

# PROJECT HYPERTROPHY

## PHASE 9



**EXTREME FREQUENCY**

By **Alain Gonzalez**

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# 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

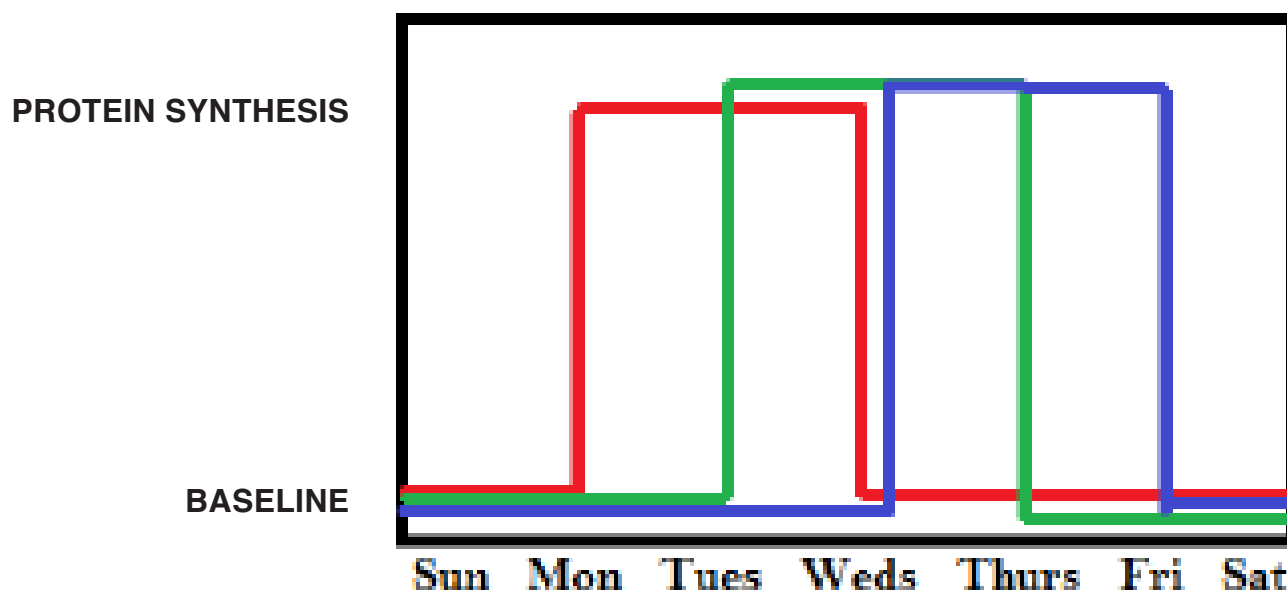
## MAXIMIZING PROTEIN SYNTHESIS

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.

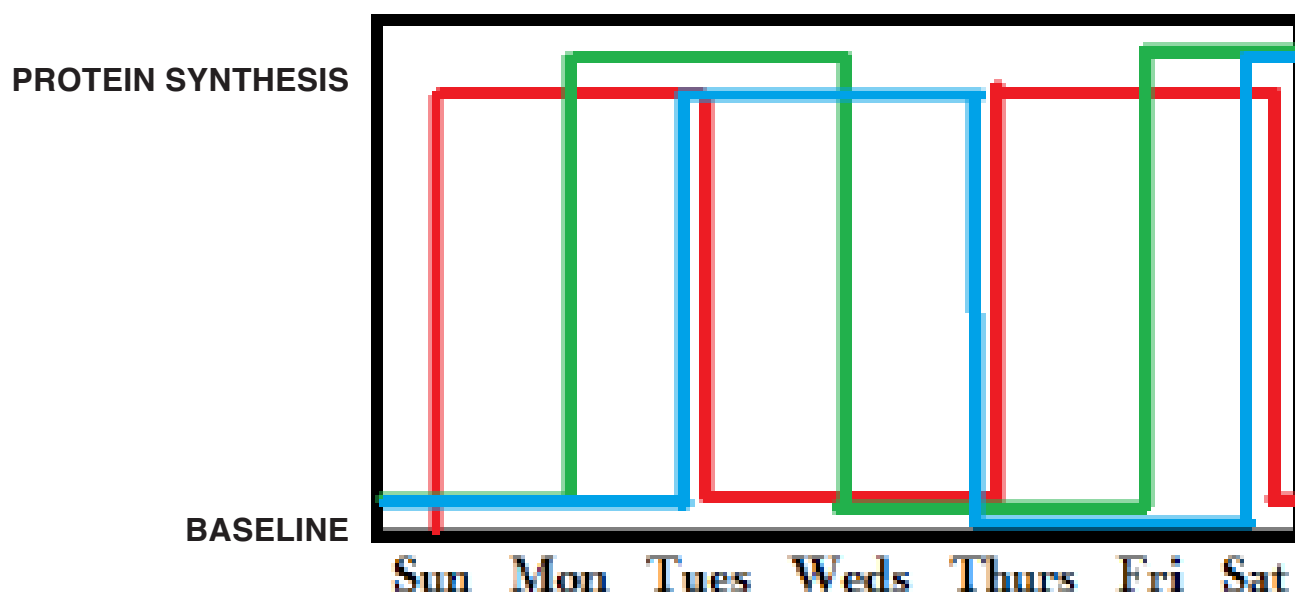
So for an athlete who trains with a body part split, he will train his chest directly, 1 time per week.

