

PROJECT HYPERTROPHY

PHASE 1



MAX EFFORT

By **Alain Gonzalez**

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CALCULATING YOUR 1RM

If you've never trained using percentages, then you're in for a treat. Never walk into the gym again without knowing exactly how much weight you're going to push.

Although auto-regulating your training can be beneficial and is certainly a viable option, training with percentages will bring out a monster in you that you've never seen. There is something about knowing what you should be capable of and being relentless in achieving that.

If you're on this program then you should also have access to the Project Hypertrophy 1RM Calculator.

For each main lift (bench press, deadlift, squat, etc.) you've probably hit a certain weight for a specific number of reps. Put these numbers into the calculator and it will determine an estimated 1RM.

For example: 275 lbs bench press 1RM

If your bench press 1RM is 275 lbs, then on an 80% day, you would train with 80% of your 1RM for the prescribed sets and reps.

$$275 (x) .80 = 220$$

DETERMINING YOUR 1RM

Not sure where to start? Take an indicator week where you can determine a starting point. Work with a weight that you know you can hit for at least 6-8 repetitions. Warm up to this weight using the strategy in the "Warming Up" section of this guide. Use the selected weight and perform as many reps as possible (AMRAP) without reaching complete muscular failure. Use the outcome (weight and reps) in the calculator to determine your 1RM.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Squat		Bench Press		Deadlift	

*Always round down when using the 1RM calculator

WARMING UP

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

WHY WARM UP?

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible (better range of motion) and less susceptible to injury. It is also going to improve the muscular contractile properties and allow you to practice the movement pattern that you are about to train.

HOW SHOULD I WARM UP?

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower.
1. Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
1. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Warm Up Example:

Squats

Empty Bar x 3 x 8 Warm-up Set
135 lbs x 1 x 6 Warm-up Set
145 x 1 x 4 Warm-up Set
155 x 1 x 2 Warm-Up Set
Begin Working Sets

NOTE: Begin every exercise with an empty bar or lightweight in order to warm up the body for any given movement.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

OPTIMAL REST IN BETWEEN SETS

THE IMPORTANCE OF REST IN BETWEEN SETS

Although the appropriate rest times in between sets are important, I do not expect everyone to time their rest periods accurately. I do, however, recommend that you use your best judgment as to when you're ready for your next set.

HOW MUCH SHOULD I REST IN BETWEEN SETS?

When training at a high intensity (80%+), complete recovery does not occur for as long as 3-7 minutes. When you are training with a higher intensity (heavy), the prescribed rest amount is 3 minutes. However, some may not be fully recovered and primed for another heavy set for another few minutes (following the prescribed 3 minutes). If this is the case, feel free to prolong your rest period until you are ready for another heavy set.

Although this training program does not focus on muscle endurance, there will be days where a higher rep range is prescribed. In this case, rest periods should remain at 60-90 seconds or shorter.

RESTS PERIODS DURING A WARM UP...

Warm up sets are used to prepare you for the heavier work sets. With that said, the lightest warm ups will not be heavy enough to produce fatigue and thus will not require much more than the time it takes to load the bar for the next warm up set. As the warm up sets get heavier, the rest periods should increase, but never to the extent of a work set.

DO NOT OVER COMPLICATE THIS MINOR DETAIL

Appropriate rest in between sets is important but should not be over-thought. Also, timing the rest in between every single set can get tedious and overwhelming and although I recommend it to anyone who can manage it, it is not critical. Do not be afraid of depending on your internal clock. Your body will always let you know when you are ready.

TRAINING PRINCIPLES

REPS:	2-10
SETS:	2-6
REST:	1-5 Minutes
TEMPO:	Concentric: Explosive Eccentric: 2-3 Seconds
FREQUENCY:	4 Days Per Week

INTENSITY PRINCIPLES

OUTCOME:	Strength
TEMPO:	All reps must be controlled. The concentric should be explosive without momentum.
REST:	Take as long as you need in order to ensure performance.

