

Hypertrophy and Strength Phase 2

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. We will be utilizing a post-exhaustion method that incorporates agonist super sets of compound and isolation work for the same body part.

Hypertrophy and Strength Phase 2: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	10 Degree Barbell Incline Chest Press	1	4	8-10	30X0	10	
		2	4	8-10	30X0	10	
		3	2	8-10	30X0	10	
		4	5	6-8	30X0	10	
		5	5	6-8	30X0	10	
		6	2	6-8	30X0	10	
A2	Flat DB Pronating Chest Fly	1	4	12-15	3110	120	
		2	4	12-15	3110	120	
		3	2	12-15	3110	120	
		4	5	10-12	3110	120	
		5	5	10-12	3110	120	
		6	2	10-12	3110	120	
B1	Mid Neutral Grip Chin Ups	1	4	8-10	30X0	10	
		2	4	8-10	30X0	10	
		3	2	8-10	30X0	10	
		4	5	6-8	30X0	10	
		5	5	6-8	30X0	10	
		6	2	6-8	30X0	10	
B2	Straight Arm Lat Pulldown to Thighs	1	4	12-15	3011	120	Stand at a pulley stack and lean your torso forward at a 45 degree angle. Using your lats and keeping your arms straight, pull the bar down to your thighs.
		2	4	12-15	3011	120	
		3	2	12-15	3011	120	
		4	5	10-12	3011	120	
		5	5	10-12	3011	120	
		6	2	10-12	3011	120	
C	1-Arm Bent Over Trap 3 Raise	1	4	12-15	4010	30	
		2	4	12-15	4010	30	
		3	2	12-15	4010	30	
		4	5	10-12	4010	30	
		5	5	10-12	4010	30	
		6	2	10-12	4010	30	



Hypertrophy and Strength Phase 2: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Heels Elevated Back Squat	1	4	8-10	30X0	10		
		2	4	8-10	30X0	10		
		3	2	8-10	30X0	10		
		Optional substitution - Hack squat or Leg Press	4	5	6-8	30X0	10	
		5	5	6-8	30X0	10		
		6	2	6-8	30X0	10		
A2	Alternating DB Lunge	1	4	12-15 ea	20X0	180		
		2	4	12-15 ea	20X0	180		
		3	2	12-15 ea	20X0	180		
		4	5	12-15 ea	20X0	180		
		5	5	12-15 ea	20X0	180		
		6	2	10-12 ea	20X0	180		
B1	Snatch Grip Barbell RDL	1	4	8-10	41X0	10		
		2	4	8-10	41X0	10		
		3	2	8-10	41X0	10		
		Pause in stretched position	4	5	6-8	41X0	10	
		5	5	6-8	41X0	10		
		6	2	6-8	41X0	10		
B2	Seated Leg Curl	1	4	12-15	30X1	180		
		2	4	12-15	30X1	180		
		Optional substitution - Lying leg curl / swiss ball leg curl	3	2	12-15	30X1	180	
		4	5	10-12	30X1	180		
		5	5	10-12	30X1	180		
		6	2	10-12	30X1	180		
C	1-Leg Standing DB Calf Raise	1	4	12-15	1111	30		
		2	4	12-15	1111	30		
		3	2	12-15	1111	30		
		4	5	10-12	1111	30		
		5	5	10-12	1111	30		
		6	2	10-12	1111	30		

Hypertrophy and Strength Phase 2: Day 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Close Grip Bench Press with Chains	1	4	8-10	30X0	10	
		2	4	8-10	30X0	10	
		3	2	8-10	30X0	10	
		4	5	6-8	30X0	10	
		5	5	6-8	30X0	10	
		6	2	6-8	30X0	10	
A2	10 Degree Incline DB Triceps Extension	1	4	12-15	30X0	120	
		2	4	12-15	30X0	120	
		3	2	12-15	30X0	120	
		4	5	10-12	30X0	120	
		5	5	10-12	30X0	120	
		6	2	10-12	30X0	120	
B1	Close Grip Supinated Chin Up	1	4	8-10	30X1	10	
		2	4	8-10	30X1	10	
		3	2	8-10	30X1	10	
		4	5	6-8	30X1	10	
		5	5	6-8	30X1	10	
		6	2	6-8	30X1	10	
B2	Incline DB Curl	1	4	12-15	31X0	120	
		2	4	12-15	31X0	120	
		3	2	12-15	31X0	120	
		4	5	10-12	31X0	120	
		5	5	10-12	31X0	120	
		6	2	10-12	31X0	120	
C	DB Lateral Raise	1	4	12-15	3011	60	
		2	4	12-15	3011	60	
		3	2	12-15	3011	60	
		4	5	10-12	3011	60	
		5	5	10-12	3011	60	
		6	2	10-12	3011	60	