

PROJECT HYPERTROPHY

PHASE 7

A man with a short haircut and a red t-shirt is shown from the side, performing a cable exercise. He is holding a handle attached to a cable that runs diagonally upwards. He is standing in a gym with a red wall in the background. On the wall, there are three black speakers mounted on a metal rack. To the left, there is a black metal frame, possibly part of a squat rack or a similar piece of equipment. The overall lighting is warm, with a strong red hue from the wall.

SYNERGISTIC TRAINING

By **Alain Gonzalez**

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PERFORMANCE BASED TRAINING

Performance Based Training (Progressive Overload): *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

If you have ever looked at any of my programs, you will notice that performance based training (progressive overload) is a staple in my routines. Not because I am obsessed with getting better (which is totally fine if you are), but because increasing your performance is the **ONLY** way create a new stimulus in order to yield significant results.

A common goal for anyone following a fitness training program is to increase strength or muscle size. In order to achieve new results, the muscles need to be challenged, which stimulates the natural adaptive processes of the body, which develops to handle the new demands placed on it. If you fail to challenge the muscle, you will fail to stimulate the adaptive response.

How do we assure our body is challenged enough to adapt and grow?

Simply continue to add more stress to the muscle than the body is used to. This will disrupt homeostasis and force the body to adapt.

Progressively Overloading the Muscle for Beginners

- Increase the amount of repetitions without sacrificing the amount of weight used
- Increase the amount of sets
- Increase the amount of weight used without sacrificing the repetitions or sets

BUT WE ARE NOT BEGINNERS...

As an intermediate trainee, performance based training gets a little more complex (but still simple). Because we have (during our beginner phase) already increased our sets to an ideal amount and strength gains are now much more difficult to achieve, we must take a simple but more strategic approach to weight training.

In order to simplify the process of increasing performance, we must track our workouts and bring our previous workout notes with us to the gym in order to ensure we are disrupting homeostasis.

ITEMS TO TRACK

1.	2.	3.	4.
THE WORKOUT PERFORMED (EXERCISE)	THE AMOUNT OF WEIGHT YOU ARE WORKING WITH (WORKLOAD)	THE AMOUNT OF REPETITIONS PERFORMED PER SET (REPETITIONS)	THE AMOUNT OF SETS PERFORMED (SETS)

