

## **Hypertrophy and Strength Phase 12**

**In this cycle, it's time to take the volume down and crank the intensity up. We are going to utilize the Hepburn Method, named after legendary strength athlete Doug Hepburn. It consists of a high volume of work sets in the 1-3 rep range, followed by some lighter work sets with a slight exercise variance. This method is great for improving both strength and size due to the heavy weights being lifted as well as the high total number of work sets.**

## Hypertrophy and Strength Phase 12: Day 1 - Upper Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	45 Degree Inc Thick Bar Bench Press	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
A2	Mid Supinated Chin Up	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
B1	45 Deg Inc Thick Bar Inertia Press	1	5	3-5	22X0	100	Set barbell on pins just above chest height. Pause each rep on the pins with a dead-stop.
		2	5	3-5	22X0	100	
		3	2	3-5	22X0	100	
		4	5	3-5	22X0	100	
B2	Narrow Supinated Chin Up	1	5	3-5	21X1	100	Pause both at the dead-hang position and with your chin above the bar.
		2	5	3-5	21X1	100	
		3	2	3-5	21X1	100	
		4	5	3-5	21X1	100	
C	1-Arm DB Cobra	1	2	10-12 ea	20X0	60	
		2	2	10-12 ea	20X0	60	
		3	1	10-12 ea	20X0	60	
		4	2	10-12 ea	20X0	60	

## Hypertrophy and Strength Phase 12: Day 2 - Lower Body 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Front Squat	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
A2	Seated Leg Curl - toes PF and IN	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
B1	Paused Front Squat with Chains	1	5	3-5	22X0	100	
		2	5	3-5	22X0	100	
		3	2	3-5	22X0	100	
		4	5	3-5	22X0	100	
B2	Seated Leg Curl - toes PF and OUT	1	5	3-5	31X1	100	
		2	5	3-5	31X1	100	Pause in the fully extended position and in the fully flexed position.
		3	2	3-5	31X1	100	
		4	5	3-5	31X1	100	
C	Push Up Position Bird Dog	1	2	10-12 ea	1015	60	
		2	2	10-12 ea	1015	60	
		3	1	10-12 ea	1015	60	
		4	2	10-12 ea	1015	60	

## Hypertrophy and Strength Phase 12: Day 4 - Upper Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Standing BB Shoulder Press w/ chains	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
A2	Thick EZ Bar Supinated Scott Curl	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
B1	15 Deg Decline Bench Press with chains	1	5	3-5	30X0	100	
		2	5	3-5	30X0	100	
		3	2	3-5	30X0	100	
		4	5	3-5	30X0	100	
B2	Paused Midline DB Hammer Curl	1	5	3-5	21X1	100	Pause both at the fully stretched position as well as the fully contracted position.
		2	5	3-5	21X1	100	
		3	2	3-5	21X1	100	
		4	5	3-5	21X1	100	
C	Bent Over 1-Arm DB Lateral Raise	1	2	10-12 ea	20X0	60	
		2	2	10-12 ea	20X0	60	
		3	1	10-12 ea	20X0	60	
		4	2	10-12 ea	20X0	60	

## Hypertrophy and Strength Phase 12: Day 5 - Lower Body 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Clean Grip Deadlift	1	8	1-3	50X0	100	
		2	8	1-3	40X0	100	
		3	3	1-3	30X0	100	
		4	8	1-3	20X0	100	
A2	Standing Calf Raise	1	8	1-3	1818	100	
		2	8	1-3	1818	100	Long pauses in stretch and contracted positions
		3	3	1-3	1818	100	
		4	8	1-3	1818	100	
B1	Paused Clean Grip DL from Mid Shin	1	5	3-5	22X0	100	
		2	5	3-5	22X0	100	Pause barbell on pins set at mid-shin height on each rep.
		3	2	3-5	22X0	100	
		4	5	3-5	22X0	100	
B2	Seated Calf Raise	1	5	3-5	1515	100	
		2	5	3-5	1515	100	Long pauses in stretch and contracted positions
		3	2	3-5	1515	100	
		4	5	3-5	1515	100	
C	Tall Kneeling Overhead Pallof Press	1	2	10-12 ea	1012	60	
		2	2	10-12 ea	1012	60	
		3	1	10-12 ea	1012	60	
		4	2	10-12 ea	1012	60	