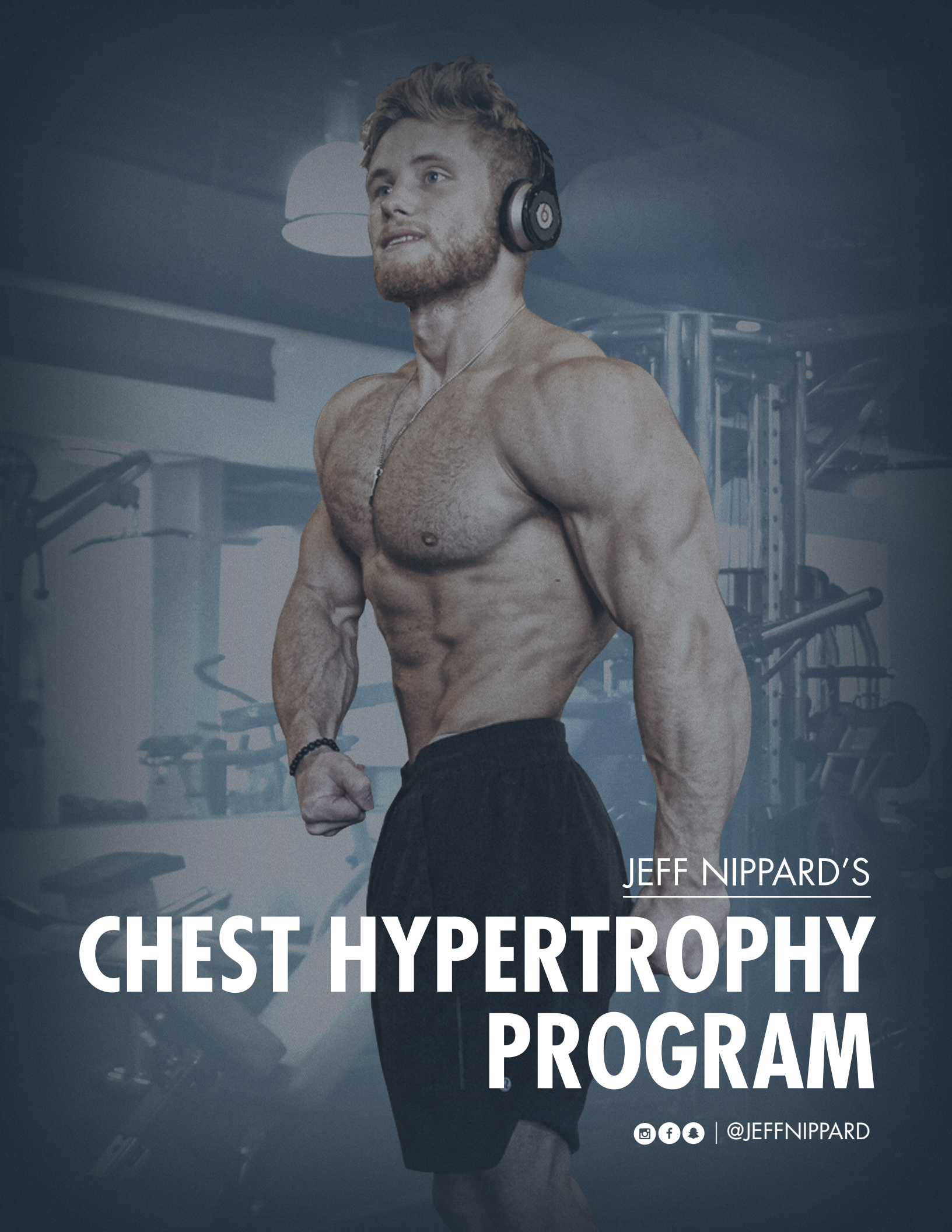

JEFF NIPPARD'S

CHEST HYPERTROPHY PROGRAM

@JEFFNIPPARD

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KEY TERMS

1RM: 1 REPETITION MAXIMUM

AMRAP: AS MANY REPETITIONS AS POSSIBLE

DB: DUMBBELL

EMG: ELECTROMYOGRAPHY

PROGRESSIVE OVERLOAD: THE GRADUAL INCREASE OF STRESS PLACED UPON THE BODY DURING EXERCISE TRAINING

RPE: RATE OF PERCEIVED EXERTION

LSRPE: LAST SET RPE

FAQS

1. What if I don't have bands?
A: Order them here: http://www.roguefitness.com/mobility-rehab/mobility-tools/bands

2. What if I can't do dips?
A: Do Neutral Grip DB Press instead

3. If the RPE increases across sets, should I drop the weight back?
A: Keep the weight the same for the later sets if you hit the target RPE for the first set but find the second set harder. If you think you will reach failure prematurely (i.e. before the final set), then drop the weight back by 5-10% or whatever you feel appropriate to stay within the target RPE.

