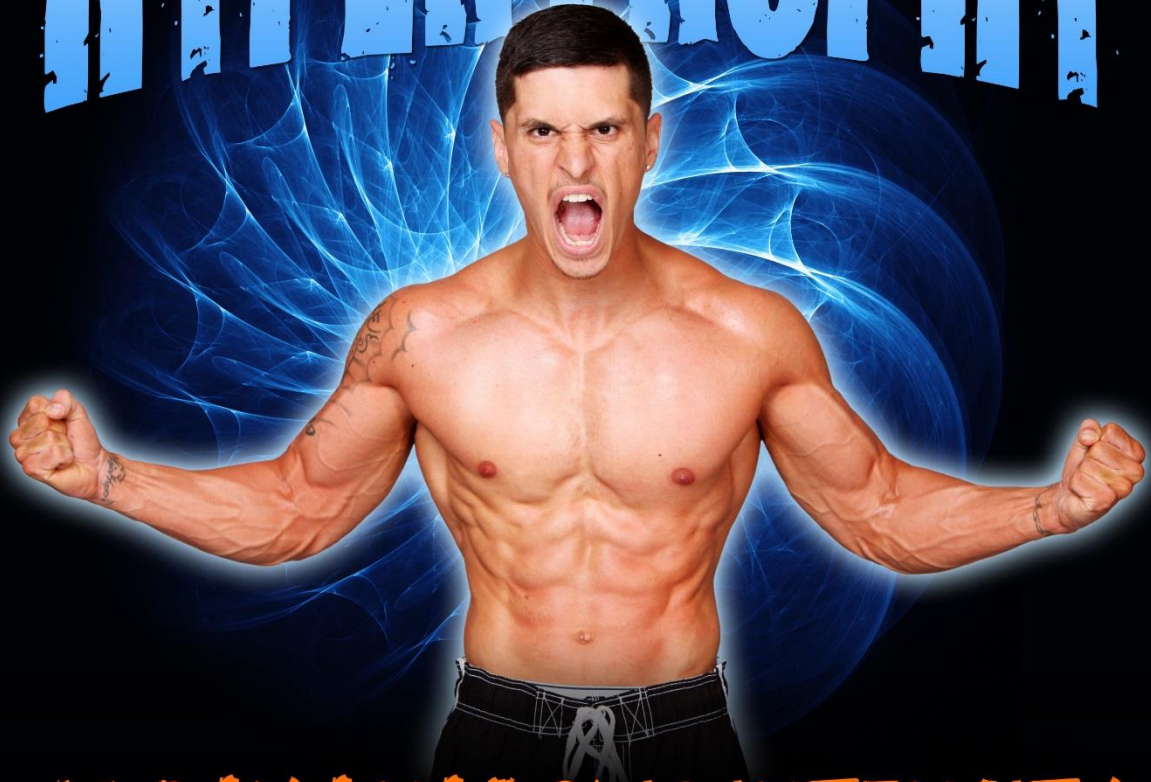


28-Day **Anabolic Intensity**

PROJECT HYPERTROPHY



28 DAY ANABOLIC INTENSITY

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Project: **Hypertrophy**

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We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

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Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

28-Day Anabolic Intensity

Calculating Your 1RM

If you've never trained using percentages, then you're in for a treat. Never walk into the gym again without knowing exactly how much weight you're going to push.

Although auto-regulating your training can be beneficial and is certainly a viable option, training with percentages will bring out a monster in you that you've never seen. There is something about knowing what you should be capable of and being relentless in achieving that.

If you're on this program then you should also have access to the Project Hypertrophy 1RM Calculator.

For each main lift (bench press, deadlift, squat, etc.) you've probably hit a certain weight for a specific number of reps. Put these numbers into the calculator and it will determine an estimated 1RM.

For example: 275 lbs bench press 1RM

If your bench press 1RM is 275 lbs, then on an 80% day, you would train with 80% of your 1RM for the prescribed sets and reps.

$$275 (x) .80 = 220$$

Determining Your 1RM

Not sure where to start? Take an indicator week where you can determine a starting point. Work with a weight that you know you can hit for at least 6-8 repetitions. Warm up to this weight using the strategy in the "Warming Up" section of this guide. Use the selected weight and perform as many reps as possible (AMRAP) without reaching complete muscular failure. Use the outcome (weight and reps) in the calculator to determine your 1RM.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Squat		Bench Press		Deadlift	

*Always round down when using the 1RM calculator

Warming Up

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

Why Warm Up?

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible (better range of motion) and less susceptible to injury. It is also going to improve the muscular contractile properties and allow you to practice the movement pattern that you are about to train.

