

FULLBODY HYPERTROPHY

TRANSFORMATION BY DESIGN

MAKE YOUR
IMPACT TODAY
WITH...

COACH
PHIL GRAHAM

**FOR THE EVERYDAY
ATHLETE**

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DiabeticTM

M U S C L E & F I T N E S S

MUSCLE GAIN PROGRAMME

BEGINNER >> INTERMEDIATE (FOR MEN & WOMEN)

A FOUNDATION FOR EFFECTIVE TRAINING WITH DIABETES.

W O R K O U T



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LISTEN FOLKS...



A HERO IS AN
ORDINARY
INDIVIDUAL WHO
FINDS THE STRENGTH
TO PERSEVERE AND
ENDURE IN SPITE OF
OVERWHELMING
OBSTACLES ...

INTRO



ABOUT

I've spoken alongside the biggest names in the Health and Fitness Industry, contributed to every major fitness publication, successfully transformed the lives of many people, coached professional athletes on nutrition across a variety of sports and stepped onto the Mr Universe stage as a competitive bodybuilder from a very young age all whilst overcoming type 1 diabetes.

TRUST ME, IVE BEEN THERE...

EVER SINCE BEING DIAGNOSED WITH TYPE 1 DIABETES AT 16 YEARS OF AGE IVE COMMITTED EVERYDAY OF MY LIFE TO LEARNING ALL THERE IS TO KNOW ABOUT OVERCOMING DIABETES THROUGH LIFESTYLE, DIET AND EXERCISE.

The knowledge i aquired helped me build a career as one of the uk's leading fitness and nutrition educators. What i am about to reveal could be the key to totally transform how you approach your diabetic training.

For the first time ever i've logged everything i know on building muscle and losing fat into the first highly practical, trackable, evidence based fitness platform for both type 1 and type 2 diabetics. I believe that exercise has it's benefits, science tell's us the same. But why is it that we are still in an epidemic of poor health?

Is it through the confusion to exercising? Are we just misinformed? Or lacking direction and staying power to ride the course in pursuit of our goals? Whatever it is, it's a very individual thing, but not one thing that cannot be overcome and conquered for the better. Im here to help you change the outlook. For good.



"THE BETTER YOUR CONTROL,
THE BETTER THE RESULTS!"

Instead of starting a conversation about how terrible diabetes is, focus on the blessings it's brought you. The amazing people. The way it can make you appreciate things others take for granted. Most importantly it teaches us to keep moving forward.

ATTITUDE IS EVERYTHING.

- PHIL GRAHAM

DIABETIC MUSCLE & FITNESS

2017

YOUR PHYSIQUE AND PERFORMANCE ARE THE RESULT OF THE TYPE OF EXERCISE YOU DO ON AVERAGE.

I don't need to elaborate on the fact exercise has been proven time and time again to be good for us. There is a substantial amount of evidence to support the role of regular weight training and cardiovascular exercise in protecting against many major health problems. To get the most out of exercise, people living with diabetes must make strategic adjustments to their diet, lifestyle, medication and exercise.

MY OBJECTIVE

To build a tribe of healthier, strong(er), self empowered diabetics.

GOALS YOU DESERVE

Health from the inside out.

Investing in yourself, especially your health and wellbeing will save you a lot of time, money and hassle in the long run. Take control, own your outcome make an impact and be the best you can be. Everyday.

MORE THAN JUST DOING A WORKOUT...

TRAINING IS MUCH MUCH MORE THAN SHOWING UP AT THE GYM. THAT'S JUST THE FIRST STEP. WE HAVE TO TRAIN SMART WITH INTENT.

SOLUTIONS TO YOUR PHYSIQUE GOALS

WHAT ARE THE BENEFITS?

There are a number of key benefits associated with increasing muscle mass in people with diabetes. These include increased physical strength, improved metabolic rate, decreased risk of injury, greater energy, improved performance, stronger bones, improved self confidence and decreased risk of disease.

AUTO REGULATE YOUR TRAINING

You won't feel like training everyday. It's important to listen to your body and train or rest accordingly. Life throws all kinds of emotional and physical stress our way. Sometimes it can get in the way interfering with training performance. Be mindful of this and ask yourself are you willing to train with 100% effort and focus every time you step foot in the gym.

