

PROJECT HYPERTROPHY

PHASE 8



MAX VOLUME

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)

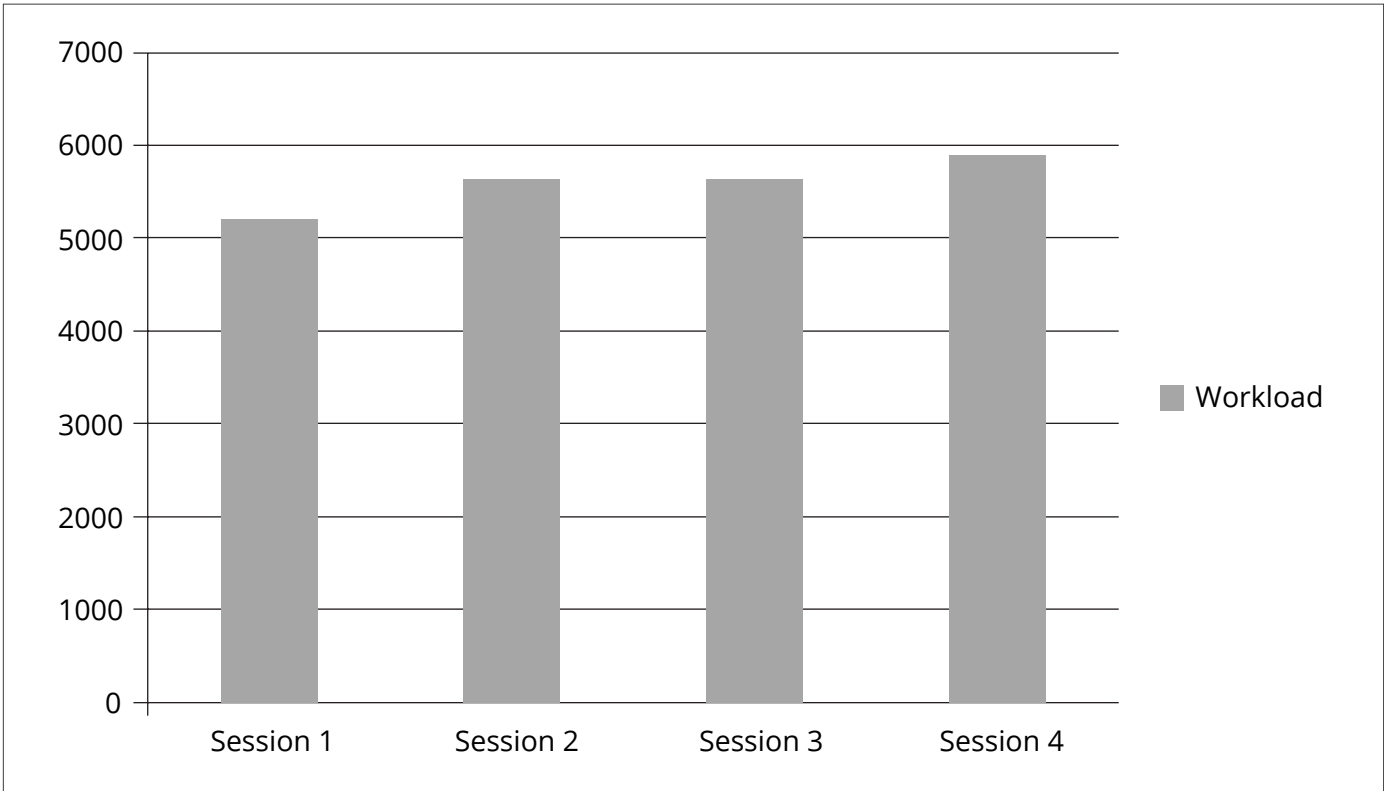
Once your training session is over and you have collected all the information needed in your workout log, your goals are set for the next session of the same type.

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.

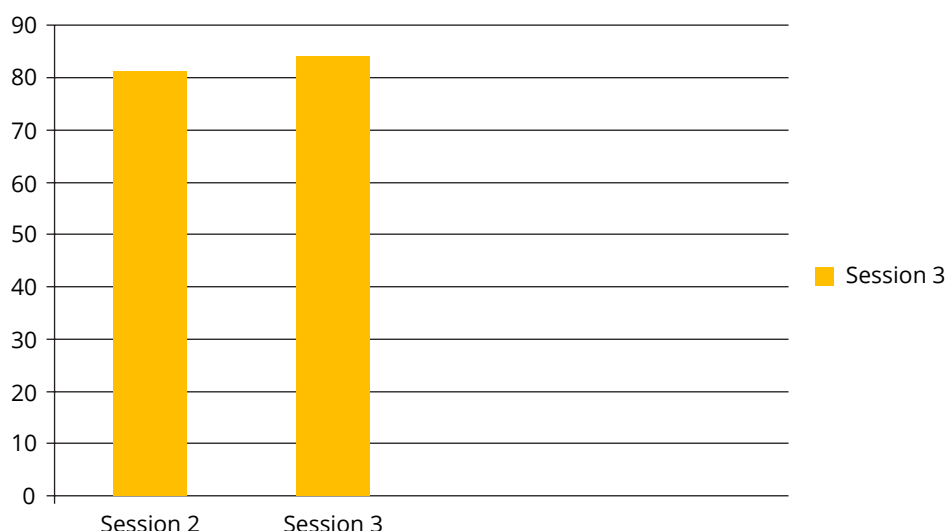
$$\text{Volume/Repetitions} = \text{Average weight used}$$

