

## **Hypertrophy and Strength Phase 5**

**For this cycle, you will train 4 days out of 5 on the following split: Chest and Back / Legs / Arms / Remedial / Off / Repeat. You'll complete each workout 6 times in a single month's time. For this phase, your rep parameters will stay the same for each workout and you'll vary the loads and the number of 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, you are going to train utilizing Charles's infamous 6-12-25 protocol, hitting a wide array of muscle fibers with each agonist tri-set. This is a fantastic accumulation phase after wave-loading to promote a new hypertrophy stimulus while still preserving a heavy neural component with the 6-rep exercises. If you have to decrease the load on any exercise by more than 20% to hit the rep target, you should stop that pairing for the day, regardless of how many sets you have left.**

## Hypertrophy and Strength Phase 5: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Barbell Thick Bar Bench Press	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	4	4-6	40X0	10	Use regular bar if you don't have a thick bar
		5	5	4-6	40X0	10	
		6	1	4-6	40X0	10	
A2	15 Degree DB Incline Press	1	3	10-12	31X0	10	
		2	3	10-12	31X0	10	
		3	1	10-12	31X0	10	
		4	4	10-12	31X0	10	
		5	5	10-12	31X0	10	
		6	1	10-12	31X0	10	
A3	30 Degree Incline Cable Chest Fly	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	
B1	Wide Neutral Grip Pull Up	1	3	4-6	30X0	10	
		2	3	4-6	30X0	10	
		3	1	4-6	30X0	10	
		4	4	4-6	30X0	10	
		5	5	4-6	30X0	10	
		6	1	4-6	30X0	10	
B2	Supinated Grip Bent Over EZ Bar Row	1	3	10-12	3012	10	
		2	3	10-12	3012	10	
		3	1	10-12	3012	10	
		4	4	10-12	3012	10	
		5	5	10-12	3012	10	
		6	1	10-12	3012	10	
B3	Standing St. Arm Pulldown to Thighs	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	

## Hypertrophy and Strength Phase 5: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Inertia Back Squat	1	3	4-6	32X0	10	Start with barbell on pins at belly button height. Pause the barbell on the pins for a full 2 seconds on each rep before exploding up.
		2	3	4-6	32X0	10	
		3	1	4-6	32X0	10	
		4	4	4-6	32X0	10	
		5	5	4-6	32X0	10	
		6	1	4-6	32X0	10	
A2	Alternating DB Drop Lunge	1	3	10-12	20X0	10	
		2	3	10-12	20X0	10	
		3	1	10-12	20X0	10	
		4	4	10-12	20X0	10	
		5	5	10-12	20X0	10	
		6	1	10-12	20X0	10	
A3	Leg Extension	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	
B1	Glute Ham Raise from Parallel	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	4	4-6	40X0	10	
		5	5	4-6	40X0	10	
		6	1	4-6	40X0	10	
B2	Seated Barbell Good Morning	1	3	10-12	3020	10	
		2	3	10-12	3020	10	
		3	1	10-12	3020	10	
		4	4	10-12	3020	10	
		5	5	10-12	3020	10	
		6	1	10-12	3020	10	
B3	Wide Stance Low Cable Pull-Through	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	

## Hypertrophy and Strength Phase 5: Day 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
<b>A1</b>	<b>Dips</b>	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	4	4-6	40X0	10	
		5	5	4-6	40X0	10	
		6	1	4-6	40X0	10	
<b>A2</b>	<b>Seated EZ Bar French Press</b>	1	3	10-12	31X0	10	
		2	3	10-12	31X0	10	
		3	1	10-12	31X0	10	
		4	4	10-12	31X0	10	
		5	5	10-12	31X0	10	
		6	1	10-12	31X0	10	
<b>A3</b>	<b>Triceps Pressdown with Rope</b>	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	
<b>B1</b>	<b>Thick Bar Scott Curl</b>	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	4	4-6	40X0	10	
		5	5	4-6	40X0	10	
		6	1	4-6	40X0	10	
<b>B2</b>	<b>Incline DB Curl</b>	1	3	10-12	3020	10	
		2	3	10-12	3020	10	
		3	1	10-12	3020	10	
		4	4	10-12	3020	10	
		5	5	10-12	3020	10	
		6	1	10-12	3020	10	
<b>B3</b>	<b>Twin Pulley Biceps Curls</b>	1	3	20-25	2011	180	
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	4	20-25	2011	180	
		5	5	20-25	2011	180	
		6	1	20-25	2011	180	

## Hypertrophy and Strength Phase 5: Day 4 - Remedial Upper Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Bent Over 1-Arm DB Trap 3 Raise	1	2	10-12 ea	4010	60	
		2	2	10-12 ea	4010	60	
		3	1	10-12 ea	4010	60	
		4	3	10-12 ea	4010	60	
		5	3	10-12 ea	4010	60	
		6	1	10-12 ea	4010	60	
A2	Cable 45 Degree Ext. Shoulder Rotation	1	2	10-12 ea	4010	60	
		2	2	10-12 ea	4010	60	
		3	1	10-12 ea	4010	60	
		4	3	10-12 ea	4010	60	
		5	3	10-12 ea	4010	60	
		6	1	10-12 ea	4010	60	
B1	1-Arm Frontal Plane Scap Retraction	1	2	4-6 ea	1016	60	
		2	2	4-6 ea	1016	60	
		3	1	4-6 ea	1016	60	
		4	3	4-6 ea	1016	60	
		5	3	4-6 ea	1016	60	
		6	1	4-6 ea	1016	60	
B2	Flat Powell Raise	1	2	10-12 ea	4010	60	
		2	2	10-12 ea	4010	60	
		3	1	10-12 ea	4010	60	
		4	3	10-12 ea	4010	60	
		5	3	10-12 ea	4010	60	
		6	1	10-12 ea	4010	60	
C	Neck Harness Flexion / Extension	1	2	20-25 ea	2020	60	
		2	2	20-25 ea	2020	60	
		3	1	20-25 ea	2020	60	
		4	2	20-25 ea	2020	60	
		5	2	20-25 ea	2020	60	
		6	1	20-25 ea	2020	60	