6 RULES OF EFFECTIVE LIFTING

Keep these rules in mind if you want to get the most out of your training efforts in the gym:

1. If it looks bad or feels wrong, Stop. Change exercises or rest.
2. Rest properly between sets. Not too little, not too long.
3. Get a training partner who will keep you accountable.
4. Train your muscles not your mobile phone!
5. Record your training look for trends.
6. Get stronger from week to week on one or more primary exercises.

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PRINCIPLES



UNDERSTAND THERE IS NO SUCH THING AS A "PERFECT EXERCISE". INSTEAD, CONSIDER THE PERSPECTIVE THAT THE HUMAN BODY FOLLOWS COMMON PATTERNS OF DIRECTION AND SUBSEQUENT MOVEMENT. YOU INTUITIVELY ALREADY KNOW THIS.-

Progressive overload is essential to improving strength and gaining mass. As you gradually increase stress on the body during movement and weight training, you create a state of progressive overload on your muscles. This principle for improving strength and building muscle requires that you force your muscles and body to overcome and adapt to stress or tension that exceeds what it is used to. This means pushing yourself further every time you workout. You should never walk away from an exercise thinking "that was easy".



EXERCISE IS INFORMATION

- EXERCISE HELPS AVOID LONG TERM COMPLICATIONS & IMPROVES GLUCOSE CONTROL.
- TYPE, DURATION, FREQUENCY QUALITY DETERMINE EFFECT OF EXERCISE.
- BENEFITS TO EXERCISE ARE UNMATCHED.

THE ONLY PLACE SUCCESS COMES BEFORE WORK, IS IN THE DICTIONARY!!

EXERCISE REQUIRES CONCENTRATED EFFORTS AND PERIODS OF RECOVERY. IT IS FRUGAL TO IGNORE YOUR BODY WHEN IT SHOWS SIGNS OF EXHAUSTION AND STRESS.

—

Yes, you need to work hard. But, you must also recover. You must respect how you recover on a day to day basis and learn to balance training stress with outside life stress. Not everyday will be perfect therefore you must adjust your training based on how you feel. If you cant bring high quality effort into the gym, it's important to step back, identify the problem and do something about it. No one is going to thank you for pushing through pain, and neither will your most prized possession - your body.



STRENGTH FIRST

- EVERYTHING GETS BETTER WITH STRENGTH.
- **LACK OF STRENGTH AFFECTS PERFORMANCE AND QUALITY OF LIFE.**
- STRENGTH IS THE MOTHER OF ALL QUALITIES.

Strength is the platform for more muscle mass. Don't build your house on sand.



MOVE WELL

- MOVE MORE.
- **MOVEMENT IS LIFE. ASPIRE TO MOVE WELL.**
- TRAINING SHOULD ALLOW YOU TO MOVE.

Stay fit, stay active, stay injury free.



PERIODIZE TRAINING

- PLANNED PROGRESSIVE TRAINING WILL PRODUCE SUPERIOR RESULTS
- **ALLOW FOR RECOVERY & SUPERCOMPENSATION WITH TRAINING.**
- BE CONSISTENT & TRAIN WITH FOCUS & INTENT.

Organise your training for superior results. Be better than the rest.

PROG.

DETAILS.

The fullbody hypertrophy program is a 12 week program designed exclusively for the beginner athlete.

PROGRAMME GOAL >> Increase lean muscle in the areas that matter, torch bodyfat and improve whole body conditioning and strength.