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**

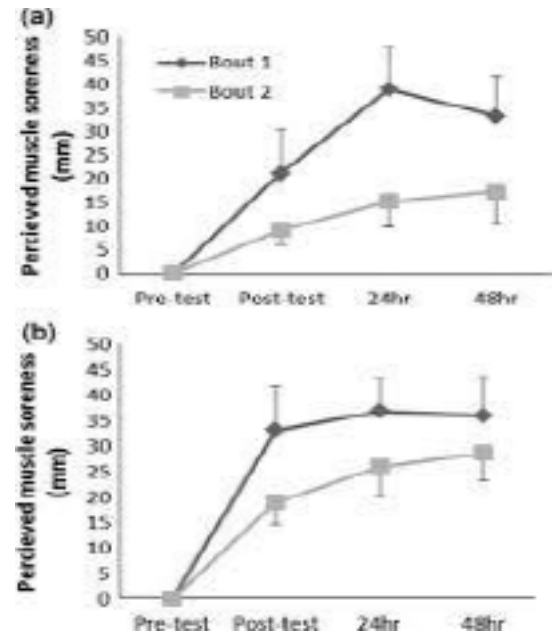


# THE REPEATED BOUT EFFECT

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 9

# EXTREME FREQUENCY

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

# WEEK 1

DAY  
**1**

EXERCISE	1 RM %	SETS	REPS
Squat	70%	4	8
Bench Press	70%	4	8
Deadlift	70%	3	8
Leg Extensions		4	12
Hamstring Curls		4	12
Calf Raises		4	8

DAY  
**2**

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Lat Pulldown		3	10
Seated Rows		3	12
DB Hammer Curls		3	8
Barbell Curls		3	10
Barbell Shrugs		4	8

DAY  
**3**

EXERCISE	1 RM %	SETS	REPS
Squat	75%	6	4
Bench Press	75%	6	4
Deadlift	75%	5	4
Incline DB Press		3	6
Chest Fly		2	8
Skull Crushers		2	10
Rope Pushdown		2	12
Cable Crunches		4	8

DAY  
**4**

EXERCISE	1 RM %	SETS	REPS
Overhead Press		3	6
DB Shoulder Press		2	10
Lateral Raises		3	12
Face Pulls		3	10
DB Curls		2	12
Incline DB Curls		2	10
Weighted Decline Crunches		4	8

DAY  
**5**

EXERCISE	1 RM %	SETS	REPS
Squat	80%	7	3
Bench Press	80%	7	3
Deadlift	80%	6	3
Optional Accessory Work			
Optional Accessory Work			
Optional Accessory Work			
Cable Crunches		4	8



# WEEK 2

DAY  
**1**

EXERCISE	1 RM %	SETS	REPS
Squat	70% + 5	4	8
Bench Press	70% + 5	4	8
Deadlift	70% + 5	3	8
Leg Extensions		4	12
Hamstring Curls		4	12
Calf Raises		4	8

