



Strength & Conditioning Program

PHASE 1 TRAINING

Focus: Hypertrophy

					1	2	3	4	5	6
	Volume	RPE	Tempo	R.I						
LEGS (1)										
V-Squat Calf Raises (Tempo)	5*12	8	3.2.1	2min						
V-Squat (Machine =25kg)	2*6	9	1.0.1	2min						
V-Squat (Machine =25kg)	2*12	8	1.0.1	2min						
Leg Press (Tempo)	2*10	9	4.1.1	2min						
Leg Press	3*25	9	2.1.2	3min						
BB RDL	3*12	8	2.1.2	2min						
Lying Hamstring Curls	4*15	9	2.1.2	2.5min						
PULL 2	Volume	RPE	Tempo	R.I						
Lat Downs (Tempo)	5*10-12	8	3.1.1	2min						
Hammer Incline Row	5*15	8	1.0.1	2min						
Pull Ups	3*12	8	1.0.1	2min						
BB Bent Over Row	4*10	8	1.0.1	90sec						
WG Seated Row	4*20	8	1.0.1	2min						
DB Seated Incline Curls (DS)	5*15*15	8	1.0.1							
Tricep Push Downs	5*15	8	1.0.1	3min						
PUSH 3	Volume	RPE	Tempo	R.I						
Bench Cable Flys	4*15	8	1.1.1	2min						
DB Incline Bench Press (Tempo)	4*12	8	3.1.1	2min						
Smith Machine Bench Press	2*15	9	1.0.1	90sec						
Lying Cable Lateral Raise	4*15	8	1.0.1	90sec						
DB Shoulder Press	4*15	8	1.0.1	2min						
DB Skull Crushers (DS)	5*15*15	9	1.1.1							
LP Curls	5*20	9	1.1.1	3min						

Notes: (DS) - Drop Set (TDS) - (Triple Drop Set) (F) - Failure Set (LP) - (Low Pulley) (HP) - (High Pulley) (S/S) - Super Set (PS) - Pyramid Set (NG) - Neutral Grip (RTR) - (Run the Rack)

LEGS 4	Volume	RPE	Tempo	R.I						
Seated Calf Raises	5*20	9	1.2.1	2min						
BB Deadlift (Reset)	2*4	9	1.1.1	4min						
BB Deadlift (Touch n Go)	2*10	8	1.0.1	2.5min						
Leg Press (High Stance)	3*15	8	1.0.1	2min						
BB Hip Thrusts	4*10	9	1.1.1	2.5min						

DB Bulgarian Split Squat	4*10	8	1.0.1	2min						
Seated Leg Extensions (DS)	3*15*15	9	1.0.1	2min						
PUSH / PULL 5	Volume	RPE	Tempo	R.I						
Seated Cable Fly's	4*12	8	1.1.1	2min						
DB Bench Press	2*6	9	1.0.1	90sec						
DB Bench Press	2*12	8	1.0.1	90sec						
T Bar Row	5*12	8	1.0.1	2min						
DB Lateral Raises	4*15	8	1.1.1							
HP Rope Face Pulls	4*15	8	1.0.1	2.5min						
LP Curls	5*20	8	1.0.1							
Rope O/Head Extensions	5*20	8	1.0.1	3min						
Abs (2x p/w)	Volume		Tempo	R.I						
Prone Hold	3*1min									
Curl Ups	3*8									
Lying Leg Raises	3*20									



