



HYPERTORPHY METHODS DOUBLE TRI-SETS

DAY ONE: CHEST & BICEPS

PREPPING PHASE #1 : TISSUE WORK (7 MINUTES)

- TFL – 1 X 30 secs per side
- Pec Minor – 1 x 30 secs per side
- Lat – 1 x 30 secs per side
- Thoracic – 1 x 30 secs per side

PREPPING PHASE #2 :SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3 : INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- UB -Quadruped Under to Over Reach – 1 x 30 secs per side
- UB - Retraction/Protractions – 1 x 30 secs
- TB - Side Kick-Throughs – 1 x 30 secs per side
- UB - Lateral Push-ups – 1 x 30 secs

PREPPING PHASE #4 : MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- Lying MB throw – 1 x 60 secs
- Standing shot put - 1 – 60 secs
- MB rotational throw – 1 x 30 secs per side
- Plyo push up – 1 x 30 secs



PHASE #5 TRAINING STAGE (45-50 MINUTES)

A1 FLAT DB BENCH PRESS	4 x 8-10 (NO REST)
A2 INCLINE BB PRESS	4 X 8-10 (NO REST)
A3 FLAT DB BENCH PRESS	4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

B1 PLYO PUSH-UPS	4 x 8-10 (NO REST)
B2 CABLE CROSS-OVER	4 X 8-10 (NO REST)
B3 PLYO PUSH-UP	4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

C1 INCLINE DB CURLS	4 x 8-10 (NO REST)
C2 DB SPIDER CURLS	4 X 8-10 (NO REST)
C3 INCLINE DB CURLS	4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

PHASE #6 RECOVERY and RESTORATIVE STAGE (10-20 minutes)

- Stretching : static and mobility based (10 minutes)- all Major Muscle groups.
- Foam Rolling (10 minutes) – all Major Muscle groups.



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DAY TWO: BACK & TRAPS

PREPPING PHASE #1 : TISSUE WORK (7 MINUTES)

- TFL – 1 X 30 secs per side
- Pec Minor – 1 x 30 secs per side
- Lat – 1 x 30 secs per side
- Thoracic – 1 x 30 secs per side

PREPPING PHASE #2 :SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3 : INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB -Split Stance Squat - Internal to External Rotation – 1 x 30 secs per side
- TB - Crab walks – 1 x 30 secs per side
- UB - Lateral Push-ups – 1 x 30 secs
- UB -Quadruped Under to Over Reach – 1 x 30 secs per side
- UB - Retraction/Protractions – 1 x 30 secs

PREPPING PHASE #4 : MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- MB rotational throw – 1 x 30 secs per side
- MJ Slam balls – 1 x 30 secs
- MJ Alternating Frontal Plane slams - alternate sides – 1 x 30 secs
- Plyo push up – 1 x 30 secs



PHASE #5 TRAINING STAGE (45-50 MINUTES)

A1 PULL-DOWNS/ PULL-UPS 4 x 8-10 (NO REST)

A2 CABLE PULLOVER 4 X 8-10 (NO REST)

A3 PULL-DOWNS / PUL-UPS 4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

B1 SEATED CABLE ROWS 4 x 8-10 (NO REST)

B2 ROPE ROW TO NECK 4 X 8-10 (NO REST)

B3 SEATED CABEL ROWS 4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

C1 BB SHRUGS 4 x 20-25 (NO REST)

C2 REVERSE PECK DECK 4 X 12-15

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Vagal Tone Breathing (nervous system switching) Weighted Tummy 4 x 15's (1-2minutes)
- Foam Rolling (10 minutes)- all Major Muscle groups



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DAY THREE: SHOULDERS & TRICEPS

PREPPING PHASE #1 : TISSUE WORK (7 MINUTES)

- TFL – 1 X 30 secs per side
- Pec Minor – 1 x 30 secs per side
- Lat – 1 x 30 secs per side
- Thoracic – 1 x 60 secs

PREPPING PHASE #2 :SHORT FOOT (3 MINUTES)

