

Hypertrophy and Strength Phase 6

For this cycle, you will train 3 days out of 5 on the following split: Chest and Back / Legs / Off / Arms / 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 cycle, we will be doing "functional hypertrophy clusters." Each set will consist of a series of "mini-sets" each done with a 10-second rest between mini-sets, and a full recovery before performing another cluster. Choose a weight that is around double the RM (or slightly lighter) for the first cluster. For example, you would select approximately a 6RM load for 3+3+3+3 clusters. This allows you to successfully complete more reps at a given load than if you performed them without the intra-set rest. On every cycle except for cycles 3 and 6, you will take the last mini-set in each cluster to complete failure, getting as many reps as possible.

Hypertrophy and Strength Phase 6: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	20 Deg Incline Inertia Barbell Press	1	2	5+5+5+5+5+ MAX	22X0	120	Start each rep from a dead-stop on pins set 2-3 inches above chest height
		2	2	4+4+4+4+4+MAX	22X0	120	
		3	1	3+3+3+3	22X0	120	
		4	2	4+4+4+4+4+MAX	22X0	120	
		5	2	3+3+3+3+3+MAX	22X0	120	
		6	1	2+2+2+2+2	22X0	120	
A2	1-Arm Dead Stop DB Row - elbow in	1	2	5+5+5+5+5+ MAX	22X0	120	Reps listed are for each arm
		2	2	4+4+4+4+4+MAX	22X0	120	
		3	1	3+3+3+3	22X0	120	
		4	2	4+4+4+4+4+MAX	22X0	120	
		5	2	3+3+3+3+3+MAX	22X0	120	
		6	1	2+2+2+2+2	22X0	120	
B1	Flat DB Bench Press	1	3	10-12	40X0	90	
		2	4	10-12	40X0	90	
		3	1	8-10	40X0	90	
		4	3	6-8	40X0	90	
		5	4	6-8	40X0	90	
		6	1	4-6	40X0	90	
B2	Wide Neutral Grip Pull Up	1	3	10-12	30X0	90	
		2	4	10-12	30X0	90	
		3	1	8-10	30X0	90	
		4	3	6-8	30X0	90	
		5	4	6-8	30X0	90	
		6	1	4-6	30X0	90	

Hypertrophy and Strength Phase 6: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Leg Press with Bands	1	2	5+5+5+5+5+ MAX	30X0	120	Attach heavy bands to weight pegs and leg press handles. Use a combination of plate weight and band resistance.
		2	2	4+4+4+4+4+MAX	30X0	120	
		3	1	3+3+3+3	30X0	120	
		4	2	4+4+4+4+4+MAX	30X0	120	
		5	2	3+3+3+3+3+MAX	30X0	120	
		6	1	2+2+2+2+2	30X0	120	
A2	1-Leg Lying Leg Curl - Toes PF and IN	1	2	5+5+5+5+5+ MAX	40X0	120	Reps listed are for each leg
		2	2	4+4+4+4+4+MAX	40X0	120	
		3	1	3+3+3+3	40X0	120	
		4	2	4+4+4+4+4+MAX	40X0	120	
		5	2	3+3+3+3+3+MAX	40X0	120	
		6	1	2+2+2+2+2	40X0	120	
B1	1 and 1/4 Hack Squat	1	3	10-12	3110	100	
		2	4	10-12	3110	100	
		3	1	8-10	3110	100	
		4	3	6-8	3110	100	
		5	4	6-8	3110	100	
		6	1	4-6	3110	100	
B2	Clean Grip Barbell RDL	1	3	10-12	40X0	100	
		2	4	10-12	40X0	100	
		3	1	8-10	40X0	100	
		4	3	6-8	40X0	100	
		5	4	6-8	40X0	100	
		6	1	4-6	40X0	100	
C	Landmine Torso Twists	1	3	12-15 ea	20X0	60	
		2	3	10-12 ea	20X0	60	
		3	1	10-12 ea	20X0	60	
		4	3	8-10 ea	20X0	60	
		5	3	6-8 ea	20X0	60	
		6	1	6-8 ea	20X0	60	



Hypertrophy and Strength Phase 6: Day 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Half Kneeling 1-Arm Landmine Press	1	2	5+5+5+5+5+ MAX	30X1	120	Reps listed are for each arm
		2	2	4+4+4+4+4+MAX	30X1	120	
		3	1	3+3+3+3	30X1	120	
		4	2	4+4+4+4+4+MAX	30X1	120	
		5	2	3+3+3+3+3+MAX	30X1	120	
		6	1	2+2+2+2+2	30X1	120	
A2	Standing Wide Grip EZ Bar Curl	1	2	5+5+5+5+5+ MAX	30X0	120	
		2	2	4+4+4+4+4+MAX	30X0	120	
		3	1	3+3+3+3	30X0	120	
		4	2	4+4+4+4+4+MAX	30X0	120	
		5	2	3+3+3+3+3+MAX	30X0	120	
		6	1	2+2+2+2+2	30X0	120	
B1	Thick DB 30 Deg Incline Zottman Curl	1	3	10-12	40X0	75	
		2	4	10-12	40X0	75	
		3	1	8-10	40X0	75	
		4	3	6-8	40X0	75	
		5	4	6-8	40X0	75	
		6	1	4-6	40X0	75	
B2	Decline EZ Bar Triceps Ext with Chains	1	3	10-12	3110	75	Use narrow grip on EZ bar
		2	4	10-12	3110	75	
		3	1	8-10	3110	75	
		4	3	6-8	3110	75	
		5	4	6-8	3110	75	
		6	1	4-6	3110	75	
B3	1-Arm DB Lateral Raise	1	3	10-12	3110	75	Reps listed are for each arm
		2	4	10-12	3110	75	
		3	1	8-10	3110	75	
		4	3	6-8	3110	75	
		5	4	6-8	3110	75	
		6	1	4-6	3110	75	