

Phase 1 - Hypertrophy

8-12 Reps

Heavy = 90% of your 10RM

Light = 85% of your 10RM

		Warm-up Sets				Working Sets					
Day 1: Chest (Heavy), Back (Light), Shoulders (Heavy)	10RM	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5	
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Flat Bench Press			10								
Incline Bench Press			10								
Bent Over Barbell Row			10								
Pulldowns or Chins			10								
One Arm Row			10								
Shoulder Press (Choice)			10								
Lateral or Front Raises			10								

		Warm-up Sets				Working Sets					
Day 2: Legs (Heavy), Arms (Light)	10RM	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5	
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Barbell Squat			10								
Goblet/Sumo Squat			10								
Dead Lift			10								
Biceps (Choice)			10								
Triceps (Choice)			10								

Day 3: Abs

Phase 1 - Hypertrophy

8-12 Reps

Heavy = 90% of your 10RM

Light = 85% of your 10RM

		Warm-up Sets				Working Sets					
Day 4: Chest (Heavy), Back (Light), Shoulders (Heavy)	10RM	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5	
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Flat Bench Press			10								
Incline Bench Press			10								
Bent Over Barbell Row			10								
Pullups			10								
One Arm Row			10								
Shoulder Press (Choice)			10								
Lateral or Front Raises			10								

		Warm-up Sets				Working Sets					
Day 5: Legs (Light), Arms (Heavy)	10RM	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5	
		WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Barbell Squat			10								
Goblet/Sumo Squat			10								
Stiff Leg Dead Lift			10								
Biceps (Choice)			10								
Triceps (Choice)			10								

Day 6: Cardio/Abs

Day 7: Rest