

Hany Rambod's

FST-7

HARD BODY

BLUEPRINT > Level 1

**JEREMY
BUENDIA**

*2X Physique
Olympia
Champion*



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Created by Hany Rambod

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FST-7

HARD BODY BLUEPRINT, Level 1

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**CREATED BY
HANY RAMBOD**

For More Information Visit HanyRambod.com



INTRODUCTION

WHAT IS FST-7?

Created by world-renowned trainer Hany Rambod, FST-7 is one of the most successful physique transformation systems ever created. It's proven in the world's best physiques from amateurs to the professional elite that have repeatedly won national, international and Olympia titles. Without question, it creates dramatic results.

FST stands for Fascia Stretch Training and the 7 refers to the seven sets performed usually as the final exercise for a target body part. However, "sevens" are more than just a pump set. They are one detail of a full system designed to elicit maximal hormonal response and muscle hypertrophy.

When skeletal muscle experiences significant tension that damages the integrity of muscle fibers, it can cause an increase in contractile proteins such as actin and myosin. The increases in contractile proteins in turn increase the cross sectional area of the muscle leading to strength and mass gains. Furthermore, **the increased metabolic demands and metabolites such as lactate from FST-7 training may result in an increased production of anabolic hormones.** This is what separates FST-7 from many other training systems.

In essence, a bigger muscle leads to greater strength potential which in turn allows for greater loads to be moved. This can further cause hypertrophy once the muscle has been stimulated to a high degree. This is especially true when proper diet, supplementation, and recovery are allowed for which is what FST-7 programming is all about.

If you are new to FST-7, you should refrain from using compound lifts as your "seven set" because they require balance and the use of ancillary muscles. This can take the focus off the target muscle. They may also limit your ability to control the eccentric [negative] portion of the motion. This eccentric phase of exercise is essential to optimizing muscle hypertrophy. Controlled, eccentric movements have been shown

to recruit fast twitch over slow twitch muscle fibers which is a key element of FST-7's success.



This key factor forces muscle motor units to manage larger amounts of tension which creates an increased capacity for hypertrophy. Machines and cables are a good idea, and free weights, such as barbell curls and skull crushers, also work well for this "seven set." **Perform your "seven set" at the end of the workout for that muscle group.** The stimulation and pumps are insane but FST-7 doesn't stop there.

The goal is to bring as many vitamins, minerals, amino acids, blood, oxygen, etc. into the muscle and stretch the fascia surrounding it to help encourage maximal muscle growth. This is where nutrition and supplementation become a critical factor for physique acceleration. In turn, the fascia is the limiting factor for achieving muscle growth because the muscle will grow only as much as there is room for it to do so. This training system is targeted at stretching the fascia allowing more room for muscle growth.

Restricting the "seven sets" to your last exercise is recommended for new users of this training principle. This allows you to lift heavy for the first few exercises before taking the muscle to failure. There are many other variations for advanced users, including "front-loading the seven sets," which can be utilized to shock and further stretch the fascia and enhance muscle growth.

WHO IS HANY RAMBOD? [Follow @hanyrambod](#)



Nicknamed **"The Pro Creator,"** Hany Rambod has been constructing championship-winning physiques for over 20 years. His ground-breaking FST-7 system has helped his clients win a total of 15 Olympia titles. Rambod's roster of champions includes Mr. Olympia winners, Ms. Figure Olympia winners, 202 Olympia Winner as well as two-time Physique Olympia winner Jeremy Buendia.

When Rambod is not busy coaching many of the world's elite, he serves as the CEO of Evogen Nutrition. Putting his Bachelors degree in Biology with an emphasis on Neurophysiology to good use, Evogen Nutrition has been experiencing rapidly growing popularity. All of its formulations were created for Rambod's elite athlete roster, and only in the past few years have they been made available to the public. Rambod prides himself on bringing only quality innovations to his customers around the world. The formulations within the Evogen Nutrition supplement line are crucial to the success of any FST-7 program because of their effect on growth, repair, and muscle volume.

WHO IS JEREMY BUENDIA? [Follow @jeremy_buendia](#)



A two-time winner of the Physique Olympia title (2014–15), Jeremy is a world - famous physique model. He has graced the pages of numerous publications around the world

and is known for his dramatic shoulder-to-waist ratio with razor-sharp definition. Originally a bodybuilder, Buendia transitioned into Men's Physique in 2012. He began taking the class by storm and has never looked back. As Evogen Nutrition's premier athlete, Buendia exemplifies not only true grit and dedication, but also serves as the best example of what FST-7 and Evogen Nutrition supplementation can achieve.