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

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

FOR EXAMPLE

Calculating Total Volume: Reps x Weight = Set Volume

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PHASE 8

MAX VOLUME

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

WEEK 1

DAY
1

EXERCISE	1 RM %	SETS	REPS
Bench Press	70%	3	15
Incline DB Press		3	12
Cable Chest Flyes L-H		3	10
Cable Chest Flyes H-L		3	10

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	70%	3	8
Seated Rows		3	15
Lat Pulldowns		3	12
DB Rows		3	10
Barbell Shrugs		3	12

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat	65%	3	15
Walking Lunges		3	12
Romanian Deadlifts		3	10
Seated Hamstring Curl		3	12
Calf Raises		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
Overhead Press		3	12
Cable Lateral Raises		2	15
Upright Rows		2	12
Face Pulls		4	15

DAY
5

EXERCISE	1 RM %	SETS	REPS
Incline DB Curls		4	15
Hammer Curls		3	12
Skull Crushers		4	10
Overhead Triceps Extension		3	12
Weighted Decline Crunches		4	12

WEEK 2

DAY
1

EXERCISE	1 RM %	SETS	REPS
Bench Press	75%	4	12
Incline Bench Press		4	12
DB Chest Fly		4	10

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	75%	3	6
Pull Ups		3	AMAP
Bent Over Rows		4	12
DB Rows		3	10
Barbell Shrugs		3	10

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat	70%	4	12
Bulgarian Split Squats		3	12
Romanian Deadlift		4	10
Hamstring Curl		3	10
Calf Raises		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press		4	10
Lateral Raises		2	12
Upright Rows		2	12
Face Pulls		4	12

DAY
5

EXERCISE	1 RM %	SETS	REPS
DB Curls		4	12
Reverse Curls		3	10
Dips		4	10
Rope Pushdowns		3	10
Hanging Leg Raises		5	10

WEEK 3

DAY 1

EXERCISE	1 RM %	SETS	REPS
Bench Press	80%	4	10
Incline DB Press		4	8
DB Chest Flye		4	10

DAY 2

EXERCISE	1 RM %	SETS	REPS
Deadlift	80%	3	4-6
Pull Ups		3	AMAP
Bent Over Rows		4	10
Seated Rows		3	8
Barbell Shrugs		3	10

DAY 3

EXERCISE	1 RM %	SETS	REPS
Squat	75%	4	10
Bulgarian Split Squats		3	10
Romanian Deadlift		4	8
Hamstring Curl		3	10
Calf Raises		4	8

DAY 4

EXERCISE	1 RM %	SETS	REPS
Overhead Press		4	8
Cable Lateral Raises		2	12
Upright Rows		2	12
Face Pulls		4	12

DAY 5

EXERCISE	1 RM %	SETS	REPS
Incline DB Curls		4	10
Hammer Curls		3	8
Skull Crushers		4	8
Overhead Triceps Extensions		3	10
Weighted Decline Crunches		5	12

WEEK 4

DAY
1

EXERCISE	1 RM %	SETS	REPS
Bench Press	85%	4	8
Incline Bench Press		4	10
DB Chest Flye		4	8

DAY
2

EXERCISE	1 RM %	SETS	REPS
Deadlift	85%	5	3
Pull Ups		3	AMAP
Bent Over Rows		4	8
DB Rows		3	10
Barbell Shrugs		4	8

DAY
3

EXERCISE	1 RM %	SETS	REPS
Squat	80%	4	8
Bulgarian Split Squats		4	10
Romanian Deadlift		4	8
Hamstring Curl		4	10
Calf Raises		4	8

DAY
4

EXERCISE	1 RM %	SETS	REPS
DB Shoulder Press		5	8
Lateral Raises		2	8
Upright Rows		2	10
Face Pulls		4	10

DAY
5

EXERCISE	1 RM %	SETS	REPS
DB Curls		4	8
Reverse Curls		3	10
Dips		4	8
Rope Pushdowns		3	10
Hanging Leg Raises		5	10