

# PROJECT HYPERTROPHY

## PHASE 3

A muscular man is shown from the back, performing a lat pulldown exercise on a gym machine. He is shirtless, wearing white shorts and a watch on his left wrist. The gym environment is dimly lit with red structural elements.

MAX FREQUENCY

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.



# TRAINING FREQUENCY

**Training Frequency:** The number of times per week for training a muscle group.

When it comes to natural bodybuilding, frequency is one of the key factors for new muscle growth. Without adequate frequency, we are leaving a lot of room for growth on the table. Despite what the workout routines in bodybuilding magazines might suggest, breaking your workouts down into one training session per week, per muscle, is not going to produce optimal results. This is simply due to two major factors. These are also the two reasons why higher frequency training (if done correctly) is far superior to the modern, over emphasized, body part split.

## FREQUENCY TRAINING PRINCIPLES

VARIABLE	PROTOCOL
Reps	4-12
Sets	2-6
Rest	1-3 Minutes
Tempo	Concentric: Explosive Eccentric: 2-3 Seconds
Frequency	5-6 Days Per Week

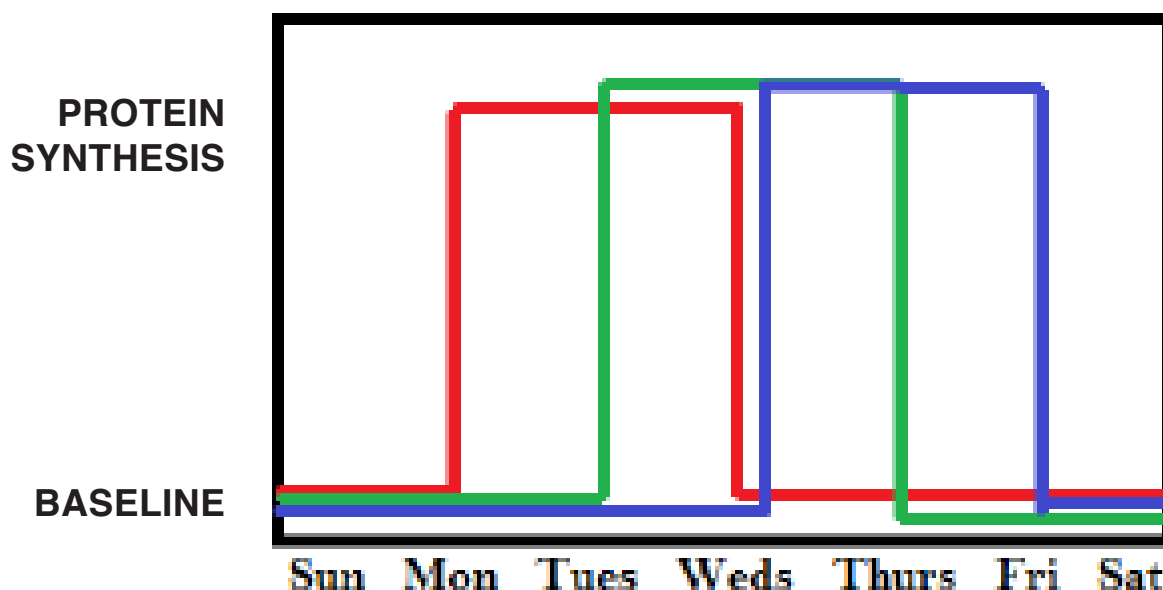
## MAXIMIZING PROTEIN SYNTHESIS

Research has taught us that muscle protein synthesis is elevated for roughly 48 hours following a weight lifting session. This muscle protein synthesis elevation is in conjunction with the muscle that was trained. For example, if you trained your chest on Monday, then protein synthesis occurs (for the given fibers) for 48 hours and then comes back down to baseline.

