

Chad Howse's

FIX YOUR FAT LOSS HORMONES

TRAINING PHASE 3:
HYPERTROPHY



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DELOADING

De-load: A planned reduction in volume and/or intensity, usually for one cycle (or microcycle) of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for progress.

The Benefits of Deloading

- To repair ligaments, tendons, and joints.
- Recover the Central Nervous System
- Avoid overtraining.
- Mental Break
- Super-compensation.

How to Deload

- Same routine with decreased workload.
- Same routine with decreased volume (sets x reps). For example: If you are doing 5 x 4 (on a regular training day), then 5 x 2 would be your de-load volume.
- Decrease workload and volume. (Options 1 and 2)
- Use light weight and focus on refining your form and technique.

TRAINING PRINCIPLES

Hypertrophy

Outcome: Muscle tension + Muscle damage

Tempo: All reps must be slow and controlled with an emphasis on a strong contraction.

Rest: See prescribed rest times.

Aim: Increase tension by adding weight (5 lbs) to each lift without sacrificing tempo.

Strength

Outcome: Mechanical Stress

Tempo: All reps must be controlled. The concentric should be explosive without momentum.

Rest: Take as long as you need in order to ensure performance.

Aim: Increase load progressively by adding 5-10lbs to each main lift, per session of the same.

Deload

Outcome: Active Recovery

Tempo: Practice Technique

Rest: As little or as long as needed.

Aim: Decrease volume and/or intensity.

PHASE 3

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Recovery	Push (Hyper)	Pull (Hyper)	Barbell Complex (a)	Push (Strength)	Pull (Strength) HIIT (20 min.)	Recovery
Push (Hyper)	Pull (Hyper)	Recovery	Push (Strength) HIIT (20 min.)	Pull (Strength)	Barbell Complex (b)	Push (Hyper)
Pull (Hyper)	Barbell Complex (a)	Push (Strength)	Pull (Strength)	Barbell Complex (b)	Push (Hyper)	Pull (Hyper) HIIT (20 min.)
Recovery	Push (Deload)	Pull (Deload)	Recovery	Push (Deload)	Pull (Deload)	Recovery

Workout Index (Hypertrophy)

Push - Hyper

Exercise	Sets	Reps	Rest	Tempo
Squats	4	8	2 Minutes	1:0:2:0
Leg Extensions	3	12	60 Seconds	1:0:2:0
Bench Press	3	10	60-90 Seconds	1:0:3:0
Incline DB Press	2	12	60 Seconds	1:0:3:0
DB Shoulder Press	3	8	60-90 Seconds	1:0:3:0
Triceps Pushdowns	2	12	60 Seconds	1:0:3:0

Pull - Hyper

Exercise	Sets	Reps	Rest	Tempo
Deadlift	4	6	2-3 Minutes	1:0:2:0
Hamstring Curls	3	12	60 Seconds	1:0:3:0
Bent Over Rows	3	10	60-90 Seconds	1:0:3:0
Pull Ups	2	AMAP	60-90 Seconds	1:0:2:0
Incline DB Curls	3	10	60 Seconds	1:0:2:0
Lateral Raises	2	12	60 Seconds	1:0:2:0

Workout Index (Strength)

Push - Strength

Exercise	Sets	Reps	Rest	Tempo
Squats	3	5	3-5 Minutes	1:0:2:0
DB Lunges	3	12	60 Seconds	1:0:1:0
Bench Press	3	5	3 Minutes	1:0:3:0
Overhead Press	3	6	2-3 Minutes	1:0:2:0
Close Grip Bench	2	6-8	90-120 Seconds	1:0:3:0
DB Shoulder Press	2	8	90-120 Seconds	1:0:2:0

Pull - Strength

Exercise	Sets	Reps	Rest	Tempo
Deadlift	3	3	3-5 Minutes	1:0:2:0
Good Mornings	3	6-8	1-2 Minutes	1:0:3:0
Pendlay Rows	3	6	1-2 Minutes	1:0:1:0
Weighted Pull Ups	2	4-6	1-2 Minutes	1:0:2:0
Barbell Curls	2	8	60 Seconds	1:0:2:0
Upright Rows	2	8	60 Seconds	1:0:2:0

Workout Index (Deload)

Push - Deload

Exercise	Sets	Reps	Rest	Tempo
Squats	2	5	N/A	N/A
Leg Extensions	2	5	N/A	N/A
Bench Press	2	5	N/A	N/A
Incline DB Press	1	6	N/A	N/A
DB Shoulder Press	1	8	N/A	N/A
Triceps Pushdowns	1	8	N/A	N/A

Pull - Deload

Exercise	Sets	Reps	Rest	Tempo
Deadlift	1	4	N/A	N/A
Hamstring Curls	2	6	N/A	N/A
Bent Over Rows	2	5	N/A	N/A
Pull Ups	1	6	N/A	N/A
Incline DB Curls	1	8	N/A	N/A
Lateral Raises	1	8	N/A	N/A

Barbell Complex - (a)

Exercise	Reps	Rest
Push Press	10	0-15 Seconds
Hang Clean	8	0-15 Seconds
Front Squat	10	0-15 Seconds
SLDL	10	0-15 Seconds
Strict Press	10	0-15 Seconds
Squat & Press	8	0-15 Seconds

Barbell Complex - (b)

Exercise	Reps	Rest
Deadlift	8	0-15 Seconds
Push Press	10	0-15 Seconds
Bent Over Row	15	0-15 Seconds
Squat & Press	8	0-15 Seconds
Upright Rows	15	0-15 Seconds
Back Squat	10	0-15 Seconds