



MAX-HYPE TRAINING PROGRAM

Quick Start Guide

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Thank you all for joining the MaX-Hype Training program as your means to make the most muscle gains of your efforts in the gym. This program is going to push you harder than you've been pushed in the past, but you'll reap the benefits! Also, this program is intended to be fun. We want you looking forward to your next workout and pushing yourself to perform better than the last session you've had.

Nonetheless, we want to give you some information and explanations so that you all can get started right away and dive straight into the program!

You're going to start the program in the same order and sequence the PDF is written and the Excel spreadsheet is typed out (top to bottom, left to right).

**** Our "WEEKS" are not a typical 7 day week. This program is designed to be ran with 6 training days, every 8 days (2 days on, 1 day off, 4 days on, 1 day off repeat)**

Each "Week" is a Mircocycle.

Every 6 Week block is a Mesocycle (this is where you will have completed all three repetition schemes 2x)

Following the spreadsheet from top to bottom, left to right is how this program is designed.

Your first workout of this program is going to be Day 1, Week 1, Upper Body! On the PDF and Excel Sheet you'll notice there are 4 exercises that don't have a rep goal directly next to them. That's because for those 4 exercises on Day 1 (Bench of Choice, Chest Supported Row, Lat-Pull Down or Chins, and Overhead Press) you'll be following the periodization scheme implemented. Since it's week 1, you'll follow the Week A scheme, 5 sets of 5 repetitions (5x5).

As intermediate to advanced lifters, we expect you to have a good idea of what weights will be appropriate for you to reach the rep goal. If you're not sure, do a couple of low intensity warm-up sets until you find the appropriate load for your repetition goal. We want you pushing yourself and working harder than you have in the past! Each set should be challenging but we want you to push yourself to failure on your final set of each exercise.

Here's an example: If I were performing Flat Barbell Bench Press on Week A for 5x5, I would do the following:

Working Set 1: 185lbs x 5 reps (note: would've been able to do 7 reps if I went to failure)

Working Set 2: 185lbs x 5 reps (note: would've been able to do 7 reps if I went to failure)

Working Set 3: 185lbs x 5 reps (note: would've been able to do 6 reps if I went to failure)

Working Set 4: 185lbs x 5 reps (note: might've been able to do 6, might've failed)

Working Set 5: 185lbs x 5 reps (note: no way I would've been able to complete a 6th rep)

If you get to your final set and you have more in the tank, do an AMRAP (as many reps as possible) until you won't be able to complete a full rep safely. However, make a note for yourself and track this volume, so that after you complete 3 weeks of this training program and you're on your 4th week and you're back to Week A's periodization rep goal (5x5) you know you can train with heavier loads and beat your previous lifts!

**This is going to ensure you're progressing in both size and strength over time!
#ProgressiveOverload**

All other exercises on Day 1, have a specific rep goal next to them. You're going to perform the number of sets for the rep goal prescribed for all other exercises listed. The number of sets and reps DO NOT CHANGE for these exercises on a week-to-week basis. You just want to track your loads and repetitions so that over time you either add a few reps here and there with the same weight, or increase your training load. Overall progress is expected to be slower on isolation lifts as an advanced lifter.

As mentioned, you're going to run all workouts and exercises in the order listed, from top to bottom, left to right, on the excel spreadsheet.

Wherever you see exercises listed with the letter followed by a number (e.g. C1, C2) this is a superset, in which you perform those exercises back to back as a paired set before resting.

If you see three or more letters paired together (e.g. E1, E2, E3) that is a "giant set" and all three exercises should be paired together, back-to-back-to-back!

#MetabolicStress #CellSwelling

On Day 2, you're going to run the program as it's written. You're going to perform only two exercises with the (5x5) goal, those are exercises B and C on this day.

Note: For those of you running the Squat program it'll be 5x5 Squat and 5x5 Deadlift of Choice. For those of you running the program without squats it'll be the 5x5 Leg Press and 5x5 Deadlift of choice. All other exercises will be performed for the sets and repetition goal listed.

