

Hypertrophy and Strength Phase 1

For this cycle, you will train 3 days out of 5 on the following split: Chest and Back / Legs / Off / Arms and Shoulders / Off / Repeat. You'll complete each workout 6 times in a single month's time. Your set and rep bracket changes as the cycle progresses, in favor of heavier weights and more work sets. Your 3rd and 6th exposures to each workout are de-loads, so you will keep your weights heavy and reduce your volume to drive recovery.

Hypertrophy and Strength Phase 1: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	30 Degree Incline DB Bench Press	1	4	12,10,8,8	30X0	120	Neutral grip
		2	4	10,8,8,6	30X0	120	
		3	2	8-10	30X0	120	
		4	5	10,8,6,6,6	30X0	120	
		5	5	8,8,6,6,4	30X0	120	
		6	2	6-8	30X0	120	
A2	Mid-Supinated Grip Lat Pulldown	1	4	12,10,8,8	3011	120	
		2	4	10,8,8,6	3011	120	
		3	2	8-10	3011	120	
		4	5	10,8,6,6,6	3011	120	
		5	5	8,8,6,6,4	3011	120	
		6	2	6-8	3011	120	
B1	10 Degree Incline Cable Chest Fly	1	3	12-15	3011	75	
		2	3	10-12	3011	75	
		3	1	10-12	3011	75	
		4	4	10-12	3011	75	
		5	4	8-10	3011	75	
		6	1	8-10	3011	75	
B2	1-Arm DB Row	1	3	12-15 ea	3011	75	
		2	3	10-12 ea	3011	75	
		3	1	10-12 ea	3011	75	
		4	4	10-12 ea	3011	75	
		5	4	8-10 ea	3011	75	
		6	1	8-10 ea	3011	75	
C	DB Pullover (Triple drop set)	1	1	12+12+12	2210	10	Rest 10 seconds between drops
		2	1	12+12+12	2210	10	
		3	1	10+10+10	2210	10	
		4	1	10+10+10	2210	10	
		5	1	8+8+8	2210	10	
		6	1	8+8+8	2210	10	

Hypertrophy and Strength Phase 1: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Low Pulley Split Squat - FFE 6"	1	4	12,10,8,8 ea	31X0	120	Keep an upright torso and begin by breaking at the knees
		2	4	10,8,8,6 ea	31X0	120	
		3	2	8-10 ea	31X0	120	
		4	5	10,8,6,6,6 ea	31X0	120	
		5	5	8,8,6,6,4 ea	31X0	120	
		6	2	6-8 ea	31X0	120	
A2	1-Leg Lying Leg Curl - toes PF and IN	1	4	12,10,8,8 ea	30X0	120	
		2	4	10,8,8,6 ea	30X0	120	
		3	2	8-10 ea	30X0	120	
		4	5	10,8,6,6,6 ea	30X0	120	
		5	5	8,8,6,6,4 ea	30X0	120	
		6	2	6-8 ea	30X0	120	
B1	Paused Leg Press - feet narrow and low	1	3	12-15	3210	120	
		2	3	10-12	3210	120	
		3	1	10-12	3210	120	
		4	4	10-12	3210	120	
		5	4	8-10	3210	120	
		6	1	8-10	3210	120	
B2	Paused Dumbbell RDL	1	3	12-15	3210	120	Pause in the stretched position on each set
		2	3	10-12	3210	120	
		3	1	10-12	3210	120	
		4	4	10-12	3210	120	
		5	4	8-10	3210	120	
		6	1	8-10	3210	120	
C	Standing Calf Raise - drop sets	1	1	12+12+12	2210	10	10 sec rest between drops
		2	1	12+12+12	2210	10	
		3	1	10+10+10	2210	10	
		4	1	10+10+10	2210	10	
		5	1	8+8+8	2210	10	
		6	1	8+8+8	2210	10	

Hypertrophy and Strength Phase 1: Day 4 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Flat Powell Raise	1	3	12-15 ea	4010	75	
		2	3	10-12 ea	4010	75	
		3	1	10-12 ea	4010	75	
		4	4	10-12 ea	4010	75	
		5	4	8-10 ea	4010	75	
		6	1	8-10 ea	4010	75	
B1	Standing Mid Reverse Grip EZ Curl	1	4	12,10,8,8	30X0	90	
		2	4	10,8,8,6	30X0	90	
		3	2	8-10	30X0	90	
		4	5	10,8,6,6,6	30X0	90	
		5	5	8,8,6,6,4	30X0	90	
		6	2	6-8	30X0	90	
B2	Paused Dips	1	4	12,10,8,8	32X0	90	
		2	4	10,8,8,6	32X0	90	
		3	2	8-10	32X0	90	
		4	5	10,8,6,6,6	32X0	90	
		5	5	8,8,6,6,4	32X0	90	
		6	2	6-8	32X0	90	
C1	Incline DB Zottman Curl	1	3	12-15	3011	75	
		2	3	10-12	3011	75	
		3	1	10-12	3011	75	
		4	4	10-12	3011	75	
		5	4	8-10	3011	75	
		6	1	8-10	3011	75	
C2	Seated French Press with EZ Bar	1	3	12-15	3011	75	
		2	3	10-12	3011	75	
		3	1	10-12	3011	75	
		4	4	10-12	3011	75	
		5	4	8-10	3011	75	
		6	1	8-10	3011	75	