

## 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.