Strength & Conditioning Program

PHASE 2 TRAINING

Focus: Hypertrophy

					1	2	3	4	5	6
LEGS (1)	Volume	RPE	Tempo	R.I						
V-Squat Calf Raises (Tempo)	6*12	8	3.1.1	2min						
Leg Extensions	2*15	8	1.1.1	90sec						
Hack Squat (Machine =47kg)	2*8	9	1.0.1	2min						
Hack Squat (Machine =47kg)	2*15	8	1.0.1	2min						
Leg Press	2*10	9	1.0.1	2min						
Leg Press	2*20	9	1.0.1	3min						
BB RDL	3*12	8	2.1.2	2min						
Lying Hamstring Curls	4*15	9	2.1.2	2.5min						
PULL 2	Volume	RPE	Tempo	R.I						
Straight Arm Rope Pull Down	2*20	7	1.1.1	90sec						
Lat Pulldown (D-Handle Bar) (DS)	4*12*12	8	1.1.1	2min						
Hammer Incline Row	4*15	8	1.0.1	2min						
Chin Ups (NG)	2*12	8	1.0.1	2min						
BB Bent Over Row (SG)	4*10-12	8	1.0.1	90sec						
Seated Row (D-Handle Bar) (DS)	4*12*12	8	1.0.1	2min						
S/S EZ Preacher Curls	5*12-15	8	1.0.1							
S/S O/H Rope Extensions	5*15	8	1.0.1	3min						
PUSH 3	Volume	RPE	Tempo	R.I						
Seated Bench Cable Flys	4*15	8	1.1.1	2min						
DB Incline Bench Press	4*10-12	8	1.0.1	2min						

	Machine Chest Press (Tempo)	4*12-15	9	3.1.1	2min							
	Lying Cable Lateral Raise	4*15	8	1.0.1	90sec							
	DB Shoulder Press	4*10-12	8	1.0.1	2min							
S/S	Smith Machine CG Bench Press	5*20	9	1.1.1								
S/S	BB Curls	5*15	9	1.1.1	3min							

Notes: (DS) - Drop Set (TDS) - (Triple Drop Set) (F) - Failure Set (LP) - (Low Pulley) (HP) - (High Pulley) (S/S) - Super Set (PS) - Pyramid Set (NG) - Neutral Grip (SG) - (Supinated Grip) (RTR) - (Run the Rack)

	LEGS 4	Volume	RPE	Tempo	R.I							
	Seated Calf Raises	6*20	9	1.2.1	2min							
	BB Deadlift (Reset)	2*5	9	1.1.1	4min							
	BB Deadlift (Touch n Go)	2*10	8	1.0.1	2.5min							
	Seated Hamstring Curls	3*15	8	1.0.1	90sec							
	Leg Press (High Stance)	3*15	8	1.0.1	2min							
	BB Hip Thrusts	4*10	9	1.1.1	2.5min							
	DB Bulgarian Split Squat	4*10-12	8	1.0.1	2min							
	Seated Leg Extensions (DS)	3*15*15	9	1.0.1	2min							
	PUSH / PULL 5	Volume	RPE	Tempo	R.I							
	Seated Bench Cable Flys	4*12-15	8	1.1.1	2min							
	Smith Machine Bench Press	2*8	9	1.0.1	90sec							
	Smith Machine Bench Press	2*15	8	1.0.1	90sec							
	Straight Arm Rope Pull Down	4*15	8	1.1.1	90sec							
	CG Pulldown	5*12-15	8	1.0.1	2min							
S/S	DB Lateral Raises	4*15	8	1.1.1								
S/S	HP Rope Face Pulls	4*15	8	1.0.1	2.5min							
S/S	DB Skull Crushers	5*15	8	1.0.1								
S/S	LP Rope Curls	5*20	8	1.0.1	3min							
	Abs & Calves (2x p/w)	Volume		Tempo	R.I							
	Prone Hold	3*1min										
	Curl Ups	3*8										
	Lying Leg Raises	3*20										
	Smith Machine Calf Raises	5*20										

Notes: (DS) - Drop Set (TDS) - (Triple Drop Set) (F) - Failure Set (LP) - (Low Pulley) (HP) - (High Pulley) (S/S) - Super Set (PS) - Pyramid Set (NG) - Neutral Grip (RTR) - (Run the Rack)

 Strength & Conditioning Program												
PHASE 3 TRAINING							Focus: Hypertrophy					
					1	2	3	4	5	6		
	LEGS (1)	Volume	RPE	Tempo	R.I							
	V-Squat Calf Raises (Tempo)	6*12	8	3.1.1	2min							