2X Physique Olympia Champion **JEREMY BUENDIA** with **COACH HANY RAMBOD** at the 2015 Olympia Weekend in Las Vegas



FST-7 WARNING*

FST-7 is not meant to be taken lightly and is a serious training program. Many of the world's best physique and bodybuilding athletes utilize this program because of the rapid results it provides. However, this program is designed to push you unlike any other workout program you've ever experienced. You will be sore. You will be taken to your limits. It will test your resolve. Most importantly, it will test your commitment to maximizing your genetic potential and breaking all barriers that have been hardwired into your DNA. You will experience the edge. The question is: will you come back for more?

Consult with a physician prior to beginning any exercise or exercise program, including FST-7. When undertaking any exercise activity, there is a risk of injury. You should be healthy and familiar with the proper form, techniques, and preparation for the exercises you undertake and the equipment you use. Always use safe techniques and protective equipment when engaging in exercise. If you are unfamiliar with the proper and safe techniques and equipment for the exercises you intend to perform, please seek advice and assistance before performing them. If you are in poor health or are handicapped, ask for the opinion of your physician or health care provider, and exercise only under qualified supervision. Discontinue exercising if you experience any light headaches, dizziness, shortness of breath, or discomfort, and consult your physician or other health care provider.

FST-7 HARD BODY BLUEPRINT, Level 1

Taking your physique beyond where you thought was possible.

E

FUELED BY EVOGEN NUTRITION

Remember, FST-7 sets the standard for you optimizing your physique's genetic potential. This incredible system was designed by trainer of champions and Evogen Nutrition CEO Hany "The Pro Creator" Rambod with a purpose. It's going to require a level of dedication you're probably not use to, so if you're the type of athlete that quits easily, just stop reading now and delete this eBook. However, if you're the type of athlete who's got what it takes and holds yourself to a higher standard —the Evogen Elite standard —then let's get this going and keep reading.

FST-7 BLUEPRINT TRAINING SPLIT

DAY	TARGET
MONDAY	BACK + TRICEPS
TUESDAY	SHOULDERS + BICEPS
WEDNESDAY	LEGS + ABS
THURSDAY	CHEST + CALVES
FRIDAY	BICEPS + TRICEPS
SATURDAY	OFF
SUNDAY	OFF

KEY POINTS TO REMEMBER

PRIORITIZATION. When focusing on weaker body parts that can be potentially exhausted when focusing on another muscle group (triceps vs. chest), prioritize the training of the weaker body part. This particular blueprint is designed to prioritize arm training over four weeks.



HYDRATION. Staying well hydrated before and after training while also having an intra-workout drink, such as Cell KEM with plenty of water, is crucial to success. FST-7 requires adequate hydration to maintain enhanced blood and muscle volume. Strive to drink at least one gallon of water during the day as well as an intra-workout drink.

ECCENTRIC MOTION. Often referred to as the "negative" portion of the exercise movement. By slowing down the eccentric portion of the motion, you're able to stimulate the muscle in a much more dramatic fashion. For example, the hamstrings primarily consist of type II muscle fibers (fast twitch), so to accurately stimulate their growth, apply loads in a slow and controlled manner to shock them.

TIME UNDER TENSION. Slow, controlled reps that utilize isometric holds and slow eccentric motion. Try integrating these where you can to increase the intensity. You may need to drop the poundage a bit, but employing this technique properly can help establish a strong mind/muscle connection while providing maximum muscle stimulation.

INTENSITY MULTIPLIERS. Rambod likes to apply these as part of his **Chaos Methodology**. While training, most athletes like to add a few partials, pause reps, or forced reps into the exercise. However, they only typically use one at a time. Rambod prefers to mix it up and add many into a single exercise to fully stimulate the muscle in an extreme manner. There's a reason FST-7 works on the best physiques out there, and this is one of the principles used to achieve physique perfection. Ideally, you would try this with a knowledgeable training partner.

DYNAMIC WARM-UP PROTOCOLS

A key element to FST-7's success requires maximizing blood flow to the working muscles. Without maximal blood flow and fluid volume in the muscle it is impossible to experience the dramatic effects of fascia stretch training. Another crucial factor is being able to apply the proper loads to your working muscles. In order to achieve this, you must be properly warmed up. These simple dynamic warm-up protocols will get the blood flowing and prime your muscles and joints for FST-7. While you may have your own protocol, it is important that these specific protocols are utilized as well.