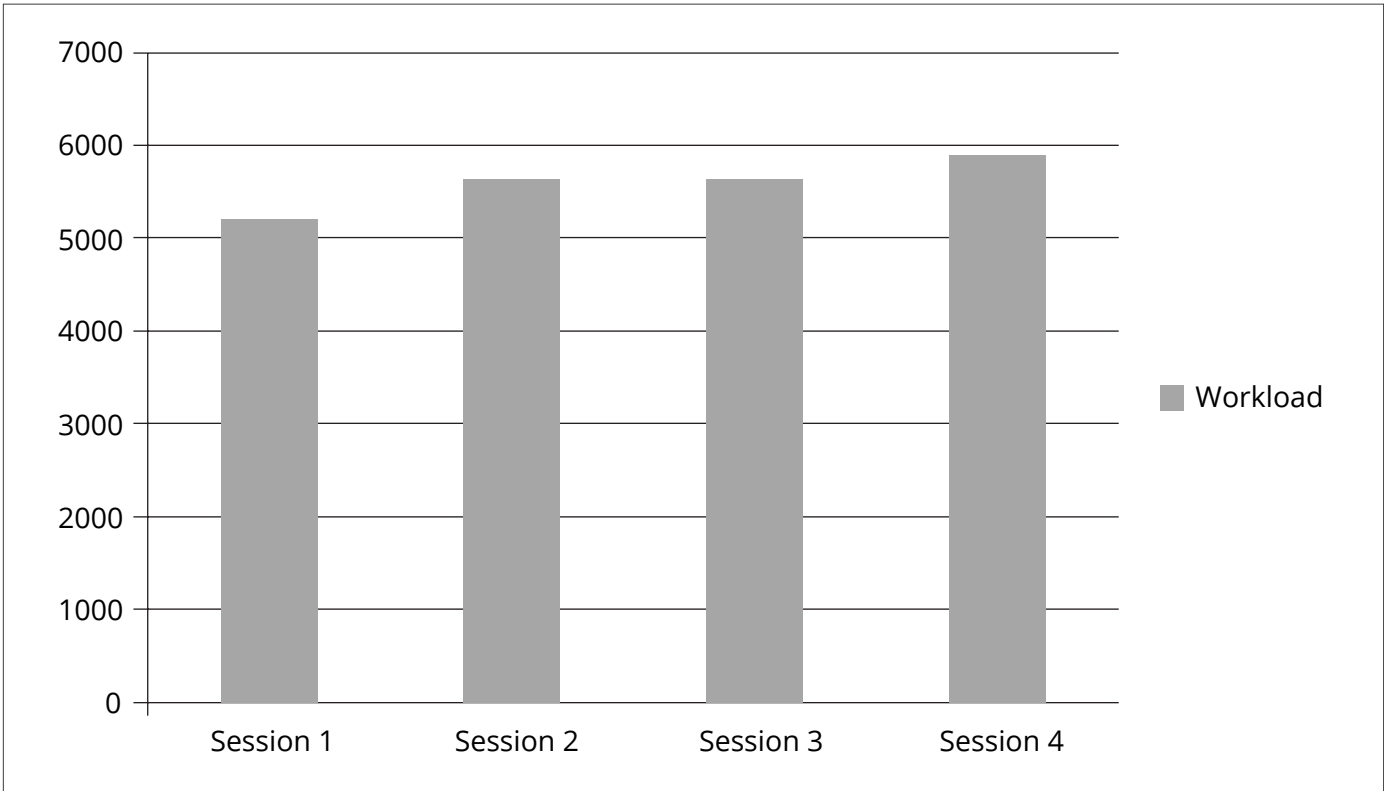
Once your training session is over and you have collected all the information needed in your workout log, your goals are set for the next session of the same type.

In this program we are going to focus on straight sets. This simplifies the progressive overload and allows you to focus on the factors that really matter. A straight set basically means that we perform a give exercise using the same weight for the prescribed amount of sets. Once you can perform every set with the prescribed repetitions, it is time to increase the workload and repeat.

FOR EXAMPLE: SQUATS 5 X 5

Session 1	Session 2	Session 3	Session 4
Set 1 - 225 x 5	Set 1 - 225 x 5	Set 1 - 235 x 5	Set 1 - 235 x 5
Set 2 - 225 x 5	Set 2 - 225 x 5	Set 2 - 235 x 5	Set 2 - 235 x 5
Set 3 - 225 x 5	Set 3 - 225 x 5	Set 3 - 235 x 5	Set 3 - 235 x 5
Set 4 - 225 x 5	Set 4 - 225 x 5	Set 4 - 235 x 4	Set 4 - 235 x 5
Set 5 - 225 x 5	Set 5 - 225 x 5	Set 5 - 225 x 5	Set 5 - 235 x 5

SQUATS 5 X 5 PROGRESS CHART



NOTE: In some cases (as shown in session 3), the total workload can decrease. However, although total workload is decreased, intensity has actually increased significantly. Increasing intensity will provide the adaptive response necessary to increase strength.

THE TWO OVERLOAD FACTORS

In the Squats 5x5 Progress Chart on page 4 of this guide we showed an example of how to increase performance. As an intermediate trainee there are two main factors we must focus on in order to overload the muscle.

VOLUME: The total amount of weight lifted in a workout or group of workouts.

$$\text{Reps} \times \text{Weight} = \text{Volume}$$

Although increasing the amount of sets we do will easily increase our volume, as intermediate trainees this can actually become counterproductive. This is due to the simple fact that factor #2 (intensity) becomes compromised when volume is increased in the form of added sets.

INTENSITY: The amount of weight lifted in a workout or group of workouts, in relation to the maximum amount of weight that the trainee can lift for a single repetition.