4. My upper chest is lagging relative to my lower chest. Should I do more upper pec stuff than what's given in the routine?
A: No. This routine is already designed to focus on upper pec development given that it is generally lacking (or at least very rarely disproportionately large).

5. Why don't the exercises change from week to week?
A: This is to ensure progression by adding volume incrementally to these specific movements. Changing exercises from week to week is more likely to flatten out the progression curve.

6. What does "AMRAP" mean?
A: As many reps as possible. If performing an AMRAP set on a heavy compound movement, always use a spotter for safety and try to avoid actual failure.

7. What if I don't know my bench press 1RM?
A: You have two options to figure this out:

1. Do an AMRAP test as follows:
   - Warm up by pyramiding up in weight using estimated 1RM
   - Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2
   - Do a set of as many reps as possible with 90% of your estimated 1RM
   - Alternatively, you can pick a weight you think you can do about 3-5 reps with, and do as many reps as possible with that
   - Plug the results of the AMRAP test in here to determine new working 1RM: http://www.exrx.net/Calculators/OneRepMax.html

2. Plug the results of a recent "tough set" taken close to failure in the 6 or lower rep range into this calculator: http://www.exrx.net/Calculators/OneRepMax.html

Note: If you do the AMRAP test before beginning the program, do it on its own day, and then rest at least 2 days before beginning Week 1, Day 1.

8. What is the LSRPE column for?
A: The idea here is to reflect on your last set and ask yourself how many more reps you think you could have gotten. This should be a 10 for exercises other than bench presses in this program. It is a useful way to account for how hard you're working on the final set.

INSTRUCTIONAL VIDEOS

EXERCISE	VIDEO
INTRO:	https://www.youtube.com/watch?v=E9-96AWWZXo
WARM UP:	https://www.youtube.com/watch?v=D5WZbRzrQ18

DAY 1

EXERCISE	VIDEO
BENCH PRESS:	https://www.youtube.com/watch?v=MpDYvYgo000
INCLINE DB PRESS:	https://www.youtube.com/watch?v=K1REcT1Nf2U
BANDED PUSHUP:	https://www.youtube.com/watch?v=4FLFzOUqPk4
FLAT STATIC DB HOLD:	https://www.youtube.com/watch?v=Tm49REVY6N4

DAY 2

EXERCISE	VIDEO
CLOSE GRIP BENCH PRESS:	https://www.youtube.com/watch?v=RPQeZ27fqww
BAYESIAN CABLE FLYE:	https://www.youtube.com/watch?v=ab3K-FZC_6s
BODYWEIGHT DIP:	https://www.youtube.com/watch?v=dHSYSUF391Q

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 01

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	6	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**12**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**9**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**21**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 02

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	6	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**13**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**9**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**22**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 03

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	6	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**12**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**9**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**21**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 04

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	6	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**13**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**9**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**22**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 05

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	7	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**13**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**10**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**23**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 06

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	7	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**14**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**10**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**24**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 07

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	7	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**13**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	4	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**11**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**24**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 08

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	1	AMRAP	90%	9.5	4.0						AS MANY REPS AS POSSIBLE - USE SPOTTER - DETERMINE NEW 1RM	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	**12**										**TOTAL TRAINING TIME**	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	4	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	**11**										**TOTAL TRAINING TIME**	
WEEKLY SET VOLUME	**22**											

***NOTE: REST TIMES ARE GIVEN IN MINUTES.**

BIOMECHANICS/ANATOMY

I think it's important to understand the main function of the pecs to fully appreciate the best way to train them. In order to understand their function, it's important to understand their anatomy.