SPEED PRINCIPLES

OUTCOME:	Power
TEMPO:	All reps must be controlled. Move the weight as fast as possible
REST:	Rest as little as needed

PHASE 1

MAX EFFORT

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	Recovery	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
WEEK 2	Recovery	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
WEEK 3	Recovery	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
WEEK 4	Recovery	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery

WEEK 1

DAY
1

EXERCISE	1 RM %	SETS	REPS
Squat	85%	3	5
Bench Press	85%	3	5
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	80%	3	5
Romanian Deadlift		2	8
Weighted Pull Ups		3	6
Bent Over Rows		4	8
Barbell Curls		2	8
Barbell Shrugs		4	8

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat (Speed)	75%	6	3
Walking Lunges		3	10
Bench Press (Speed)	75%	6	3
DB Chest Fly		3	10
DB Shoulder Press		2	8
Lateral Raises		2	10
Rope Pushdown		2	10
Cable Crunches		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
Deadlift (Speed)	75%	6	3
Hamstring Curls		2	10
Seated Rows		3	8
Lat Pulldown		2	10
Barbell Curls		4	10
Face Pulls		3	10
Weighted Decline Crunches		4	8

WEEK 2

DAY
1

EXERCISE	1 RM %	SETS	REPS
Squat	87.5%	4	4
Bench Press	87.5%	4	4
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	4	4
Hamstring Curls		2	8
Weighted Pull Ups		3	6
Bent Over Rows		4	8
Barbell Curls		2	8
Barbell Shrugs		4	8

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat (Speed)	75%	6	3
Walking Lunges		3	10
Bench Press (Speed)	75%	6	3
DB Chest Fly		3	10
DB Shoulder Press		2	8
Lateral Raises		2	10
Rope Pushdown		2	10
Cable Crunches		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
Deadlift (Speed)	75%	6	3
Hamstring Curls		2	10
Seated Rows		3	8
Lat Pulldown		2	10
Barbell Curls		4	10
Face Pulls		3	10
Weighted Decline Crunches		4	8

WEEK 3

DAY

1

EXERCISE	1 RM %	SETS	REPS
Squat	90%	5	3
Bench Press	90%	5	3
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	90%	5	3
Hamstring Curls		2	8
Weighted Pull Ups		4	5
Bent Over Rows		5	6
Barbell Curls		2	8
Barbell Shrugs		4	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Squat (Speed)	75%	6	3
Walking Lunges		3	10
Bench Press (Speed)	75%	6	3
DB Chest Fly		3	10
DB Shoulder Press		2	8
Lateral Raises		2	10
Rope Pushdown		2	10
Cable Crunches		4	8

DAY

4

EXERCISE	1 RM %	SETS	REPS
Deadlift (Speed)	75%	6	3
Hamstring Curls		2	10
Seated Rows		3	8
Lat Pulldown		2	10
Barbell Curls		4	10
Face Pulls		3	10
Weighted Decline Crunches		4	8

WEEK 4

DAY
1

EXERCISE	1 RM %	SETS	REPS
Squat	92.5%	6	2
Bench Press	92.5%	6	2
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	95%	4	1
Hamstring Curls		2	8
Weighted Pull Ups		4	5
Bent Over Rows		5	6
Barbell Curls		2	8
Barbell Shrugs		4	8

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat (Speed)	75%	6	3
Walking Lunges		3	10
Bench Press (Speed)	75%	6	3
DB Chest Fly		3	10
DB Shoulder Press		2	8
Lateral Raises		2	10
Rope Pushdown		2	10
Cable Crunches		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
Deadlift (Speed)	75%	6	3
Hamstring Curls		2	10
Seated Rows		3	8
Lat Pulldown		2	10
Barbell Curls		4	10
Face Pulls		3	10
Weighted Decline Crunches		4	8