

Day 1: Upper Body Strength Day

- **Pulling Power Movement: Bent-over rows** 3 sets of 3-5 reps
- **Assistance Pulling movement: Weighted Pull ups** 4 sets of 6-10 reps
- **Pressing Power Movement: Flat dumbbell presses** 3 sets of 3-5 reps
- **Assistance pressing movement: Weighted dips** 2 sets of 6-10 reps
- **Assistance pressing movement: Seated dumbbell shoulder presses** 3 sets of 6-10 reps
- **Auxiliary curling movement: Cambered bar curls** 3 sets of 6-10 reps
- **Auxiliary extension movement: Skull crushers** 3 sets of 6-10 reps

Day 2: Lower Body Strength Day

- **Pressing Power Movement: Squats** 3 sets of 3-5 reps
- **Assistance pressing movement: Leg Presses** 2 sets of 6-10 reps
- **Assistance extension movement: Leg extensions** 2 sets of 6-10 reps
- **Assistance pulling movement: Stiff Legged Dead-lifts** 3 sets of 5-8 reps
- **Assistance pulling/curling movement: Lying Leg Curls** 2 sets of 6-10 reps
- **Auxiliary calf movement: Standing Calf Raise** 3 sets of 6-10 reps
- **Auxiliary calf movement: Seated Calf Raise** 2 sets of 6-10 reps

Day 3: Rest

Day 4: Back and Shoulders Hypertrophy Day

- **Pulling Power Exercise speed work: Bent-over rows** 6 sets of 3 reps with 65-70% of normal 3-5 rep max
- **Hypertrophy pulling movement: Weighted Pull-ups** 3 sets of 8-12 reps
- **Hypertrophy pulling movement: Seated cable row** 3 sets of 8-12 reps
- **Hypertrophy pulling movement: Dumbbell rows or shrugs bracing upper body against an incline bench** 2 sets of 12-15 reps
- **Hypertrophy pulling movement: Close grip pull downs** 2 sets of 15-20 reps
- **Hypertrophy shoulder movement: Seated dumbbell presses** 3 sets of 8-12 reps
- **Hypertrophy shoulder movement: Upright rows** 2 sets of 12-15 reps
- **Hypertrophy shoulder movement: Side lateral raises with dumbbells or cables** 3 sets of 12-20 reps

Day 5: Lower Body Hypertrophy Day

- **Lower Body Power Exercise speed work: Squats** 6 sets of 3 reps with 65-70% of normal 3-5 rep max
- **Hypertrophy pressing movement: Lunges** 3 sets of 8-12 reps
- **Hypertrophy pressing movement: Leg presses** 2 sets of 12-15 reps
- **Hypertrophy extension movement: Leg extensions** 3 sets of 15-20 reps
- **Hypertrophy pulling movement: Stiff Legged dead lifts** 3 sets of 8-12 reps
- **Hypertrophy curling movement: Lying leg curls** 2 sets of 12-15 reps
- **Hypertrophy curling movement: Seated leg curls** 2 sets of 15-20 reps
- **Hypertrophy calf movement: Standing calf raises** 4 sets of 10-15 reps
- **Hypertrophy calf movement: Seated calf raises** 3 sets of 15-20 reps

Day 6: Chest and Arms Hypertrophy Day

- **Pressing Power Exercise speed work: Flat dumbbell presses** 6 sets of 3 reps with 65-70% of normal 3-5 rep max
- **Hypertrophy pressing movement: Incline dumbbell presses** 3 sets of 8-12 reps
- **Hypertrophy pressing movement: Hammer strength chest press** 3 sets of 12-15 reps
- **Hypertrophy fly movement: Incline cable flies** 2 sets of 15-20 reps
- **Hypertrophy curling exercise: Cambered bar preacher curls** 3 sets of 8-12 reps
- **Hypertrophy curling exercise: Dumbbell concentration curls** 2 sets of 12-15 reps
- **Hypertrophy curling exercise: Spider curls** 2 sets of 15-20 reps
- **Hypertrophy extension exercise: Seated triceps extension with cambered bar** 3 sets of 8-12 reps
- **Hypertrophy extension exercise: Cable press downs with rope attachment** 2 sets of 12-15 reps
- **Hypertrophy extension exercise: Cable kickbacks** 2 sets of 15-20 reps

Day 7: Rest