

PROJECT HYPERTROPHY

PHASE 11



EXTREME INTENSITY

By **Alain Gonzalez**

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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.
2. 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.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

NOTE: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

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.

PHASE 11

EXTREME INTENSITY

	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	80%	5	6
Bench Press	80%	5	6
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY 2

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	4	6
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	82.5%	6	5
Bench Press	82.5%	6	5
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	77.5%	5	5
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	82.5%	6	5
Bench Press	82.5%	6	5
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	77.5%	5	5
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	85%	6	4
Bench Press	85%	6	4
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	80%	6	4
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	85%	6	4
Bench Press	85%	6	4
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	80%	6	4
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	87.5%	6	3
Bench Press	87.5%	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	85%	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	90%	7	2
Bench Press	90%	7	2
Overhead Press		3	6
Close Grip Bench		2	8
Cable Crunches		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	87.5%	7	2
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	95%	10	1
Bench Press	95%	10	1
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	90%	10	1
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