



# HYBRID

Combination of bodybuilding & strength training  
John Vos

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## Hybrid

### Block 1: Introduction to lifting

#### Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench Press	4	6	180	Medium	
	Incline Dumbbell Press	4	8	90	Medium	
	Decline Wide-Grip Bench Press	4	8	90	Medium	
	Plank	3	Failure	60	Medium	

#### Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Pulls Ups	4	6	180	Medium	
	Bent Over Barbell Row	4	8	90	Medium	
	Rope Lat Pulldown	4	8	90	Medium	
	Hanging Leg Raises	3	Failure	60	Medium	

## Hybrid

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Squat	4	6	180	Medium	
	Leg Press	4	8	90	Medium	
	Leg Extension	4	8	90	Medium	
	Leg Curl	3	Failure	60	Medium	
	Standing Calf Raise				Medium	

### Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	OHP	4	6	180	Medium	
	Clean and Jerk	4	8	90	Medium	
	Dumbbell Shoulder Press	4	8	90	Medium	
	Lying Leg Raises	3	Failure	60	Medium	

## Hybrid

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Dips	4	6	180	Medium	
	Bicep Curl	4	8	90	Medium	
	Dumbbell Bicep Curl	4	8	90	Medium	
	Rope Triceps Extension	3	Failure	60	Medium	

## Hybrid

### Block 2: Heavy Compound & Accessory

#### Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Leg Press Calf Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench Press	5	5	120	Pause	
	Incline Bench Press	4	8	90	Medium	
	Seated Pec Fly	4	12	45	Squeeze	
	Incline DB Press	4	10	60	Medium	
	Dips	4	10	60	Medium	

#### Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Sit-Up	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Pull Ups	5	5	120	Pause	
	Rack Pull (below the knee)	4	7	90	Medium	
	BB Smith Machine Row	4	8	90	Medium	
	Lat Pulldown (close grip)	4	12	45	Squeeze	
	Low Row (wide grip)	4	10	60	Medium	

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### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Seated Calf Raise	4	10	60	Medium	
	Leg Press Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Back Squat	5	5	120	Pause	
	Front Squat	4	8	90	Medium	
	Leg Extensions	4	12	45	Squeeze	
	Walking Lunges	4	10	60	Medium	
	Hip Adductor	4	10	60	Medium	

### Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	OHP	5	5	120	Medium	
	Upright Row	4	8	60	Pause	
	DB Arnold Press	4	12	90	Medium	
	Lateral Raise	4	10	45	Squeeze	
	Face Pull	4	10	60	Medium	

## Hybrid

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	EZ Bar Bicep Curl	5	5	120	Pause	
	Dips	4	8	90	Medium	
	Rope Extension / BB Bicep Curl	4	12 – 12	45	Squeeze	
	DB Skull Crushers / DB Bicep Curl	4	10 – 10	60	Medium	
	DB Pullover	4	10	60	Medium	

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Deadlift	5	5	120	Pause	
	Stiff Leg Deadlift	4	8	90	Medium	
	Leg Press (wide stance)	4	12	45	Medium	
	Leg Curl	4	10	60	Squeeze	
	Hip Abductor	4	10	60	Medium	



## Hybrid

### Block 3: Heavy Compound & Accessory

#### Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench Press	5	3	240	Medium	
	Incline Bench Press	4	6	120	Medium	
	Dips	4	8	90	Medium	
	Seated DB Fly	4	12	45	Squeeze	
	Dips	4	10	60	Medium	

#### Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Rack Pull (below the knee)	5	3	240	Medium	
	Pull Ups	4	6	120	Medium	
	BB Row	4	8	45	Squeeze	
	Low Row (Close Grip)	4	10	60	Medium	
	Lat Pull-Down (Wide-Grip)	4	10	60	Medium	

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### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Back Squat	5	3	240	Medium	
	Stiff Leg Deadlift	4	6	120	Medium	
	Leg Press	4	8	90	Medium	
	Leg Extensions	4	12	45	Squeeze	
	Hip Adductor	4	10	60	Medium	

### Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	OHP	5	3	240	Medium	
	DB Arnold Press	4	6	120	Medium	
	Upright Row	4	8	45	Squeeze	
	Lateral Raise	4	10	60	Medium	
	Face Pull	4	10	60	Medium	

## Hybrid

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Dips	5	3	240	Medium	
	EZ Bar Bicep Curl	4	6	120	Medium	
	Rope Extension / BB Bicep Curl	4	8	45	Squeeze	
	DB Skull Crushers / DB Bicep Cur	4	10	60	Medium	
	DB Pullover	4	10	60	Medium	

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Deadlift	5	3	240	Medium	
	RDL	4	6	120	Medium	
	Leg Curl	4	10	60	Medium	
	Hip Abductor	4	10	60	Medium	

## Hybrid

### Block 4: Pyramid

#### Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench Press	1	10 – 8 – 6 – 6 – 3	120	Medium	
	Decline Bench Press	4	6 – 10	90	Medium	
	Low Cable Cross Over	4	12	45	Squeeze	
	Incline DB Press / Fly	4	6 – 10	90	Medium	
	Push up	2	Failure	60	Medium	

#### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Back Squat	1	10 – 8 – 6 – 6 – 3	120	Medium	
	Leg press (close stance)	5	6 – 10	90	Medium	
	Leg Extension	5	10	60	Squeeze	
	Lying Leg Curl	5	10	90	Squeeze	
	Dumbbell Lunges	3	10 – 10	180	Medium	
	Barbell Stiff Leg Deadlift	5	10	180	Medium	

## Hybrid

Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Pull Ups	1	10 – 8 – 6 – 6 – 3	120	Medium	
	T-Bar Rows	4	8	60	Medium	
	Bent Over Barbell Row	4	6 – 10	90	Squeeze	
	Rack Pull (above the knee)	4	10	60	Squeeze	
	Cable Row (wide grip)	3	12	60	Medium	
	Dumbbell Pullover	2	12	60	Medium	

Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	OHP	1	10 – 8 – 6 – 6 – 3	120	Medium	
	Upright BB Row	4	8	60	Medium	
	Barbell Shrug	4	6	90	Squeeze	
	Reverse Peck Deck	4	12	60	Squeeze	
	DB Lateral raise	4	10	60	Medium	
	Front DB Raise	4	15	60	Medium	

## Hybrid

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Dips	1	10 – 8 – 6 – 6 – 3	120	Medium	
	Barbell Curl	4	8	60	Medium	
	Overhead Rope Triceps Push	4	8	90	Squeeze	
	Alternate DB Curl	4	12	60	Squeeze	
	BB Skull Crushers	4	21	60	Medium	
	EZ Bar Bicep Curl / Triceps Pushdown	4	12 – 12	60	Medium	

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Deadlift	1	10 – 8 – 6 – 6 – 3	120	Medium	
	Leg Press (wide stance)	5	6 – 10	90	Medium	
	Rack Pull (below the knee)	5	10	60	Squeeze	
	Leg Curl	5	10	90	Squeeze	
	Hip Abductor	3	10	180	Medium	

## Hybrid

### Block 5: De-load

#### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Squat	5	3	240	Medium	
	Front Squat	2	12	120	Medium	
	Leg Press	4	8	180	Medium	
	Leg Extensions	3	12	180	Medium	
	Hip Adductors	3	15	180	Medium	

#### Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	OHP	5	3	240	Medium	
	DB Shoulder Press	2	12	120	Medium	
	Shrugs	4	8	180	Medium	
	Lateral Raises	3	15	90	Medium	
	Front DB Raise	4	15	60	Medium	

## Hybrid

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Dips	5	3	240	Medium	
	BB Bicep Curl	5	3	240	Medium	
	Overhead Triceps Extensions	4	10	60	Medium	
	BB Skull Crushers	4	10	60	Medium	
	DB Bicep Curl	4	10	60	Medium	
	EZ Bar Curl (close-grip)	4	10	60	Medium	

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Incremental Cardio	3	10 min	1	Medium	
	Dynamic Stretching	3	1	10	Medium	
Work Out	Deadlift	5	3	240	Medium	
	BB Lunges	2	10 – 10	120	Medium	
	Leg Curl	4	12	180	Medium	
	Glute Bridges	3	8	180	Medium	
	Hip Adductors	3	15	180	Medium	



## Hybrid

### Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Pull Ups	5	3	240	Medium	
	Rack Pulls (above the knee)	4	8	180	Squeeze	
	Low Row (wide-grip)	4	10	60	Squeeze	
	Lat Pulldown (wide-grip)	4	10	60	Squeeze	
	Rope Pullover	4	15	60	Stretch	

### Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench Press	5	3	240	Medium	
	Incline Bench Press	4	8	180	Medium	
	DB Bench Press	4	10	60	Medium	
	Cable Pec Fly	4	12	60	Medium	
	Incline DB Pec Fly	4	10	60	Medium	

## Hybrid

### Block 6: Max out

Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Deadlift	4	2	300	Medium	
	Lat Pulldown	3	8	120	Medium	
	Low Row	3	10	90	Medium	
	DB Pull-Over	3	12	60	Medium	

Shoulders:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Plank	4	10	60	Medium	
	Hanging Leg Raises	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Lateral Raises	5	15	45	Medium	
	Front Delt DB Raise	4	12	45	Medium	
	Smith Press	5	10	45	Medium	
	Reverse Pec Deck	3	10	45	Medium	

## Hybrid

### Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Back Squat	4	2	300	Medium	
	Front Squat	3	8	180	Medium	
	Lunges	3	10	120	Medium	
	Leg Press	3	12	60	Medium	

### Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Triceps Rope Extension	4	10	45	Medium	
	Straight Bar Pushdown	4	10	45	Medium	
	Rope Hammer Curl	4	10	45	Medium	
	DB Bicep Curl	4	10	45	Medium	
	Overhand BB Curl / Skull Crushers	5	10	45	Medium	

# Hybrid

## Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Bench	4	2	300	Medium	
	Incline Bench Press	5	8	120	Medium	
	Pec Fly	3	10	90	Medium	
	Incline DB Press	3	12	60	Medium	
	Dips	5	Failure	45	Medium	