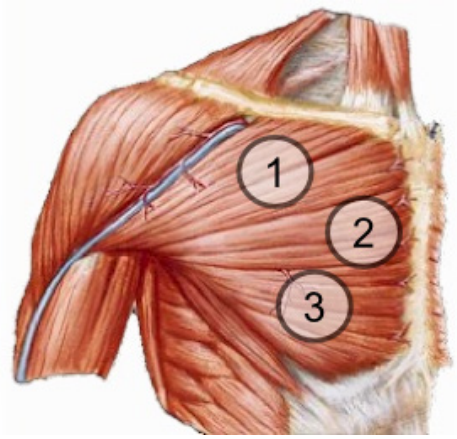

Figure 1 Different parts of the pectoralis major pars clavicularis (1), pars sterocostalis (2), pars abdominialis (3) (image from DocMartin)[1]

ORIGIN/INSERTION

The pecs are composed of two heads: the clavicular ("upper") head and the sternal ("lower") head. Both heads insert at the upper arm and, as the names suggest, the clavicular head attaches at the clavicle and the sternal head at the sternum.

FUNCTION

The primary function of the pecs is transverse shoulder adduction (bringing the upper arm across the body toward the midline like in a flye). The clavicular head also assists in shoulder flexion (think of a front raise).
Note: This is why close grip presses tend to target the upper pecs more. An incline bench angle also targets the upper pecs more because of the way the fibers run. The sternal (lower) head is more active when using a wider grip (because more adduction is happening than flexion) and when using a flat or decline bench angle (because of the way the fibers run).

FIBER TYPE

The entire pec is composed primarily of type II (fast twitch) muscle fibers (57-65% by composition)[2, 3] but can be considered to have an even mix of type I (slow twitch) and type II fibers. Like most muscles, a combination of rep ranges is likely best to optimize hypertrophy, with some heavy weights being necessary to fully activate the fast twitch fibers.

BIOMECHANICS/ANATOMY

RESEARCH

Bench Press
EMG research has shown the bench press to be very effective at maximally activating the whole pec musculature[4,5]. In fact, chronic training studies have shown programs containing only the bench press to promote substantial pec hypertrophy[6]. Personally, I think it is best to go heavier on the bench press due to overwhelming evidence demonstrating increased activation with increasing relative load. Activation maxes out around 80% 1RM, so unless training specifically for a strength event, this is about as heavy as you'll need to go, relatively speaking [7].

Bench angle
Multiple studies have shown greater activation in the upper pecs with an incline bench angle [8], with one study showing about 45° to be the sweet spot [9]. This tends to vary with individuals, so I'd recommend starting with 45°, seeing how that feels first, and then experimenting to see what angle feels best for you.

More EMG studies have shown the 15° decline bench press to be the most effective exercise in terms of activating the entire pec musculature [10]. However, when you perform the powerlifting style bench press with a moderate arch, you effectively mimic this movement. For this reason, I didn't include a decline press in the program. Also, building a big bench press tends to be desirable in its own right.

Optimal Activation
A case study using resistance bands has shown banded pushups to yeild high levels of upper pec activation [11]. For this reason, and the fact that variable resistance is a good way to introduce a novel loading pattern, I have included banded pushups/presses in the routine.

Isometric holds induce high levels of metabolic stress by lengthening the rep duration in the stretched position. This technique is used via flat DB holds to yield metabolite buildup at the end of a training session when metabolic fatigue is less likely to impede subsequent training. This method also presents a novel means of progressive overload: the addition of time under tension at a constant load.

The pecs are strongest when the shoulders are internally rotated [12] or, in other words, when your palms are facing down (pronated). Therefore, it is optimal to do flyes with the thumbs facing each other rather than with the palms facing each other which supports inclusion of Bayesian cable flyes in this routine.

Dips have been shown to be effective at activating the lower pecs relative to the mid and upper pecs [13]. Bodyweight dips taken to failure ensure that all of the lower fibers are being activated through a full (or near full) spectrum of motor units ensuring substantial metabolic stress. Additionally, bodyweight dips present another way of progressive overloading: adding reps at constant load.

PROGRESSION

BENCH PRESS

A percentage-based, semi-auto regulated progression scheme is used for the bench press only. Meaning that for bench press, you'll be deciding what weight you use for that week based off a percentage of your 1RM. This can be estimated before starting the program using an AMRAP (as many reps as possible) test and a 1RM calculator (see FAQ's). 1RM prescriptions are set up using a range. If your 1RM is 200 lbs, for example, on Day 1 of Week 1 you would perform sets with 75-80% of that, or 150-160 lbs. On days you feel strong, use the mid-to-high end of the range. On days you feel weaker, use the low-to-mid end of the range. Weekly progressions are made in an undulating fashion (sets/reps/weight goes up and down in waves) resulting in an accumulation of total volume.

