

## **Hypertrophy and Strength Phase 10**

**After the cluster cycle in last phase, it's time to hit some big rep PRs. Because of the fatigue you are likely experiencing right now, it's time to keep volume low (a low total number of work sets), and work in higher rep brackets. Now is the time to set some personal records for various rep PRs in your main lifts. For this reason, exercises are going to stay very similar to the last cycle with a few small tweaks. In each exercise, you will have 3 sets listed, but for those 3 sets, you should be thinking: set 1 - easy; set 2 - moderate; set 3 - new rep PR! For example, if your best ever bench press for 10 reps is 315 pounds, you want to set a target of around 325 pounds (or slightly more) for your final work set. Working backwards from there in equal jumps, you could arrive at the following for your workout ---- set 1: 225 pounds x 10 easy; set 2: 275 pounds x 10 reps (moderate) , set 3 - 325 pounds x 12 reps (new rep PR!). If you are feeling good, you can hit a few reps over your rep bracket on the last set only to set a big PR. If you do this, the next week take it a bit lighter before going big again the week after. You can also just break conservative new PRs each week throughout the cycle without going to true and complete failure. Your choice! Work hard, work smart! Week 3 is an unloading week where you will lift lighter weight AND only do 1 work set per exercise.**



## Hypertrophy and Strength Phase 10: Day 1 - Upper Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Flat Bench Press	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
A2	Mid Neutral Grip Chin Up	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6	30X0	120	
		4	3	4	30X0	120	
B1	30 Degree DB Incline Press	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
B2	Standing Barbell Curl	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	

## Hypertrophy and Strength Phase 10: Day 2 - Lower Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Back Squat	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
A2	Kneeling Leg Curl	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
B1	Hack Squat	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
B2	Lying Leg Curl	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	

## Hypertrophy and Strength Phase 10: Day 4 - Upper Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Standing Barbell Shoulder Press	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
A2	Heavy 1-Arm DB Row	1	3	10	30X0	120	
		2	3	8	30X0	120	
		3	1	6 (light weight)	30X0	120	
		4	3	6	30X0	120	
B1	Bent Over 1-Arm DB Trap 3 Raise	1	3	15	3010	120	
		2	3	12	3010	120	
		3	1	10 (light weight)	3010	120	
		4	3	10	3010	120	
B2	DB Lateral Raise	1	3	15	3010	120	
		2	3	12	3010	120	
		3	1	10 (light weight)	3010	120	
		4	3	10	3010	120	

## Hypertrophy and Strength Phase 10: Day 5 - Lower Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Clean Grip Deadlift	1	3	10	31X0	300	
		2	3	8	31X0	300	
		3	1	6 (light weight)	31X0	300	
		4	3	6	31X0	300	
B	Barbell Step Up	1	3	10	40X0	120	
		2	3	8	40X0	120	
		3	1	6 (light weight)	40X0	120	
		4	3	6	40X0	120	
C1	Weighted Sit Up on Glute Ham Bench	1	3	15	20X0	120	
		2	3	12	20X0	120	Hold a weight over your face as you get stronger
		3	1	10 (light weight)	20X0	120	
		4	3	10	20X0	120	
C2	Standing Calf Raise	1	3	15	1111	120	
		2	3	12	1111	120	
		3	1	10 (light weight)	1111	120	
		4	3	10	1111	120	