

## Hypertrophy and Strength Phase 3

**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. In this phase, we will cycle onto a version of Advanced German Volume training to make gains in both size and strength**

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Flat Barbell Bench Press	1	10	6	30X0	120	
		2	10	6	30X0	120	
		3	2	5	30X0	120	
		4	10	5	30X0	120	
		5	10	4	30X0	120	
		6	2	4	30X0	120	
A2	Mid-Pronated Lean Away Pull Ups	1	10	6	30X0	120	
		2	10	6	30X0	120	
		3	2	5	30X0	120	
		4	10	5	30X0	120	
		5	10	4	30X0	120	
		6	2	4	30X0	120	
B1	45 Degree Incline DB Press	1	3	6-8	32X0	10	
		2	3	6-8	32X0	10	
		3	1	6-8	32X0	10	
		4	3	4-6	30X0	10	
		5	3	4-6	30X0	10	
		6	1	4-6	30X0	10	
B2	Seated Low Cable Row to Waist	1	3	6-8	3012	30	
		2	3	6-8	3012	30	
		3	1	6-8	3012	30	
		4	3	4-6	3010	30	Mid Neutral Grip
		5	3	4-6	3010	30	
		6	1	4-6	3010	30	

## Hypertrophy and Strength Phase 2: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Back Squat	1	10	6	30X0	120		
		2	10	6	30X0	120		
		3	2	5	30X0	120		
		Optional substitution - Hack squat or Leg Press	4	10	5	30X0	120	
		5	10	4	30X0	120		
		6	2	4	30X0	120		
A2	Lying Leg Curl - toes PF and OUT	1	10	6	30X0	120		
		2	10	6	30X0	120		
		3	2	5	30X0	120		
		4	10	5	30X0	120		
		5	10	4	30X0	120		
		6	2	4	30X0	120		
B1	Seated Calf Raise	1	3	25-30	1010	75		
		2	3	20-25	1010	75		
		3	1	15-20	1010	75		
		4	3	25-30	1010	75		
		5	3	20-25	1010	75		
		6	1	15-20	1010	75		
B2	Rolling Plank	1	3	5-10 ea	101:10	75		
		2	3	5-10 ea	101:10	75	Front plank for 10 seconds, side plank left for 10 seconds, front plank for 10 seconds, side plank right for 10 seconds, etc	
		3	1	5-10 ea	101:10	75		
		4	3	5-10 ea	101:10	75		
		5	3	5-10 ea	101:10	75		
		6	1	5-10 ea	101:10	75		



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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Dips	1	10	6	30X0	90	
		2	10	6	30X0	90	
		3	2	5	30X0	90	
		4	10	5	30X0	90	
		5	10	4	30X0	90	
		6	2	4	30X0	90	
A2	EZ Bar Scott Curl	1	10	6	30X0	90	
		2	10	6	30X0	90	
		3	2	5	30X0	90	
		4	10	5	30X0	90	
		5	10	4	30X0	90	
		6	2	4	30X0	90	
A3	Prone Incline Rear Delt Raise	1	10	6	1016	90	
		2	10	6	1016	90	
		3	2	5	1016	90	Contracted position ISO Hold
		4	10	5	1016	90	
		5	10	4	1016	90	
		6	2	4	1016	90	