

Hypertrophy Circuit Program (3 Days per Week)

Focus: Muscle growth, endurance, high-rep training

Schedule:

- **Day 1:** Full Body (Upper + Lower)
 - **Day 2:** Full Body (Upper + Lower)
 - **Day 3:** Full Body (Upper + Lower)
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Day 1 - Hypertrophy Circuit (Full Body)

Instructions: Perform each exercise back-to-back with minimal rest (30-60 seconds). After completing the full circuit, rest for 2-3 minutes, and repeat for 3-4 rounds.

1. **Squats (Bodyweight or Dumbbell)** – 15-20 reps
 2. **Push-Ups or Dumbbell Bench Press** – 12-15 reps
 3. **Dumbbell Rows (Single Arm or Bent-Over)** – 12-15 reps per arm
 4. **Walking Lunges (Bodyweight or Dumbbell)** – 12-15 reps per leg
 5. **Overhead Dumbbell Press** – 12-15 reps
 6. **Plank (Hold for 30-45 sec)** – 1 round
 7. **Dumbbell Bicep Curls** – 15-20 reps
 8. **Tricep Dips (Bodyweight or Bench)** – 12-15 reps
 9. **Mountain Climbers** – 30 seconds
 10. **Russian Twists** – 20 reps per side
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Day 2 - Hypertrophy Circuit (Full Body)

1. **Leg Press or Goblet Squats** – 15-20 reps
2. **Incline Dumbbell Bench Press** – 12-15 reps
3. **Lat Pulldown or Pull-Ups** – 12-15 reps
4. **Bulgarian Split Squats** – 12 reps per leg
5. **Dumbbell Lateral Raises** – 15-20 reps

6. **Cable Tricep Pushdowns** – 15 reps
 7. **Barbell or Dumbbell Curls** – 15-20 reps
 8. **Leg Curls (Machine)** – 15-20 reps
 9. **Leg Raises** – 15-20 reps
 10. **Burpees** – 15 reps
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Day 3 - Hypertrophy Circuit (Full Body)

1. **Deadlifts (Dumbbell or Barbell)** – 12-15 reps
 2. **Flat Dumbbell Bench Press** – 12-15 reps
 3. **Seated Row or T-Bar Row** – 12-15 reps
 4. **Walking Lunges (Bodyweight or Dumbbell)** – 12-15 reps per leg
 5. **Dumbbell Shoulder Press** – 12-15 reps
 6. **Skull Crushers (EZ Bar or Dumbbell)** – 12-15 reps
 7. **Dumbbell Hammer Curls** – 15 reps
 8. **Seated Calf Raises** – 20 reps
 9. **Russian Twists** – 20 reps per side
 10. **Jump Rope or High Knees** – 1 minute
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Progression & Notes:

- **Circuit Format:** Complete all exercises in one circuit without resting too long between exercises (keep rest to 30-60 sec). After each circuit, rest for 2-3 minutes before repeating.
- **Volume:** Perform 3-4 rounds per circuit, focusing on **high-rep ranges** for muscle growth (12-20 reps per exercise).
- **Intensity:** Choose weights that allow you to complete the reps with good form but feel challenging toward the end of each set.
- **Rest:** Keep rest periods short to increase intensity and stimulate muscle growth.

- **Recovery:** Make sure to eat enough protein and get enough sleep for muscle recovery. Hydration is key!