

# Dan Long's 4 Week Suspension Muscle Building Program with Follow-Along Video

Welcome to Dan Long's Suspension Muscle Building Program. In my next 4 week Muscle Building Program, you will be performing exercises back to back. Some exercises with machines and/or free weights, and also sending your muscle pump through the roof with supersetting suspension straps with all your muscle building exercises. Your muscles are going to be harder, fuller, and look more like a super athlete.

I use this workout on a regular basis myself. We all know building muscle can be done by tearing the muscle and building a new layer of muscle over it, called *muscle hypertrophy*. This is what happens in our bodies to build muscle, whether you're female or male. The object is to get a muscle pump like you have never had before, therefore, increasing the blood flow in the muscle, hitting muscle hypertrophy, faster and easier, and 10x's more effective. Why? Have you ever lifted weights and gotten to rep #10 and just made that last rep? Sure you have. Well, it's that next rep that we need to push that muscle into a hypertrophy state to build the muscle up. At that point, you are most susceptible of causing yourself a major injury. Usually, this is done by maxing out that last rep with heavier weight.

I have the safest way for you to build muscle now. At the point when you just get that last rep, you're going to superset with a TRX, Jungle Gym XT, SBT, or any other suspension device, to send your muscles into a pump that feels unlike any pump you have ever felt before. Will this really work? Guaranteed! You're not going to believe the results you're going to get. It's time to build muscle in a fun, new, and most effective way. Oh, and if you're training around other people, plan on everyone watching you. You are about to create what I call the *WOW Factor*, which equals Sick, Ridiculous Results!

## **Dan Long's Kill Mode® Mindset**

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [VIDEO: WHAT IS KILL MODE®?](#)

## Blog

Follow me on my blog at [www.killmodetraining.com](http://www.killmodetraining.com)!

## Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates, or assigns, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

**Warning:** These exercises are being performed with countless years and hours of TRX, Jungle Gym XT, SBT, bodyweight, and weight training prior. Trying these exercises is a serious challenge, even though they may look easy when I perform them. You must perform with caution and have assistance with someone knowledgeable in the exercise field, if needed. You can challenge yourself by performing these exercises at your own risk.

## Muscle Burn Strategy

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

## Pain Strategy

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise **and replace it with another one in that circuit that you can do without pain,** to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode® train with me using these techniques I'm teaching you.

## The Workouts: Workout A – Upper Body

### Circuit 1 – Biceps – Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
1. Bicep Curl	Bicep Curl
2. Hammer Curl	Hammer Curl
3. Reverse Bicep Curl	Reverse Bicep Curl

### Circuit 2 – Triceps - Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
1. Kickbacks	Reverse Triceps Fly
2. Reverse Triceps Extension	Reverse Triceps Extensions
3. Triceps Extension	Triceps Extension

### Circuit 3 – Back – Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
1. Front Lat Pull Downs	45° Rows
2. Bent Over Row	Power Pulls
3. One Arm Lat Rows	One Arm Row Under Anchor Point

Repeat all Circuits 3x's. This workout should be done within 45 minutes.

## Workout B – Core/Upper Body

### Circuit 1 – Shoulders - Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
Shoulder Press	90° Shoulder Press
Combo Front Raises/Lateral Raises	T, Y – Fly
Rear Delt Rows	Reverse Rows

### Circuit 2 – Abs- Supersets

Machines/Weights – 10 reps	Suspension Straps – 30 seconds
Weighted Accordion Crunches	Weighted Accordion Crunches
Russian Twist	Russian Twist
Jackknife Crunches	Jackknife Crunches

### Circuit 3 – Core - Supersets

No Weights - 10 reps	Suspension Straps – 30 seconds
Superhero Plank	Superhero Plank
Single Leg Plank L/R Elbow Up/Down	Single Leg Plank L/R Elbow Up/Down
90° Knee Kicks	90° Knee Kicks

Repeat all Circuits 3x's. This workout should be done within 45 minutes.

## Workout C – Lower Body

### Circuit 1 – Lower Body/Plyometrics - Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
Dumbbell Squat Jumps	Dumbbell Squat Jumps
Dumbbell Sprinter Start w/Hop	Dumbbell Sprinter Start w/Hop
Box Jumps	45° Front Squat Jumps

### Circuit 2 – Quads/Glutes - Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
Dumbbell Reverse Lunge	Floating Lunge
Dumbbell Front Lunge	Suspended Lunge
Military Squat Hops	Single Leg Squat

### Circuit 3 – Hamstrings - Supersets

Machine/Weights – 10 reps	Suspension Straps – 30 seconds
1. Straight Leg Bend Over	Bicycle Runners
2. Prone Hamstring Curl	Supine Hamstring Curl
3. Single Leg Hamstring Curl	Single Leg Hamstring Curl

Repeat all Circuits 3x's. This workout should be done within 45 minutes.