

Hypertrophy and Strength Phase 7

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. In this cycle, we are going to focus on eccentric contractions. Eccentric contractions strengthen the tendons as well as provide a beneficial hypertrophy stimulus. If you have weight releasers, use them on the first repetition of each set. If not, do not worry, just focus on performing the lift as heavy as you can under complete control. On some workouts you will see 4+2 in the reps. When you see this, you are to complete 4 reps to technical failure, and then increase the load an additional 10-30% to perform 2 eccentric-only reps at a 6010 tempo. You may need to use the non-working limb to lift the weight on the concentric so that you can provide overload on the eccentric (lifting with 2 limbs, lowering with 1). You may also enlist the help of a training partner for the 4+2 method. You can expect to be VERY sore during this phase, but the stimulus that we create during this cycle will slingshot your progress for the next 2-3 cycles!

Hypertrophy and Strength Phase 7: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Flat Barbell Bench Press	1	5	3	60X0	120	Use eccentric hooks on the first rep of each set if you can.
		2	6	3	60X0	120	
		3	3	2	80X0	120	
		4	8	2	80X0	120	
		5	10	1	10-0X0	120	
		6	4	1	10-0X0	120	
A2	Narrow Pronated Grip Pull Up	1	5	3	60X0	120	Hold a DB between your feet for an eccentric overload with the help of a partner if you can.
		2	6	3	60X0	120	
		3	3	2	80X0	120	
		4	8	2	80X0	120	
		5	10	1	10-0X0	120	
		6	4	1	10-0X0	120	
B1	Incline Chest Press Machine	1	3	4+2	40X0	120	Go heavier for your 2 eccentric only reps lifting with 2 arms and lowering with 1 arm for a 6010 tempo.
		2	4	4+2	40X0	120	
		3	1	4+2	40X0	120	
		4	3	4+2	40X0	120	
		5	4	4+2	40X0	120	
		6	1	4+2	40X0	120	
B2	Neutral Grip Machine Row	1	3	4+2	30X0	120	Go heavier for your 2 eccentric only reps lifting with 2 arms and lowering with 1 arm for a 6010 tempo.
		2	4	4+2	30X0	120	
		3	1	4+2	30X0	120	
		4	3	4+2	30X0	120	
		5	4	4+2	30X0	120	
		6	1	4+2	30X0	120	

Hypertrophy and Strength Phase 7: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Back Squat	1	5	3	60X0	240	Use eccentric hooks on the first rep of each set if you can.
		2	6	3	60X0	240	
		3	3	2	80X0	240	
		4	8	2	80X0	240	
		5	10	1	10-0X0	240	
		6	4	1	10-0X0	240	
B1	Eccentric 45 Degree Back Extension	1	3	4+2	40X0	120	For your 2 eccentric reps, hold a weight at your chest when you raise up. Then reach the weight over your head to lengthen the lever arm while you lower under control.
		2	4	4+2	40X0	120	
		3	1	4+2	40X0	120	
		4	3	4+2	40X0	120	
		5	4	4+2	40X0	120	
		6	1	4+2	40X0	120	
B2	DB Split Squat	1	3	4+2	41X0	100	For your 2 eccentric reps, hold heavier DBs than you can split squat, then lower under control and set the weight down once you complete the eccentric.
		2	4	4+2	41X0	100	
		3	1	4+2	41X0	100	
		4	3	4+2	41X0	100	
		5	4	4+2	41X0	100	
		6	1	4+2	41X0	100	
C1	Lying Leg Curl - toes DF and NEUTRAL	1	3	4+2	40X0	100	Go heavier for your 2 eccentric only reps lifting with 2 legs and lowering with 1 leg for a 6010 tempo.
		2	4	4+2	40X0	100	
		3	1	4+2	40X0	100	
		4	3	4+2	40X0	100	
		5	4	4+2	40X0	100	
		6	1	4+2	40X0	100	
C2	Eccentric Garhammer Raise	1	3	Max reps	6010	100	Do a bent knee garhammer raise. In the contracted position, straighten your legs out to increase the lever arm and lower under control.
		2	4	Max reps	6010	100	
		3	1	Max reps	6010	100	
		4	3	Max reps	6010	100	
		5	4	Max reps	6010	100	
		6	1	Max reps	6010	100	

Hypertrophy and Strength Phase 7: Day 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Eccentric Shoulder Press	1	5	3	60X0	240	Use leg drive (like a push press or push jerk) to lift the weight and then lower under control with strict shoulder press form.
		2	6	3	60X0	240	
		3	3	2	80X0	240	
		4	8	2	80X0	240	
		5	10	1	10-0X0	240	
		6	4	1	10-0X0	240	
B1	1-Arm DB Concentration Curl	1	3	4+2	40X0	100	Go heavier for your 2 eccentric only reps lifting with 2 arms and lowering with 1 arms for a 6010 tempo.
		2	4	4+2	40X0	100	
		3	1	4+2	40X0	100	
		4	3	4+2	40X0	100	
		5	4	4+2	40X0	100	
		6	1	4+2	40X0	100	
B2	DB Triceps Extension - flat	1	3	4+2	40X0	100	For your heavier eccentric reps, do a strict triceps extension on the eccentric, and then drop your elbows and press the weight back to lockout with DB bench press form before your next eccentric triceps extension rep.
		2	4	4+2	40X0	100	
		3	1	4+2	40X0	100	
		4	3	4+2	40X0	100	
		5	4	4+2	40X0	100	
		6	1	4+2	40X0	100	
B3	DB Lateral Raise	1	3	4+2	40X0	100	For your heavier eccentric reps, lift the dumbbells to shoulder height with bent elbows. Then extend your arms and lower down under control with heavier weight.
		2	4	4+2	40X0	100	
		3	1	4+2	40X0	100	
		4	3	4+2	40X0	100	
		5	4	4+2	40X0	100	
		6	1	4+2	40X0	100	