

PROJECT HYPERTROPHY

PHASE 5

A photograph of a very muscular man with short dark hair, looking directly at the camera. He is shirtless, showing his well-defined chest, shoulders, and arms. He is standing in a gym, with two large black punching bags hanging in the background. The lighting is bright, highlighting his physique.

POWER-HYPERTROPHY

By **Alain Gonzalez**

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TRAINING PRINCIPLES (POWER)

VARIABLE	PROTOCOL
REPS	3-6
SETS	3-6
REST	1-2 Minutes
TEMPO (SPEED WORK)	Concentric: Explosive Eccentric: 1 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

TRAINING PRINCIPLES (DELOAD)

VARIABLE	PROTOCOL
REPS	4-6
SETS	2-4
REST	1-2 Minutes
TEMPO	Concentric: 1-2 Seconds Eccentric: 3-4 Seconds
BLOCK FREQUENCY	1 Cycle

DE-LOAD

What is a de-load? It is a planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains. Also, remember that weight training does not just tax your muscles. It also puts stress on your joints, ligaments, connective tissues, and central nervous system.

WHY DE-LOAD?

- In order to repair ligament, tendons, joints, and tissues.
- To allow your CNS (Central Nervous System) to recover.
- To reduce the risk of overtraining.
- To give your mind and body a mental break from high intensity training.
- To prepare for greater gains.

WHAT IF I DON'T DE-LOAD?

For those trainees who feel that they want to (try) go 100% at the gym, all the time, they will soon realize that this is not possible. Not implementing a de-load into your training is, in my opinion, the main reason why intermediate lifters find it so hard to increase performance in the gym. This is why most trainees at the intermediate level are probably fluctuating between 10-20 pounds (up and down) with any given lift. And if they do happen to lift heavier than that 20 lbs threshold, they don't sustain it consistently and thus it becomes worthless.

Although this program has laid out a regular de-load schedule you're the trainee, I still think it is worth mentioning the signs you may notice when a reduction in intensity and/or volume is needed.

WHEN TO DE-LOAD?

- You feel tired and not primed to train.
- Your lifts are not increasing (or even decreasing).
- Your tendons, joints, or ligaments are achy.
- Your training frequency is high for an extended amount of time.

NOTE: A regularly scheduled de-load should come before you start to experience any of these symptoms. If while following this program you experience any of the above symptoms before the scheduled de-load, I recommend that you commence your de-load immediately.

HOW DO I DE-LOAD?

In this program, the de-load is very simple. You will simply perform the same workout routine, only you will reduce the intensity by as much as 50-60% and focus on refining your form and technique. During a de-load you should never train to failure. Consider your de-load an active rest cycle.

EXAMPLES OF A DE-LOAD:

- Follow your normal workout routine (sets & reps) but decrease the weight used to about 50-60% of what you normally work out with.
- Use the same weight as you normally would, but drop your number of total volume (sets x reps) to 50-60% of your normal volume. For example: If I prescribed 5 x 4 (on a regular training day), then 5 x 2 would be your de-load volume.
- Use light weight and focus on refining your form and technique. (One of my favorite methods)

A SUCCESSFUL DE-LOAD:

The goal of a de-load is to allow you to become stronger, faster, and bigger, by incorporating a planned “active recovery” phase into your normal workout program. If done correctly, you should be able to make strength and performance increases, regularly, with a reduced risk of injury. It will also serve as a mental and physical break that will preemptively address any recovery issues you may have.

De-Load Example Chart

REGULAR TRAINING DAY	DE-LOAD TRAINING DAY
BENCH PRESS	BENCH PRESS
Set 1: 225 lbs x 5	Set 1: 95 lbs x 8
Set 2: 225 lbs x 5	Set 2: 95 lbs x 8
Set 3: 245 lbs x 3	Set 3: 105 lbs x 8
Set 4: 245 lbs x 3	Set 4: 105 lbs x 8

PHASE 5

POWER HYPERTROPHY

	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 - SPEED	1 RM %	SETS	REPS
Bench Press	80%	6	3
Overhead Press		6	3
Pendlay Rows		5	3
Lat Pulldown		4	6
Barbell Curls		3	6
Rope Pushdown		3	6
Barbell Shrugs		4	6

DAY 2

EXERCISE - SPEED	1 RM %	SETS	REPS
Squat	80%	6	3
Deadlift	75%	6	3
Leg Press		4	6
Hamstring Curls		4	6
Standing Calf Raise		4	8

DAY 3

EXERCISE	1 RM %	SETS	REPS
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	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	80%	4	8
Walking Lunges		3	12
Romanina Deadlift		4	10
Seated Hamstring Curl		4	12
Calf Raises		4	12

WEEK 2

DAY 1

EXERCISE - SPEED	1 RM %	SETS	REPS
Deadlift	75%	6	3
Bent Over Rows		3	6
Bench Press	80%	4	3
Overhead Press		3	3
Barbell Curls		3	6
Rope Pushdown		3	6
Barbell Shrugs		4	6

DAY 2

EXERCISE - SPEED	1 RM %	SETS	REPS
Squat	80%	6	3
Leg Press		3	6
Romanian Deadlift		4	6
Hamstring Curls		3	6
Standing Calf Raise		4	8

DAY 3

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 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	80%	4	8
Walking Lunges		3	12
Romanian Deadlift		4	10
Seated Hamstring Curl		4	12
Calf Raises		4	12

WEEK 3

DAY 1

EXERCISE - SPEED	1 RM %	SETS	REPS
Bench Press	80%	6	3
Overhead Press		6	3
Pendlay Rows		4	3
Lat Pulldown		3	6
Barbell Curls		3	6
Rope Pushdown		3	6
Farmer Walks		4	ALAP

DAY 2

EXERCISE - SPEED	1 RM %	SETS	REPS
Squat	80%	6	3
Deadlift	75%	6	3
Leg Press		3	6
Hamstring Curls		3	6
Standing Calf Raise		4	8

DAY 3

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	4	6
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
Deadlift	80%	3	5
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 5

EXERCISE	1 RM %	SETS	REPS
Squat	85%	4	6
Leg Extensions		2	12
Romanian Deadlift		4	8
Lying Hamstring Curl		2	12
Calf Raises		4	8

WEEK 4

DAY 1

EXERCISE - SPEED	1 RM %	SETS	REPS
Deadlift	75%	6	3
Bent Over Rows		3	6
Bench Press	80%	4	3
Overhead Press		3	3
Barbell Curls		3	6
Rope Pushdown		3	6
Barbell Shrugs		4	6

DAY 2

EXERCISE - SPEED	1 RM %	SETS	REPS
Squat	80%	6	3
Leg Press		3	6
Romanian Deadlift		4	6
Hamstring Curls		3	6
Standing Calf Raise		4	8

DAY 3

EXERCISE - DELOAD	1 RM %	SETS	REPS
Overhead Press		4	4
Incline Bench Press		2	5
DB Chest Fly		2	6
Lateral Raises		2	6
Rope Pushdown		2	6
OH Triceps Extension		2	5

DAY 4

EXERCISE - DELOAD	1 RM %	SETS	REPS
Bent Over Rows		4	4
Pull Ups		1	AMAP
Face Pulls		2	6
Lateral Raises		2	6
DB Shrugs		2	6
Barbell Curls		2	5
Reverse Curls		2	6

DAY 5

EXERCISE - DELOAD	1 RM %	SETS	REPS
Squat	50%	3	6
Walking Lunges		2	6
Romanian Deadlift		2	6
Seated Hamstring Curl		2	6
Calf Raises		2	6