



DAVID LAID & DYLAN MCKENNA

HYPERPOWER

THE
PROGRAM

THE

POWER

EFFECT

PHASE I

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DEAR MEMBER,

WE KNOW YOU WILL HAVE A KICK-ASS TIME
FOLLOWING THE HYPERPOWER TRAINING
SYSTEM!

PLEASE FOLLOW THIS PROGRAM WITH THE
DAILY POWER AND DON'T FORGET TO JOIN THE
POWER SOCIETY GROUP FOR OPTIMAL GAINS,
CHALLENGES, & SUPPORT.

BEST,
DAVID & DYLAN



EXERCISE NAMES

Every exercise is demonstrated within each designated video. If you get confused, just reference the videos we have created for you.

THE CALCULATED STRENGTH METHOD

The % of 1RM bonus PDF is for the Phase II program only, once you complete the Phase I program, you will be ready to use this.

TOO EASY?

If each exercise becomes too easy - refer back to whether or not that day is supposed to be a light, moderate, or heavy day. Also check your form!

REST BETWEEN SETS

Rest is described on each designated week, please refer there to know which rest periods we recommend you follow.

DEMONSTRATION VIDEOS

Each superset or set for that specific day is demonstrated within the video on the dashboard

NUTRITION

Follow the nutrition advice we provide to you in the Daily Power. If you do not eat properly, your results will not be optimal.

THE POWER SOCIETY

If you are not part of the strongest growing group in the Fitness industry, go ahead and click here to join our private facebook group of hard workers and winners!

TRAINING WEEKS	TRAINING TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ENDURANCE	Upper	Lower	Use Daily Power Content	Full Body	Use Bonus Power Society Content	Abs and Cardio / Tune into Daily Power Content	Tune into Daily Power Content / Rest
WEEK 2	HYPERTROPHY AND ENDURANCE	Upper	Lower	Use Daily Power Content	Full Body	Use Bonus Power Society Content	Abs and Cardio / Tune into Daily Power Content	Tune into Daily Power Content / Rest
WEEK 3	STRENGTH AND POWER	Upper	Lower	Use Daily Power Content	Upper	Lower	Tune into Daily Power Content / Rest	Tune into Daily Power Content / Rest
WEEK 4	SPEED AND ENDURANCE	Upper	Lower	Use Daily Power Content	Upper	Lower	Tune into Daily Power Content / Rest	Tune into Daily Power Content / Rest
WEEK 5	STRENGTH & HYPERTROPHY	Upper	Lower	Use Daily Power Content	Upper	Lower	Tune into Daily Power Content / Light Abs & Cardio	Tune into Daily Power Content / Rest
WEEK 6	STRENGTH AND POWER	Upper	Lower	Use Daily Power Content	Upper	Lower	Tune into Daily Power Content / Rest	Tune into Daily Power Content / Rest
WEEK 7	DELOAD	Upper	Lower	Use Daily Power Content	Upper	Full Body	Tune into Daily Power Content / Full Body	Tune into Daily Power Content / Rest
WEEK 8	STRENGTH AND POWER	Upper	Lower	Use Daily Power Content (STRETCHING/ MOBILITY ONLY)	Full Body	Upper	Lower	Tune into Daily Power Content / Rest
WEEK 9	STRENGTH AND POWER	Upper	Lower	Use Daily Power Content (STRETCHING/ MOBILITY ONLY)	Full Body	Upper	Lower	Tune into Daily Power Content / Rest

WARM UPS

WE HAVE AN UPPER BODY & LOWER BODY WARM UP WITHIN THE DAILY POWER MEMBERSHIP. PLEASE FOLLOW THOSE WARM UPS BEFORE YOU BEGIN YOUR TRAINING FOR THE DAY!

MOBILITY & INJURY PREVENTION

IT IS VERY IMPORTANT FOR YOU TO STRETCH AND/OR FOLLOW A FEW MOBILITY EXERCISES REGULARLY. THIS CAN INVOLVE STRETCHING FOR 10 MINUTES EACH DAY OR FOLLOWING A DYNAMIC WARM UP WHEN YOU FIRST WAKE UP. WITHIN THE DAILY POWER WE WILL BE PROVIDING CONTENT TO WORK WITH YOUR MOBILITY!

ABS & CARDIO

THE HYPERPOWER TRAINING SYSTEM IS FOCUSED ON BUILDING MUSCLE AND POWER. YOU CAN FIND AB AND CARDIO WORKOUTS POSTED WEEKLY IN THE DAILY POWER.

THE
HYPERPOWER
SYSTEM