DURATION >> 12 weeks

TRAINING DAYS PER WEEK >> 3-4

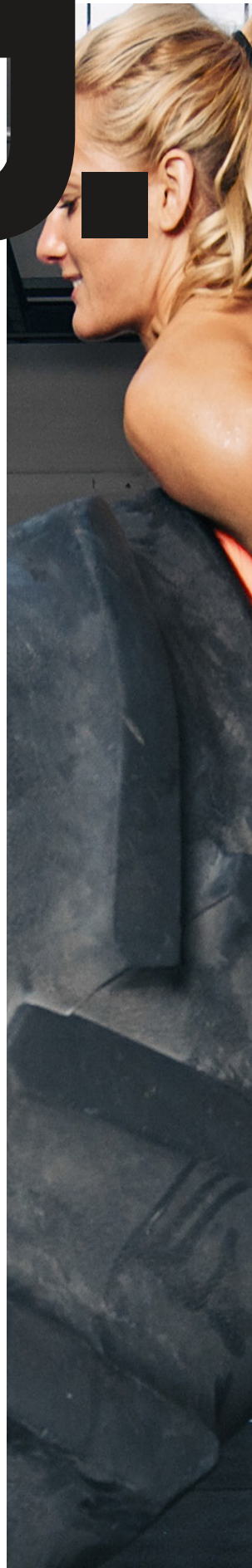
TRAINING PLAN >> This training program uses a range of highly effective exercises and progressions to produce the best results possible.

The programme is structured into three distinct phases for males and females. You will follow a weight lifting programme which incorporates different set and repetition combinations through a planned training cycle. You will alternate workouts split between your upper body and lower body.

Each hypertrophy phase rotates among three different rep ranges. In phase 1 there will be a moderate amount of work and higher repetitions to ease you into the programme. Phase 2 uses slightly lower reps allowing you to use a little heavier weight and in phase 3 we include

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more work overall. Each phase is directed toward adding muscle to your body and is designed to stimulate your system effectively. Rest as long as you need initially to adequately perform the next set and follow the progressions week to week. You can expect that your overall strength & endurance should improve immensely.

This program is intended for you if your less experienced with training but are willing to learn and utilize a full range of training implements (barbells, dumbbells, machines, bodyweight, etc), and exercises.

Cardio can be done alongside the programme but should be minimised to prevent interference with muscle building. Very short interval training sessions would be effective or if longer sessions are desired the intensity must be kept very low. This is a programme where recovery between sessions is very important.

MAKE AN IMPACT!

DON'T FORGET YOUR GOALS AND PURPOSE...

This maybe obvious to many, but even the most advanced gym goers sometimes forget what their goals are. Whatever your goal you need to be diligent with all of your training. Direct it toward that goal. You need to make sure you perform all the guided repetition ranges. Perform all the sets, and make sure this is executed with the correct tempo

and technique. The training will be uncomfortable, i know this. But you need to stay motivated to get through all the exercises that are programmed to make sure you continually progress. You should always be aware of everything that you are doing in the gym, and certainly be open minded for any critique or help that is provided. Train smart.

PROGRAM

TEMPLATES.

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SCHEDULE*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FULL BODY A	REST	FULL BODY B	REST	FULL BODY A	REST	REST

*RUN SCHEDULE ALTERNATING WORKOUTS A,B,A THEN B,A,B FOLLOWING WEEK

FULL BODY HYPERTROPHY

WARM UP

—

BEFORE EVERY TRAINING SESSION PERFORM:

- 5-10 minutes of moderate intensity cardio
- Dynamic stretches for 2-3 sets of 15-20 reps

BEFORE THE FIRST EXERCISE FOR EACH BODYPART:

- Pyramid up in weight with 1-2 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each body part.



TERMINOLOGY.



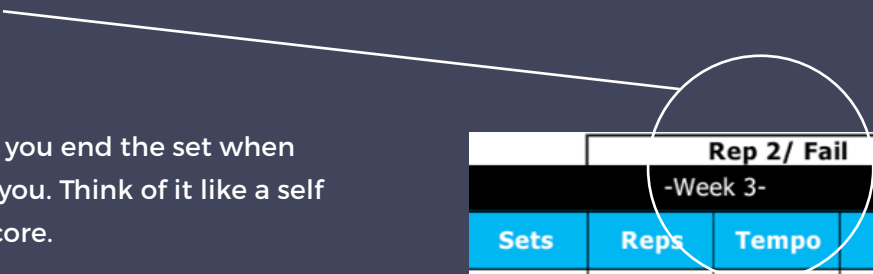
In order to get the most out of this training programme there are a number of important elements you need to understand:

Rep/1/2/3 Fail:

What does it mean?

