

THE SURGE CHALLENGE

**Load, Stimulate, and Build
NEW MUSCLE**

by Ellington Darden, Ph.D.

VERSION 1.0

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Published by T Nation LLC

My First Pumped Loaded Stretch

It was the spring of 1968, and I had just placed 5th in the AAU Mr. Texas contest. I was a little down because I thought I should've placed higher. So on my way back home, I decided to stop in Austin and visit Danny Ilse. Danny had won Mr. Texas in 1962, and he always had good training advice for me.

I found Danny at the local gym, and I decided to train with him. I began by doing barbell squats, followed by dumbbell pullovers. Dumbbell pullovers were one of my favorite exercises, and I had a particular groove that I could get into, giving me a deep stretch and enabling me to arch and breathe as my lats expanded. Then I smoothly pulled out of the stretch and contracted my lats hard, catapulting the dumbbell over my chest under control. The pump was enormous, and the stretch intense.

Danny was critical of my great range of movement, saying that I should avoid it. The extreme stretch, I told Danny, felt right to me. It felt right because it pumped my lats like nothing else. And it generated additional lat and chest development and mid-back flexibility, giving me an unbeatably dominant side chest pose.

History would show I was right. I won the Mr. Texas contest the following year – and my lats and ribcage were the primary reasons for my success.

Friends, the Feel, and New Muscle

I've learned a lot from my bodybuilding friends, both what to do and what not to do. Some individuals who come to mind are Danny Ilse, Ronnie Ray, Boyer Coe, Casey Viator, Mike Mentzer, Ray Mentzer, Arthur Jones, Kim Wood, Ken Leistner, Roger Schwab, Jim Flanagan, and Tim Patterson.

I've watched these men train, and I've acquired specific details about success and failure.

For example, I've mentioned the importance of achieving the precise stretch in doing a dumbbell pullover. What about getting that growth-stimulating stretch in other muscles? In

the Surge Challenge, you will learn the best positions for the biceps, triceps, pectorals, and gastrocnemius.

What about the deltoids? Have you ever heard about a growth-producing deltoid stretch? Probably not. My friend Tim Patterson recently showed me some deltoid stretches that are amazing and results-creating. You'll experience the application of these and more.

Much of proper training involves mastering the "feel" – the feel of doing a rep just right, the feel of the muscle contracting and un-contracting, and the feel of getting a body part pumped. Working the feel is what elite bodybuilders and athletes do. It's an easy concept to grasp and far exceeds any external measure.

From day one, you'll feel things going on inside your muscles that you've seldom experienced before. Those feelings signal you're growing new muscle.

The Surge Challenge involves nine body-part blocks: Chest, Biceps, Triceps, Legs, Lats, Shoulders, Thighs, Forearms, and Calves.

Each of the nine blocks consists of three phases (sets), characterized by Pump, Stimulate, and Flutter. It's essential to understand how to do each phase.

Rep Performance

The program includes fast reps and slow reps. Regardless of the speed, move smoothly and avoid impact in the top and bottom positions. Explosive movements are safe when done correctly. So focus on feeling the muscles contracting and un-contracting while the joints move. Accelerate smoothly and carefully.

Loaded Stretch

For loaded stretches, hold a bottom position that feels safe. For pullups, most people can safely hang in a full stretch.

For bench press, you'll want to protect the shoulders with a hold that's an inch or so above a full stretch. It's a simple rule: Always be and feel safe, or don't do it.

Going to Failure

Don't go to failure. Going to failure overtaxes the nervous system for no benefit. It depletes CNS (central nervous system) reserves and limits the amount of continued mechanical muscle-fiber stimulation. When in doubt, go lighter.

Weight Selection

You want to create layers of effects in targeted muscles. To do that, you have to avoid excessive fatigue to keep the muscles performing during each phase (set).

The correct resistance falls within about a 20-percent range. The best way to describe it is, you'll know when the weight is too heavy or too light – so if it's not too heavy or too light, it's just right.

Reduce the weight a little if you're getting anywhere close to failure. In contrast, add a little weight if you're not feeling the resistance working.

Pump Phase

Select a weight that allows for laser concentration and optimal feel. Think continuous pumping movement. Use smooth, rhythmic reps, going about one second up and one second down for most exercises. Take no pauses in the top and bottom positions. Turn around right before lockout on pressing movements (locking out takes too much load off the muscles). Don't slow down as the muscles pump up and the set progresses.

Afterward, rest the involved body part for 60 seconds and allow the muscles to engorge fully. Then, move quickly to the Stimulate Phase.

Stimulate Phase

Again, select a weight that allows for laser concentration and optimal feel. The first rep begins in the bottom position with a 10-second stretch/hold. Make sure to breathe during the hold.

Then ease out of the bottom stretch and launch the resistance with force to the top (activating the fast-twitch fibers). Don't throw the weight. Be quick, but then slow down toward the top.

Lower from the top to the halfway point in about one second, then take 5 seconds lowering from the halfway point to the bottom stretch.

Pause briefly in the bottom (about one second) and repeat, using this performance style, for 8-10 reps.

End the last rep with a 10-second stretch/hold in the bottom position (like you did on the first rep).

