

HYPER TROPHY

GYM
12-WEEK PROGRAM



6 PERCENT

F I T N E S S

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NUTRITION

Maintain Weight	Men: Consume 2,500 calories/day + Nutrition & Workouts Women: Consume 2,000 calories/day + Nutrition & Workouts
Lose Weight	Men: Consume 2,000 calories/day + Nutrition & Workouts Women: Consume 1,500 calories/day + Nutrition & Workouts
Cut	Men: Consume 2,300 calories/day + Nutrition & Workouts Women: Consume 1,800 calories/day + Nutrition & Workouts
Gain Weight	Men: Consume 3,000 calories/day + Nutrition & Workouts Women: 2,500 calories/day + Nutrition & Workouts

MEAL STRUCTURE:

Breakfast = Protein + Sugars + Carbs + Fats

Pre-Workout Snack = Protein + Sugars + Carbs + Fats

Post-Workout Snack= Protein + sugars + Carbs

Lunch/Dinner = Protein + Carbs + Fats + Veggies (No Sugars)



SNACK SUGGESTIONS:

Bananas
Granola Bars
Nuts
Protein Shakes
Oats
Yogurt
Peanut Butter
Chocolate
Smoothies

DIETING ON A BUDGET:

One of the most beneficial things towards my gains were eating whole foods often and as much as I could. One of the best ways to do this I by getting a Sam's/Costco card and buying in bulk. Protein isn't cheap and buying in bulk will save you long term. Always check the local News Paper for sales at your local grocery store too. Some stores will have certain days of the week where they will sell off that week's extra chicken, steak, fish, Etc. It's your job to keep an eye out and buy in bulk and freeze those proteins.



FOOD LIST

PROTEINS	CARBOHYDRATES	VEGGIES	FATS
* Chicken Breast (231 calories)	* Pasta (1 cup = 220 calories)	* Spinach (1 cup = 41 calories)	* Peanut Butter (2 Tbsp. = 188 calories)
* Omega 3	* Wheat Pasta (1 cup = 176 calories)	* Broccoli (1 cup = 31 calories)	* Coconut oil (1 tsp. = 39 calories)
* Eggs (1 = 78 calories)	* Brown Rice (1 cup = 216 calories)	* Cauliflower (1 cup = 27 calories)	* Macadamia Nut Oil (1 tsp = 41 calories)
* Egg Whites (17 calories)	* White Rice (1 cup = 206 calories)	* Asparagus (1 cup = 27 calories)	* Macadamia Nuts (1 cup = 962 calories)
* Filet Mignon (278 calories)	* Basmati Rice (1 cup = 191 calories)	* Green beans (1 cup = 30 calories)	* Almonds (1 cup = 827 calories)
* Steak (308 calories)	* Sweet Potato (114 calories)	* String Beans (1 cup = 30 calories)	* Walnuts (1 cup = 523 calories)
* Whey Isolate	* Oats (1 cup = 307 calories)	* Carrots (1 cup = 45 calories)	* Cashews (1 cup = 754 calories)
* Tilapia (112 calories)	* Grits (1 cup = 143 calories)	* Corn (1 cup = 125 calories)	* Olive Oil (1 tsp = 41 calories)
* Catfish (199 calories)	* Red Potatoes (108 calories)	* Squash (1 cup = 20 calories)	* Avocado (1 cup = 234 calories)
* Sashimi (262 calories)	* Multigrain Bread (65 calories/slice)	* Zucchini (1 cup = 20 calories)	* Almond Butter (1 Tbsp = 98 calories)
* Shrimp (3oz. = 84 calories)	* Simple Sugars	* Pickles (1 cup = 16 calories)	
* Orange Roughy (100 calories)	* Banana (105 calories)	* Cucumbers (1 cup = 16 calories)	
* Buffalo (207 calories)	* Apple (95 calories)	* Celery (1 cup = 14 calories)	
* Ostrich (165 calories)	* Berries (1 cup = 85 calories)	* Cabbage (1 cup = 17 calories)	
* Turkey Breast (Not Deli Meat) (150 calories)	* Raisins (1 cup = 450 calories)	* Lettuce/Romaine/Iceberg (1 cup = 5 calories)	
* Ground Turkey/Chicken (160 calories)	* Dates (1 cup = 414 calories)		
* LEAN Red Meat (170 calories)	* Pineapple (1 cup = 82 calories)		
	* Plum (1 cup = 76 calories)		



