

## **Hypertrophy and Strength Phase 13**

**This phase marks the beginning of a new 12-week cycle designed to pack on some muscle mass and strength. Coming off of our last very heavy block, it's time to shock the system with some volume! We are going to utilize a program in this phase that Charles made famous to the world ----- German Volume Training! The goal here is to get 10 sets of 10 reps with a constant weight. It is very likely that in the first workout (if you choose your loads correctly and don't wimp out), you may not get 10 reps in all of your sets. This is okay. Keep the weight the same until you can achieve all 10 sets of 10 reps. Make sure you are eating and sleeping enough to support growth, you will need all the recovery at your disposal to benefit from this program. This cycle will lay the foundation of the entire 12-week block by building your work capacity and recovery to tolerate a high volume of work.**



## Hypertrophy and Strength Phase 13: Day 1 - Upper Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	10 Deg Incline DB Bench Press	1	10	10	30X0	90	
		2	10	10	30X0	90	
		3	4	10	30X0	90	
		4	10	10	30X0	90	
A2	Mid Neutral Grip Low Pulley Seated Row	1	10	10	30X0	90	
		2	10	10	30X0	90	
		3	4	10	30X0	90	
		4	10	10	30X0	90	
B1	Wide Neutral Grip Lean-Away Lat Pulldown	1	3	12-15	3011	75	
		2	3	12-15	3011	75	
		3	1	12-15	3011	75	
		4	4	12-15	3011	75	
B2	DB Lateral Raise	1	3	12-15	2011	75	
		2	3	12-15	2011	75	
		3	1	12-15	2011	75	
		4	4	12-15	2011	75	
C	Seated DB External Rotation	1	3	10-12 ea	4010	60	Elbow on knee
		2	3	10-12 ea	4010	60	
		3	1	10-12 ea	4010	60	
		4	3	10-12 ea	4010	60	



## Hypertrophy and Strength Phase 13: Day 2 - Lower Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Hack Squat	1	10	10	30X0	100	
		2	10	10	30X0	100	
		3	4	10	30X0	100	
		4	10	10	30X0	100	
A2	Lying Leg Curl - toes PF and OUT	1	10	10	30X0	100	
		2	10	10	30X0	100	
		3	4	10	30X0	100	
		4	10	10	30X0	100	
B1	DB Poliquin Step Up	1	3	12-15 ea	30X0	90	Support heel on high wedge or plate
		2	3	12-15 ea	30X0	90	
		3	1	12-15 ea	30X0	90	
		4	4	12-15 ea	30X0	90	
B2	Seated Barbell Good Morning	1	3	12-15	3220	90	
		2	3	12-15	3220	90	
		3	1	12-15	3220	90	
		4	4	12-15	3220	90	
C	Landmine Torso	1	3	10-12 ea	20X0	60	
		2	3	10-12 ea	20X0	60	
		3	1	10-12 ea	20X0	60	
		4	3	10-12 ea	20X0	60	

## Hypertrophy and Strength Phase 13: Day 4 - Upper Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Close Grip Bench Press with Chains	1	10	10	30X0	90	Use small bar weight and heavier chain weight to overload triceps
		2	10	10	30X0	90	
		3	4	10	30X0	90	
		4	10	10	30X0	90	
A2	Standing EZ Bar Curl	1	10	10	30X0	90	
		2	10	10	30X0	90	
		3	4	10	30X0	90	
		4	10	10	30X0	90	
B1	Seated Cable Row to Nose - Hands free	1	3	12-15	3011	75	Use wrist cuffs or triceps strap to take hands / grip out of the movement to focus on shoulders
		2	3	12-15	3011	75	
		3	1	12-15	3011	75	
		4	4	12-15	3011	75	
B2	1 and 1/4 (bottom) Seated DB Shoulder Press	1	3	12-15	3111	75	Pause both at the fully stretched position as well as the fully contracted position.
		2	3	12-15	3111	75	
		3	1	12-15	3111	75	
		4	4	12-15	3111	75	
C	Bent Over 1-Arm DB Trap 3 Raise	1	3	10-12 ea	4010	60	
		2	3	10-12 ea	4010	60	
		3	1	10-12 ea	4010	60	
		4	3	10-12 ea	4010	60	



## Hypertrophy and Strength Phase 13: Day 5 - Lower Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Snatch Grip RDL	1	10	10	40X0	100	
		2	10	10	40X0	100	
		3	4	10	40X0	100	
		4	10	10	40X0	100	
A2	Leg Extension	1	10	10	30X1	100	
		2	10	10	30X1	100	
		3	4	10	30X1	100	
		4	10	10	30X1	100	
B1	DB Split Squat - FFE 3-5"	1	3	12-15 ea	30X0	90	
		2	3	12-15 ea	30X0	90	
		3	1	12-15 ea	30X0	90	
		4	4	12-15 ea	30X0	90	
B2	Standing Calf Raise	1	3	12-15	1111	90	
		2	3	12-15	1111	90	
		3	1	12-15	1111	90	
		4	4	12-15	1111	90	
C	Low Pulley Swiss Ball Crunch with Rope	1	3	10-12	3211	60	
		2	3	10-12	3211	60	
		3	1	10-12	3211	60	
		4	3	10-12	3211	60	