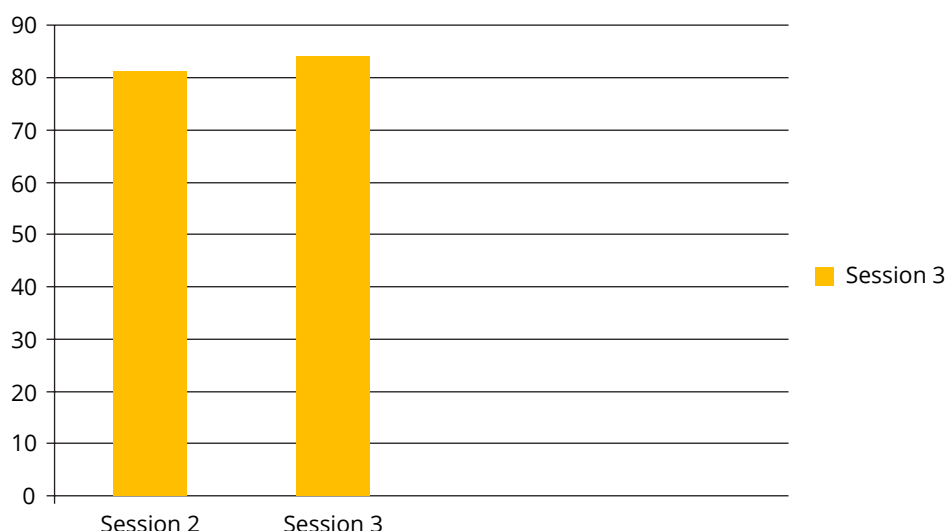
$$\text{Volume/Repetitions} = \text{Average weight used}$$

$$\text{Average weight used} / 1\text{RM} \times 100 = \% \text{ Intensity}$$

Using session 2 of the Squats 5x5 Progress chart (assuming your 1RM is 275) the intensity is: 81%

Using session 3 of the Squats 5x5 Progress chart (assuming your 1RM is 275) the intensity is: 84%

So as you see, although the workload (volume) in session 3 was less than the workload in session 2, the overall intensity was higher.



VOLUME

Calculating Total Volume: Reps x Weight = Set Volume

Bench Press Example:

WORK SET	SET 1	SET 2	SET 3	SET 4
WEIGHT	225 lbs	225 lbs	240 lbs	245 lbs
REPS	6	6	4	3
SET VOLUME	1350 lbs	1350 lbs	960 lbs	735 lbs
TOTAL VOLUME				4395 lbs

Squat Example:

WORK SET	SET 1	SET 2	SET 3	SET 4
WEIGHT	315 lbs	315 lbs	315 lbs	315 lbs
REPS	5	5	3	1
SET VOLUME	1575 lbs	1575 lbs	945 lbs	315 lbs
TOTAL VOLUME				4410 lbs

INTENSITY

Calculating Intensity: Volume/Repetitions = Average weight used
Average weight used / 1RM x 100 = % Intensity

% of 1RM	CALCULATING 1RM%	WEIGHT(lbs)
100%	Bench Press 1RM	225 (1RM)
90%	225 x 0.90 =	214
85%	225 x 0.85 =	203
80%	225 x 0.80 =	191
75%	225 x 0.75 =	180

PHASE 7

SYNERGISTIC TRAINING

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1		Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
WEEK 2	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6
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
Bench Press	75%	4	10
Incline DB Press		3	8
DB Chest Flyes		3	12
Skull Crushers		4	10
Tricep Pushdowns		4	12

DAY

2

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	3	6
Seated Rows		3	10
Lat Pulldown		3	10
Barbell Shrugs		3	8
DB Curls		4	10
Hammer Curls		4	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Squat	75%	5	8
Walking Lunges		3	10
Seated Hamstring Curl		4	12
DB Shoulder Press		4	8
Lateral Raises		4	12
Face Pulls		4	10
Calf Raises		4	8

DAY

4

EXERCISE	1 RM %	SETS	REPS
Flat DB Press		4	10
Incline Bench Press		2	8
Chest Flyes		4	12
Rope Pushdown		4	12
OH Tricep Extensions		4	8