PROGRAM STRUCTURE

<i>Day 1: Upper Body</i>	<i>Press/Pull Focused (Chest, Back, Shoulders)</i>
<i>Day 2: Lower Body</i>	<i>Legs (Back Squats)</i>
<i>Day 3: Upper Body</i>	<i>Arm Focused (Triceps, Biceps)</i>
<i>Day 4: Lower Body</i>	<i>Legs (Squat Variants)</i>


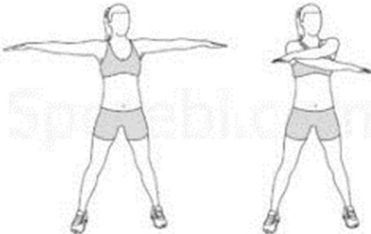



QUICK TIPS:

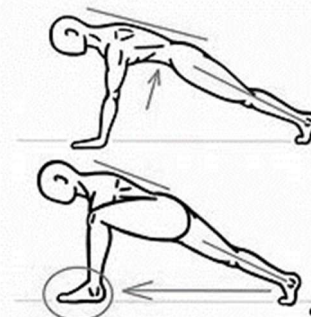
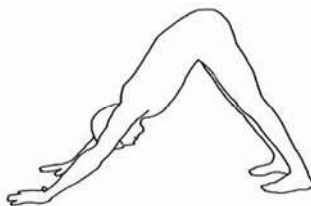


- Completing the warmup in its entirety is the best way to warm up bodily processes and be ready for exercise.
- Set goals for yourself, no matter the size
- *Progressive Overload* is the Key to building strength and muscle mass. Start with moderate weight and work up until your last set is the heaviest possible weight that you can complete all the programmed reps with.
- Occasionally add a Burnout Set to the end of programmed Bench/Squats sets
- Never Ego lift! Work with weight you can manage and progress toward your goals!
- If you pick a weight where you find yourself breaking form or can't complete all the reps, then that weight is TOO HEAVY! Decrease the weight so you can have QUALITY reps.
- Keeping a tight core and breathing while lifting is critical
- It's ok to have bad days. You will have off days and feel weaker than normal. Just focus on finishing the workout.
- Eating is a crucial part of building muscle! Make sure you are eating enough food during this program to get the best results.



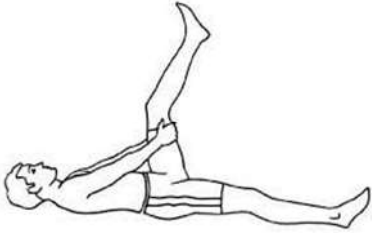



WARM UP

STRETCH	REPS/TIME	DIAGRAM
Forward Arm Rotations (small)	X 10	
Forward Arm Rotations (big)	X 10	
Backwards Arm Rotations (small)	X 10	
Backwards arm Rotations (big)	X 10	
Arm Cross Body Swings	X 10	
Body Weight Squats	X 10	



Spider-Man	2 x 10 sec. on each leg	
Push-Ups	X 10	
Downward Dog	10 sec.	
Knee to Chest	10 sec. each leg	
Knee to Opposite Shoulder	10 sec.	
Knee Across	10 sec.	



Hamstring Stretch	10 sec	
Lying Leg Kicks	X 10	
Static Lunge with a Twist	10 sec.	
Warm Up Run (Can do this on an elliptical or exercise bike as well)	3 minutes	

Now you're ready to start your workout!



AB GENERATOR

<https://ab-generator-1.web.app/home>

WEEK 1-4

DAY 1	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	Dumbbell Shoulder Press	Lat Pulldowns (machine)	Close Grip Dumbbell Bench	Cable Rows (machine)	Heavy Dumbbell Shrugs	EZ Bar Curls
Sets	4	3	3	3	3	3	3
Reps	12, 10, 8, 8	10	10	10	10	10	10
Rest	60-90 sec. rest between each lift						

DAY 2	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Back Squats	Dumbbell Romanian Deadlift	Dumbbell Walking Lunges	Seated Calf Raises	Leg Press (machine)	Ab Circuit <u>https://ab-generator-1.web.app/home</u>
Sets	4	3	3	3	3	
Reps	12, 10, 8, 8	10	8 each leg	10	10	
Rest	60-90 sec. rest between each lift					



DAY 3	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	Dips (machine or bodyweight)	Reverse Fly's (machine)	Dumbbell Hammer Curls	Dumbbell Overhead Tricep Extensions	Dumbbell Front Raises	Dumbbell Side Raises
Sets	4	3	3	3	3	3	3
Reps	10	10	10	10	10	10	10
Rest	60-90 sec. rest between each lift						

