

PROJECT HYPERTROPHY

PHASE 2

A shirtless, muscular man is shown in a gym setting, performing a cable exercise. He is leaning forward, pulling a cable handle with both hands. His muscles are well-defined, and he is wearing white wristbands and grey shorts. The background is dark with some gym equipment visible.

METABOLIC EFFICIENCY

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.

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.

METABOLIC STRESS TRAINING

In this training block we will be performing straight-set metabolic training. This style of training is similar to traditional strength training where you perform a specific number of sets for an exercise, move on to the next for a given number of sets, and repeat this until you have performed each exercise.

Pretty straight forward stuff, right?

The unique thing about metabolic stress training is that reps are maintained in the high (15-20) range with very short rest periods in between. This style of training causes an intense sensation (burn) in the working muscles. Due to the short rest periods, your body will not have time to recover in between sets. Thus, you may need to progressively decrease the weight used in the second, third, or fourth in order to ensure you are hitting your reps.

Leave your ego at the door. After all, the goal of metabolic stress training is not to get stronger. Instead, it is to increase the lactate threshold and promote slow twitch fiber hypertrophy.

TRAINING PRINCIPLES

VARIABLE	PROTOCOL
REPS	15-20
SETS	1-3
REST	30 Seconds
TEMPO	Concentric: Explosive Eccentric: 2-3 Seconds
BLOCK FREQUENCY	4 Days Per Week

PHASE 2

METABOLIC EFFICIENCY

	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	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	55%	1	15
Romanian Deadlift		2	20
Lat Pulldown		3	20
Bent Over Rows		3	15
Barbell Curls		2	20
Barbell Shrugs		3	15

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY
4

EXERCISE	1 RM %	SETS	REPS
Romanian Deadlift		3	15
Hamstring Curls		2	20
Seated Rows		3	15
Lat Pulldown		2	20
Barbell Curls		2	20
Face Pulls		3	15
Weighted Decline Crunches		3	15

WEEK 2

DAY

1

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
Incline DB Press		2	15
DB Shoulder Press		2	15
Cable Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	55%	1	15
Hamstring Curls		2	20
Lat Pulldown		3	20
Bent Over Rows		3	15
Barbell Curls		2	20
Barbell Shrugs		3	15

DAY

3

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY

4

EXERCISE	1 RM %	SETS	REPS
Romanian Deadlift		3	15
Hamstring Curls		2	20
Seated Rows		3	15
Lat Pulldown		2	20
Dumbbell Hammer Curls		2	20
Face Pulls		3	15
Weighted Decline Crunches		3	15

WEEK 3

DAY

1

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Leg Extensions		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
Overhead Press		2	15
Lateral Raises		2	20
Skull Crushers		2	20
Cable Crunches		3	20

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	55%	1	15
Hamstring Curls		2	20
Lat Pulldown		3	20
Dumbbell Rows		3	15
Dumbbell Curls		2	20
Upright Rows		3	15

DAY

3

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Leg Extensions		2	20
Bench Press	50%	3	15
Incline DB Press		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY

4

EXERCISE	1 RM %	SETS	REPS
Romanian Deadlift		3	15
Hamstring Curls		2	20
Seated Rows		3	15
Lat Pulldown		2	20
Barbell Curls		2	20
Face Pulls		3	15
Weighted Decline Crunches		3	15

WEEK 4

DAY 1

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Rope Pushdown		2	20
Cable Crunches		3	20

DAY 2

EXERCISE	1 RM %	SETS	REPS
Deadlift	55%	1	15
Romanian Deadlift		2	20
Lat Pulldown		3	20
Seated Rows		3	15
Barbell Curls		2	20
Dumbbell Shrugs		3	15

DAY 3

EXERCISE	1 RM %	SETS	REPS
Squat	50%	3	15
Walking Lunges		2	20
Bench Press	50%	3	15
DB Chest Fly		2	15
DB Shoulder Press		2	15
Lateral Raises		2	20
Skull Crushers		2	20
Cable Crunches		3	20

DAY 4

EXERCISE	1 RM %	SETS	REPS
Romanian Deadlift		3	15
Hamstring Curls		2	20
Seated Rows		3	15
Lat Pulldown		2	20
Barbell Curls		2	20
Face Pulls		3	15
Weighted Decline Crunches		3	15