All this basically means is you end the set when you have 1/2/3 reps left in you. Think of it like a self perceived performance score.

For example, if the instruction is 1/fail, that means that you should be lifting until you only have one rep at most left in the tank, with good technique. 1/fail is very close to all you have to give and is going to feel like a near maximal effort. 2/fail is where straining and shaking may occur and is going to feel very tough. Typically, 3/fail will see a significant slowdown in bar speed towards the end of the set, but is not usually perceived as very difficult to crank out. When your exercise form/technique begins to break down due to fatigue this denotes failure. Good form/technique should always be used for safety purposes and effectiveness.



Rep 2/ Fail			
-Week 3-			
Sets	Reps	Tempo	Rest
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30

KEY TERMS:



CV: Cardio Vascular. Any exercise or activity where the heart, lungs and muscles are challenged in the context of exercise. This can be done with oxygen via aerobic work (I.e jogging or cycling) or anaerobically (Without oxygen, i.e. weightlifting for example)

VOLUME: The amount of work that is performed, estimated using sets x repetitions or more commonly sets x repetitions x resistance (weight) used.

SETS: How many total sets of desired repetitions performed i.e 3x12 = Three sets of twelve repetitions. The repetitions are repeated three times.

REST: The time period between sets and exercises in a workout or between workouts.

MOD: Refers to moderate tempo i.e 2 seconds lowering, 1 second pause, 1 second lift/rep, 1 second pause and repeat for desired reps.

REPS: The number of times a movement is repeated within a single exercise set.

RM: Repetition maximum. The amount of resistance (external force) that allows a person to perform only a given number of repetitions in an exercise movement. (e.g., 1rm is the amount of resistance that allows an individual to perform only one repetition)

EL/EA/ES: EL = Each leg, EA = Each arm, ES = Each side.

EMOM: Refers to the target exercise(s) performed on the minute every minute.

BW/BB/DB: BW = Body Weight, BB = Barbell, DB = Dumbbell.

< < HOW TO PROGRESS YOUR TRAINING EACH WEEK > >

Week ONE: Introduction week

- => Perform the new exercises with a focus on form & technique
- => Use Sub maximal loads (Something you can handle) – Focus on excellent technique and no missed repetitions in this week.
- => Do only 1-2 sets this week as written – exposure to the new exercise is enough stimulus. Dont add more work.

Week TWO: Base week

- => Increase number of sets to prescribed (max) number
- => Maintain excellent technique
- => Still No missed repetitions

Week THREE: Overload week

- => Push it! - Looking for personal bests in all lifts
- => Full volume (Complete all sets for max number of sets prescribed)
- => Minimise any breakdown of technique this week due to pushing it harder and heavier.

Week FOUR: Shock week

- => Work from previous personal bests – leave nothing in the tank. Lift hard!
- => Full volume, plus advanced overload techniques if needed - may add an extra set here to first two exercises
- => Minimise technical breakdown although missed reps may occur

Week FIVE: Next Phase

- => Move to next phase of training, where we begin from week one above and progress each week but the emphasis is on heavier weight and more work completed.
- => Check notes carefully in weeks 5-8 as there is a few minor differences.

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M U S C L E & F I T N E S S

Name:	
Meso. Phase	Hypertrophy Phase 1
Split	Full Body - 4 day week

DAY 22 Workout B																			
- LOWER BODY -																			
Resistance Exercise / Order / Training Methods																			
Order	Methods	Exercise	-Week 1-				-Week 2-				-Week 3-				-Week 4-			EXERCISE NOTES	
			Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo		Rest
A1	Alternating	Squats	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Maintain a tight position with a straight back - Do not round Keep your abs and engaged and back straight/lower slowly to floor, hinge at hips
A2	Alternating	Deadlift/ Shrug	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	
B1	Alternating	Bulgarian split squats	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Sink down maintaining a good posture, allow the knee to track with the foot Ensure to push off leg on step, keep toes up on floor, try stay upright as much as possible
B2	Alternating	Step ups	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	
C1	Alternating	Reverse crunch	3	10	Mod	60	3	15	Mod	30	3	15	Mod	60	3	10	Mod	60	Keep hands out to side to begin, move with control progress to arms across chest

