

THE CALCULATED

STRENGTH

METHOD

DISCLAIMER

All advice provided in this document are not intended for personal coaching or personal advice. If you wish to implement any strategy, technique, or structure in this document, then you take on full responsibility for your own overall health & well-being.

WELCOME TO THE CALCULATED STRENGTH METHOD!

The Calculated Strength Method is a scientific approach to the strength & power progression of 3 main lifts - Bench, Squat, & Deadlift.

This system includes %s that replace specific movements that are listed in red within Phase II of The Hyperpower System.

To understand how to implement this bonus into the training system, read the directions below:

Step 1: Decide whether or not you want to follow this training method. This is not a requirement for The Hyperpower System. This just provides %s so that you know the exact amount of weight to use for specific movements that are **listed in red** within the system.

Step 2: Look at the program to determine what the exercises in red look like. See below:

MONDAY - UPPER - MODERATE WEIGHT		TUESDAY - LOWER - MODERATE TO HEAVY WEIGHT		THURSDAY - UPPER - MODERATE TO HEAVY WEIGHT	
4 SETS	10 BENCH PRESSES (BARBELL)	2 SETS	7 FRONT SQUATS (MODERATE)	4 SETS	10 BENCH PRESS (BARBELL)
3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)	2 SETS	10 BACK SQUATS	3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)
3 SETS	+ 12 CHEST SUPPORTED ROW (T-BAR) 15 LATERAL RAISES (DUMBBELLS)	3 SETS	4 DEADLIFTS	3 SETS	15 BENT OVER DELT RAISES (DUMBBELLS)
3 SETS	10 INCLINE CHEST PRESS (MACHINE)	4 SETS	12 ROMANIAN DEADLIFTS (DUMBBELLS)	2 SETS	12 LAT PULL DOWNS (SUPINATED)
2 SETS	8 WEIGHTED PULL UPS	2 SETS	10 STATIONARY LUNGES (BARBELL)	3 SETS	8 OVERHEAD TRICEP EXTENSIONS (DUMBBELL)
3 SETS	8 WEIGHT DIPS				

Step 3: Step 3: You will not be using the reps for these specific movements. These will be replaced with our % System. See below:

MONDAY - UPPER - MODERATE WEIGHT		TUESDAY - LOWER - MODERATE TO HEAVY WEIGHT		THURSDAY - UPPER - MODERATE TO HEAVY WEIGHT	
4 SETS	10 BENCH PRESS (BARBELL)	2 SETS	7 FRONT SQUATS (MODERATE)	4 SETS	10 BENCH PRESS (BARBELL)
3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)	2 SETS	10 BACK SQUATS	3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)
3 SETS	+ 12 CHEST SUPPORTED ROW (T-BAR) 15 LATERAL RAISES (DUMBBELLS)	3 SETS	4 DEADLIFTS	3 SETS	15 BENT OVER DELT RAISES (DUMBBELLS)
3 SETS	10 INCLINE CHEST PRESS (MACHINE)	4 SETS	12 ROMANIAN DEADLIFTS (DUMBBELLS)	2 SETS	12 LAT PULL DOWNS (SUPINATED)
2 SETS	8 WEIGHTED PULL UPS	2 SETS	10 STATIONARY LUNGES (BARBELL)	3 SETS	8 OVERHEAD TRICEP EXTENSIONS (DUMBBELL)
3 SETS	8 WEIGHT DIPS				

Step 4: For all of the movements that are NOT red, you will choose your own weight. Depending on what the day calls for, follow what it says. See below:

MONDAY - UPPER - MODERATE WEIGHT		TUESDAY - LOWER - MODERATE TO HEAVY WEIGHT		THURSDAY - UPPER - MODERATE TO HEAVY WEIGHT	
4 SETS	10 BENCH PRESS (BARBELL)	2 SETS	7 FRONT SQUATS (MODERATE)	4 SETS	10 BENCH PRESS (BARBELL)
3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)	2 SETS	10 BACK SQUATS	3 SETS	15 SEATED OVERHEAD PRESS (DUMBBELLS)
3 SETS	+ 12 CHEST SUPPORTED ROW (T-BAR) 15 LATERAL RAISES (DUMBBELLS)	3 SETS	4 DEADLIFTS	3 SETS	15 BENT OVER DELT RAISES (DUMBBELLS)
3 SETS	10 INCLINE CHEST PRESS (MACHINE)	4 SETS	12 ROMANIAN DEADLIFTS (DUMBBELLS)	2 SETS	12 LAT PULL DOWNS (SUPINATED)
2 SETS	8 WEIGHTED PULL UPS	2 SETS	10 STATIONARY LUNGES (BARBELL)	3 SETS	8 OVERHEAD TRICEP EXTENSIONS (DUMBBELL)
3 SETS	8 WEIGHT DIPS				