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3 : INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB - Side Kick-Throughs – 1 x 30 secs
- TB - Walking Beast – 1 x 30 secs
- TB - Crab walks – 1 x 30 secs
- UB - Lateral Push-ups – 1 x 30 secs
- UB -Quadruped Under to Over Reach – 1 x 30 secs per side
- UB - Retraction/Protractions – 1 x 30 secs

PREPPING PHASE #4 : MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- Lying MB throw – 1 x 30 secs
- Standing shot put – 1 x 30 secs per side
- MB rotational throw – 1 x 30 secs per side
- Plyo push – 1 x 30 secs per side



PHASE #5 TRAINING STAGE (45-50 MINUTES)

A1 DB SHOULDER PRESS 4 x 8-10 (NO REST)

A2 BB HIGH PULL 4 X 8-10 (NO REST)

A3 DB SHOULDER PRESS 4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

CABLE LATERAL RAISES 4 x 8-10 (NO REST)

INCLINE DB FRONT RAISE 4 X 8-10 (NO REST)

CABLE LATERAL RAISES 4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

CLOSE GRIP BENCH PRESS 4 x 8-10 (NO REST)

EX BAR SKULL CRUSHER 4 X 8-10 (NO REST)

CLOSE GRIP BENCH PRESS 4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching : static and mobility based (10 minutes) – all Major Muscle groups
- Vagal Tone Breathing(nervous system switching) Weighted Tummy 4 x 15's(1-2minutes)



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DAY FOUR: QUADS & HAMSTRINGS

PREPPING PHASE #1 : TISSUE WORK (7 MINUTES)

- Lateral Gastroc -1 X 30 secs per side
- Foot – 1 x 30 secs per side
- Soleus – 1 x 30 secs per side
- TFL – 1 x 30 secs per side
- Adductor – 1 x 30 secs per side

PREPPING PHASE #2 :SHORT FOOT (3 MINUTES)

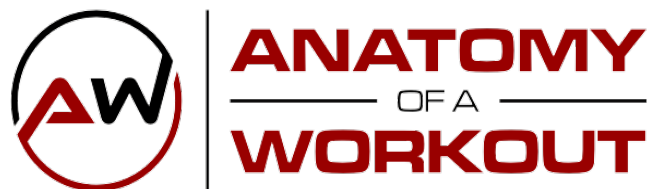
- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

PREPPING PHASE #3 : INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)

- TB - Walking Beast – 1 x 30 secs
- TB BW Squat to Toes – 1 x 30 secs
- LB - Inline Split Squats - alternate sides – 1 x 30 secs
- LB - Crossover Lunge to Curtsy Lunge - alternate sides – 1 x 30 secs

PREPPING PHASE #4 : MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)

- MJ Slam balls – 1 x 30 secs
- MJ Alternating Frontal Plane slams - alternate sides – 1 x 30 secs
- Jump squat repeats – 1 x 30 secs
- Forward Runs - 1 x 30 secs
- Forward 2 IN 2 OUT – 1 x 30 secs
- Lateral 2 IN 2 OUT – 1 x 30 secs
- Cross-over 2 IN 2 OUT – 1 x 30 secs
- SKIPS – 1 x 30 secs
- HIGH knees – 1 x 30 secs



PHASE #5 TRAINING STAGE (45-50 MINUTES)

A1 BB FRONT HACK SQUAT	4 x 8-10 (NO REST)
A2 STEP-UPS WITH JUMP	4 X 8-10 (NO REST)
A3 BB FRONT HACK SQUAT	4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

B1 BB GLUTE BRIDE	4 x 8-10 (NO REST)
B2 ROMANIAN DEADLIFT	4 X 8-10 (NO REST)
B3 BB GLUTE BRIDGE	4 X MAX

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

C1 LYING HAMSTRING CURLS	3 x 8-12 (NO REST)
C2 DB BULGARIAN SPLIT SQUATS	3 X 8-12

Rest 3 minutes between sets

Tempo is : 3 seconds eccentric/1 second concentric

PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Foam Rolling (10 minutes) – all Major Muscle groups
- Breathing : movement based (with and against gravity) Figure 8's (2-3 minutes)