



GYMGUIDE

Specialized Hypertrophy Program

Training Circuit

for Hypertrophy

PROGRESS BOOSTING TIPS

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Chapter 1

Specialized Hypertrophy Workouts

Phase 1—Volume

The goal of Phase 1 is to increase the volume (number of sets) each week. In addition to adding sets each week you should always strive to lift a greater load each workout.

- Week 1 = 3 sets per exercise
- Week 2 = 4 sets per exercise
- Week 3 = 5 sets per exercise

Rest time = 90 seconds between sets.

Workout 1 Chest+Shoulders
Workout 2 Back+Traps
Workout 3 Legs
Workout 4 Arms

Chest+Shoulder

Bench Press	3-5 X 6-10
Incline DB Press	3-5 X 6-10
Dips	3-5 X 6-10
Military or DB Press	3-5 X 6-10
DB Side Lateral	3-5 X 6-10

Back+Traps

Rack Deadlift	3-5 X 6-10
Pull-Up	3-5 X 6-10
Bent Over Row	3-5 X 6-10
BB Shrug	3-5 X 6-10
DB Shrug	3-5 X 6-10

Legs

Squats	3-5 X 6-10
Stiff Leg Deadlift	3-5 X 6-10
Leg Extension	3-5 X 6-10
Leg Curl	3-5 X 6-10
Lunges	3-5 X 6-10

Arms+Calves

BB Curl	3-5 X 6-10
Close Grip Bench	3-5 X 6-10
Skull Crusher	3-5 X 6-10
DB Curl	3-5 X 6-10
Standing Calf Raise	3-5 X 6-10
Seated Calf Raise	3-5 X 6-10

The rep range for Phase 1 is 6-10, which means you want to get at least 6 reps but no more than 10 reps. If you cannot get 6 reps then the weight is too heavy. If you can get more than 10 reps then the weight is too light. Once you can complete 10 reps with a given weight you should increase the weight for the next set. For example, if you can squat 225 lbs. for 10 reps the increase the weight to 235 lbs.

Phase 2—Intensity

The Goal of Phase 2 is to lift a near maximal load for low reps. There will be no changes in the number of sets you complete, just the load you lift.

- Week 1 = 6-RM
- Week 2 = 4-RM
- Week 3 = 2-RM

Rest time = 2-3 minutes between sets.

Workout 1 Upper Body A
 Workout 2 Lower Body A
 Workout 3 Upper Body B
 Workout 4 Lower Body B

Upper Body A		Upper Body B	
Bench Press	3 X 2-6	Incline Press	3 X 2-6
Bent Over Row	3 X 2-6	Pull-Up	3 X 2-6
Military Press	3 X 2-6	DB Shoulder Press	3 X 2-6
BB Shrug	3 X 2-6	DB Shrug	3 X 2-6
Close Grip Bench	3 X 2-6	Skull Crusher	3 X 2-6
BB Curl	3 X 2-6	DB Curl	3 X 2-6
Lower Body A		Lower Body B	
Squats	3 X 2-6	Deadlift	3 X 2-6
Stiff Leg Deadlift	3 X 2-6	Leg Press	3 X 2-6
Seated Calf Raise	3 X 2-6	Standing Calf Raise	3 X 2-6

The rep range for Phase 2 is 2-6, but unlike Phase 1, you are going to shoot for a given rep number for each workout. The goal for week one is to use a weight that allows you to complete 3 sets of 6 reps; week two is to complete 3 sets of 4 reps; week three is to complete 3 sets of 2 reps. Each week you will be lifting a heavier load. For Deadlift it may be something like:

- Week 1 = 315 for 3 X 6
- Week 2 = 335 for 3 X 4
- Week 3 = 355 for 3 X 2

If you prefer, you can do arms after legs on the lower body day since the volume is lower on leg day. Some people may prefer to do all of the upper body in one workout because they find leg training more taxing or just because of personal preference. I leave it up to each individual to decide whether they prefer to train arms in the upper body workouts or the lower body workouts.

Phase 3—Frequency

The goal of Phase 3 is to hit each muscle more frequently than Phase 1 & 2.

