

Hypertrophy and Strength Phase 4

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 introduce wave loading across functional hypertrophy / maximal strength parameters to boost both your muscle growth and maximal strength.

Hypertrophy and Strength Phase 4: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused, Flat BB Bench Press w/ Chains	1	6	8,6,4,8,6,4	22X0	120	
		2	6	7,5,3,7,5,3	22X0	120	
		3	2	5-7	22X0	120	
		4	6	6,4,2,6,4,2	22X0	120	
		5	6	5,3,1,5,3,1	22X0	120	
		6	2	2-4	22X0	120	
A2	Paused Narrow Supinated Chin Ups	1	6	8,6,4,8,6,4	20X2	120	
		2	6	7,5,3,7,5,3	20X2	120	
		3	2	5-7	20X2	120	
		4	6	6,4,2,6,4,2	20X2	120	
		5	6	5,3,1,5,3,1	20X2	120	
		6	2	2-4	20X2	120	
B1	30 Deg Incline Neutral Grip DB Press	1	3	8-10	40X0	90	
		2	3	7-9	40X0	90	
		3	1	7-9	40X0	90	1 and 1/4 method - 1/4 rep at chest in stretched position
		4	3	6-8	40X0	90	
		5	4	5-7	40X0	90	
		6	1	4-6	40X0	90	
B2	Prone Incline 2-Arm DB Row to Waist	1	3	8-10	3012	90	
		2	3	7-9	3012	90	
		3	1	7-9	3012	90	1 and 1/4 method - 1/4 rep in contracted position
		4	3	6-8	3010	90	
		5	4	5-7	3010	90	
		6	1	4-6	3010	90	

Hypertrophy and Strength Phase 4: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A	Paused Back Squat with Chains	1	6	8,6,4,8,6,4	22X0	180		
		2	6	7,5,3,7,5,3	22X0	180		
		3	2	5-7	22X0	180		
		Optional substitution - Hack squat or Leg Press	4	6	6,4,2,6,4,2	22X0	180	
		5	6	5,3,1,5,3,1	22X0	180		
		6	2	2-4	22X0	180		
B	Snatch Grip Deadlift	1	6	8,6,4,8,6,4	42X0	180		
		2	6	7,5,3,7,5,3	42X0	180		
		3	2	5-7	42X0	180		
		4	6	6,4,2,6,4,2	42X0	180		
		5	6	5,3,1,5,3,1	42X0	180		
		6	2	2-4	42X0	180		
C1	Kneeling Leg Curl	1	3	8-10 ea	30X1	30		
		2	3	7-9 ea	30X1	30		
		3	1	7-9 ea	30X1	30	1 and 1/4 method - 1/4 rep in contracted position	
		4	3	6-8 ea	30X1	30		
		5	4	5-7 ea	30X1	30		
		6	1	4-6 ea	30X1	30		
C2	1-Leg DB Calf Raise	1	3	8-10 ea	1511	30		
		2	3	7-9 ea	1511	30		
		3	1	7-9 ea	1511	30	Long pause in deep stretched position and short pause in contracted position	
		4	3	6-8 ea	1511	30		
		5	4	5-7 ea	1511	30		
		6	1	4-6 ea	1511	30		
C3	1-Arm Heavy Farmer's Carry	1	3	60m ach	SLOW	90		
		2	3	40m each	SLOW	90	Keep a neutral, upright spine and take short steps, keeping your pelvis level and breathing behind your braced torso	
		3	1	40m each	SLOW	90		
		4	3	30m each	SLOW	90		
		5	4	20m each	SLOW	90		
		6	1	20m each	SLOW	90		

Hypertrophy and Strength Phase 4: Day 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Seated 80 Deg Barbell Press from Pins Add chains if you have them	1	6	8,6,4,8,6,4	22X0	120	Set rack supports so barbell is at your hairline when it is resting on the pins. Pause each rep on the pins for 2 seconds
		2	6	7,5,3,7,5,3	22X0	120	
		3	2	5-7	22X0	120	
		4	6	6,4,2,6,4,2	22X0	120	
		5	6	5,3,1,5,3,1	22X0	120	
		6	2	2-4	22X0	120	
A2	Thick DB Incline Hammer Curl	1	6	8,6,4,8,6,4	30X0	120	
		2	6	7,5,3,7,5,3	30X0	120	
		3	2	5-7	30X0	120	
		4	6	6,4,2,6,4,2	30X0	120	
		5	6	5,3,1,5,3,1	30X0	120	
		6	2	2-4	30X0	120	
B1	Decline DB Triceps Extension	1	3	8-10	30X0	90	
		2	3	7-9	30X0	90	
		3	1	7-9	30X0	90	
		4	3	6-8	30X0	90	
		5	4	5-7	30X0	90	
		6	1	4-6	30X0	90	
B2	Standing Close Grip Barbell Curl	1	3	8-10	30X0	90	
		2	3	7-9	30X0	90	
		3	1	7-9	30X0	90	
		4	3	6-8	30X0	90	
		5	4	5-7	30X0	90	
		6	1	4-6	30X0	90	
C	Low Pulley Cross-Pulley Lateral Raise	1	3	20-25	2011	90	
		2	3	15-20	2011	90	
		3	1	15-20	2011	90	
		4	3	12-15	2011	90	
		5	3	10-12	2011	90	
		6	1	8-10	2011	90	