DYNAMIC WARM-UP PROTOCOL

A

MOVEMENT	SPEED/TIME
Treadmill, 3% incline	3mph/10 minutes walking

3 ROUNDS

Air squats	10 reps
Walking lunges	10 reps per leg
Hyper extensions	15 reps

DYNAMIC WARM-UP PROTOCOL

B

MOVEMENT	SPEED/TIME
Upright Bike	Level 6 for 10 minutes

3 ROUNDS

Push ups	10 reps
Light banded up right rows	10 reps
Underhand lat pull downs	10 reps



FST-7 BLUEPRINT > WEEKS 1 & 3

WHEY PROTEIN ISOLATE

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FEATURES ADVANCED PROTEIN ENZYME RELEASE TECHNOLOGY

- > 25g Ultra-Pure Whey Protein Isolate
- > 1g Carbohydrates Per Serving
- > .5g Fats Per Serving
- > 110 Calories Per Serving

*Macros based on Vanilla Bean flavor



Available in great tasting Vanilla Bean, Chocolate, Cinnamon Roll, Chocolate Peanut Butter, and Unflavored



Back & Triceps Blast *Dynamic Warm-Up Protocol B*

MONDAY

EXERCISE	SETS	REPS
Reverse Grip Pull Down	3	10-12
V-Bar Pull Down	3	8-10
Reverse Grip Barbell Row	3	8-10
Low Cable Row** <i>Wide Bar, Palms Facing</i>	3	10-12
FST-7 Straight Arm Pull Down†	7	8-12
Rope Push Down*	3	10-12
Close-Grip Bench Press	3	8-10
Weighted Dips**	3	8-10
FST-7 Overhead Cable Extension†	7	8-12

*Rest 30-45 seconds between sets; **Add five partial reps your last set.
† Advanced users contract the muscle during FST-7 "rest" period.

70 SECONDS ON FST-7

VIDEO TIPS

Every Thursday morning, Hany Rambod releases a new tip-of-the-week on the EvogenNutrition.com site where you can learn more about FST-7 exercises and unique training tips.

Shoulders & Biceps Blast *Dynamic Warm-Up Protocol B*

TUESDAY

EXERCISE	SETS	REPS
Seated Lateral Raises**	4	10-12
Seated Dumbbell Press	4	8-10
Spider Bench Front Raises**	3	8-10
FST-7 Standing Lateral Raises†	7	8-12
FST-7 Straight-Bar Spider Curls†	7	10-12
Standing EZ-Bar Curls**	3	8-10
Machine Preacher Curls**	3	8-10
FST-7 Rope Hammer Curl†	7	10-12

*Rest 30-45 seconds between sets; **Add five partial reps your last set.
† Advanced users contract the muscle during FST-7 "rest" period.

FST-7 BLUEPRINT > WEEKS 1 & 3



FST-7 TRAINING TIP

JEREMY BUENDIA

“Since being introduced to Hany’s FST-7 training program I have taken my physique to a whole new level. This method has helped me understand how my body works and helped me make the necessary improvements to become the two-time Men’s Physique Olympia champion! This type of training increased my gym IQ by forcing me to understand and feel what was going on physiologically within each muscle I target. It’s not about the weight your pushing, it’s about feeling the weight, and optimizing the pump.”

Legs & Abs *Dynamic Warm-Up Protocol A*

WEDNESDAY

EXERCISE	SETS	REPS
Leg Extensions**	4	12–15
Squats	3	8–10
Hack Squats	3	8–10
FST-7 Leg Press†	7	15–20
Seated Leg Curls	3	10–12
Stiff-Leg Deadlifts	3	8–10
FST-7 Lying Leg Curls†	7	8–12
Reverse Crunch***	4	14–20
Medicine Ball Russian Twist***	4	14–20
V-Ups***	4	14–20
Mountain Climbers	4	Failure

*Rest 30–45 seconds between sets. **Add five partial reps your last set. ***Abs exercises are done in a circuit with no rest between sets with one minute rest after each completed circuit. †Advanced users contract the muscle during FST-7 “rest” period.

