

THE RELENTLESS PROTOCOL

INTERMEDIATE HYPERTROPHY // UPPER-LOWER SPLIT

OBJECTIVE: BUILD MUSCLE. BREAK PLATEAUS.

MINDSET: NO SKIMPING. NO SOFT CORNER. ONLY GOALS.

I. THE NUTRITION MANDATE (The "Egg-etarian" Code)

Target: 1.6g - 2g of protein per KG of bodyweight.

1. EGGS: The Holy Grail. 3-4 whole eggs, rely on EGG WHITES.
2. WHEY: Non-negotiable. 1-2 scoops post-workout.
3. SOYA CHUNKS: Highest protein per gram veg source.
4. DAIRY: Greek Yogurt, Paneer. Keep fats in check.

II. THE BATTLE PLAN (3-4 Days/Week)

SESSION A: UPPER BODY (Strength/Power)

- Barbell Bench Press: 4 sets x 6-8 reps (Heavy compound)
- Bent-Over Barbell Row: 4 sets x 8-10 reps (Strict form)
- Overhead Press: 3 sets x 8-10 reps
- Lat Pulldown (Wide): 3 sets x 10-12 reps
- Dumbbell Bicep Curl: 3 sets x 12 reps
- Tricep Rope Pushdown: 3 sets x 12-15 reps

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SESSION B: LOWER BODY (Squat Focus)

- Barbell Back Squat: 4 sets x 6-8 reps (Ass to grass)
- Romanian Deadlift: 3 sets x 8-10 reps (Feel the stretch)
- Leg Press: 3 sets x 12-15 reps
- Walking Lunges: 3 sets x 12/leg
- Calf Raises: 4 sets x 15-20 reps

SESSION C: UPPER BODY (Hypertrophy)

- Incline DB Press: 4 sets x 8-12 reps
- Pull-Ups / Pulldowns: 3 sets x Failure
- Seated Cable Row: 3 sets x 10-12 reps
- Lateral Raises: 4 sets x 15 reps
- Face Pulls: 3 sets x 15 reps
- Skull Crushers: 3 sets x 10-12 reps

III. THE TECHNICIAN'S MANUAL (Cues)

BENCH PRESS: Bend the bar in half with your hands.

SQUAT: Spread the floor with your feet.

DEADLIFT: Push the earth away. Don't pull.

ROW: Drive elbows to the ceiling.