

HYPERTROPHY BLOCK

Week 1 of 4 (Light Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	3011	1		50
Back Squat	1 x 5	3011	1		55
Back Squat	1 x 3	3011	1		60
Working Sets					
Back Squat	1 x 12	3011	2-3		72.5
Back Squat	1 x 10	3011	2-3		80
Back Squat	1 x 10	3011	2-3		80
Back Squat	1 x 8 om	3011	2-3		85
Potentiation (Superset following working set rest)					
Box Jumps	4 x 6		1-2		24"-36"
Supplementary / Accessory Exercises (Circuit format optional)					
Hang Power Cleans	4 x 10		1		
Strict Press	4 x 10		1		
KB Swing	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1		Band
Assault Bike (Optional)	4		1		20 cal

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1		BW
Pullups	1 x 5	3111	1		BW
Pullups	1 x 3	3111	1		BW
Working Sets					
Weighted Pullups	1 x 12	3111	2-3		5
Weighted Pullups	1 x 10	3111	2-3		10
Weighted Pullups	1 x 10	3111	2-3		10
Weighted Pullups	1 x 8 om	3111	2-3		12.5
Potentiation (Superset following working set rest)					
Unloaded Sled Rope Pull	4		1-2		10 m
Supplementary / Accessory Exercises (Circuit format optional)					
Lat. Pulldown	4 x 10		1		
SDHP	4 x 10		1		
Lying Tricep Extensions	4 x 10		1		
Straight Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Push (Optional)	4		1		20 m

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1		60
Deadlift	1 x 5	3011	1		67.5
Deadlift	1 x 3	3011	1		75
Working Sets					
Deadlift	1 x 12	3011	2-3		90
Deadlift	1 x 10	3011	2-3		97.5
Deadlift	1 x 10	3011	2-3		97.5
Deadlift	1 x 8 om	3011	2-3		105
Potentiation (Superset following working set rest)					
Hang Jump Shrugs	4 x 6		1-2		Oly Bar
Supplementary / Accessory Exercises (Circuit format optional)					
Front Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
BB Walking Lunges	4 x 10		1		
GHD Hip Extension	4 x 10		1		
Hanging Knee Raises	4 x 20		1		BW
Battling Ropes (Optional)	4		1		60 sec

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1		40
Bench Press	1 x 5	3011	1		45
Bench Press	1 x 3	3011	1		50
Working Sets					
Bench Press	1 x 12	3011	2-3		60
Bench Press	1 x 10	3011	2-3		65
Bench Press	1 x 10	3011	2-3		65
Bench Press	1 x 8 om	3011	2-3		70
Potentiation (Superset following working set rest)					
Plyometric Pushups	4 x 6		1-2		BW
Supplementary / Accessory Exercises (Circuit format optional)					
Incline DB Press	4 x 10		1		
Seated Cable Row	4 x 10		1		
Decline Pushups	4 x 25		1		BW
Pullups	4 x 10		1		BW
GHD Anti-flexion/ext.	4		1		60 sec
Ski-Erg (Optional)	4		1		500 m

Week 2 of 4 (Medium Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	3011	1		50
Back Squat	1 x 5	3011	1		55
Back Squat	1 x 3	3011	1		60
Working Sets					
Back Squat	1 x 12	3011	2-3		80
Back Squat	1 x 10	3011	2-3		85
Back Squat	1 x 10	3011	2-3		85
Back Squat	1 x 8 om	3011	2-3		90
Potentiation (Superset following working set rest)					
Box Jumps	4 x 6		1-2		BW
Supplementary / Accessory Exercises (Circuit format optional)					
Hang Power Cleans	4 x 10		1		
Strict Press	4 x 10		1		
KB Swing	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1		Band
Assault Bike (Optional)	4		1		20 cal

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1		BW
Pullups	1 x 5	3111	1		BW
Pullups	1 x 3	3111	1		BW
Working Sets					
Weighted Pullups	1 x 12	3111	2-3		10
Weighted Pullups	1 x 10	3111	2-3		12.5
Weighted Pullups	1 x 10	3111	2-3		12.5
Weighted Pullups	1 x 8 om	3111	2-3		15
Potentiation (Superset following working set rest)					
Unloaded Sled Rope Pull	4		1-2		10 m
Supplementary / Accessory Exercises (Circuit format optional)					
Lat. Pulldown	4 x 10		1		
SDHP	4 x 10		1		
Lying Tricep Extensions	4 x 10		1		
Straight Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Push (Optional)	4		1		20 m

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1		60
Deadlift	1 x 5	3011	1		67.5
Deadlift	1 x 3	3011	1		75
Working Sets					
Deadlift	1 x 12	3011	2-3		97.5
Deadlift	1 x 10	3011	2-3		105
Deadlift	1 x 10	3011	2-3		105
Deadlift	1 x 8 om	3011	2-3		112.5
Potentiation (Superset following working set rest)					
Hang Jump Shrugs	4 x 6		1-2		Oly Bar
Supplementary / Accessory Exercises (Circuit format optional)					
Front Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
BB Walking Lunges	4 x 10		1		
GHD Hip Extension	4 x 10		1		
Hanging Knee Raises	4 x 20		1		BW
Battling Ropes (Optional)	4		1		60 sec