Step 5: Follow exactly how each movement should be replaced. See below:

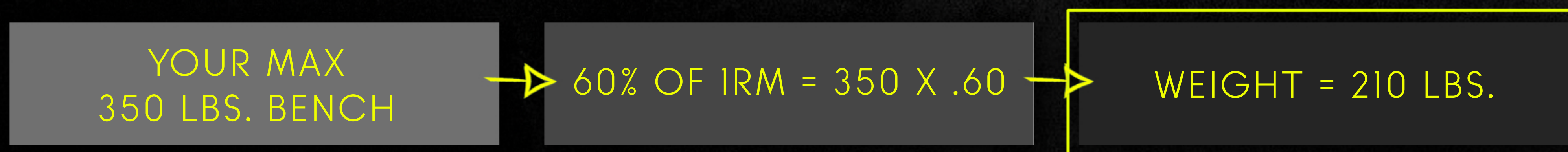


Step 6: Test your max so that you can work off of the percentages provided in this eBook. In order to determine your 1 Rep Maximum, simply use "The PR Method" bonus provided in the Hyperpower System.

Once you have determined your max for the Bench, Squat, & Deadlift - you will then begin your program with our designated %s.

To understand how to find out the %s you use, check below:

If your max is 350 lbs., you will multiply it by that percentage provided...



This means the weight you will be completing is 210 lbs.

Now that you understand how to replace the text in red. Listed below are the exact %s, reps, and sets to follow with Phase II of The Hyperpower System:

WEEK 1: HYPERTROPHY & ENDURANCE

MONDAY:
MODERATE WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
4 SETS	10 REPS	@63%

TUESDAY:
MODERATE TO HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
2 SETS	10 REPS	@67%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@62%
WORKING SETS		
3 SETS	4 REPS	@76%

THURSDAY:
MODERATE TO HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	3 REPS	@70%
WORKING SETS		
4 SETS	10 REPS	@65%

WEEK 1: HYPERTROPHY & ENDURANCE

FRIDAY:
MODERATE WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@54%
WORKING SETS		
3 SETS	12 REPS	@60%
DEADLIFTS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
3 SETS	8 REPS	@66%

WEEK 2: HYPERTROPHY

MONDAY: HEAVY WEIGHT			TUESDAY: MODERATE WEIGHT			THURSDAY: MODERATE WEIGHT		
BENCH PRESS (BARBELL)			BACK SQUATS			PAUSE BENCH PRESS (BARBELL)		
WARM UPS			WARM UPS			WARM UPS		
SET 1	5 REPS	@40%	SET 1	5 REPS	@40%	SET 1	5 REPS	@40%
SET 2	3 REPS	@67%	SET 2	3 REPS	@55%	SET 2	3 REPS	@55%
SET 3	2 REPS	@73%	SET 3	2 REPS	@60%	SET 3	2 REPS	@60%
WORKING SETS			WORKING SETS			WORKING SETS		
4 SETS	8 REPS	@71%	4 SETS	9 REPS	@64%	6 SETS	3 REPS	@71%
			DEADLIFTS					
			WARM UPS					
			SET 1	2 REPS	@44%			
			SET 2	3 REPS	@60%			
			WORKING SETS					
			3 SETS	7 REPS	@68%			

WEEK 2: HYPERTROPHY

FRIDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	2 REPS	@67%
WORKING SETS		
4 SETS	7 REPS	@72%

WEEK 3: STRENGTH AND POWER

MONDAY:
HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@73%
WORKING SETS		
5 SETS	5 REPS	@78%

TUESDAY:
MODERATE WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	1 REPS	@60%
WORKING SETS		
4 SETS	5 REPS	@68%

THURSDAY:
MODERATE WEIGHT

PAUSE BENCH PRESS (BARBELL)(FAST!)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
2 SETS	5 REPS	@67%

WEEK 3: STRENGTH AND POWER

FRIDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@74%
WORKING SETS		
3 SETS	4 REPS	@81%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@75%
WORKING SETS		
4 SETS	3 REPS	@82%

SATURDAY:
LIGHT WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
3 SETS	4 REPS	@67%

WEEK 4: DELOAD (SPEED)

MONDAY:
LIGHT TO MODERATE WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@62%
WORKING SETS		
3 SETS	7 REPS	@68%

TUESDAY:
LIGHT WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
WORKING SETS		
3 SETS	12 REPS	@55%
DEADLIFTS		
WARM UPS		
SET 1	3 REPS	@35%
WORKING SETS		
2 SETS	12 REPS	@54%

FRIDAY:
MODERATE WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	1 REPS	@69%
WORKING SETS		
4 SETS	3 REPS	@75%
BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	1 REPS	@66%
WORKING SETS		
5 SETS	5 REPS	@70%

