Bible*. This includes an in depth look at repetition form along with other techniques to enhance the benefits of any workout program.
- ✓ **Work to the clock.** One of the key elements to making any workout effective is “intensity”. The easiest way to increase workout intensity is to complete the same workout in less time. In this case I would recommend keeping your rest intervals between sets to around 60 seconds.
- ✓ **Add Supersets.** After the first month on this program you can implement supersets. This will not only increase your workout intensity to the next level, it will cut your workout time down even further! For example, you can superset pull ups for your back with dumbbell presses for chest. Or bicep curls, with lying triceps extension.
- ✓ **Add some variety.** It’s always good to add a little twist to workout programs and one way to achieve this is by making some minor variations. For example, instead of barbell curls, try 45 degree incline dumbbell curls. Instead of barbell rows for the back, try one arm dumbbell rows. For chest you can vary the angle of the bench, try 20 degrees, then another workout just do them flat. Instead of dumbbell flys try doing cross bench pullovers for a change. Small changes are all that’s required to keep things interesting.
- ✓ **Avoid all common distractions.** First off, leave your phone in your gym bag. Secondly, be social but don’t turn your workout into a chat session. Stay focused on the task at hand, and remember why you are there.
- ✓ **Have patience and be consistent.** I know this program works, because I made the best gains of my life on this plan when I started my journey. All you have to do is stick with it, nothing great is built in a few days. And consistency is king, lock in those three days, and stick with them religiously.

If you are still a little unsure on the bodybuilding fundamentals, or not sure about diet, or supplementing refer to **The Aesthetic Bible**.

Enjoy your journey

Steve