WEEK 2

DAY	EXERCISE	1 RM %	SETS	REPS
1	Rack Pulls		3	8
	Pull Ups		3	AMAP
	DB Rows		4	10
	Barbell Shrugs		3	8
	Incline DB Curls		4	10
	Reverse Curls		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Squat	80%	5	6
	Romanian Deadlift		3	8
	Hamstring Curl		4	12
	Overhead Press		4	8
	Cable Lateral Raises		4	10
	Rear Delt Raises		4	12
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
3	Bench Press	80%	4	8
	Incline DB Press		3	8
	DB Chest Flyes		3	12
	Skull Crushers		4	10
	Triceps Pushdowns		4	12

DAY	EXERCISE	1 RM %	SETS	REPS
4	Deadlift	80%	3	4-5
	Seated Rows		3	10
	Lat Pulldown		3	10
	Barbell Shrugs		3	8
	DB Curls		4	10
	Hammer Curls		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
5	DB Shoulder Press		4	8
	Lateral Raises		4	12
	Face Pulls		4	10
	Bulgarian Split Squat		4	10
	Walking Lunges		4	10
	Seated Hamstring Curls		4	12
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
6	Flat DB Press		4	10
	Incline Bench Press		2	8
	Chest Flyes		4	12
	Rope Pushdown		4	12
	OH Triceps Extension		4	8

WEEK 3

DAY

1

EXERCISE	1 RM %	SETS	REPS
Rack Pulls		3	8
Pull Ups		3	AMAP
DB Rows		4	10
Barbell Shrugs		3	8
Incline DB Curls		4	10
Reverse Curls		4	8

DAY

2

EXERCISE	1 RM %	SETS	REPS
Squat	85%	5	4-5
Romanian Deadlift		3	8
Hamstring Curl		4	12
Overhead Press		4	8
Cable Lateral Raises		4	10
Rear Delt Raises		4	12
Calf Raises		4	8

DAY

3

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	4	6
Incline DB Press		3	8
DB Chest Flyes		3	12
Skull Crushers		4	10
Triceps Pushdowns		4	12

DAY

4

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	3	3
Seated Rows		3	10
Lat Pulldown		3	10
Barbell Shrugs		3	8
DB Curls		4	10
Hammer Curls		4	8

DAY

5

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press		4	8
Lateral Raises		4	12
Face Pulls		4	10
Bulgarian Split Squat		4	10
Walking Lunges		4	10
Seated Hamstring Curls		4	12
Calf Raises		4	8

WEEK 4

DAY	EXERCISE	1 RM %	SETS	REPS
1	Flat DB Press		4	10
	Incline Bench Press		2	8
	Chest Flyes		4	12
	Rope Pushdown		4	12
	OH Triceps Extension		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
2	Rack Pulls		3	8
	Pull Ups		3	AMAP
	DB Rows		4	10
	Barbell Shrugs		3	8
	Incline DB Curls		4	10
	Reverse Curls		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
3	DB Shoulder Press		4	8
	Lateral Raises		4	12
	Face Pulls		4	10
	Bulgarian Split Squat		4	10
	Walking Lunges		4	10
	Seated Hamstring Curls		4	12
	Calf Raises		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
4	Bench Press	90%	4	4
	Incline DB Press		3	8
	DB Chest Flyes		3	12
	Skull Crushers		4	10
	Triceps Pushdowns		4	12

DAY	EXERCISE	1 RM %	SETS	REPS
5	Deadlift	90%	3	1-2
	Seated Rows		3	10
	Lat Pulldown		3	10
	Barbell Shrugs		3	8
	DB Curls		4	10
	Hammer Curls		4	8

DAY	EXERCISE	1 RM %	SETS	REPS
6	Squat	90%	5	3
	Walking Lunges		3	10
	Seated Hamstring Curl		4	12
	DB Shoulder Press		4	8
	Lateral Raises		4	12
	Face Pulls		4	10
	Calf Raises		4	8