

12-Week Full Body Hypertrophy Program

Week 1 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 1 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 1 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 1 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 1 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 2 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 2 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 2 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 2 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 2 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 3 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 3 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 3 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 3 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 3 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 4 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 4 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 4 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 4 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 4 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 5 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 5 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 5 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 5 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 5 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 6 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 6 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 6 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 6 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 6 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 7 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 7 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 7 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 7 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 7 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 8 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 8 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 8 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 8 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 8 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 9 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 9 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 9 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 9 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 9 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 10 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 10 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 10 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 10 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 10 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 11 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Barbell Back Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 11 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Barbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Dumbbell Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Overhead Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Cable Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Triceps Rope Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Overhead Triceps Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 11 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Romanian Deadlift: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lying Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Glute Bridge: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Pull-Through: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Walking Lunges: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Standing Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 11 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Pull-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Barbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Lat Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Cable Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Face Pulls: -1 sets x 15-20 reps | Increase reps weekly or add volume.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 11 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- EZ Bar Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Incline Dumbbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Rope Hammer Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Overhead Dumbbell Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Triceps Pushdown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Lateral Raise Drop Set: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Full Body Hypertrophy Program

Week 12 - Day 1: Lower (Quad Focus)

Workout Focus: Lower (Quad Focus)

- Front Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Bulgarian Split Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Goblet Squat: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Leg Extension: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Cable Glute Kickback: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 2: Upper (Push Focus)

Workout Focus: Upper (Push Focus)

- Dumbbell Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Incline Machine Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Arnold Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Dips: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Skull Crushers: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.

Week 12 - Day 3: Lower (Hamstring/Glute Focus)

Workout Focus: Lower (Hamstring/Glute Focus)

- Good Morning: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Leg Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Hip Thrust: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Kettlebell Swing: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Step-Ups: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Seated Calf Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 4: Upper (Pull Focus)

Workout Focus: Upper (Pull Focus)

- Chin-Ups: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Close-Grip Pulldown: -1 sets x 8-12 reps | Aim for +1 rep or +2.5-5 lbs weekly.
- Chest Supported Row: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Rear Delt Fly: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Preacher Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

Week 12 - Day 5: Specialization (Arms/Delts or Volume)

Workout Focus: Specialization (Arms/Delts or Volume)

- Concentration Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Spider Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Barbell Curl: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Close-Grip Bench Press: 4 sets x 6-10 reps | Add weight when hitting top reps with good form.
- Dumbbell Kickbacks: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.
- Machine Lateral Raise: 3 sets x 12-15 reps | Increase reps up to 15 before adding weight.

12-Week Research Cycle Timeline (For Educational Purposes Only)

Weeks 1–6

- Testosterone Enanthate or Cypionate – 300–500 mg/week
- Optional Oral: Dianabol 20–30 mg/day OR Turinabol 30–40 mg/day
- Arimidex 0.25–0.5 mg every other day (as needed)
- Liver Support: NAC, TUDCA, or Milk Thistle

Weeks 7–12

- Continue Testosterone Enanthate or Cypionate – 300–500 mg/week
- Optional: Masteron Propionate – 300–400 mg/week (for lean hardening)
- Monitor AI dosage based on side effects/symptoms
- Continue Liver Support if using orals

Weeks 13–16 (PCT)

- Begin 2–3 weeks after last Testosterone injection
- Clomid – 50/50/25/25 mg per day (Week 13–16)
- Nolvadex – 40/40/20/20 mg per day (Week 13–16)
- Focus on recovery, diet, and light training

12-Week Research Cycle with HGH Integration

Cycle Goal: Lean Muscle Growth, Fat Loss, and Recovery Enhancement

Weeks 1–12

- Testosterone Enanthate – 300–500 mg/week
- HGH – 2–4 IU/day (split: AM fasted + post-workout or pre-bed)
- Arimidex – 0.25–0.5 mg EOD (estrogen management)
- Optional Oral (Weeks 1–6): Turinabol 30–40 mg/day OR Dbol 20–30 mg/day
- Optional Masteron (Weeks 6–12): 300–400 mg/week for physique hardening
- Liver Support if orals are used: NAC, TUDCA, or Milk Thistle

HGH Timing & Effects

- Start with 1–2 IU/day, increase by 0.5 IU every 5–7 days to desired dose
- Morning dose (fasted) is ideal for fat loss focus
- Post-workout or bedtime dose enhances muscle recovery and growth
- Takes 4+ weeks for visible effects—consistency is key

Optional Add-Ons (Advanced Research Only)

- T4 – 25–50 mcg/day (offset potential GH-induced T3 suppression)
- Metformin – 250–500 mg/day (improves insulin sensitivity, aids lean recomposition)
- Insulin – Not recommended without supervision; highly advanced use only

12-Week Recomposition Meal Plan (Daily Template)

Daily Target: 2868 kcal | 237g Protein | 286g Carbs | 86g Fat

Meal 1: Breakfast (Pre-Work or Fasted Cardio)

- 4 whole eggs + 1 cup egg whites
- 1 cup oatmeal (dry) with 1 tbsp natural peanut butter
- 1 banana or apple

Meal 2: Post-Workout Shake

- 1.5 scoops whey isolate protein (35g)
- 1.5 cups almond milk or water
- 1 cup mixed berries
- 1 rice cake or 1/2 cup cream of rice

Meal 3: Lunch

- 6 oz grilled chicken or turkey breast
- 1 cup jasmine or brown rice
- 1–2 cups steamed veggies (broccoli, asparagus, spinach)
- 1 tsp olive oil or avocado drizzle

Meal 4: Afternoon Snack

- 2 boiled eggs + 1 oz almonds
- 1 rice cake or fruit (apple/orange)

Meal 5: Dinner

- 7 oz lean steak or salmon
- 1 cup sweet potato or quinoa
- Salad with olive oil vinaigrette or avocado (1/4)
- 1 cup green beans or mixed veggies

Grocery List for Recomposition Meal Plan

Proteins

- Eggs + Egg Whites
- Chicken Breast
- Ground Turkey
- Lean Steak
- Salmon or other fatty fish
- Whey Isolate Protein Powder

Carbohydrates

- Oatmeal
- Jasmine or Brown Rice
- Sweet Potatoes
- Cream of Rice
- Quinoa
- Rice Cakes
- Bananas
- Apples
- Mixed Berries

Fats

- Natural Peanut Butter
- Olive Oil
- Avocados
- Almonds

Vegetables

- Broccoli
- Asparagus
- Spinach
- Green Beans
- Salad Mix

Other Essentials

- Almond Milk (unsweetened)
- Salt-free Seasonings
- Meal Prep Containers