WEEK 5: STRENGTH AND HYPERTROPHY

MONDAY:
MODERATE WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	1 REPS	@66%
WORKING SETS		
3 SETS	4 REPS	@70%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@73%
WORKING SETS		
5 SETS	3 REPS	@80%

TUESDAY:
MODERATE TO HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@65%
SET 3	2 REPS	@72%
WORKING SETS		
4 SETS	4 REPS	@77%

THURSDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@75%
WORKING SETS		
5 SETS	3 REPS	@86%
DEADLIFTS (MODERATE WEIGHT)		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@60%
WORKING SETS		
3 SETS	3 REPS	@77%

WEEK 5: STRENGTH AND HYPERTROPHY

FRIDAY:
HEAVY WEIGHT

PAUSE BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	2 REPS	@73%
WORKING SETS		
5 SETS	3 REPS	@81%

SATURDAY:
LIGHT WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
WORKING SETS		
3 SETS	9 REPS	@50%

WEEK 6: STRENGTH AND POWER

MONDAY:
MODERATE WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	1 REPS	@70%
WORKING SETS		
4 SETS	4 REPS	@75%

TUESDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@75%
WORKING SETS		
6 SETS	2 REPS	@89%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@72%
WORKING SETS		
3 SETS	3 REPS	@80%

THURSDAY:
HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@75%
WORKING SETS		
7 SETS	2 REPS	@88%

WEEK 6: STRENGTH AND POWER

FRIDAY:
MODERATE WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	2 REPS	@69%
WORKING SETS		
4 SETS	3 REPS	@76%

WEEK 7: DELOAD

TUESDAY:
LIGHT WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
4 SETS	3 REPS	@65%
PAUSE DEADLIFTS		
WARM UPS		
SET 1	3 REPS	@35%
WORKING SETS		
3 SETS	3 REPS	@65%
SUMO DEADLIFTS		
WARM UPS		
SET 1	3 REPS	@35%
SET 2	2 REPS	@50%
WORKING SETS		
1 SET	5 REPS	@60%

FRIDAY:
LIGHT WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
2 SETS	3 REPS	@70%
DEFICIT DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@63%
WORKING SETS		
4 SETS	3 REPS	@72%

WEEK 8: STRENGTH AND POWER

MONDAY:
LIGHT TO MODERATE WEIGHT

PAUSE BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	2 REPS	@60%
WORKING SETS		
4 SETS	5 REPS	@67%

TUESDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@75%
WORKING SETS		
5 SETS	4 REPS	@85%
DEADLIFTS (LIGHT WEIGHT + FAST!)		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@58%
WORKING SETS		
3 SETS	5 REPS	@65%

THURSDAY:
LIGHT WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
SET 3	1 REPS	@60%
WORKING SETS		
3 SETS	3 REPS	@65%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@60%
WORKING SETS		
3 SETS	3 REPS	@67%
PAUSE BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	2 REPS	@50%
WORKING SETS		
3 SETS	2 REPS	@55%

WEEK 8: STRENGTH AND POWER

FRIDAY:
HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	2 REPS	@73%
WORKING SETS		
7 SETS	2 REPS	@93%

SATURDAY:
LIGHT TO MODERATE WEIGHT

BACK SQUATS (SPEED!)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
WORKING SETS		
5 SETS	1 REPS	@68%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@70%
WORKING SETS		
3 SETS	3 REPS	@75%

WEEK 9: STRENGTH AND POWER

MONDAY:
MODERATE TO HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	2 REPS	@70%
WORKING SETS		
3 SETS	4 REPS	@80%

TUESDAY:
HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	1 REPS	@75%
WORKING SETS		
3 SETS	3 REPS	@90%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@75%
WORKING SETS		
3 SETS	4 REPS	@83%

THURSDAY:
LIGHT WEIGHT

SPEED BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@55%
WORKING SETS		
4 SETS	2 REPS	@60%
SPEED DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	3 REPS	@60%
WORKING SETS		
4 SETS	2 REPS	@67%

WEEK 9: STRENGTH AND POWER

FRIDAY:
HEAVY WEIGHT

BENCH PRESS (BARBELL)		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@67%
SET 3	2 REPS	@73%
WORKING SETS		
7 SETS	3 REPS	@87%

SATURDAY:
MODERATE TO HEAVY WEIGHT

BACK SQUATS		
WARM UPS		
SET 1	5 REPS	@40%
SET 2	3 REPS	@60%
SET 3	2 REPS	@67%
WORKING SETS		
2 SETS	4 REPS	@75%
DEADLIFTS		
WARM UPS		
SET 1	2 REPS	@44%
SET 2	2 REPS	@62%
SET 3	1 REPS	@75%
WORKING SETS		
6 SETS	4 REPS	@83%