Days 3, 4, 5 & 6 have no exercises utilizing the Week A Rep Goal of "heavy" 5x5. Your Chest/Arm day does include speed bench for 5x5 with only 30 seconds rest, but this is with a lighter load that you can move explosively for power development. All exercises are going to be performed for the specific set and repetition goal listed.

After completing Week 1, you'll scroll down the excel sheet and move onto Week 2 in the same order listed, however on Days 1 & 2 of Week 2, you'll utilize the periodized rep scheme for Week "B", 4 sets of 8 repetitions (4x8) as listed for your major compound exercises! After completing Week 2, you'll move onto Week 3 back to the top of excel sheet. Week 3 will require you to follow the periodized rep scheme for Week "C", 3 sets of 10-12 repetitions (3x10-12) as listed for your major compounds.

Once you complete the first three weeks and have ran Week A's, Week B's, and Week C's rep scheme (5x5, 4x8, 3x10-12) respectively, you will cycle back to week A. So on your 4th week, you'll be back to Week A's (5x5) rep scheme as shown on the Excel Spreadsheet if you're running through the program as intended from top to bottom, left to right.

The goal here is to increase your strength over time so you can track your progress and push yourself to lift a little more weight each time you get back to a specific rep goal/intensity load. As intermediate/advanced lifters be sure to utilize the 2.5 and 5lbs plates; You don't have to add a ton of weight each session. These small increments over time will add up to a significant value and ensure the progress we are seeking. Feel free to purchase smaller plates for microloading if you prefer.

Rest Intervals:

When performing your major compound lifts that are periodized in the weekly undulating fashion, the lifts you perform your 5x5's, 4x8's and 3x10-12's, you can take anywhere from a 3-5 minute rest. You want to ensure you're giving yourself enough time to fully recover and maximally produce force on those exercises.

On the other exercises that have specific set x rep goals, I recommend resting as short as 40 second in between sets but no longer than 120 seconds (2 minutes). My personal sweet spot is 40-90 seconds. The reason I recommend short(er) rest periods here is because we are trying to increase metabolic stress (e.g. lactic acid accumulation) and enhance that acute cell swelling response (aka "the pump"). These are two mechanisms for hypertrophy, muscle growth, that this program really focuses on.

If your previous training style had you resting for a long duration on all exercises (i.e. 3 minutes) don't immediately drastically cut your rest intervals. For example, if you're accustomed to resting 3 minutes I would taper your rest intervals slowly each week so your muscular endurance has time to improve over time and performance doesn't drop drastically. Below is an example of rest times based on loads of the compound movements.

For example:

Week 1: 3 minute rest

Week 2: 2.5 minute rest

Week 3: 2 minute rest

**Week 4: 1.5 minute rest
second rest**

Following Weeks of program: 40-90

Blood Flow Restriction Training:

As you can see, BFR is utilized 2x/week for our lower body. If you've never utilized BFR in the past, this is going to be a new experience for you and the pump you'll get should exceed lower body pumps you've had in the past! This is a great way to induce cell-swelling and metabolic stress without causing any muscle damage. (For more info check out the E-Book).

If you don't have BFR Bands, they can be purchased here.

<https://bfrshop.com/pages/order-pro?aff=13>



Abs:

You may have noticed that abdominal training isn't programmed in this version of the program. We may program that in the final version. I recommend training abs 2 to 3 times per week depending on your goals. You can include them after each lower body day or after every other lower body session depending on time and desired volume.

I recommend including a movement that incorporates spinal flexion from the top and another movement that incorporates spinal flexion from the bottom. A crunch and a leg lift variation are perfect examples. I like to train these with a higher rep range (10 - 25 depending on proficiency and strength) because the range of motion is relatively small and the higher rep range and a slower tempo helps increase overall time under tension. Three to four sets each - twice per week are more than enough for me.

