

MAX-HYPE TRAINING PROGRAM

Hypertrophy Training for Intermediate to Advanced Lifters

Weekly Training Split - 2 Days ON, 1 Day OFF, 4 Days ON, 1 Day OFF

*Note: This training programs "weeks" are every 8 days, be sure to follow the spreadsheet from Top to Bottom, Left to Right

Week 1/3/5 :

- Upper
- Lower
- OFF
- Chest/Arms
- Quads/Adductors
- Back/Delts
- Hams/ Calves
- OFF

Week 2/4/6 :

- Upper
- Lower
- OFF
- Chest/Back
- Quads/Adductors
- Shoulder/Arms
- Hams/Calves
- OFF

Periodization Scheme -

Use the following Periodization Scheme for all movements noted with an asterisk.
(with RPE 9 on all working sets – Final Set True Failure)

Rep Range A - 5 rep goal, 5 working sets (Weeks 1 & 4)

Rep Range B - 8 rep goal, 4 working sets (Weeks 2 & 5)

Rep Range C - 10-12 rep goal, 3 working sets (Weeks 3 & 6)

Supersets are indicated with numbered sections under a lettered heading.

Day 1 : Upper -

- A. Bench* (Of choice, e.g. BB Bench – Run for a 6 week block before switching to an alternative such as DB)
- B. Chest Supported Row*
- C.
 - 1) Lat Pull Down (or Weighted Chins)*
 - 2) Overhead Press of Choice*
- D.
 - 1) Dips – 2 x 10-15
 - 2) Upright Row - 2 x 10-15
- E.
 - 1) Lateral Raises – 12, 10, 8

- 2) Skull Crushers – 12, 10, 8
- 3) Bicep Curls – 12, 10, 8
- F.
 - 1) Pec Dec Fly - 2 x 12-20
 - 2) Rear Delt Fly - 2 x 12-20
- G.
 - 1) Straight Arm Pull-Down (cable) – 2 x 12-20
 - 2) Front Raise – 2 x 12-20

Day 2 : Lower

- A. Lying Hamstring Curls – 4 x 10-15 (Start the set with toes plantar flexed, once you reach initial failure, (can't complete full ROM/rep), dorsiflex and go to failure on final set)
- B. Leg Press* (Cybex Squat Press)
- C. Deadlift* (Of choice, Conventional or Sumo)
- D. Single Leg Glute Kickback Machine – Unilateral Hip Ext OR Single Leg Bodyweight Glute Bridge – 1 second hold in the fully contracted position, 3 x 10-15
- E. Calf Raise – 5 x 8 (X/1/3/1) – tempo, Explosive contraction / 1 second hold / 3 second eccentric / 1 second pause in stretch position
- F.
 - 1) Leg Ext – 3 x 15
 - 2) Hip ADDuction – 3 x 15
 - 3) Hip ABDuction – 3 x 15

Day 3: Chest/Arms

- A. Speed Barbell Bench Press – Fast Tempo, 5x5 @ 60% (30 sec rest)
- B. Hammer Strength Incline Press w/ Bands – 4 working sets 6-10
- C. Smith Machine Slight Incline (bar path to clavicle) – 2 sets 6-15 (after failure @ full ROM, perform partials at bottom end of the range)
- D. Hammer Strength 'Wide' or Machine Chest Press – 3 x 8-12 (last set drop)
- E. Cable Fly – 3x15 Incline (starting high to low); 3x15 Decline(low to high)
- F.
 - 1) Tricep Push-Down – 3 x 12-15
 - 2) Cable Curl (w shoulders flexed – Pully set high so shoulder joint is flexed to 90 degrees) – 3 x 12-15
- G.
 - 1) DB Overhead Tri Ext – 3 x 6-8
 - 2) Seated Incline DB Curl – 3 x 6-8
- H. Hammer Curl – 3 x 6-15
- I. Machine Tri Ext – Intra-set stretching (30 second loaded stretch in between sets, decrease load after each set) (20 reps, 15, 15, 15)

Day 4 : Legs (Quads/Adductors)

- A. Adductor – 4 x 10-20 (fully contract, hold contraction in shortened position for 1 sec count) – Last set double drop set
- B. Leg Extensions – 4 x 10-20 (Make sure you get that 'extra inch' and get your quads in a fully shortened position) – Last set finish w/ partials upon failure, and then 1 drop set
- C.

- 1) Leg Press Wide Feet Position – 4 x 12 (focus on controlling the negative and maximizing tension on the adductors) ... After performing 12 reps – Rest for 5 seconds, adjust foot position & perform C2.
 - 2) Leg Press Close Foot Position – don't lock out knees, keep tension on quads
- D. Bulgarian Split Squat – 3 x 10 (use DB's or BB in front rack position; break at the knee to make it more quad dominant and less glute focused)
- E.
- 1) BFR Walking Lunges - 4 x 10 ea leg
 - 2) BFR Hamstring Curl - 30,15,15,15

Day 5 : Back / Delts

- A.
- 1) Pronated Wide Pull-Down – 2 x 20
 - 2) Machine Shoulder Press – 2 x 20
- B.
- 1) Lat Pull-Down (Neutral Grip) – 3 x 8-15
 - 2) Arnold DB Press – 3 x 8-15
- C.
- 1) Cable Upright Row – 2 x 10-15
 - 2) Cable Front Raise – 2 x 10-20
- D. High Row (w/ D-Handles) Diagonal Pull – 3 x 6-15
- E. DB Row – 3 x 6-12 (focus on depressing your shoulder girdle to start the movement and then lead with the elbow back to the hip)
- F. Supinated Row of choice (BB, Cable (seated or standing)) – 3 x 6-12
- G. Machine Lateral Raises – 4 x 12-20
- H.
- 1) Standing Straight Arm Pull Over – 2 x 12-20
 - 2) Face Pulls – 2 x 12-20