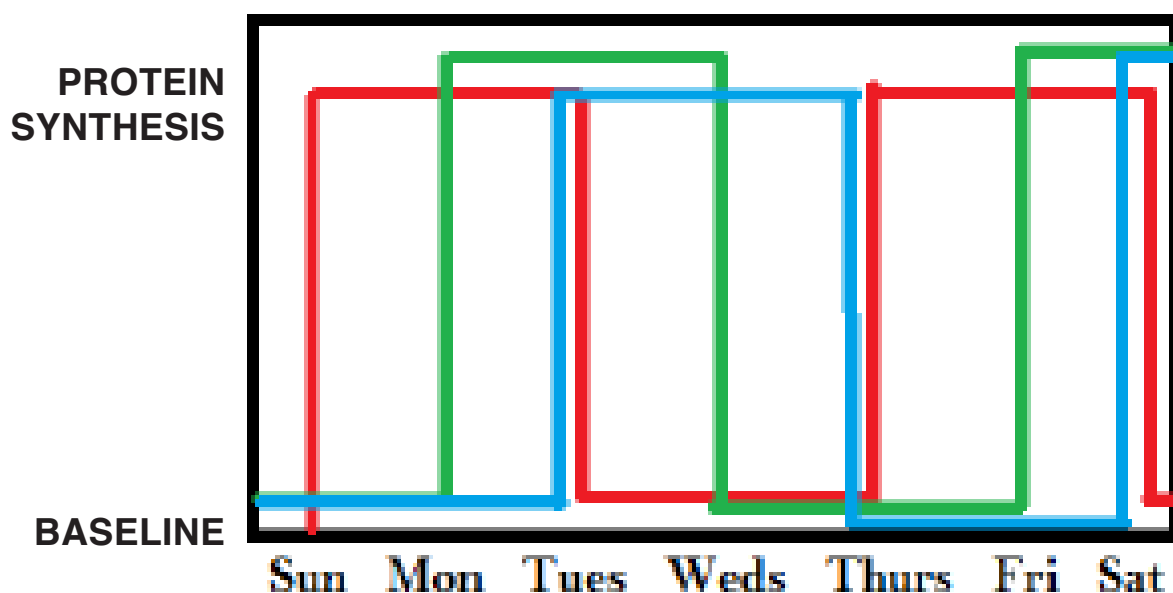
So for an athlete who trains with a body part split, he will train his chest directly, 1 time per week.

The charts on this page demonstrate the elevation of muscle protein synthesis for (a) the trainees who follow a body-part split and for (b) those who train with a higher frequency.

- Here is an example of muscle protein synthesis elevation for a trainee following a typical body-part split (i.e. Chest Monday, Back Tuesday, Legs Wednesday, etc)



- Here is an example of muscle protein synthesis elevation for a trainee following a higher frequency program (i.e. the split prescribed in M.A.S.S.)



**PLEASE READ:** Some levels in my poorly made up charts seem to be higher than others...ignore this. The only data that I am trying to show here is elevated versus baseline.

Red = Chest

Green = Back

Blue = Lower Body



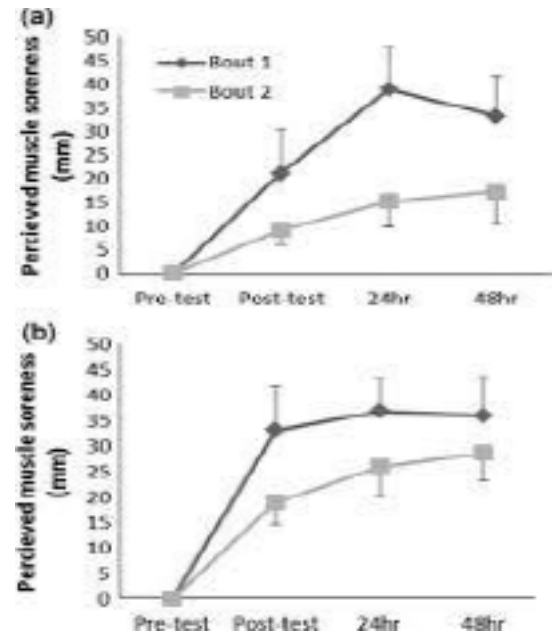
## FREQUENCY FACTOR #2

# THE REPEATED BOUT EFFECT

Are you training your legs once per week?

Do they still get extremely sore following your training?

I am sorry to inform you that as an intermediate trainee, if you have muscle groups that are still getting extremely sore, it's not because you "killed it" in the gym. This is actually due to a slow and inefficient recovery. You see, after performing an unaccustomed eccentric exercise and exhibiting severe soreness, the muscle rapidly adapts to reduce further damage from the same exercise. However, if this is not the case, then your body is simply not adapting to the stress. If it is not adapting, not only will it become harder to increase your intensity, but new muscle will come much slower (if at all).



You have probably read, at some time or another, that training a large muscle group more than once per week will lead to overtraining. This is old bodybuilding methodology that has been debunked by a recently discovered process called "The Repeated Bout Effect".

Although this effect does still require an adequate rest period between bouts, training more frequently (using practical programming) will increase your ability to recover and adapt. More efficient recovery and adaptation makes for extended progression without a plateau, strength increases, and more overall muscle growth.