Here is a video of my favorites movements: <https://youtu.be/z9M7HprfISA>

[Playlist of all exercise tutorial videos – Click here](#)

Example of what a completed spreadsheet would look like:

Week 1 - Day 1 - Upper		Rep Range	Rep Range A: 5 x 5 *	Rep Range C: 3 x 10-12
A - Bench Press of choice*			225 x 5, 5, 5, 5, 6	205 x 11, 11, 12
B - Chest Supported Row *			270 x 5, 5, 5, 5, 7	225 x 12, 12, 12
Superset				
C1 - Pulldowns (or weighted Chins)*			205 x 5, 5, 5, 5, 6	185 x 12, 12, 13
C2 - Overhead Press*			145 x 5, 5, 5, 5, 5	115 x 12, 12, 14
Superset				
D1- Dips	2 x 10-15		15, 16	25 x 10, 12
D2 - Upright Rows	2 x 10-15		80 x 12, 13	80 x 12, 13
Giant Set				
E1 - Lateral Raises	12, 10, 8		30, 35, 40	30, 35, 40
E2 - Skull Crushers	12, 10, 8		75, 80, 85	75, 80, 85
E3 - Curls	12, 10, 8		35 DB, 40 DB, 45 DB	35 DB, 40 DB, 45 DB
Superset				
F1 - Pec Deck Flies	1-2 x 12-20		130 x 12, 12	130 x 12, 12
F2 - Rear Delt Flies	1-2 x 12-20		80 x 12, 13	80 x 12, 13
Superset				
G1 - Straight Arm Lat Pull-Down (Shoulder Ext.)	1-2 x 12-20		55 x 15, 7	55 x 15, 7
G2 - Front Raises (Shoulder Flex.)	1-2 x 12-20		40 x 12, 13	40 x 12, 13
Week 1 - Day 2 - Lower		Rep Range	Rep Range A: 5 x 5	Rep Range C: 3 x 10-12
A - Lying Hamstring Curl		4 x 10-15	130 x 15, 15, 15, 16	130 x 15, 15, 15, 16
B - Leg Press*			6 pps x 5, 5, 5, 5, 7	5 pps x 10, 10, 11
C - Deadlift of Choice (Conventional or Sumo)*			405 x 5, 5, 5, 5, 4	335 x 10, 10, 9
D - Glute Bridge		3 x 10-15	225 x 15, 15, 15	225 x 15, 15, 15
E - Calf Raise		5 x 8	275 x 8, 8, 8, 8, 10	275 x 8, 8, 8, 8, 10
Giant Set				
F1 - Knee Extension		3 x 15	145 x 15, 15, 15	145 x 15, 15, 15
F2 - Hip Adduction		3 x 15	130 x 15, 15, 15	130 x 15, 15, 15
F3 - Hip Abduction		3 x 15	145 x 15, 15, 18	145 x 15, 15, 18
Week 1 - Day 3 - Upper - Chest/Arms		Rep Range	Rep Range A: 5 x 5	Rep Range C: 3 x 10-12
A - Speed Barbell Bench Press		5 x 5 @ 60 1RM	155 x 5 x 5	155 x 5 x 5
B - Machine Incline Press w/ Resistance Bands		4 x 6-10	205 x 8, 8, 8, 10	205 x 8, 8, 8, 10
Drop Set on Final Set				
C - Smith Machine Slight Incline Press		2 x 6-15	185 x 10, 11 + 4 partials	185 x 10, 11 + 4 partials
D - Wide Machine Chest Press		3 x 8-12	160 x 12, 12, 10	160 x 12, 12, 10
E - Cable Fly (3 set high to low, 3 sets low to high)		15	35 x 3 x 15 3x 15	35 x 3 x 15 3x 15
Drop Set on Final Set				
F1 - Tricep Pushdown		3 x 12-15	65 x 15, 15, 13	65 x 15, 15, 13
F2 - Cable Curl w/ Shoulder Flexed to 90°		3 x 12-15	45 x 15, 15, 16	45 x 15, 15, 16
G1 - DB Overhead Tricep Ext		3 x 8-10	25 x 10, 10, 11	25 x 10, 10, 11
G2 - Seated Incline DB Curl		3 x 8-10	25 x 10, 10, 9	25 x 10, 10, 9
H - Hammer Curl		3 x 6-15	45 x 8, 8, 8	45 x 8, 8, 8
Intraset Stretching Protocol				
I - Machine Tricep Extension		20, 15, 15, 15	65 x 20, 15, 15, 15	65 x 20, 15, 15, 15