	Leg Extensions	2*15	8	1.1.1	90sec						
	Hack Squat (Machine =47kg)	2*5	9	1.0.1	2min						
	Hack Squat (Machine =47kg)	2*12	8	1.0.1	2min						
	Leg Press 1 1/4 Reps	2*10	9	1.0.1	2min						
	Leg Press	2*25	9	1.0.1	3min						
	BB RDL	3*12	8	2.1.2	2min						
	Lying Hamstring Curls (DS)	4*12*12	9	2.1.2	2.5min						
	PULL 2	Volume	RPE	Tempo	R.I						
	Straight Arm Rope Pull Down	4*20	7	1.1.1	90sec						
	Lat Pulldown (DS)	4*12*12	8	1.1.1	2min						
	Weighted Chin Ups (NG)	2*10	8	1.0.1	2min						
	Hammer Machine Incline Row	4*12	8	1.0.1	2min						
	Seated Row (D-Handle Bar) (DS)	4*10-12	8	1.0.1	90sec						
	BB Bent Over Row	4*10-12	8	1.0.1	2min						
S/S	DB Incline Curls - EZ Spider Curls	5*12-15	8	1.0.1							
S/S	O/H Rope Extensions (DS)	5*12*12	8	1.0.1	3min						
	PUSH 3	Volume	RPE	Tempo	R.I						
	Standing Cable Flys	4*15	8	1.1.1	2min						
	DB Incline Bench Press	4*10-12	8	1.0.1	2min						
	Smith Machine Bench Press (Tempo)	4*12-15	9	3.1.1	2min						
	DB Lateral Raise (DS)	4*12*12	8	1.0.1	90sec						
	DB Shoulder Press	2*5	9	1.0.1	2min						
	DB Shoulder Press	2*10-12	8	1.0.1	2min						
S/S	DB Skull Crushers	5*15	8	1.1.1							
S/S	DB Hammer Curls	5*15	8	1.0.1	3min						
	LEGS 4	Volume	RPE	Tempo	R.I						
	Leg Press Calf Raises	6*20	9	1.1.1	2min						
	BB Deadlift (Reset)	2*4	9	1.1.1	4min						
	BB Deadlift (Touch n Go)	2*8	8	1.0.1	2.5min						
	BB Stiff Leg Deadlift	3*12	8	1.0.1	2min						
	Lying Hamstring Curls (DS)	3*12*12	8	1.0.1	2min						
	Leg Press (High Stance)	4*20	9	1.1.1	2.5min						
	DB Bulgarian Split Squat	4*10-12	8	1.0.1	2min						
	Seated Leg Extensions (DS)	3*15*15	9	1.0.1	2min						
	PUSH / PULL 5	Volume	RPE	Tempo	R.I						
	Seated Bench Cable Flys	4*12-15	8	1.1.1	2min						
	DB Bench Press	2*8	9	1.0.1	90sec						
	DB Bench Press	2*15	8	1.0.1	90sec						
	Straight Arm Rope Pull Down	4*15	8	1.1.1	90sec						
	CG Pulldown (DS)	5*12*12	8	1.0.1	2.5min						
S/S	DB Seated Lateral Raises (DS)	4*10*10	8	1.1.1							
S/S	DB Reverse Flys (DS)	4*10*10	8	1.0.1	2.5min						
S/S	DB O/H Tricep Extensions	5*15	8	1.0.1							
	BB Curls	5*20	8	1.0.1	3min						
	Abs & Calves (2x p/w)	Volume	Tempo	R.I							

Prone Hold	3*1min									
Curl Ups	3*8									
Lying Leg Raises	3*20									
Smith Machine Calf Raises	5*20									

Notes: (DS) - Drop Set (TDS) - (Triple Drop Set) (F) - Failure Set (LP) - (Low Pulley) (HP) - (High Pulley) (S/S) - Super Set (PS) - Pyramid Set (NG) - Neutral Grip (RTR) - (Run the Rack)