Chest & Calves *Dynamic Warm-Up Protocol B*

THURSDAY

EXERCISE	SETS	REPS
Hammer Strength Incline Press**	4	10–12
Flat Bench Fly	3	8–10
Machine Bench Press	3	8–10
FST-7 Standing Cable Fly†	7	10–12
Standing Calf Raises	4	15–20
Leg Press Calf Raises	4	15–20
FST-7 Seated Calf Raises†	7	15–20

*Rest 30–45 seconds between sets; **Add five partial reps your last set. † Advanced users contract the muscle during FST-7 “rest” period.

Biceps & Triceps *Dynamic Warm-Up Protocol B*

FRIDAY

EXERCISE	SETS	REPS
FST-7 Seated Dumbbell Curls†	7	10–12
Incline Dumbbell Curls**	3	8–10
Machine Preacher Curls**	3	8–10
FST-7 Straight-Bar Spider Curls†	7	10–12
Reverse Grip Cable Extension†	3	10–12
Close-Grip Bench Press	3	8–10
Laying Overhead Ext. <i>Cambered Bar</i>	3	8–10
FST-7 Rope Push Down†	7	8–12

*Rest 30–45 seconds between sets; **Add five partial reps your last set. † Advanced users contract the muscle during FST-7 “rest” period.

FST-7 BLUEPRINT > WEEKS 2 & 4

Back & Triceps Blast *Dynamic Warm-Up Protocol B*

MONDAY

EXERCISE	SETS	REPS
Overhand Pull Down	3	10-12
V-Bar Pull Down	3	8-10
Overhand Barbell Row	3	8-10
V-Bar Cable Row**	3	10-12
FST-7 Straight Arm Pull Down*†	7	8-12
Rope Push Down*	3	10-12
Close-Grip Bench Press	3	8-10
Weighted Dips**	3	8-10
FST-7 Overhead Cable Extension*†	7	8-12

*Rest 30-45 seconds between sets; **Add five partial reps your last set.
† Advanced users contract the muscle during FST-7 "rest" period.



Shoulders & Biceps Blast *Dynamic Warm-Up Protocol B*

TUESDAY

EXERCISE	SETS	REPS
Seated Dumbbell Press**	4	10-12
Seated Lateral Raises	4	8-10
Standing Lateral Raises**	3	8-10
FST-7 Spider Bench Front Raises*†	7	8-12
FST-7 Straight-Bar Spider Curls*†	7	10-12
Preacher Curls**	3	8-10
Incline Dumbbell Curls**	3	8-10
FST-7 Standing EZ-Bar Curls*†	7	10-12

*Rest 30-45 seconds between sets; **Add five partial reps your last set.
† Advanced users contract the muscle during FST-7 "rest" period.

PRE-WORKOUT ENERGY

EVP® Plus

- > Ignites Massive Skin Splitting Pumps
- > Clean Energy Complex Boosts Energy, Focus and Performance, No Crash
- > Carbohydrate and Sugar Free
- > Maximum Potency & Absorption
- > Contains FUSIL®, the Anabolic Trigger to Switch on NEW Muscle Growth



Available in great tasting Peach Mango, and Raspberry Lemonade (40 servings).

FST-7 BLUEPRINT > WEEKS 2 & 4



Legs & Abs *Dynamic Warm-Up Protocol A*

WEDNESDAY

EXERCISE	SETS	REPS
Dumbbell Lunges	4	10-12
Squats	3	8-10
Leg Press	3	8-10
FST-7 Leg Extensions [†]	7	15-20
Reverse Hack Squats	3	10-12
Stiff-Leg Deadlifts	3	8-10
FST-7 Seated Leg Curls [†]	7	8-12
Crunches ^{***}	4	14-20
Medicine Ball Russian Twist ^{***}	4	14-20
Hanging Leg Raises	4	14-20
V-Ups ^{***}	4	Failure

*Rest 30-45 seconds between sets. **Add five partial reps your last set. ***Abs exercises are done in a circuit with no rest between sets with one minute rest after each completed circuit. †Advanced users contract the muscle during FST-7 "rest" period.

