

Start Date: _____

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H=90% of 10 RM L=85% of 10 RM 8-12 Reps/Set	Phase 1 - Hypertrophy				BF%:	Weight:	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 2	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 3	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 4	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
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Notes:

On the (Heavy) days above start the first week with 90% of your 10RM (limit weight you can do for 10 reps.) If your max Bench Press is 225 for 10 reps in good form without a spotter, start Week One with 205 for your three work sets.

Increase your training weights each week by 4%. Week two is 210, week 3 – 220lb, and week 4 – is 102% of your starting 10RM or 230lb for 3 sets of 10. (Note that even though you only trained near failure for one workout out of the eight workouts during this phase you've added at least five pounds to your 10-rep max. A five-pound increase each month for a year results in a 60lb annual increase.)

H=Phase 1 Number + 4% L=85% of above 5-7 Reps/Set +1 Drop Set (70%)	Phase 2 - Basic Strength				BF%:	Weight:	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 6	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 7	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
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Notes:

Do 5 sets of 5–7 reps in the Basic Strength phase. You want to start this phase with a weight that is just slightly higher than the weights you ended with during Phase 1. Even though you'll be doing as few as 5 reps, don't increase the weight too much. Start every phase with weights that are easy to get the recommended number of reps. Then work up to a new goal at the end of a four or five week cycle.

It's best to use the same exercises for Phase 2 as for Phase 1. Use 5 reps as your goal for Bench Press, Incline, Bent Row, Squat and Deadlifts. Use six or seven reps as your goal for arm and shoulder exercises as well as the secondary exercises like Pulldowns and Goblet/Sumo Squat.

If your primary focus is bodybuilding include one "drop set" of 10 reps to maintain your increased muscle size from the "hypertrophy" phase. This is a "down set" not a burn out set. Don't go to failure here. Instead use about 70% of the weight you used on your "work" sets and stop when you reach 10 reps.

3 reps - Bench & DL 3-4 reps - Squats/Rows 5-6 - all others +1 Drop Set (70%)	Phase 3 - Power			BF%:	Weight:		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 9	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
Week 10	Chest (H) Back (L) Shoulders (H)	Legs (H) Arms (L)	Abs	Chest (L) Back (H) Shoulders (L)	Legs (L) Arms (H)	Cardio/Abs	Rest
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Notes:

Use 3 reps as your goal for Bench Press and Deadlifts, 3–4 reps for Squats and Bent Rows, and 5-6 reps for the others. Follow your two warm-ups, and three "work sets" with a "down set of 10 reps with 70% of your target weight, just as you did in the Strength Phase.

You ended your Strength Cycle at 270 for 5 reps. Now go to 280 for 3 as your target weight for Week 1, then 290 for 3 the second week. If the 290 goes fairly easy add a 3rd week at 295. Spend just three weeks in the Power Phase.