



Strength & Conditioning Program

PHASE 1 TRAINING						Focus: Hypertrophy					
						1	2	3	4	5	6
LEGS (1)	Volume	RPE	Tempo	R.I							
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							
EZ Preacher Curls	5*12-15	8	1.0.1								
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						
DS	Smith Machine CG Bench Press	5*20	9	1.1.1							
DS	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						
DS	DB Lateral Raises	4*15	8	1.1.1							
DS	HP Rope Face Pulls	4*15	8	1.0.1	2.5min						
DS	DB Skull Crushers	5*15	8	1.0.1							
DS	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	DB Incline Curls - EZ Spider Curls	5*12-15	8	1.0.1							
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	DB Skull Crushers	5*15	8	1.1.1							
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	DB Seated Lateral Raises (DS)	4*10*10	8	1.1.1							
S	DB Reverse Flys (DS)	4*10*10	8	1.0.1	2.5min						
S	DB O/H Tricep Extensions	5*15	8	1.0.1							
S	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						
	SS 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						
	SS 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:	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						
o	1 Arm Cable Lateral Raise (DS)	4*10*10	8	1.1.1							
o	DB Reverse Flys (DS)	4*10*10	8	1.0.1	2.5min						
o	Parallel Dips	5*10-15	8	1.0.1							
o	BB Curls	5*20	8	1.0.1	3min						
	Abs & Calves (2x p/w)	Volume		Tempo	R.I	Date:	Date:	Date:	Date:	Date:	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)