Chest & Abs *Dynamic Warm-Up Protocol B*

THURSDAY

EXERCISE	SETS	REPS
Flat Bench Fly	4	10-12
Hammer Strength Incline Press	3	8-10
Hammer Strength Low Press	3	8-10
FST-7 Machine Bench Press [†]	7	10-12
Leg Press Calf Raises	4	16-20
FST-7 Standing Calf Raises [†]	7	16-20

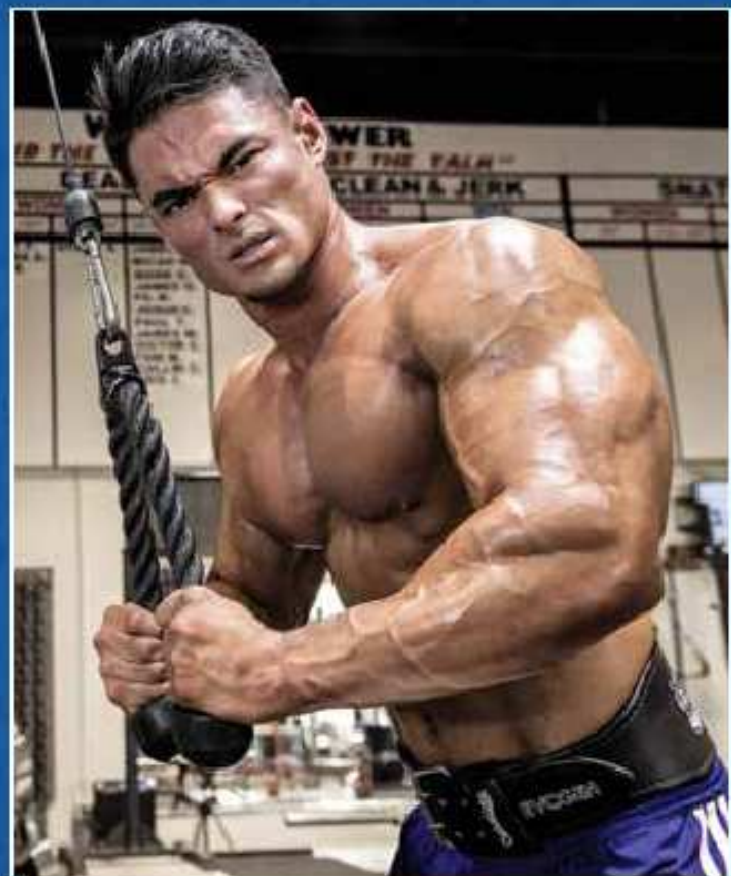
*Rest 30-45 seconds between sets; **Add five partial reps your last set. †Advanced users contract the muscle during FST-7 "rest" period.

Biceps & Triceps *Dynamic Warm-Up Protocol B*

FRIDAY

EXERCISE	SETS	REPS
FST-7 Straight-Bar Spider Curls [†]	7	10-12
Incline Dumbbell Curls ^{**}	3	8-10
Machine Preacher Curls ^{**}	3	8-10
FST-7 Seated Dumbbell Curls [†]	7	10-12
Close-Grip Bench Press	3	10-12
Dumbbell Skull Crushers	3	8-10
Laying Overhead Ext. <i>Cambered Bar</i>	3	8-10
FST-7 Overhead Rope Extensions [†]	7	8-12

*Rest 30-45 seconds between sets; **Add five partial reps your last set. †Advanced users contract the muscle during FST-7 "rest" period.



NUTRIENT TIMING 101

BLUEPRINT DIET & SUPPLEMENT PLAN

If your diet isn't on point, FST-7 will not be successful whether you are cutting or bulking. In order to achieve maximum recovery, you must eat frequently and get the majority of your calories from clean whole foods. However, supplementation is also critical to your success when maintaining a full blown "3D" appearance while training with FST-7. *The key to success with this program is in the timing of your whole foods and when supplements are integrated throughout the day.*



LEVEL 1 > EVOGEN BLUEPRINT STACK

Product	Servings	Timing	Purpose
EVP® Plus	1–2	25–30m Pre-training	Increases energy, muscle volume, etc.
AminoJect™	1	Stack with EVP Plus Pre-training	Pre-loads the body with BCAAs and electrolytes, while shutting down catabolic pathways.
Cell KEM™	1–2	While training	Accelerates anabolic pathways, recovery, nitric oxide delivery, and power output while training.
IsoJect™	1–2	Post training	Post workout protein facilitates recovery.

