

Hypertrophy and Strength Phase 8

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. After our last phase of eccentrics, we need to continue to train hard, but at a lower overall stress level to allow for full recovery. For this reason, we are going to alternate full-volume weeks with lower volume weeks. During the lower volume weeks, you should still aim to use as heavy of a load as possible during your work sets, but you'll simply do fewer total sets. This should provide both progress and improved recovery throughout this phase. In other words, you should end the final week of this phase feeling better than you did when you started it!



Hypertrophy and Strength Phase 8: Day 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused Thick Bar 30 Deg Incline Press	1	5	6-8	32X0	120	
		2	2	6-8	32X0	120	
		3	5	5-7	32X0	120	
		4	2	5-7	32X0	120	
		5	5	4-6	32X0	120	
		6	2	4-6	32X0	120	
A2	Mid Grip Supinated Chin Up	1	5	6-8	30X1	120	
		2	2	6-8	30X1	120	
		3	5	5-7	30X1	120	Use thick pull up handles or Fat Gripz if you have them
		4	2	5-7	30X1	120	
		5	5	4-6	30X1	120	
		6	2	4-6	30X1	120	
B1	10 Degree Decline DB Bench Press	1	4	8-10	40X0	120	
		2	2	8-10	40X0	120	
		3	4	7-9	40X0	120	
		4	2	7-9	40X0	120	
		5	4	6-8	40X0	120	
		6	2	6-8	40X0	120	
B2	Landmine Meadows Row	1	4	8-10	3010	120	
		2	2	8-10	3010	120	
		3	4	7-9	3010	120	
		4	2	7-9	3010	120	
		5	4	6-8	3010	120	
		6	2	6-8	3010	120	

Hypertrophy and Strength Phase 8: Day 2 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused Heels Elevated Back Squat	1	5	6-8	32X0	120	
		2	2	6-8	32X0	120	
		3	5	5-7	32X0	120	
		4	2	5-7	32X0	120	
		5	5	4-6	32X0	120	
		6	2	4-6	32X0	120	
A2	Lying Leg Curl - toes PF and NEUTRAL	1	5	6-8	30X1	120	
		2	2	6-8	30X1	120	
		3	5	5-7	30X1	120	
		4	2	5-7	30X1	120	
		5	5	4-6	30X1	120	
		6	2	4-6	30X1	120	
B1	Front Rack Barbell Split Squat	1	4	8-10	30X0	120	
		2	2	8-10	30X0	120	
		3	4	7-9	30X0	120	
		4	2	7-9	30X0	120	
		5	4	6-8	30X0	120	
		6	2	6-8	30X0	120	
B2	Horizontal Back Extension	1	4	8-10	3011	120	
		2	2	8-10	3011	120	
		3	4	7-9	3011	120	If you are very strong, do these with a barbell and a snatch grip
		4	2	7-9	3011	120	
		5	4	6-8	3011	120	
		6	2	6-8	3011	120	
C	1-Leg DB Calf Raise	1	4	8-10	1313	100	
		2	2	8-10	1313	100	
		3	4	7-9	1313	100	
		4	2	7-9	1313	100	
		5	4	6-8	1313	100	
		6	2	6-8	1313	100	

Hypertrophy and Strength Phase 8: Day 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused Dips	1	5	6-8	32X0	120	
		2	2	6-8	32X0	120	
		3	5	5-7	32X0	120	
		4	2	5-7	32X0	120	
		5	5	4-6	32X0	120	
		6	2	4-6	32X0	120	
A2	Thick Reverse Grip EZ Scott Curl	1	5	6-8	32X0	120	
		2	2	6-8	32X0	120	
		3	5	5-7	32X0	120	
		4	2	5-7	32X0	120	
		5	5	4-6	32X0	120	
		6	2	4-6	32X0	120	
B1	EZ Bar Triceps Ext to Top of Head	1	4	8-10	3011	100	Add chains if you have them
		2	2	8-10	3011	100	
		3	4	7-9	3011	100	
		4	2	7-9	3011	100	
		5	4	6-8	3011	100	
		6	2	6-8	3011	100	
B2	Prone Incline EZ Bar Spider Curl	1	4	8-10	3011	100	
		2	2	8-10	3011	100	
		3	4	7-9	3011	100	
		4	2	7-9	3011	100	
		5	4	6-8	3011	100	
		6	2	6-8	3011	100	
B3	Low Pulley Cross Pulley Lateral Raise	1	4	8-10	2012	100	
		2	2	8-10	2012	100	
		3	4	7-9	2012	100	
		4	2	7-9	2012	100	
		5	4	6-8	2012	100	
		6	2	6-8	2012	100	