

DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

Name: _____

Hypertrophy Training Day I

Escalating Density Training:

- Do as many rounds as possible in 20 minutes: (record repetitions performed)
- Rest 5-10 minutes between 20 min rounds
- Keep the resistance fixed at ~10RM, aim for 5 reps per set

Round One

Pattern	Exercise Selection	Load
Bend		
Pull		

Repetitions Completed															

Repetitions Completed															Total Reps

Round Two

Pattern	Exercise Selection	Load
Squat		
Push		

Repetitions Completed															

Repetitions Completed															Total Reps

Comments: *Provide typed comments on a separate sheet*

Hypertrophy Training Day II

German Volume Training

- Load selection should be ~20RM
- Goal: perform 10 x 10 with 60 sec rest b/w sets. Follow a strict tempo of 3 0 1 0

Pattern	Exercise Selection	Load
Pull		
Push		

Comments: *Provide typed comments on a separate sheet*

Group Notes:

EDT

German Volume