

Hypertrophy and Strength Phase 9

Now it's time to kick things into high gear and utilize one of Charles's favorite methods for strength development: cluster training! Cluster training utilizes short intra-set rest periods to allow slight CNS and metabolic recovery between reps to allow for greater performance. This method is incredible for maximal strength development, but it also has a dramatic impact on muscle hypertrophy once you go back to lighter weights and more reps. Your rep strength will soar after a phase of clusters, and assuming you're eating correctly, your size will improve as a result. For clusters, you will see it listed in the following format: 3x5(1) - 4 minutes rest. In this example, you would take a weight that is around 87.5-90% of your 1RM for a given lift and perform 5 single reps, racking the barbell and taking 10 seconds of complete rest between reps. This is ONE set. You will do this 3 times total in the example above, resting 4 minutes between cluster sets. Because of the stressful nature of cluster training, you will not do many exercises per workout and will have complete recovery between sets. We are also changing the split up in this cycle to allow the workload to be spread out over 4 workouts instead of 3. Make sure you are getting plenty of sleep and quality food during this phase! For unilateral exercises, the reps listed are for each side



Hypertrophy and Strength Phase 9: Day 1 - Upper Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Cluster Thick Barbell Flat Bench Press	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
A2	Cluster Mid Neutral Grip Chin Up	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	Use thick pull up handles or Fat Gripz if you have them
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
B1	Close Grip Thick Barbell Press w/ Chains	1	4	6-8	32X0	120	
		2	4	5-7	32X0	120	Use a lighter bar weight and lots of chain weight to overload triceps
		3	2	5-7	32X0	120	
		4	4	4-6	32X0	120	
B2	Paused Standing Thick Barbell Curl	1	4	6-8	32X0	120	
		2	4	5-7	32X0	120	Pause at 30 degrees elbow flexion on the eccentric portion of each rep
		3	2	5-7	32X0	120	
		4	4	4-6	32X0	120	



Hypertrophy and Strength Phase 9: Day 2 - Lower Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Cluster Back Squat	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
A2	Cluster Kneeling Leg Curl	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
B1	Barbell Step Up	1	4	6-8	20X0	120	
		2	4	5-7	20X0	120	
		3	2	5-7	20X0	120	
		4	4	4-6	20X0	120	
B2	Heavy Yoke Carry	1	4	30 sec ea	SLOW	120	
		2	4	20 sec ea	SLOW	120	
		3	2	20 sec ea	SLOW	120	
		4	4	15 sec ea	SLOW	120	
	Optional - Farmer's carry / zercher carry / atlas stone or heavy ball carry						

Hypertrophy and Strength Phase 9: Day 4 - Upper Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Cluster Standing Barbell Shoulder Press	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
A2	Cluster Dead Stop Heavy 1-Arm DB Row	1	3	5(1)	30X0	120	
		2	4	4(1)	30X0	120	
		3	2	4-6 (no clusters)	30X0	120	
		4	5	3(1)	30X0	120	
B1	Bent Over 1-Arm DB Trap 3 Raise	1	4	6-8	1016	120	
		2	4	5-7	1016	120	
		3	2	5-7	1016	120	Long contracted position pause
		4	4	4-6	1016	120	
B2	L-Style Extended Eccentric DB Lateral Raise	1	4	6-8	6010	120	
		2	4	5-7	6010	120	
		3	2	5-7	6010	120	Also known as "Telle Lateral Raise"
		4	4	4-6	6010	120	



Hypertrophy and Strength Phase 9: Day 5 - Lower Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Cluster Clean Grip Deficit Deadlift	1	3	5(1)	31X0	300	Stand on small deficit (1-2" max)
		2	4	4(1)	31X0	300	
		3	2	4-6 (no clusters)	31X0	300	
		4	5	3(1)	31X0	300	
B1	Standing Barbell Good Morning	1	4	6-8	40X0	120	
		2	4	5-7	40X0	120	
		3	2	5-7	40X0	120	
		4	4	4-6	40X0	120	
B2	Weighted Sit Up on Glute Ham Bench	1	4	6-8	20X0	120	Hold a weight over your face as you get stronger
		2	4	5-7	20X0	120	
		3	2	5-7	20X0	120	
		4	4	4-6	20X0	120	
C	Standing Calf Raise	1	4	6-8	1016	120	Long contracted position pause
		2	4	5-7	1016	120	
		3	2	5-7	1016	120	
		4	4	4-6	1016	120	