LEVEL 1 > DIET & SUPPLEMENT PLAN

MEAL	WHOLE FOODS & SUPPLEMENTS
BREAKFAST	Multivitamin, 6 egg whites, 1 omega egg, 3/4 cup oatmeal, 2 pc turkey bacon, 1/2 cup berries
MID-MORNING SNACK	1 tbsp natural peanut butter, 1-2 servings Isoject protein powder
LUNCH	Handful Almonds, 8 oz turkey breast, 2 cups mixed greens, 1 cup brown rice
MID-AFTERNOON MEAL	8 oz chicken breast, 6-8 oz yam, 1 cup mixed greens
PRE-TRAINING	1–2 servings EVP Plus, 1 serving Aminoject
DURING TRAINING	1–2 servings Cell KEM
POST WORKOUT	1–2 servings Isoject protein powder
DINNER	Multivitamin, 8 oz salmon (alternate daily with chicken), 1 cup asparagus, 1 cup brown rice

EVOGEN PRODUCT EDUCATION



EVP® Plus

ELITE PRE-WORKOUT SOLUTION **with Energy**

- > Ignites Massive Skin Splitting Pumps
- > Clean Energy Complex Boosts Energy, Focus and Performance, No Crash
- > Carbohydrate and Sugar Free
- > Maximum Potency & Absorption
- > Contains FUSIL®, the Anabolic Trigger to Switch on NEW Muscle Growth

AminoJect™

PREMIUM AMINO ACID ACCELERATOR

- > Helps Facilitate Recovery, Repair, and Reduces Muscle Soreness
- > Fermented Plant Based BCAAs (2:1:1)
- > 6g Fermented BCAAs
- > 5g Fermented Glutamine
- > 1g Citrulline Malate
- > Revolutionary Electrolyte Blend

Cell KEM™

CELLULAR KINETIC EXPANSION MATRIX

- > Fermented Plant Based BCAAs (4:1:1)
- > Creatine Gluconate
- > Anti-Catabolic Formula with Two Types of Pharmaceutical Grade Glutamine
- > Antioxidants to Neutralize Free Radicals
- > Loaded with Electrolytes
- > No Carbohydrates and No Sugar

IsoJect™

ULTRA PURE WHEY ISOLATE

- > Features Advanced Protein Enzyme Release Technology
- > 25g Ultra-Pure Whey Protein Isolate
- > 1g Carbohydrates Per Serving
- > .5g Fats Per Serving
- > 110 Calories Per Serving

*Macros based on Vanilla Bean flavor

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WHAT DOES EVOGEN ELITE MEAN?

A key group of athletes whose sole desire is to take their bodies to the absolute limit in the pursuit of breaking their genetic potential.

DO YOU WANT TO JOIN THE EVOGEN ELITE MOVEMENT?

It's pretty simple. If you display the type of enthusiasm and commitment day in and day out that exemplifies the Evogen Elite mentality, then let us know. Hashtag **#EvogenElite** and tag us in your photos on social media to show us your progress. Whether it's your displays of physique perfection, feats of strength, or your progress we will be watching. It's a great way to win free swag and potentially be invited to be one of our elite brand ambassadors.



WHERE TO FIND MORE FST-7



Hany and Jeremy's FST-7 Shoulders and Triceps Workout

Your upper body will never look the same after Hany and Jeremy's FST-7 shoulders and triceps workout! Prepare for an epic pump and extreme growth. (Complete 40-minute workout)

Hany and Jeremy's FST-7 Back and Abs Workout

Widen your lats and etch those abs with this epic FST-7 workout from pro trainer Hany Rambod and 2X Physique Olympia Champ Jeremy Buendia! (Complete 26-minute workout)

Hany and Jeremy's FST-7 Chest and Biceps Workout

Watch and learn from Hany Rambod, one of the best trainers in the world, as he takes 2015 Physique Olympia Champion Jeremy Buendia through a brutal FST-7 chest and biceps workout! (Complete 35-minute workout)

[Bodybuilding.com > Build Big Arms with Hany Rambod's FST-7 Workout](#)

Prioritize your arm training with this hyper-intense technique for explosive biceps and triceps growth.

[> Shred Like Buendia FST-7 Arms Powered by Evogen](#)

Olympia Champion Jeremy Buendia is ARMED FOR BATTLE. Filmed approximately 6 weeks out from the 2015 Mr. Olympia, Jeremy gives you an intense workout featuring Pro Creator Hany Rambod's FST-7 program as he walks you through arms.

[> IFBB Pros Jeremy Buendia and Tory Woodward FST-7 Shoulder Training](#)

Jeremy Buendia and Tory Woodward utilize FST-7 Shoulder Training 16 days out from the 2014 Mr. Olympia.

[> IFBB Men's Physique Pro Jeremy Buendia Trains Upper Lats with Hany Rambod](#)

Hany Rambod trains Jeremy Buendia, IFBB Men's Physique Pro, on upper lats, including tips on how to create a V-taper.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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