

Hypertrophy Options

5 day Split Program

Monday – Chest/Triceps	Tuesday - Squatting	Wednesday – Back/Biceps	Thursday – Shoulders/Triceps	Friday – Hamstring/Lower Back
Bench Press 5 x 5	Front Squat 6 x 4	Weighted Chins 5 x 5	Military Press 6 x 4	Dead Lift 6 x 4
Incline Bench Press 4 x 6	Box Squat 5 x 5	Bent Over Row 4 x 6	Seated DB Arnold Press 4 x 6	Good Morning 5 x 5
Pec Dips 2 x max	Single Leg Sprinters Squat 4 x 6	KB Alternate Prone Row 3 x 8	3 Way Shoulder Raise 3 x 8	Glut Ham Raise 4 x 6
Close Grip Bench Press 4 x 6		EZ bar Curls 4 x 6	Weighted Dips 4 x 6	Single Leg Back Extension 2 x 12
Lying Triceps Ext. 3 x 8	Ab circuit – 10 minutes	DB Twist Curls 3 x 8	Pressdowns 2 x 12	Ab circuit – 10 minutes

4 day Split Program

Monday – Chest/Back	Tuesday -	Thursday	Friday
Bench Press s/s Bent Row 4 x 6	Front Squat 6 x 4	Military Press 6 x 4	Dead Lift 6 x 4
Incline Bench Press s/s Weighted Chins 3 x 8	Box Squat 5 x 5	Seated DB Arnold Press 4 x 6	Good Morning 5 x 5
Pec Dips s/s KB Alternate Prone Row 2 x 12	Single Leg Sprinters Squat 4 x 6	3 Way Shoulder Raise 3 x 8	Glut Ham Raise 4 x 6
		Close Grip Bench Press s/s EZ Bar Curl 4 x 6	Single Leg Back Extension 2 x 12
	Ab circuit – 10 minutes	Lying Triceps Ext s/s DB Twist Curls 3 x 8	Ab circuit – 10 minutes
		BW Dips s/s BW Chins 2x max	

3 days Split Program – Double Day Option

Monday – Chest/Back	Wednesday – Lower Body	Friday – Shoulders/Arms
AM - Heavy	AM - Squatting	AM - Heavy
Bench Press s/s Bent Row 6 x 4	Box Squat 5 x 5	Military Press 6 x 4
Incline Bench Press s/s Weighted Chins 5 x 5	Single Leg Sprinters Squat 4 x 6	Seated DB Arnold Press 4 x 6
		Lying Triceps Ext. s/s EZ Bar Curls 4 x 6
PM - Light	PM – Hamstring/Lower Back	PM - Light
DB Bench Press s/s DB One Arm Row 5 x 8	Deadlift or Good Morning (alternate each week) 5 x 5	3 way Shoulder Raise 4 x 12
DB Incline Bench s/s Pulldowns to Chest 4 x 12	Glut Ham 4 x 6	KB See Saw Shoulder Press s/s KB Alternate Upright Row 4 x 12
Hindu Push ups s/s Horizontal Chins 3 x max continuous		Rope Press downs s/s Incline DB Curls 4 x 12