Strength Conditioning Program

PHASE 4 TRAINING

Focus: Hypertrophy

LEGS (1)		Volume	RPE	Tempo	R.I					
V-Squat Calf Raises (Tempo)		5*15	8	3.1.1	2min					
Leg Extensions		3*20	8	1.1.1	90sec					
Smith Machine ATG Squat		3*15	9	1.0.1	2min					
Single Leg Leg Press		2*10	9	1.0.1	2min					
Leg Press		2*25	9	1.0.1	3min					
BB SLDL		3*12	8	2.1.2	2min					
Lying Hamstring Curls (DS)		4*12*12	9	2.1.2	2.5min					
PULL 2		Volume	RPE	Tempo	R.I					
Straight Arm Rope Pull Down		4*20	7	1.1.1	90sec					
SG Pull Down		2*8	9	1.1.1	90sec					
SG Pull Down		2*15	8	1.1.1	90sec					
Lat Pull Down		2*20	8	1.0.1	2min					
Hammer Machine Incline Row		2*6-8	9	1.1.1	2min					
Hammer Machine Incline Row		2*12-15	8	1.1.1	2min					
Seated Row (D-Handle Bar) (DS)		4*10-12	8	1.0.1	90sec					
BB SG Bent Over Row		4*10-12	8	1.0.1	2min					
S/S	DB Incline Curls - BB Curls		4*12-15	8	1.0.1					
	Tricep Bar Push Downs (DS)		4*12*12	8	1.0.1	3min				
PUSH 3		Volume	RPE	Tempo	R.I					
Standing Cable Flys		4*15	8	1.1.1	2min					
DB Incline Bench Fly		4*10-12	8	1.0.1	2min					
Smith Machine Bench Press		4*12-15	9	3.1.1	2min					
DB Lateral Raise (DS)		4*12*12	8	1.0.1	90sec					
Machine Shoulder Press		2*6-8	9	1.0.1	2min					
Machine Shoulder Press		2*10-12	8	1.0.1	2min					
S/S	DB Skull Crushers		5*12	8	1.1.1					
	DB Hammer Curls		5*10	8	1.0.1	3min				
LEGS 4		Volume	RPE	Tempo	R.I	Date:	Date:	Date:	Date:	Date:

Leg Press Calf Raises	5*20	9	1.1.1	2min						
BB Deadlift (Touch n Go)	2*6	9	1.1.1	3min						
BB Deadlift (Touch n Go)	2*12	8	1.0.1	2.5min						
GHRs (DB SLDL)	3*12	8	1.1.1	2min						
Lying Hamstring Curls (DS)	3*12*12	8	1.0.1	2min						
Leg Press (High Stance)	4*20	9	1.1.1	2.5min						
DB Bulgarian Split Squat	4*10-12	8	1.0.1	2min						
BB Hip Thrusts	4*10	9	1.1.1	2min						
PUSH / PULL 5	Volume	RPE	Tempo	R.I	Date:	Date:	Date:	Date:	Date:	Date:
Seated Bench Cable Flys	4*12-15	8	1.1.1	2min						
DB Incline Bench Press	2*8	9	1.0.1	90sec						
DB Incline Bench Press	2*15	8	1.0.1	90sec						
Straight Arm Rope Pull Down	4*15	8	1.1.1	90sec						
CG Pulldown (DS)	4*8*15	8	1.0.1	2.5min						
S/S 1 Arm Cable Lateral Raise (DS)	4*10*10	8	1.1.1							
S/S DB Reverse Flys (DS)	4*10*10	8	1.0.1	2.5min						
S/S Parallel Dips	5*10-15	8	1.0.1							
S/S BB Curls	5*20	8	1.0.1	3min						
Abs & Calves (2x p/w)	Volume	Tempo	R.I	Date:						
Prone Hold	3*1min									
Curl Ups	3*8									
Lying Leg Raises	3*20									
Smith Machine Calf Raises	5*20									

Notes: (DS) - Drop Set (TDS) - (Triple Drop Set) (F) - Failure Set (LP) - (Low Pulley) (HP) - (High Pulley) (S/S) - Super Set (PS) - Pyramid Set (NG) - Neutral Grip (RTR) - (Run the Rack)