Afterward, rest the involved body part for 60 seconds and allow the muscles to engorge fully. Then, move quickly to the Flutter Phase.

Flutter Phase

Flutter reps activate fast-twitch fibers while further increasing the pump. This is the block's last phase, so stay focused.

Use a lighter weight that'll allow you to do midrange flutters for about 20 seconds. Take some time to experiment to get the feel of this technique.

Begin by moving the weight into the mid (halfway) position, where you're going to do a series of quick finisher reps in the midrange, traveling only about 4-8 inches (depending upon the exercise). At first, this may even feel and look like you're "cheating."

You want to take advantage of the stretch reflex, like when bouncing up and down in the mid position of a calf-raise finisher set. Most of us have seen or done that.

The action loop is a controlled drop, followed by a launch, followed by a controlled drop.

Flutter reps, done correctly, should feel automatic and almost effortless. Continue until you begin to slow down naturally, usually after 20 seconds, when you end the set.

At the end of the Flutter phase, you should feel a growth-stimulating super-pump that can last long after the workout ends.

Workout 2-Week Blocks

We've planned two training phases. Each phase consists of six workouts (a total of 12 workouts over 4 weeks). We'll email Phase 1 shortly before the Surge Challenge begins, and Phase 2 approximately 10 days later.

Surge® Workout Fuel

I saved Surge Workout Fuel for the end because I want to leave you with a lasting impression of its importance. Saying your results are dependent on Surge Workout Fuel is an understatement – and that assessment is based solely on *my* personal and professional experience.

I wouldn't have and couldn't have developed my *New Muscle* training system without Surge Workout Fuel.

Pumping a muscle with supraphysiologic levels of blood filled with agents that stimulate intracellular growth signaling and protein synthesis, optimize intracellular pH, sustain boosted nitric oxide, and markedly extend work capacity and performance is beyond my educated comprehension.

And Surge Workout Fuel does all of that and more. But I had to experience these effects to fully appreciate and *understand* the impact on training and building muscle.

To give insight on what to expect from Surge Workout Fuel and to show how much I depend on it, I'm going to share what Tim Patterson told me about it in a personal conversation. Here's what he said when no one else was listening:

"Ellington, Biotest doesn't make supplements for the general fitness market. Our sole focus is on providing competitive advantages to elite athletes, first responders, battle-ready soldiers, actors preparing for movie roles, and those whose lives and careers depend on their bodies performing beyond their known limits.

"And, we'll sell some of our formulas to folks like you, too (he laughs).

"We're tasked with making huge differences. Our reputation is on the line every time we accept a challenge. And we thrive on the intensity.

"Each ingredient in Surge Workout Fuel is well-thought-out, competitively tested, and included for a distinct purpose.

"For example, years ago, when BCAAs were all the rage, I told Dr. Tim Ziegenfuss that we found BCAAs didn't work and that L-leucine is the key amino acid triggering protein synthesis. We were later proved right. Our exact dosing is in the Surge formula.

"I had numerous conversations with the premiere beta-alanine research scientist, Dr. Jeffrey Stout, about dosing. Finding it was a cumulative process requiring 179 grams loaded over several months, we developed the maximum dosing protocol that delivers optimal performance, which is in Surge Workout Fuel.

"Even the electrolytes we use were tested in competitive cyclists, at altitude, in the summer heat. These athletes were losing about six pounds of water from training. We were able to keep the cyclists well hydrated and coming in from training at or slightly above starting weight.

"I can go on about the other ingredients, but to save time, I'll give you – my friend of 36 years – this guarantee. I know this sounds like one of those infomercials about a magic hose, cooking utensil, or some such – BUT you can't out-train Surge Workout Fuel. It's simply impossible and I mean every word.

"You'll gain muscle faster, significantly increase work capacity, sustain intensity levels, recover quicker, and virtually eliminate soreness. And the difference will be amazing."

Then Tim ended the conversation with this:

"Ellington, if you watch the video on how to mix and dose the formula and you don't screw it up – *Can you do that?* – I challenge you to try to break Surge Workout Fuel. See if it's not even better than I've described."

Tim was right, Surge Workout Fuel does work better than he promised. And the best thing I can think to do is to deliver the same challenge to you.

I've designed a training system that takes full advantage of the Surge phenomenon, and you're getting it all for free with no strings attached other than *doing the plan and reporting your experience*.

Be "Awake" During Your Experience

I love everything about muscle. And when I look back at the last 60 years of my muscle-building quest, I have a priceless treasure of *experiences*. You need to be aware that Tim and I will do everything possible to help you build a treasure of your own.

We used to drive across the country to visit our mentors and colleagues to learn, compare notes, and for advice. It was *Pumping Iron* old-school, and it was awesome. And we're committed to delivering the same kind of old-school experience to you, and we can do it all in person on the forums, with video, and even with phone calls.

So don't miss out! Challenge us to deliver the best training experience of your life by asking us questions and posting comments, photos, and updates.

Working out the kinks to get you the same exact results we see and expect is what we do.

I'll leave you with this final thought:

Participate. *And give it all you got!*

You may never have another experience like this.