

PROJECT HYPERTROPHY

PHASE 4



HYBRID BLOCK

By **Alain Gonzalez**

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TRAINING PRINCIPLES (STRENGTH)

VARIABLE	PROTOCOL
REPS	3-8
SETS	2-5
REST	3-5 Minutes
TEMPO	Concentric: Explosive Eccentric: 2 Seconds
BLOCK FREQUENCY	5 Days Per Week

TRAINING PRINCIPLES (HYPERTROPHY)

VARIABLE	PROTOCOL
REPS	8-12
SETS	2-4
REST	1-2 Minutes
TEMPO	Concentric: Explosive Eccentric: 3-4 Seconds
BLOCK FREQUENCY	5 Days Per Week

PHASE 4

HYBRID BLOCK

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

WEEK 1

DAY

1

EXERCISE	1 RM %	SETS	REPS
Bent Press	85%	4	5
Overhead Press		3	5
Pendlay Rows		4	6
Lat Pulldown		3	10
Barbell Curls		2	8
Rope Pushdown		2	8
Farmer Walks		4	ALAP

DAY

2

EXERCISE	1 RM %	SETS	REPS
Squat	85%	4	5
Deadlift	80%	2	5
Leg Press		3	6
Hamstring Curls		3	6
Standing Calf Raise		4	8

DAY

3

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

DAY

4

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	12
Barbell Curls		2	10
Reverse Curls		2	12

DAY

5

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	10
Walking Lunges		3	12
Romanian Deadlift		4	10
Seated Hamstring Curl		4	12
Calf Raises		4	12

WEEK 2

DAY	EXERCISE	1 RM %	SETS	REPS
1	Deadlift	80%	3	5
	Bent Over Rows		3	6
	Bench Press	85%	4	5
	Overhead Press		3	5
	Barbell Curls		2	8
	Rope Pushdown		2	8
	Barbell Shrugs		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Squat	85%	4	5
	Leg Press		3	6
	Romanian Deadlift		4	6
	Hamstring Curls		3	6
	Standing Calf Raise		4	8

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

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

DAY	EXERCISE	1 RM %	SETS	REPS
5	Squat	75%	4	10
	Walking Lunges		3	12
	Romanian Deadlift		4	10
	Seated Hamstring Curl		4	12
	Calf Raises		4	12

WEEK 3

DAY	EXERCISE	1 RM %	SETS	REPS
1	Bench Press	90%	5	3
	Overhead Press		3	5
	Pendlay Rows		4	6
	Lat Pulldown		3	10
	Barbell Curls		2	8
	Rope Pushdown		2	8
	Farmer Walks		4	ALAP

DAY	EXERCISE	1 RM %	SETS	REPS
2	Squat	90%	5	3
	Deadlift	85%	2	3
	Leg Press		3	6
	Hamstring Curls		3	6
	Standing Calf Raise		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
3	Bench Press	80%	4	8
	Incline DB Press		2	10
	DB Shoulder Press		4	12
	Lateral Raises		2	12
	Rope Pushdown		2	12
	OH Triceps Extension		2	10

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

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

WEEK 4

DAY	EXERCISE	1 RM %	SETS	REPS
1	Deadlift	85%	3	3
	Bent Over Rows		3	6
	Bench Press	90%	5	3
	Overhead Press		3	5
	Barbell Curls		2	8
	Rope Pushdown		2	8
	Barbell Shrugs		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Squat	90%	5	3
	Leg Press		3	6
	Romanian Deadlift		4	6
	Hamstring Curls		3	6
	Standing Calf Raise		4	8

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

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

DAY	EXERCISE	1 RM %	SETS	REPS
5	Squat	80%	4	8
	Walking Lunges		3	12
	Romanian Deadlift		4	10
	Seated Hamstring Curls		4	12
	Calf Raises		4	12