Day 6 Workout A	UPPER BODY*	
Resistance Exercise / Order	Order	Exercise
A1	Alternating	DB Incline chest press
A2	Alternating	DB Bent over row
B1	Alternating	DB Shoulder press
B2	Alternating	Wide grip chin up
C1	Alternating	BB Close grip bench press
C2	Alternating	BB Clean from thigh
D	Straight Sets	Fitball Crunch

DAY 143 Workout B										DAY 144 Workout C										DAY 145 Workout D										DAY 146 Workout E										DAY 147 Workout F										DAY 148 Workout G										DAY 149 Workout H										DAY 150 Workout I										DAY 151 Workout J										DAY 152 Workout K										DAY 153 Workout L										DAY 154 Workout M										DAY 155 Workout N										DAY 156 Workout O										DAY 157 Workout P										DAY 158 Workout Q										DAY 159 Workout R										DAY 160 Workout S										DAY 161 Workout T										DAY 162 Workout U										DAY 163 Workout V										DAY 164 Workout W										DAY 165 Workout X										DAY 166 Workout Y										DAY 167 Workout Z										DAY 168 Workout AA										DAY 169 Workout AB										DAY 170 Workout AC										DAY 171 Workout AD										DAY 172 Workout AE										DAY 173 Workout AF										DAY 174 Workout AG										DAY 175 Workout AH										DAY 176 Workout AI										DAY 177 Workout AJ										DAY 178 Workout AK										DAY 179 Workout AL										DAY 180 Workout AM										DAY 181 Workout AN										DAY 182 Workout AO										DAY 183 Workout AP										DAY 184 Workout AQ										DAY 185 Workout AR										DAY 186 Workout AS										DAY 187 Workout AT										DAY 188 Workout AU										DAY 189 Workout AV										DAY 190 Workout AW										DAY 191 Workout AX										DAY 192 Workout AY										DAY 193 Workout AZ										DAY 194 Workout BA										DAY 195 Workout BB										DAY 196 Workout BC										DAY 197 Workout BD										DAY 198 Workout BE										DAY 199 Workout BF										DAY 200 Workout BG										DAY 201 Workout BH										DAY 202 Workout BI										DAY 203 Workout BJ										DAY 204 Workout BK										DAY 205 Workout BL										DAY 206 Workout BM										DAY 207 Workout BN										DAY 208 Workout BO										DAY 209 Workout BP										DAY 210 Workout BQ										DAY 211 Workout BR										DAY 212 Workout BS										DAY 213 Workout BT										DAY 214 Workout BU										DAY 215 Workout BV										DAY 216 Workout BW										DAY 217 Workout BX										DAY 218 Workout BY										DAY 219 Workout BZ										DAY 220 Workout CA										DAY 221 Workout CB										DAY 222 Workout CC										DAY 223 Workout CD										DAY 224 Workout CE										DAY 225 Workout CF										DAY 226 Workout CG										DAY 227 Workout CH										DAY 228 Workout CI										DAY 229 Workout CJ										DAY 230 Workout CK										DAY 231 Workout CL										DAY 232 Workout CM										DAY 233 Workout CN										DAY 234 Workout CO										DAY 235 Workout CP										DAY 236 Workout CQ										DAY 237 Workout CR										DAY 238 Workout CS										DAY 239 Workout CT										DAY 240 Workout CU										DAY 241 Workout CV										DAY 242 Workout CW										DAY 243 Workout CX										DAY 244 Workout CY										DAY 245 Workout CZ										DAY 246 Workout DA										DAY 247 Workout DB										DAY 248 Workout DC										DAY 249 Workout DD										DAY 250 Workout 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ONE OR TWO DAY REST BETWEEN DAYS 4 & 1

