

PROJECT HYPERTROPHY

PHASE 10



EXTREME ACCUMULATION

By **Alain Gonzalez**

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PERFORMANCE BASED TRAINING

Performance Based Training (Progressive Overload): *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

If you have ever looked at any of my programs, you will notice that performance based training (progressive overload) is a staple in my routines. Not because I am obsessed with getting better (which is totally fine if you are), but because increasing your performance is the **ONLY** way create a new stimulus in order to yield significant results.

A common goal for anyone following a fitness training program is to increase strength or muscle size. In order to achieve new results, the muscles need to be challenged, which stimulates the natural adaptive processes of the body, which develops to handle the new demands placed on it. If you fail to challenge the muscle, you will fail to stimulate the adaptive response.

How do we assure our body is challenged enough to adapt and grow?

Simply continue to add more stress to the muscle than the body is used to. This will disrupt homeostasis and force the body to adapt.

Progressively Overloading the Muscle for Beginners

- Increase the amount of repetitions without sacrificing the amount of weight used
- Increase the amount of sets
- Increase the amount of weight used without sacrificing the repetitions or sets

But we are not beginners...

As an intermediate trainee, performance based training gets a little more complex (but still simple). Because we have (during our beginner phase) already increased our sets to an ideal amount and strength gains are now much more difficult to achieve, we must take a simple but more strategic approach to weight training.

In order to simplify the process of increasing performance, we must track our workouts and bring our previous workout notes with us to the gym in order to ensure we are disrupting homeostasis.

Items to Track

1. The workout performed (exercise)
2. The amount of weight you are working with (workload)
3. The amount of repetitions performed per set (repetitions)
4. The amount of sets performed (sets)

Once your training session is over and you have collected all the information needed in your workout log, your goals are set for the next session of the same type.

In this program we are going to focus on straight sets. This simplifies the progressive overload and allows you to focus on the factors that really matter. A straight set basically means that we perform a given exercise using the same weight for the prescribed amount of sets. Once you can perform every set with the prescribed repetitions, it is time to increase the workload and repeat.

VOLUME

Calculating Total Volume: Reps x Weight = Set Volume

Bench Press Example:

WORK SET	SET 1	SET 2	SET 3	SET 4
WEIGHT	225 lbs	225 lbs	240 lbs	245 lbs
REPS	6	6	4	3
SET VOLUME	1350 lbs	1350 lbs	960 lbs	735 lbs
TOTAL VOLUME				4395 lbs

Squat Example:

WORK SET	SET 1	SET 2	SET 3	SET 4
WEIGHT	315 lbs	315 lbs	315 lbs	315 lbs
REPS	5	5	3	1
SET VOLUME	1575 lbs	1575 lbs	945 lbs	315 lbs
TOTAL VOLUME				4410 lbs

INTENSITY

Calculating Intensity: Volume/Repetitions = Average weight used
 Average weight used / 1RM x 100 = % Intensity

% of 1RM	CALCULATING 1RM%	WEIGHT(lbs)
100%	Bench Press 1RM	225 (1RM)
90%	225 x 0.90 =	214
85%	225 x 0.85 =	203
80%	225 x 0.80 =	191
75%	225 x 0.75 =	180

PHASE 10

EXTREME ACCUMULATION

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1		Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
WEEK 2	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6
WEEK 3	Day 1	Day 2	Recovery	Day 3	Day 4	Day 5	Recovery
WEEK 4	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6

Understanding the Numbers and Letters

When there is a number and a letter next to the exercises, this simply means to perform them as a super-set.

For example, if you see Incline DB Press (1a) and push-ups (1b) then you would perform 1 set of the DB Press for the prescribed reps and then immediately jump right into push-ups for the prescribed reps.

Once you have completed both exercises, this is one set.

WEEK 1

DAY 1

EXERCISE	1 RM %	SETS	REPS
Bench Press	70%	5	12
Incline DB Press	1a	3	10
Push Ups	1b	3	AMAP
DB Chest Flyes		3	12
Skull Crushers		4	15
Triceps Pushdowns	2a	3	12
OH Triceps Extensions	2b	3	10

DAY 2

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	3	6
Bent Over Rows	1a	4	10
Barbell Shrugs	1b	4	12
Pull Ups		3	AMAP
Incline DB Curls		3	15
Hammer Curls	2a	3	12
DB Curls	2b	3	10

DAY 3

EXERCISE	1 RM %	SETS	REPS
Squat	75%	5	8
Walking Lunges		3	12
Seated Hamstring Curl		4	15
Overhead Press		3	12
Lateral Raises	1a	4	12
Face Pulls	1b	4	10
Calf Raises		4	8