# PHASE 3

# MAX FREQUENCY

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



# WEEK 1

DAY

1

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	8
Walking Lunges		3	10
Romanian Deadlift		4	8
Seated Hamstring Curl		3	10
Calf Raises		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Bench Press	75%	4	10
Incline DB Press		2	8
DB Shoulder Press		4	8
Lateral Raises		2	12
Rope Pushdown		2	12
OH Tricep Extension		2	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	3	6
Seated Rows		3	10
Lat Pulldown		3	10
Face Pulls		3	12
Lateral Raises		2	12
Barbell Shrugs		3	8
DB Curls		2	10
Hammer Curls		2	8

DAY

4

EXERCISE	1 RM %	SETS	REPS
Squat	82.5%	5	5
Walking Lunges		3	8
Romanian Deadlift		5	6
Seated Hamstring Curl		4	8
Calf Raises		4	8

DAY

5

EXERCISE	1 RM %	SETS	REPS
Bench Press	75%	4	10
Incline DB Press		2	8
DB Shoulder Press		4	8
Lateral Raises		2	12
Rope Pushdown		2	12
OH Tricep Extension		2	8

# WEEK 2

DAY

1

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Pull Ups		4	AMRAP
Face Pulls		3	12
Lateral Raises		2	12
DB Shrugs		3	8
Barbell Curls		2	10
Reverse Curls		2	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	8
Walking Lunges		3	10
Romanian Deadlift		4	8
Seated Hamstring Curl		3	10
Calf Raises		4	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	5	5
Overhead Press		3	6
Incline DB Press		3	6
Lateral Raises		2	8
Rope Pushdown		2	8
OH Tricep Extension		2	10

DAY

4

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Pull Ups		4	AMRAP
Face Pulls		3	12
Lateral Raises		2	12
DB Shrugs		3	8
Barbell Curls		2	10
Reverse Curls		2	8

DAY

5

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	8
Walking Lunges		3	10
Romanian Deadlift		4	8
Seated Hamstring Curl		3	10
Calf Raises		4	8

# WEEK 3

DAY

1

EXERCISE	1 RM %	SETS	REPS
Overhead Press		4	8
Incline Bench Press		2	10
DB Chest Fly		4	12
Lateral Raises		2	12
Rope Pushdown		2	12
OH Triceps Extension		2	10

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	5	4
Seated Rows		3	8
Lat Pulldown		3	6
Face Pulls		2	8
Lateral Raises		2	8
Barbell Shrugs		3	8
DB Curls		2	10
Hammer Curls		2	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Squat	80%	4	6
Leg Extensions		2	12
Romanian Deadlift		4	8
Lying Hamstring Curl		2	12
Calf Raises		4	8

DAY

4

EXERCISE	1 RM %	SETS	REPS
Bench Press	75%	4	10
Incline DB Press		2	8
DB Shoulder Press		4	8
Lateral Raises		2	12
Rope Pushdown		2	12
OH Tricep Extension		2	8

DAY

5

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Pull Ups		4	AMAP
Face Pulls		3	12
Lateral Raises		2	12
DB Shrugs		3	8
Barbell Curls		2	10
Reverse Curls		2	8



# WEEK 4

## DAY 1

EXERCISE	1 RM %	SETS	REPS
Squat	85%	6	4
Bulgarian Split Squats		2	8
Romanian Deadlift		5	6
Seated Hamstring Curl		4	8
Calf Raises		4	8

## DAY 2

EXERCISE	1 RM %	SETS	REPS
Overhead Press		4	8
Incline Bench Press		2	10
DB Chest Fly		4	12
Lateral Raises		2	12
Rope Pushdown		2	12
OH Tricep Extension		2	10

## DAY 3

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	3	6
Seated Rows		3	10
Lat Pulldown		3	10
Face Pulls		3	12
Lateral Raises		2	12
Barbell Shrugs		3	8
DB Curls		2	10
Hammer Curls		2	8

## DAY 4

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	8
Walking Lunges		3	10
Romanian Deadlift		4	8
Seated Hamstring Curl		3	10
Calf Raises		4	8

# DAY 5

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	5	5
Overhead Press		3	6
Incline DB Press		3	6
Lateral Raises		2	8
Rope Pushdown		2	8
OH Tricep Extension		2	10

# DAY 6

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Pull Ups		4	AMAP
Face Pulls		3	12
Lateral Raises		2	12
DB Shrugs		3	8
Barbell Curls		2	10
Reverse Curls		2	8