

## # July/August 2025 Hypertrophy Program

Primary Focus: Shoulder and Upper Chest Development

Split: 5-6 Day Split

Style: Hypertrophy-focused with moderate volume, strategic supersetting, and injury-safe movements

Note: Legs are included with light volume due to knee injury history.

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### ## Weekly Split

- \*\*Sunday - Chest (Primary Focus)\*\*
- \*\*Monday - Shoulders + Triceps\*\*
- \*\*Tuesday - Back + Biceps\*\*
- \*\*Wednesday - Rest or Mobility\*\*
- \*\*Thursday - Shoulders (Secondary Focus)\*\*
- \*\*Friday - Arms (Biceps + Triceps)\*\*
- \*\*Saturday - Legs (Light + Focused)\*\*

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### ## Sunday - Chest (Hypertrophy Focus)

- Machine Chest Press - 4 sets x 8-12

\*Feet planted, shoulder blades pinned, neutral wrist, drive from chest.\*

- Incline Dumbbell Press - 4 sets × 10-12

\*Bench on 3rd incline notch. Elbows at 45°, controlled ascent, no lockout, tight contraction.\*

- Incline Dumbbell Fly - 3 sets × 10-12

\*Start just outside shoulders, arc up and in with a squeeze. "Hug the tree." Avoid too wide.\*

- Pec Deck / Machine Fly - 4 sets × 12-15

\*Squeeze and hold. Elbows soft. Avoid overpowering with delts.\*

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## ## Monday - Shoulders + Triceps

- Dumbbell Lateral Raises - 4 sets × 12-15

\*Lead with elbows, slight forward lean, no traps.\*

- Machine Shoulder Press - 4 sets × 8-10

\*Neutral grip if possible. Drive with delts, avoid chest takeover.\*

- Rear Cable Cross-Pulls - 4 sets × 12-15

\*Cross behind back, constant tension, squeeze rear delts.\*

- Cable Overhead Tricep Extension - 4 sets × 12-15

\*Long head focus. Elbows tight, stretch and contract fully.\*

- Close-Grip Machine Press - 3 sets × 10-12

\*Keep elbows tucked, controlled push, lockout optional.\*

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## ## Tuesday - Back + Biceps

- Lat Pulldown (Neutral or Wide) - 4 sets × 10-12

\*Drive elbows down, don't grip too tight.\*

- Machine Row (Chest-supported or Cable) - 4 sets × 10-12

\*Squeeze at full contraction. Keep spine neutral.\*

- Dumbbell Curls - 4 sets × 10-12

\*Slow eccentric, tight contraction. Elbows stable.\*

- Cable Preacher or Concentration Curl - 3 sets × 12-15

\*Constant tension. Stretch fully at bottom.\*

- Optional: Lat Straight-Arm Pulldown - 3 sets × 12-15

\*Stretch lats. Keep arms mostly straight.\*

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## ## Thursday - Shoulders (Secondary Focus)

- Cable Lateral Raises - 4 sets × 12-15

\*Start from behind back, lead with elbow, slight lean.\*

- Arnold Press (Machine or Dumbbell) - 3-4 sets x 10-12

\*Rotate through movement, controlled motion.\*

- Rear Delt Flyes (Dumbbell or Machine) - 4 sets x 12-15

\*Lean forward, avoid swinging.\*

- Dumbbell Shrugs - 4 sets x 12-15

\*Hold at the top for 2 seconds. Full ROM.\*

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## Friday - Arms (Biceps + Triceps)

- Cable Rope Hammer Curl - 4 sets x 12-15

\*Brachialis focus. Moderate weight, full range.\*

- Overhead Dumbbell Triceps Extension - 4 sets x 12-15

\*Use both hands or one arm at a time. Long head focus.\*

- Bar Cable Curls - 3 sets x 10-12

\*Supinated grip, slow negative.\*

- Single-Arm Cable Tricep Kickback - 3 sets x 12-15

\*Lean forward, elbow fixed.\*

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## ## Saturday - Legs (Light Volume)

- Leg Press - 4 sets x 10-12

\*Feet higher to protect knees. Slow eccentric.\*

- Lying Leg Curl - 4 sets x 12-15

\*Stretch and squeeze. Hamstring activation.\*

- Leg Extension - 4 sets x 12-15

\*Lockout pause. Avoid swinging.\*

- Dumbbell Romanian Deadlift - 3 sets x 12

\*Soft knees, deep stretch, full glute contraction.\*

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\*No weight targets included - log performance in Strong app. Plan updated regularly as angles, cues, and feel are dialed in.\*