



DAVID LAID & DYLAN MCKENNA

THE HYPERPOWER PROGRAM

THE
POWER EFFECT



PHASE II

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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

Please refer to the page labeled “THE CALCULATED STRENGTH METHOD BONUS” to implement a % based approach to your training. This is not required to follow Phase II of the Hyperpower System.

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	HYPERTROPHY AND ENDURANCE	Upper	Lower	Use Daily Power Content	Upper	Lower	Tune into Daily Power Content	Tune into Daily Power Content / Rest
WEEK 2	HYPERTROPHY	Upper	Lower	Use Daily Power Content	Upper	Lower	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	Tune into Daily Power Content / Rest
WEEK 4	DELOAD AND SPEED	Upper	Lower	Use Daily Power Content	Rest	Full Body	Tune into Daily Power Content / Rest	Tune into Daily Power Content / Rest
WEEK 5	STRENGTH & HYPERTROPHY	Lower	Upper	Use Daily Power Content	Lower	Upper	Lower / Tune into Daily Power Content	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 Conten / 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.

HOW TO USE
THE CALCULATED STRENGTH METHOD

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

IF YOU DON'T WANT TO USE THE CALCULATED STRENGTH METHOD FOR PHASE II OF THIS PROGRAM, THEN IGNORE THE RED BOX AROUND THE MOVEMENTS. CHOOSE THE WEIGHT YOU WOULD LIKE ACCORDING TO THE TYPE OF TRAINING DAY IT IS. (EX. MODERATE TO HEAVY WEIGHT)



IF YOU WANT TO IMPLEMENT THE CALCULATED STRENGTH METHOD THEN REPLACE THE RED BOXES WITH THE DESIRED DAY DISPLAYED IN THE BONUS PDF. SEE HERE.

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

THE
***HYPER* POWER**
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