DAY 4	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Back Squats	Goblet Squats (dumbbell or kettlebell)	Single Leg Leg Press (machine)	Hamstring Curls (machine)	Leg Extensions (machine)	Standing Calf Raises (machine)	Ab Circuit https://ab-generator-1.web.app/home
Sets	4	3	3	3	3	3	
Reps	10	10	10	10	10	10	
Rest	60-90 sec. rest between each lift						



WEEK 5-8

DAY 1	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	Barbell Overhead Press & Pull Ups (or Lat Pulldown Machine)	Barbell Rows	Incline Bench (machine)	Heavy Shrugs (dumbbell or machine)	EZ Bar Curls	Ab Circuit https://ab-generator-1.web.app/home
Sets	4	3	3	3	3	3	
Reps	8, 5, 5, 5	10 on both	10	10	10	10	
Rest	60-90 sec. rest between each lift						

DAY 2	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Back Squats	Barbell Romanian Deadlifts	Leg Press (machine)	Dumbbell Split Squats	Seated Calf Raises (machine)
Sets	4	3	3	3	3
Reps	8, 5, 5, 5	10	10	8 each leg	10
Rest	60-90 sec. rest between each lift				



DAY 3	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	EZ Bar/Barbell 21's	Tricep Cable Pushdowns & Overhead Tricep Extensions (dumbbell)	Hammer Curls (dumbbells)	Reverse Grip Tricep Cable Pushdowns	Single Arm Preacher Curls	Ab Circuit https://ab-generator-1.web.app/home
Sets	4	3	3	3	3	3	
Reps	10	10 on both	10	10 each arm	10	10 each arm	
Rest	60-90 sec. rest between each lift						

DAY 4	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Front Squats (barbell)	Goblet Squats (dumbbell or kettlebell) & Seated Calf Raises (machine)	Hamstring Curls (machine)	Leg Extensions (machine)	Single Leg Leg Press (machine)	Back Extensions
Sets	4	3	3	3	3	3
Reps	10	10 on both	10	10	10	10
Rest	60-90 sec. rest between each lift					



WEEKS 9 - 12

DAY 1	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Bench Press	Arnold Press (dumbbells) & Pull Ups (or Lat Pulldown Machine)	Incline Alternating Dumbbell Bench	Single Arm Dumbbell Rows & Heavy Dumbbell Shrugs	Cable Tricep Extensions + Dropset (rope or straight bar)	Machine Bicep Curls + Dropset
Sets	4	3	3	3	3	3
Reps	10	10 on both	10	10	10 on both sets	10 on both sets
Rest	60-90 sec. rest between each lift					

- Dropset = Decrease the weight and do another set of 10 immediately after finishing the first set.

DAY 2	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Back Squats	Dumbbell Split Squats	Single Leg Romanian Deadlifts (dumbbells)	Leg Press (machine)	Standing Calf Raises (machine)	Ab Circuit <u>https://ab-generator-1.web.app/home</u>
Sets	4	3	3	3	3	
Reps	10	10 each leg	10	12	10	
Rest	60-90 sec. rest between each lift					



DAY 3	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Barbell Incline Bench Press	Seated Hammer Curls + 1 Dropset (dumbbells)	Overhead Extensions + 1 Dropset (dumbbell)	Reverse Grip Curls (dumbbell/EZ bar/barbell)	Cable Rope Pulldowns + 1 Dropset & EZ Bar Curls + 1 Dropset	Cable Front Raises & Cable Side Raises (cable machine)
Sets	4	3	3	3	3	3
Reps	10	10 each arm	10 on both	10 on all	10 on all	10 on both
Rest	60-90 sec. rest between each lift					

- Dropset = Decrease the weight and do another set of 10 immediately after finishing the first set.

DAY 4	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	1 ¼ Back Squat	Single Leg Leg Press	Hamstring Curls + 1 Dropset (machine)	Leg Extensions + 1 Dropset (machine)	Back Extensions & Seated Calf Raises (machine)	Ab Circuit https://ab-generator-1.web.app/home
Sets	4	3	3	3	3	
Reps	8	10 each leg	10 on both sets	10 on both sets	10	
Rest	60-90 sec. rest between each lift					

- Dropset = Decrease the weight and do another set of 10 immediately after finishing the first set.