Day 6 : Hams/Calves

- A. Lying Hamstring Curl – 4 x 15-20 (your starting position should be with your hips extended as if you're humping the pad, your glutes are isometrically contracted the whole time and you are maintaining this position throughout the set. While maintain hip extension (glutes contracted), as you flex at the knee and perform the hamstring curl, when you get to the top of the motion and your hamstring are fully shortened, try to get further extension at the hip as if you were doing a donkey kickback- this exercise is the only way to get your hamstring FULLY shortened - you will have to use a light load but do it correctly and it will pay off). (last set, once reach failure, drop load by 50% and perform 21's)
- B. GHR – 4 x AMRAP (as many reps as possible)
- C. Uni-Lateral Hamstring Curl Machine – 3 x 8-12 – stay in dorsiflexion throughout the set (strongest position, working w. heavier loads)
- D. DB Romanian DL – 3 x 6-15
- E. Leg Press (Foot position High on Platform) – 3 x 12
- F. Seated Calf 4 x 15 (fully stretch, full squeeze, hold contraction for 1 second count)
- G. Standing Calf – 4 x 10 (last set intraset stretching protocol- drop set with 30 second loaded stretches)
- H. BFR Quads, Leg Extensions - 30, 15, 15, 15 (30 secs rest ea. set)

During Week 2, follow the same training protocols from Week 1 for Day 1 and Day 2.

Day 3B: Chest/Back

- A.
 - 1) BB Bench – Speed – 5 x 5 @ 60%
 - 2) BB Row – Speed – 5 x 5 @60%
- B. DB Bench – 3 x 6-10
- C. Chest Supported Horizontal Row – 3 x 6-10
- D.
 - 1) High Row (D-Handles)- Diagonal Pull – 3 x 6-12
 - 2) Incline Machine Press – 3 x 6-12
- E.
 - 1) Low Row – 3 x 6-12
 - 2) Decline Machine Press – 3 x 6-12
- F.
 - 1) Flat DB Fly 3 x-10-15
 - 2) DB Rear Delt Fly – 3 x 10-15
- G. (AMRAP on all sets)

Set 1: Pronated Pull Ups, Dip	Set 4: Neutral Pull Ups, Push-ups
Set 2: Pronated Pull Ups, Dip	Set 5: Supinated Pull Ups, Push-ups
Set 3: Neutral Pull Ups, Dip	Set 6: Supinated Pull Ups, Push-ups

Day 4B : Quads / Adductor

- A.
 - 1) Adductors – 3 x 15
 - 2) Abductors – 3 x 15
 - 3) Jefferson Squats – 3 x10 ea. side
- B. Bulgarian Split Squat – 3 x 10 (DB or Front Rack BB - break at knee for more quad focus vs. breaking at hip for more glute focus)
- C. Leg Press –4 x 15-20 (strongest foot/width position, most natural placement)
- D. Banded Lateral Steps – focus on slow negative – eccentric contraction of adductor – 2 x 10
- E.
 - 1) Leg Extensions - 3 x 15
 - 2) Sissy Squat Bodyweight - 3 x (RPE 8)
- F.
 - 1) BFR Hamstring Curls - 4 sets (30,15,15,15)
 - 2) BFR Standing Calf (Bodyweight) - 30,15,15,15

Day 5B : Delts and Arms

- A. OHP of Choice*
- B. DB Arnold Press – 3 x 8-15, final set – drop set (reduce load by 25-50% and perform reps to failure)
- C.
 - 1) DB Rear Delt Swing – 3 x 20+ (prone on incline bench)
 - 2) DB Rear Delt Row – 3 x 8-12 (using the same load, prone on incline bench, row with shoulder at 90 degrees and elbows flaring out wide)
- D. DB Lateral Raise – 3 x 12-20 (use a lighter load and ensure maximal recruitment of lateral delt and minimal recruitment of scapular muscles)
- E. DB Upright Row – Uni lateral (one side at a time) – 3 x 8-12
- F.

- 1) DB Tricep Kickback – 3 x 10-15
 - 2) DB Spider Curl – 3 x 10-15
- G.
- 1) EZ Bar Curl (wider grip) – 3 x 6-10
 - 2) EZ Bar Skull Crush – 3 x 6-10
- H.
- 1) Single Arm Cable Curl w/ Shoulder Joint Extended – Fully Lengthened Bicep (facing away from the machine) – 3 x 10-15
 - 2) Overhead Cable Extension – 3 x 10-15
- I. Hammer Curl – 2 sets – ‘run the rack’ drop set style

Day 6B: Hams / Calves

- A. Seated Calf - 3 x 20
- B. Standing Calf – 5 x 10 (last set intraset stretching)
- C. Single Leg Ham Curl – 3 x 15
- D. Vertical Leg Press or traditional leg press with high foot placement - 3 x 10-20
- E. Stiff Leg DL or Romanian DL – 3 x 12
- F. Alternative Hamstring Curls – 2 sets of 21’s
- G. BFR Quads, Leg Extensions - 30, 15, 15, 15