Workout 1	Whole Body A	2 X 4-6	Rest = 2 mins
Workout 2	Whole Body B	2 X 6-10	Rest = 90 sec
Workout 3	Whole Body C	2 X 10-12	Rest = 30 sec
Workout 4	Weak Point		

Each workout uses different exercises and different rep ranges, though the same exercises could be used for each workout if one prefers. The goal is to do two sets of an exercise for each muscle group. Here is an example of how this workout could be set up:

<u>Muscle</u>	<u>Workout A (Mon)</u>	<u>Workout B (Wed)</u>	<u>Workout C (Fri)</u>
Quad	Squats	Leg Press	Leg Extension
Ham	Stiff Leg Deadlift	Lying Leg Curl	Seated Leg Curl
Calf	Seated Calf Raise	Standing Calf Raise	Donkey Calf Raise
Chest	Flat Press	Incline Press	Decline Press or Dips
Back	Bent Over Row	Pull-up	Rack Deadlift
Delt	Military Press	DB Side Lateral	Cable Lateral
Trap	Barbell Shrug	DB Shrug	Low-Pulley High Row
Tris	Close Grip Bench	Skull Crusher	Tricep Pressdown
Bis	Barbell Curl	DB Curl	Cable Curl

Weak Point Training (Saturday)

The weak point training day is here so each individual person can pick what they need to work on. If you need to bring up your back and calves, then work your back and calves. If you need to bring up your chest and biceps, then work your chest and biceps. An example Weak Point day for chest and biceps would be:

Incline BB Press	3 X 4,8,12
Flat DB Press	3 X 4,8,12
DB Curls	3 X 4,8,12
Hammer Curls	3 X 4,8,12

It is common for people to have underdeveloped calves, forearms, and posterior (rear) delts. The weak point training day would be perfect to workout on these muscles. An example routine for these weak points would be:

Calves	Standing Calf Raise	3 X 4,8,12
	Seated Calf Raise	3 X 4,8,12
Forearms	BB Forearm Curl	3 X 4,8,12
	DB Forearm Curl	3 X 4,8,12
Rear Delts	DB Rear Lateral	3 X 4,8,12
	Reverse Pec Dec	3 X 4,8,12

At this point in your training you should have an idea of what exercises you need to do in order to bring up your weak points. Because of the low volume of training during the week (a total of 6 sets per muscle group), there should be a low chance for overtraining to occur even though you are hitting your weak muscle group very frequently.

Week 10

After nine weeks of intense training your body may be pretty “beat up.” Therefore, week 10 should be a recovery week meaning no training. This off time will help your body recover and refresh you for your upcoming training weeks. After your week off, you can either restart the Triphase Training Program at phase-1 or you can begin a specialized hypertrophy workout.

We will be taking an in-depth look into the anatomy and function of each muscle group and then detailing a workout routine focusing on that muscle group. We will then discuss how to implement these muscle specific workouts into a full routine.

Chapter 10

Setting up a Full Specialized Hypertrophy Routine Schedule

Here are some example schedules you can use with the specialized hypertrophy routines:

Chest

Chest Specialization Option #1

Monday	Chest A + Tris
Tuesday	Back + Traps + Delts
Wednesday	Off
Thursday	Chest B + Tris
Friday	Legs
Saturday	Off
Sunday	Off

Chest Specialization Option #2

Monday	Chest A
Tuesday	Back + Traps
Wednesday	Off
Thursday	Chest B
Friday	Legs
Saturday	Delts + Arms
Sunday	Off

Back

Back Specialization Option #1

Monday	Back A + Traps
Tuesday	Chest + Tris
Wednesday	Off
Thursday	Back B + Bis
Friday	Legs
Saturday	Off
Sunday	Off

Back Specialization Option #2

Monday	Back A + Traps
Tuesday	Chest + Delts
Wednesday	Off
Thursday	Back B + Traps
Friday	Legs
Saturday	Arms
Sunday	Off

Legs

Leg Specialization Option #1

Monday	Legs A + Calves A
Tuesday	Chest + Delts + Tris
Wednesday	Off
Thursday	Legs B + Calves B
Friday	Back + Traps + Bis
Saturday	Off
Sunday	Off

Chest Specialization Option #2

Monday	Legs A + Calves A
Tuesday	Chest + Delts
Wednesday	Off
Thursday	Back B + Traps
Friday	Legs B + Calves B
Saturday	Arms
Sunday	Off

Arms

Arm Specialization Option #1

Monday	Arms A
Tuesday	Chest + Back
Wednesday	Off
Thursday	Arms B
Friday	Legs + Delts + Traps
Saturday	Off
Sunday	Off

Arm Specialization Option #2

Monday	Arms A
Tuesday	Chest + Delts
Wednesday	Off
Thursday	Arms B
Friday	Back + Traps
Saturday	Legs
Sunday	Off

Delts/Traps

Delt/Trap Specialization Option #1

Monday	Delts/Traps A
Tuesday	Chest + Back
Wednesday	Off
Thursday	Delts/Traps B
Friday	Legs + Arms
Saturday	Off
Sunday	Off

Delt/Trap Specialization Option #2

Monday	Delts/Traps A
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Tuesday	Chest + Tris
Wednesday	Off
Thursday	Delts/Traps B
Friday	Back + Bis
Saturday	Legs
Sunday	Off

The above are sample schedules you can use to incorporate the muscle specialization routines in this book. For the muscles that you are not focusing on, you should use a moderate volume (i.e. 6-8 reps per muscle).