REST OF PROGRAM

A linear progression scheme is used for all exercises with a rep range given (Incline DB Press, Banded Pushups, and Bayesian Cable Flyes). The goal is to add reps while keeping the weight the same until the top end of the range is reached for all sets. From there, you will add weight and go back to the low end of the range. In the real world, it might not work out that neatly. As long as you're adding some weight or some reps over time for these movements on average (meaning it doesn't have to increase EVERY week) then that's good enough.

Static holds are overloaded by adding hold time in a linear fashion. Once 5 second increments can no longer be added at a constant weight, increase the weight by 5-10 lbs. Then, return to the original goal rep time and begin adding 5 seconds with the new, heavier weight until the process repeats.

Bodyweight dips are overloaded by adding a rep each week. Once you can no longer add reps, focus on controlling the quality of each movement and paying more attention to your rep cadence. If you can slow down or better control any negatives, do that.

INTENSITY

How hard should you train? How heavy should you go?

The answers to these questions are determined by the RPE given for each exercise. Keep in mind that RPE's are meant to be for working sets only. An RPE of 10 indicates the set should be taken to failure. An RPE of 9 means you should leave one rep left in the tank. An RPE of 8 means you should leave two reps in the tank and so on. The last set of each exercise (except bench press and close grip bench press!) should be taken to failure to ensure a full spectrum of motor unit activation.

VOLUME

How much volume you're going to need to progress will depend on your level of advancement in your training and how "stubborn" your pecs are. The more advanced you are and the more stubborn your pecs are, the more volume you'll need. Experts suggest that 15-25 working sets per week is typically enough to maximize pec development. This routine flirts with the upper end of that range because, as I see it, even if less would get you results, I want you to get the best results you can get from this routine. With that said, if you're a relatively new lifter, you may want to start with one less set per movement for the first week or two. From there, you can assess your tolerance to that weekly volume and then begin adding sets once you're confident you're recovering adequately.

PROGRESSION

FREQUENCY

The most recent and comprehensive meta analysis on training frequency concluded that 2x/week is better than 1x/week for maximizing growth while frequencies of 3 or more may or may not be better [14]. Since a sufficiently high weekly volume can be accommodated with a 2x/week frequency, I opted for it with this program, allowing it to be easily adapted to a push/pull/legs or upper/lower split. Regardless of what split you're running, you can still hit chest 2x per week by spacing it with a 3-4 day rest period between sessions.

SAMPLE SPLITS

Chest work should be put at the beginning of any training session to give it priority while running this program.

1. UPPER/LOWER
    - A. Upper
        - i. Chest (Day 1), shoulders, back, arms and abs
    - B. Lower
        - i.Quads, hamstrings, glutes
    - C. Rest
    - D. Upper
        - i. Chest (Day 2), shoulders, back, arms and abs
    - E. Lower
        - i. Hamstrings, glutes, quads

2. PUSH/PULL/LEGS
    - A.Push
        - i. Chest (Day 1), shoulders, triceps
    - B.Pull
        - i. Back and biceps
    - C. Legs
        - i. Quads, hamstrings, glutes
    - D. Push
        - i. Chest (Day 2), shoulders, triceps
    - E. Pull
        - i. Back and biceps
    - F. Legs
        - i. Hamstrings, glutes, quads

IMPORTANT NOTES

It is important to balance out the amount of "pushing" volume in this program with at least an equal amount of "pulling" volume. This means performing rows and other rear delt isolation exercises is imperative to preventing a rolled-forward posture and forward-dominant physique.

PROGRESSION

WARM UP

After the general warm up (see instructional videos), and before beginning ANY training session, begin the workout by pyramiding up in weight before tackling the working sets. For example, if you were working up to sets with 80% of your 1RM, you could warm up as follows:

Bar x 15

50% x 8

60% x 4

70% x 3

75% x 2

And then begin your working sets as outlined in your program.

Note: Such a specific warm up is only required for the first exercise and isn't required for the exercises to follow.

REFERENCES

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