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1		40
Bench Press	1 x 5	3011	1		45
Bench Press	1 x 3	3011	1		50
Working Sets					
Bench Press	1 x 12	3011	2-3		65
Bench Press	1 x 10	3011	2-3		70
Bench Press	1 x 10	3011	2-3		70
Bench Press	1 x 8 om	3011	2-3		75
Potentiation (Superset following working set rest)					
Plyometric Pushups	4 x 6		1-2		BW
Supplementary / Accessory Exercises (Circuit format optional)					
Incline DB Press	4 x 10		1		
Seated Cable Row	4 x 10		1		
Decline Pushups	4 x 25		1		BW
Pullups	4 x 10		1		BW
GHD Anti-flexion/ext.	4		1		60 sec
Ski-Erg (Optional)	4		1		500 m

Week 3 of 4 (Heavy Week)

BACK SQUAT (Lower Body Push)					
Estimated 1RM					120
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Back Squat	1 x 5	3011	1		50
Back Squat	1 x 5	3011	1		55
Back Squat	1 x 3	3011	1		60
Working Sets					
Back Squat	1 x 12	3011	2-3		85
Back Squat	1 x 10	3011	2-3		90
Back Squat	1 x 10	3011	2-3		90
Back Squat	1 x 8 om	3011	2-3		97.5
Potentiation (Superset following working set rest)					
Box Jumps	4 x 6		1-2		BW
Supplementary / Accessory Exercises (Circuit format optional)					
Hang Power Cleans	4 x 10		1		
Strict Press	4 x 10		1		
KB Swing	4 x 10		1		
Single-Leg KB Deadlift	4 x 10		1		
Paloff Press	4 x 10		1		Band
Assault Bike (Optional)	4		1		20 cal

WEIGHTED PULLUPS (Upper Body Vertical Pull)					
Estimated 1RM (Bodyweight + Plate weights)					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Pullups	1 x 5	3111	1		BW
Pullups	1 x 5	3111	1		BW
Pullups	1 x 3	3111	1		BW
Working Sets					
Weighted Pullups	1 x 12	3111	2-3		12.5
Weighted Pullups	1 x 10	3111	2-3		15
Weighted Pullups	1 x 10	3111	2-3		15
Weighted Pullups	1 x 8 om	3111	2-3		20
Potentiation (Superset following working set rest)					
Unloaded Sled Rope Pull	4		1-2		10 m
Supplementary / Accessory Exercises (Circuit format optional)					
Lat. Pulldown	4 x 10		1		
SDHP	4 x 10		1		
Lying Tricep Extensions	4 x 10		1		
Straight Bar Bicep Curls	4 x 10		1		
Cable Crunches	4 x 20		1		
Sled Push (Optional)	4		1		20 m

DEADLIFT (Lower Body Pull)					
Estimated 1RM					150
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Deadlift	1 x 5	3011	1		60
Deadlift	1 x 5	3011	1		67.5
Deadlift	1 x 3	3011	1		75
Working Sets					
Deadlift	1 x 12	3011	2-3		105
Deadlift	1 x 10	3011	2-3		112.5
Deadlift	1 x 10	3011	2-3		112.5
Deadlift	1 x 8 om	3011	2-3		120
Potentiation (Superset following working set rest)					
Hang Jump Shrugs	4 x 6		1-2		Oly Bar
Supplementary / Accessory Exercises (Circuit format optional)					
Front Squat	4 x 10		1		
Torsonator Rotation	4 x 10		1		
BB Walking Lunges	4 x 10		1		
GHD Hip Extension	4 x 10		1		
Hanging Knee Raises	4 x 20		1		BW
Battling Ropes (Optional)	4		1		60 sec

BENCH PRESS (Upper Body Horizontal Push)					
Estimated 1RM					100
Exercise	Sets/Reps	Tempo	Rest (min)	Load	
Movement Preparation / Warm-Up Sets					
Bench Press	1 x 5	3011	1		40
Bench Press	1 x 5	3011	1		45
Bench Press	1 x 3	3011	1		50
Working Sets					
Bench Press	1 x 12	3011	2-3		70
Bench Press	1 x 10	3011	2-3		75
Bench Press	1 x 10	3011	2-3		75
Bench Press	1 x 8 om	3011	2-3		80
Potentiation (Superset following working set rest)					
Plyometric Pushups	4 x 6		1-2		BW
Supplementary / Accessory Exercises (Circuit format optional)					
Incline DB Press	4 x 10		1		
Seated Cable Row	4 x 10		1		
Decline Pushups	4 x 25		1		BW
Pullups	4 x 10		1		BW
GHD Anti-flexion/ext.	4		1		60 sec
Ski-Erg (Optional)	4		1		500 m