DAY  
**2**

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Lat Pulldown		3	10
Seated Rows		3	12
DB Hammer Curls		3	8
Barbell Curls		3	10
Barbell Shrugs		4	8

DAY  
**3**

EXERCISE	1 RM %	SETS	REPS
Squat	75% + 5	6	4
Bench Press	75% + 5	6	4
Deadlift	75% + 5	5	4
Incline DB Press		3	6
Skull Crushers		2	10
Rope Pushdown		2	12
Cable Crunches		4	8

DAY  
**4**

EXERCISE	1 RM %	SETS	REPS
Overhead Press		3	6
DB Shoulder Press		2	10
Lateral Raises		3	12
Face Pulls		3	10
DB Curls		2	12
Incline DB Curls		2	10
Weighted Decline Crunches		4	8

DAY  
**5**

EXERCISE	1 RM % %	SETS	REPS
Squat	80% + 5	7	3
Bench Press	80% + 5	7	3
Deadlift	80% + 5	6	3
Optional Accessory Work			
Optional Accessory Work			
Optional Accessory Work			
Cable Crunches		4	8

# WEEK 3

DAY  
**1**

EXERCISE	1 RM %	SETS	REPS
Squat	70% + 10	4	8
Bench Press	70% + 10	4	8
Deadlift	70% + 10	3	8
Leg Extensions		4	12
Hamstring Curls		4	12
Calf Raises		4	8

DAY  
**2**

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Lat Pulldown		3	10
Seated Rows		3	12
DB Hammer Curls		3	8
Barbell Curls		3	10
Barbell Shrugs		4	8

DAY  
**3**

EXERCISE	1 RM %	SETS	REPS
Squat	75% + 10	6	4
Bench Press	75% + 10	6	4
Deadlift	75% + 10	5	4
Incline DB Press		3	6
Chest Fly		2	8
Skull Crushers		2	10
Rope Pushdown		2	12
Cable Crunches		4	8

DAY  
**4**

EXERCISE	1 RM %	SETS	REPS
Overhead Press		3	6
DB Shoulder Press		2	10
Lateral Raises		3	12
Face Pulls		3	10
DB Curls		2	12
Incline DB Curls		2	10
Weighted Decline Crunches		4	8

DAY  
**5**

EXERCISE	1 RM %	SETS	REPS
Squat	80% + 10	7	3
Bench Press	80% + 10	7	3
Deadlift	80% + 10	6	3
Optional Accessory Work			
Optional Accessory Work			
Optional Accessory Work			
Cable Crunches		4	8

# WEEK 4

DAY  
**1**

EXERCISE	1 RM %	SETS	REPS
Squat	70% + 15	4	8
Bench Press	70% + 15	4	8
Deadlift	70% + 15	3	8
Leg Extensions		4	12
Hamstring Curls		4	12
Calf Raises		4	8

DAY  
**2**

EXERCISE	1 RM %	SETS	REPS
Bent Over Rows		4	8
Lat Pulldown		3	10
Seated Rows		3	12
DB Hammer Curls		3	8
Barbell Curls		3	10
Barbell Shrugs		4	8

DAY  
**3**

EXERCISE	1 RM %	SETS	REPS
Squat	75% + 15	6	4
Bench Press	75% + 15	6	4
Deadlift	75% + 15	5	4
Incline DB Press		3	6
Chest Fly		2	8
Skull Crushers		2	10
Rope Pushdown		2	12
Cable Crunches		4	8

DAY  
**4**

EXERCISE	1 RM %	SETS	REPS
Overhead Press		3	6
DB Shoulder Press		2	10
Lateral Raises		3	12
Face Pulls		3	10
DB Curls		2	12
Incline DB Curls		2	10
Weighted Decline Crunches		4	8

DAY  
**5**

EXERCISE	1 RM %	SETS	REPS
Squat	80% + 15	7	3
Bench Press	80% + 15	7	3
Deadlift	80% + 15	6	3
Optional Accessory Work			
Optional Accessory Work			
Optional Accessory Work			
Cable Crunches		4	8