

# Hypertrophy and Strength Phase 11

**After hitting some big rep PRs with a lower number of exercises and work sets, it's time to take the volume back up with some agonist tri-sets. We are going to pair 3 exercises together per body part and train them hard and heavy with no rest in between. We are going to work different portions of the strength curve with each exercise to allow for complete muscular development. Each set should be taken to technical failure, the point where your form begins to break down. We are going to do tri-sets for chest, back, quadriceps, biceps, triceps, ABS, and posterior chain. Your deltoids will receive plenty of stimulation within the work you are doing in this cycle, so no direct work is prescribed in this phase.**



## Hypertrophy and Strength Phase 11: Day 1 - Upper Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	30 Degree Incline DB Bench Press	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
A2	1 + 1/4 Wide Grip Barbell Bench Press	1	3	6-8	31X0	10	
		2	4	6-8	31X0	10	
		3	1	6-8	31X0	10	
		4	5	6-8	31X0	10	
A3	Standing Cable High to Low Pec Flye	1	3	6-8	2013	180	
		2	4	6-8	2013	180	
		3	1	6-8	2013	180	
		4	5	6-8	2013	180	
B1	Wide Pronated Pull Up	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
B2	Seated Neutral Grip Pulley Row	1	3	6-8	3011	10	
		2	4	6-8	3011	10	
		3	1	6-8	3011	10	
		4	5	6-8	3011	10	
B3	DB Pullover	1	3	6-8	3310	180	
		2	4	6-8	3310	180	
		3	1	6-8	3310	180	
		4	5	6-8	3310	180	

## Hypertrophy and Strength Phase 11: Day 2 - Lower Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	1 and 1/4 Heels Elevated Back Squat	1	3	6-8	31X0	10	
		2	4	6-8	31X0	10	
		3	1	6-8	31X0	10	
		4	5	6-8	31X0	10	
A2	DB Alternating Lunge	1	3	6-8 ea	20X0	10	
		2	4	6-8 ea	20X0	10	
		3	1	6-8 ea	20X0	10	
		4	5	6-8 ea	20X0	10	
A3	Narrow Stance Leg Press	1	3	6-8	40X0	180	
		2	4	6-8	40X0	180	
		3	1	6-8	40X0	180	
		4	5	6-8	40X0	180	
B1	Standing Calf Raise	1	3	10-15	1111	10	
		2	3	10-15	1111	10	
		3	1	10-15	1111	10	
		4	3	10-15	1111	10	
B2	Seated Calf Raise	1	3	20-25	1010	10	
		2	3	20-25	1010	10	
		3	1	20-25	1010	10	
		4	3	20-25	1010	10	
B3	2-Foot Ankle Hops	1	3	30-50	X	120	
		2	3	30-50	X	120	
		3	1	30-50	X	120	
		4	3	30-50	X	120	

## Hypertrophy and Strength Phase 11: Day 4 - Upper Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Dips	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
A2	Decline DB Triceps Extension	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
A3	Seated EZ Bar French Press	1	3	6-8	22X0	180	
		2	4	6-8	22X0	180	
		3	1	6-8	22X0	180	
		4	5	6-8	22X0	180	
B1	Mid Reverse Grip EZ Curl	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
B2	Standing Wide Grip Thick Barbell Curl	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	Use regular barbell if no access to thick bar
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
B3	Incline DB Zottman Curl	1	3	6-8	32X0	180	
		2	4	6-8	32X0	180	
		3	1	6-8	32X0	180	
		4	5	6-8	32X0	180	

## Hypertrophy and Strength Phase 11: Day 5 - Lower Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Lying Leg Curl toes DF and NEUTRAL	1	3	6-8	30X0	10	
		2	4	6-8	30X0	10	
		3	1	6-8	30X0	10	
		4	5	6-8	30X0	10	
A2	Horizontal Back Extension	1	3	6-8	2012	10	
		2	4	6-8	2012	10	
		3	1	6-8	2012	10	
		4	5	6-8	2012	10	
A3	Romanian Deadlift	1	3	6-8	40X0	180	
		2	4	6-8	40X0	180	
		3	1	6-8	40X0	180	
		4	5	6-8	40X0	180	
B1	Hanging Garhammer Raise	1	3	10-20	3020	10	
		2	3	10-20	3020	10	Go with straight legs if you can do more than 20 reps with bent-knees
		3	1	10-20	3020	10	
		4	3	10-20	3020	10	
B2	Swiss Ball Crunch - DB on Chest	1	3	10-20	20X0	10	
		2	3	10-20	20X0	10	
		3	1	10-20	20X0	10	
		4	3	10-20	20X0	10	
B3	Swiss Ball Stir-the-Pot	1	3	10 circles ea way	1111	120	Plank with your feet on the ground and elbows on the ball. Make slow, large circles with your elbows
		2	3	12 circles ea way	1111	120	
		3	1	12 circles ea way	1111	120	
		4	3	15 circles ea way	1111	120	