DAY 4

EXERCISE	1 RM %	SETS	REPS
Flat DB Press		4	12
Incline Bench Press		2	15
Chest Flyes	1a	3	12
Push Ups	1b	3	AMAP
Rope Pushdown	2a	4	15
OH Triceps Extension	2b	4	12

WEEK 2

DAY 1

EXERCISE	1 RM %	SETS	REPS
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	1a	4	8
Chin Ups	1b	4	AMAP

DAY 2

EXERCISE	1 RM %	SETS	REPS
Squat	80%	5	6
Romanina Deadlift		3	12
Hamstring Curl		4	15
Overhead Press		4	12
Cable Lateral Raises		3	15
Rear Delt Raises		4	15
Calf Raises		4	8

DAY 3

EXERCISE	1 RM %	SETS	REPS
Bench Press	80%	4	8
Incline Bench Press		2	15
Chest Flyes	1a	3	12
Push Ups	1b	3	AMAP
Rope Pushdown	2a	4	15
OH Triceps Extensions	2b	4	12

DAY 4

EXERCISE	1 RM %	SETS	REPS
Deadlift	80%	3	4-5
Seated Rows		3	15
Lat Pulldown	1a	3	12
Straight Arm Pulldowns	1b	3	10
Barbell Shrugs		3	15
DB Curls	2a	4	12
Hammer Curls	2b	4	12

DAY 5

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press	1a	4	12
Lateral Raises	1b	4	12
Face Pulls		4	10
Bulgarian Split Squat		4	15
Walking Lunges		4	12
Seated Hamstring Curls		4	15
Calf Raises		4	8

DAY 6

EXERCISE	1 RM %	SETS	REPS
Flat DB Press		4	10
Incline Bench Press		2	8
Chest Flyes	1a	4	12
Push Ups	1b	4	AMAP
Rope Pushdown		4	12
OH Triceps Extensions		4	8

WEEK 3

DAY
1

EXERCISE	1 RM %	SETS	REPS
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	1a	4	8
Chin Ups	1b	4	AMAP

DAY
2

EXERCISE	1 RM %	SETS	REPS
Squat	85%	6	4
Romanian Deadlift		3	12
Hamstring Curl		4	15
Overhead Press		4	12
Cable Lateral Raises		3	15
Rear Delt Raises		4	15
Calf Raises		4	8

DAY
3

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	5	5
Incline Bench Press		2	15
Chest Flyes	1a	3	12
Push Ups	1b	3	AMAP
Rope Pushdown	2a	4	15
OH Triceps Extensions	2b	4	12

DAY
4

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	6	2
Seated Rows		3	15
Lat Pulldown	1a	3	12
Straight Arm Pulldowns	1b	3	10
Barbell Shrugs		3	15
DB Curls	2a	4	12
Hammer Curls	2b	4	12

DAY
5

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press	1a	4	12
Lateral Raises	1b	4	12
Face Pulls		4	10
Bulgarian Split Squat		4	15
Walking Lunges		4	12
Seated Hamstring Curls		4	15
Calf Raises		4	8

WEEK 4

DAY

1

EXERCISE	1 RM %	SETS	REPS
Flat DB Press		4	10
Incline Bench Press		2	8
Chest Flyes	1a	4	12
Push Ups	1b	4	AMAP
Rope Pushdown		4	12
OH Triceps Extension		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	1a	4	8
Chin Ups	1b	4	AMAP

DAY

3

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press	1a	4	12
Lateral Raises	1b	4	12
Face Pulls		4	10
Bulgarian Split Squat		4	15
Walking Lunges		4	12
Seated Hamstring Curls		4	15
Calf Raises		4	8

DAY

4

EXERCISE	1 RM %	SETS	REPS
Bench Press	90%	3	3
Incline Bench Press		2	15
Chest Flyes	1a	3	12
Push Ups	1b	3	AMAP
Rope Pushdown	2a	4	15
OH Triceps Extensions	2b	4	12

DAY 5

EXERCISE	1 RM %	SETS	REPS
Deadlift	90%	7	1
Seated Rows		3	15
Lat Pulldowns	1a	3	12
Straight Arm Pulldowns	1b	3	10
Barbell Shrugs		3	15
DB Curls	2a	4	12
Hammer Curls	2b	4	12

DAY 6

EXERCISE	1 RM %	SETS	REPS
Squat	90%	5	3
Romanian Deadlift		3	12
Hamstring Curl		4	15
Overhead Press		4	12
Cable Lateral Raises		3	15
Rear Delt Raises		4	15
Calf Raises		4	8