



NUTRITION AND EXERCISE CONSULTING

THREE-WEEK RESISTANCE TRAINING PROGRAM
HYPERTROPHY PROGRAM

Monday: **Heavy Low RM:** focus on type II (fast twitch) muscle fibers - RM range 3-8 RM (heavy RM load, low rep).

2 exercises per body part with:

- 1st exercise reps 12-10-8RM-5RM-(3-5) RM
- 2nd exercise reps 10-8-8RM-5RM-(3-5) RM

Tuesday: **Recovery:** 8-12 reps with 60 –70 percent of RM load.

2 exercises per body part with:

- Superset exercises - reps 12-10-10-8

Wednesday: **Priming:** 8 – 12 reps with 80-90 percent of RM load.

2 exercises per body part with:

- 1st exercise reps 12-10-8-8
- 2nd exercise reps 12-10-8-8

Friday: **Heavy High RM:** focus on type I (slow twitch) muscle fibers – RM range 12-20 RM (heavy RM load, high rep).

2 exercises per body part with:

- 1st exercise reps 20-15-20RM-15RM-(12-15) RM
- 2nd exercise reps 20-15-20RM-20RM-(12-15) RM

Saturday: **Recovery:** 8-12 reps with 60 –70 percent of RM load.

2 exercises per body part with:

- Superset exercises - reps 12-10-8-8

Thursday / Sunday: off day, possible CV workout.

Mon. / Thurs.: Focus on concentric & eccentric phase with negatives and forced reps if possible.

Tues./Fri.: Include abdominal exercise - crunch 3 x 15, reverse crunch or pelvic thrust 3 x 10.

For chart on next page:

Pushing muscles: chest – front/lateral deltoid – triceps.

Pulling muscles: back - rear deltoid/traps – biceps, forearms.

Legs: quadriceps, hamstrings, calves.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Heavy – Push 3-8RM	Recovery – Legs 45 min cardio	Priming – Pull 45 min cardio	Off 45 min cardio	Heavy – Push 12-20 RM	Recovery – Legs 45 min cardio	Off
Heavy – Pull 3-8RM	Recovery – Push 45 min cardio	Priming – Legs 45 min cardio	Off 45 min cardio	Heavy – Pull 12-20 RM	Recovery – Push 45 min cardio	Off No cardio
Heavy – Legs 3-8RM	Recovery – Pull 45 min cardio	Priming – Push 45 min cardio	Off No cardio	Heavy – Legs 12-20 RM	Recovery – Pull 45 min cardio	Off

***3 days on – 1 day off – 2 days on – 1 day off
Training cycle***

- Once three-week cycle has been completed repeat entire cycle.
- Depending on time restraints, CV workouts can be performed either prior to or after resistance workout or at other time during the day. If cardio is performed on RM workout days (Mon. / Fri.) perform after weight workout. CV workouts should be followed by 15 to 20 minutes of flexibility training. Note that no cardio is performed on the day immediately prior to a RM leg workout.
- Program workout days can be shifted to have to different days free from weight (gym) workouts.