Name:	
Meso. Phase	Hypertrophy Phase 2
Split	Full Body - 3-4 day week

DAY (2) Workout B Resistance Exercises / Order / Training Methods										- LOWER BODY -				NO REST BETWEEN DAYS 1 & 2			
Order		Methods		Exercise		Rep 3 / Fail			Rep 3 / Fail			Rep 2 / Fail			Rep 1 / Fail		
						-Week 1-			-Week 2-			-Week 3-			-Week 4-		
		Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
A1	Straight	5	6	Mod	60	6	3	Mod	30	2	25	Mod	90	3	12	Mod	60
B1	Alternating	5	6	Mod	60	6	3	Mod	30	2	25	Mod	90	3	12	Mod	60
B2	Alternating	5	6	Mod	60	6	3	Mod	30	2	25	Mod	90	3	12	Mod	60
C1	Incline reverse crunch	3	10	Mod	60	3	10	Mod	30	2	15	Mod	60	3	10	Mod	60
EXERCISE NOTES																	
Maintain a tight position with a straight back - Do not round																	
Sink down maintaining a good posture, allow the knee to track with the foot																	
Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible																	
Keep hips lifted throughout the movement. Move with control not speed.																	

ONE DAY REST BETWEEN DAYS 2 & 3

DAY (4) Workout D										- LOWER BODY -									
Resistance Exercise / Order										Training Methods									
Order		Exercise		Sets		Reps		Tempo		Rest		Sets		Reps		Tempo		Rest	
-Week 1-										-Week 2-									
A1		Alternating Squats		5		Mod 5		90 4		10 Mod 60		3 15		Mod 30		5 5		Mod 90	
A2		Alternating Deadlift strug		5		Mod 90		4 10		Mod 60 3		15		Mod 30		5 5		Mod 90	
B1		Alternating Bulgarian split squats		5		Mod 90		4 10		Mod 60 3		15		Mod 30		5 5		Mod 90	
B2		Alternating Step ups		5		Mod 90		4 10		Mod 60 3		15		Mod 30		5 5		Mod 90	
C1		Alternating Reverse crunch		3		15		Mod 60		3 10		Mod 60 3		15		Mod 30		3 15	
										EXERCISE NOTES									
										Maintain a tight position with a straight back - Do not round									
										Keep your abs and engaged and back straight, lower slowly to floor, hinge at hips									
										Sink down maintaining a good posture, allow this knee to track with the foot									
										Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible									
										Keep hands out to side to begin, move with control progress to arms across chest									

Day 4 is optional if an extra training day is required. If not simply alternate workouts A, B, A one week and the following week complete B, A, B



Name:	
Meso. Phase	Hypertrophy Phase 3
Split	Full Body - 4 day week

DAY 11 Workout A		UPPER BODY - Resistance Exercise / Order / Training Methods	
Order	Methods	Exercise	
A1	Alternating	BB	Bent over row
A2	Alternating	BB	Incline press
B1	Alternating	BB	Grip chin up
B2	Alternating	Mixed	Push press
C1	Alternating	Dips	
C2	Alternating	Dumbbell	clean
D	Straight Sets	Ftball	Crunch

NO REST BETWEEN DAYS 1 & 2

Order	Methods	Exercise
A1	Alternating	Squats 1 1/4 style
B1	Alternating	Bulgarian split deadlift
B2	Alternating	Split goodmornning
C1	Alternating	Woodchop

ONE DAY REST BETWEEN DAYS 2 & 3

DAY 6 Workout A		- UPPER BODY -	
Resistance Exercise / Order		Training Methods	
Order	Methods	Exercise	
A1	Alternating	BB Bent over row	
A2	Alternating	BB Incline press	
B1	Alternating	Mixed grip chin up	
B2	Alternating	BB Push press	
C1	Alternating	Dips	
C2	Alternating	Dumbbell clean	
D	Straight Sets	Rebouts	

NO REST BETWEEN DAYS 3 & 4

DAY 4 (4) Workout B		- LOWER BODY -	
Resistance Exercise / Order	Methods	Exercise	Order
A1	Alternating	Squats 1 1/4 style	
B1	Alternating	Bulgarian split deadlift	
B2	Alternating	Split goodmornning	
C1	Alternating	Woodchop	

ONE OR TWO DAY REST BETWEEN DAYS 4 & 1

HYPERTROPHY (PHASE 1 WOMENS)

Name:

Meso. Phase

Hypertrophy Phase 1

Split

Fall Body -3 day week

DAY (1) Workout A			- UPPER BODY -																
Resistance Exercise / Order			Training Methods																
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-			-Week 4-			EXERCISE NOTES				
			Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest					
A1	Alternating	DB Incline chest press	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	Hold weight at front, maintain good posture and depth, no rounding upper back Try keeping core engaged pull weight toward the hip in a smooth arc
A2	Alternating	Single arm db row	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	
B1	Alternating	DB Shoulder press	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible Pull up ensuring not to use momentum, squeeze shoulder blades together to initiate pull
B2	Alternating	Wide gripchin ups	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	
C1	Alternating	BB Close grip bench press	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	maintain wrist & elbows in alignment, lower under control to touch chest keep bar close to body, drive from legs, struggling forcefully, lower self under bar to receive
C2	Alternating	Hang clean from thigh	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	
D	Straight Sets	Fitball Crunch	3	15	Mod	60	3	10	Mod	60	3	15	Mod	30	3	15	Mod	60	lift just enough to engage abdominals, try stay still on the ball, move with control.

NO REST BETWEEN DAYS 1 & 2

DAY (2) Workout B		- LOWER BODY -				-Week 1-				-Week 2-				-Week 3-				-Week 4-				EXERCISE NOTES	
Resistance Exercise / Order		Training Methods																					
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest					
A1	Alternating	Squats	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Maintain a tight position with a straight back - Do not round				
A2	Alternating	Deadlift	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Keep your abs and engaged and back straight,lower slowly to floor, hinge at hips				
B1	Alternating	Bulgarian split squats	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Sink down maintaining a good posture, allow the knee to track with the foot				
B2	Alternating	Step ups	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible				
C1	Alternating	Reverse crunch	3	10	Mod	60	3	15	Mod	30	3	15	Mod	60	3	10	Mod	60	Keep hands out to side to begin, move with control progress to arms across chest				

ONE DAY REST BETWEEN DAYS 2 & 3

DAY (3) Workout A		- UPPER BODY -				-Week 1-				-Week 2-				-Week 3-				-Week 4-				EXERCISE NOTES	
Resistance Exercise / Order / Training Methods						Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail			
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	
A1	Alternating	DB Incline chest press	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
A2	Alternating	Single arm db row	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
B1	Alternating	DB Shoulder press	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
B2	Alternating	Wide gripchin ups	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
C1	Alternating	BB Close grip bench press	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
C2	Alternating	Hang clean from thigh	3	15	Mod	30	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
D	Straight Sets	Fitball Crunch	3	15	Mod	30	3	15	Mod	60	3	10	Mod	60	3	15	Mod	30	3	15	Mod	30	
Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible																							
Pull up ensuring not to use momentum, squeeze shoulder blades together to initiate pull																							
Maintain wrist & elbows in alignment, lower under control to touch chest																							
Keep bar close to body, drive from legs, strugling forcefully, lower self under bar to receive																							
Lift just enough to engage abdominals, try stay still on the ball, move with control.																							

NO REST BETWEEN DAYS 3 & 4

DAY (4) Workout B		- LOWER BODY -				EXERCISE NOTES															
Resistance Exercise / Order		Training Methods				-Week 1-				-Week 2-				-Week 3-				-Week 4-			
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest			
A1	Alternating	Squats	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90	Maintain a tight position with a straight back - Do not round Keep your abs and engaged and back straight,lower slowly to floor, hinge at hips Sink down maintaining a good posture, allow the knee to track with the foot Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible Keep hands out to side to begin, move with control progress to arms across chest		
A2	Alternating	Deadlift	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90			
B1	Alternating	Bulgarian split squats	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90			
B2	Alternating	Step ups	5	5	Mod	90	4	10	Mod	60	3	15	Mod	30	5	5	Mod	90			
C1	Alternating	Reverse crunch	3	15	Mod	60	3	10	Mod	60	3	15	Mod	30	3	15	Mod	60			

ONE OR TWO DAY REST BETWEEN DAYS 4 & 1

HYPERTROPHY (PHASE 2 WOMENS)

Day 4 is optional (if an extra training day is required. If not simply alternate workouts A, B, A one week and the following week complete B, A, B



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