

Program BLUE

This program is designed to be quicker than most programs and easier to follow in the sense that it is only 4 weeks as opposed to 8 or 12 weeks. This program is designed for beginner or intermediate lifters that want to add muscle size and maximize the pump in the gym. Since this program is only four weeks, it will be fast paced. When I previously stated that this program is designed for beginners, I mean any beginner who may participate in a sport of some sort or any individual who does not have any major physical problems. This program is designed so that one can learn what the “pump” feels like in a hypertrophy (muscle building) based program. Below will be the exercises that will be utilized in this program.

Warm-ups:

1. Days focusing more on upper body:
 - 3 rounds of these combined:
 - a. Banded push press horizontal (8 times)
 - b. Banded rows (8 times)
 - c. Banded pull apart (8 times)
 - d. Planks (15 seconds)
2. Days focusing more on lower body:
 - 3 rounds of these combined:
 - a. Lying Leg raises (10 times)
 - b. planks (15 seconds)



Exercises:

1. smith machine back squats
2. Hack squats
3. Goblet squats
4. Leg press
5. Walking lunges
6. Single leg squat/leg press
7. Smith split squats
8. Leg curls
9. Leg extensions
10. Calf raises
11. Dumbbell bench press (incline)
12. Hammer incline press
13. Chest flies
14. Overhead press machine
15. Single arm dumbbell rows
16. Smith machine rows
17. Lat pull downs
18. Cable rows
19. Cable curls
20. Dumbbell curls
21. Hammer curls
22. Concentration curls
23. Cable hammer curls
24. Tricep cable pushdowns
25. Tricep cable extensions
26. Tricep kickbacks
27. Tricep extensions with e-z bar
28. Cable Forearm curls and extensions
29. Cable lateral raises
30. Dumbbell lateral raises
31. Reverse flies on fly machine
32. Decline leg raises
33. Lying Leg raises
34. Decline sit ups

How to follow program

The first couple weeks of the program are designed so that one can acclimate to the volume that occurs in week three and four. The individual who is following this program should not go hard or intense in the first two weeks but rather they should be going lighter and trying to master the form. The third and fourth week should be when the individual starts going harder. If the individual following this program still feels too sore in a certain muscle group they are about to train, then he/she should take a couple more rest days until their soreness goes away and they feel good to train again. Week four of this program will be the toughest week as far as mental and physical strain on the body. It would be recommended that the week after the fourth week would be a deload week. A deload week is a week in which one trains less frequently and not as intensely so that full recovery can take place. If the individual following this program continues to keep going with this high volume based program, then week three and four would be the weeks that would be followed. Weeks one and two would no longer be incorporated throughout the training split.

RPE (rate of perceived exertion) chart

Very easy, light weight, low intensity	RPE 5/6
Could easily do 4 or 6 more reps	RPE 7
Could easily do 2 more reps	RPE 8
Could do 1 more rep	RPE 9
Till failure with perfect form	RPE 10

4 week hypertrophy program

Exercises to be followed in order from top to bottom, RPE 1-10; 1 being easiest and 10 being hardest for intensity

Week 1											
Day 1 (Lower body)		Day 2 (Upper body)		Day 3 (rest)		Day 4 (Lower body)		Day 5 (upper body)		Day 6 (rest)	Day 7 (rest)
seat. Leg Curls	3x8 @ 5 RPE	Smith rows	3x8 @ 6 RPE			lying Leg curls	4x8 @ 7 RPE	Smith rows	4x10 @ 7 RPE		
Leg Press	4x8 @ 6 RPE	Ham. Incl. press	3x8 @ 5 RPE			Leg press	4x10 @ 7 RPE	OH. Press mach	4x10 @ 7 RPE		
Leg extensions	3x8 @ 5 RPE	DB lat. raises	3x8 @ 5 RPE			Leg extensions	4x8 @ 7 RPE	reverse se flies	4x8 @ 7 RPE		
calf raises	3x10 @ 6 RPE	cable pushdown	3x8 @ 5 RPE			calf raises	4x8 @ 7 RPE	cable push down	4x8 @ 7 RPE		
lying leg raises	3x10	DB curls	3x8 @ 5 RPE			lying leg raises	4x12	Hammer curls	4x8 @ 7 RPE		

Week 2											
Day 1 (lower body)		Day 2 (Upper body)		Day 3 (rest)		Day 4 (Lower body)		Day 5 (upper body)		Day 6 (rest)	Day 7 (rest)
seat. leg curls	4x10 @ 7 RPE	Smith rows	4x10 @ 8 RPE			Lying Leg curls	4x10 @ 8 RPE	DB rows	4x10 @ 8 RPE		
Leg press	4x12 @ 8 RPE	Ham. Incl. Press	4x10 @ 8 RPE			Goblet Squats	4x10 @ 8 RPE	OH. Press mach	4x10 @ 8 RPE		
smith split squat	3x8 @ 7 RPE	DB. lat. raises	4x8 @ 7 RPE			Leg extensions	4x10 @ 7 RPE	reverse se flies	4x12 @ 7 RPE		
calf raises	4x10 @ 8 RPE	Cable extension	4x8 @ 7 RPE			calf raises	4x10 @ 8 RPE	cable push down	4x10 @ 8 RPE		

Week 3

Week 4

Week 4						
Day 1 (legs)	Day 2 (upper body)	Day 3 (arms)(bi and tri supersetted)	Day 4 (legs)	Day 5 (chest/back)	Day 6 (rest)	Day 7 (rest)

Seat. leg curls	3x12 @ 8 RPE	Smith rows	4x 12,10,8,8 @ 8-10 RPE	cable curls	4x 12,10,10, 8 @ 8 RPE	Lying leg curls	3x12 @ 10 RPE	Ham. Incl. press	3x10 @ 8/9 RPE	
leg press	4x12 @ 8 RPE	Incl. DB. Press	4x 12,10,8,8 @ 8-10 RPE	Rope push down s	4x 15,12,10, 10 @ 8 RPE	Smith back squat s	4x 12,10,8, 8 @ 10 RPE	Chest flys mach	3x12 @ 8/9 RPE	
smith split squats	3x10 (5/leg) @ 7 RPE	DB rows	3x 12,10,8 @ 8-10 RPE	ham mer curls	4x 12,10,10, 8 @ 8-10 RPE	Hack squat s	3x8 @ 9-10 RPE	DB rows	3x10 @ 8/9 RPE	
calf raises	4x10 @ 9 RPE	Overhead smith press	3x 12,10,8 @ 8-10 RPE	E-Z bar tri. Exten .	4x 12,10,10, 8 @ 8-10 RPE	Leg extensions	4x12 @ 10 RPE	cable rows	3x12 @ 8/9 RPE	
decline leg raise	4x15 body weight	reverse flys	4x 15 @ 10 RPE	concentr. curls	4x 12,10,10, 8 @ 8-10 RPE	Calf raises	4x10 @ 10 RPE			
decline situps	4x15 body weight	cable lat raises	4x 15 @ 10 RPE	tri. kickbacks	4x 12,10,10, 8 @ 8-10 RPE	decline leg raise	4x15 body weight			
				forearm curls	3x12 @ 10 RPE	decline situps	4x15 body weight			
				forearm extension	3x12 @ 10 RPE					