How should I warm up?

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower.
2. Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Warm Up Example:

Squats

Empty Bar x 3 x 8 Warm-up Set
135 lbs x 1 x 6 Warm-up Set
145 x 1 x 4 Warm-up Set
155 x 1 x 2 Warm-Up Set
Begin Working Sets

Note: Begin every exercise with an empty bar or lightweight in order to warm up the body for any given movement.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

The R.P.E. Scale

The RPE scale makes it simpler and more accurate by allowing you to regulate training based on how hard a weight *feels* on any given day. By using an RPE, you can regulate training more effectively and do so in a way that automatically takes into account recovery, sleep, good days and bad days, etc.

What is the R.P.E. Scale?

R.P.E.	
10	No Reps Left - Max
9	1 Rep Left – With Struggle
8	Bar Speed Slower – 2 Reps In The Tank
7	Good Bar Speed – Moves Quickly with Max Force
6	Light Weight – Moves Quickly with Moderate Force
5	Warm Up Weight
4	Can be performed for 20 reps – Not Hard
3, 2, 1	Will Not Be Used

If we can train in a potentiated state as oppose to being tired and fatigued, increasing force regularly becomes much easier. We know that increasing workload recruits more total muscle fibers. With that said, the more potentiated we are when we train, the easier it will be to increase load, and ultimately the faster we will force our body to build muscle and gain strength.

Note:

I am not saying that we should NEVER train to failure. I am simply suggesting that if you want to optimize your gains, training to failure too frequently can hinder results. This is especially true in regards to big, heavy compound lifts.

Optimal Rest In Between Sets

The Importance of Rest In Between Sets

Although the appropriate rest times in between sets are important, I do not expect everyone to time their rest periods accurately. I do, however, recommend that you use your best judgment as to when you're ready for your next set.

How much should I rest in between sets?

When training at a high intensity (80%+), complete recovery does not occur for as long as 3-7 minutes. When you are training with a higher intensity (heavy), the prescribed rest amount is 3 minutes. However, some may not be fully recovered and primed for another heavy set for another few minutes (following the prescribed 3 minutes). If this is the case, feel free to prolong your rest period until you are ready for another heavy set.

Although this training program does not focus on muscle endurance, there will be days where a higher rep range is prescribed. In this case, rest periods should remain at 60-90 seconds or shorter.

Rests periods during a warm up...

Warm up sets are used to prepare you for the heavier work sets. With that said, the lightest warm ups will not be heavy enough to produce fatigue and thus will not require much more than the time it takes to load the bar for the next warm up set. As the warm up sets get heavier, the rest periods should increase, but never to the extent of a work set.

Do Not Over Complicate this Minor Detail

Appropriate rest in between sets is important but should not be over-thought. Also, timing the rest in between every single set can get tedious and overwhelming and although I recommend it to anyone who can manage it, it is not critical. Do not be afraid of depending on your internal clock. Your body will always let you know when you are ready.

De-load

What is a de-load? It is a planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains. Also, remember that weight training does not just tax your muscles. It also puts stress on your joints, ligaments, connective tissues, and central nervous system.

Why De-load?

- In order to repair ligament, tendons, joints, and tissues.
- To allow your CNS (Central Nervous System) to recover.
- To reduce the risk of overtraining.
- To give your mind and body a mental break from high intensity training.
- To prepare for greater gains.

What if I don't de-load?

For those trainees who feel that they want to (try) go 100% at the gym, all the time, they will soon realize that this is not possible. Not implementing a de-load into your training is, in my opinion, the main reason why intermediate lifters find it so hard to increase performance in the gym. This is why most trainees at the intermediate level are probably fluctuating between 10-20 pounds (up and down) with any given lift. And if they do happen to lift heavier than that 20 lbs threshold, they don't sustain it consistently and thus it becomes worthless.

Although this program has laid out a regular de-load schedule you're the trainee, I still think it is worth mentioning the signs you may notice when a reduction in intensity and/or volume is needed.

When to de-load?

- You feel tired and not primed to train.
- Your lifts are not increasing (or even decreasing).
- Your tendons, joints, or ligaments are achy.
- Your training frequency is high for an extended amount of time.

Note: A regularly scheduled de-load should come before you start to experience any of these symptoms. If while following this program you experience any of the above symptoms before the scheduled de-load, I recommend that you commence your de-load immediately.

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How do I de-load?

In this program, the de-load is very simple. You will simply perform the same workout routine, only you will reduce the intensity by as much as 50-60% and focus on refining your form and technique. During a de-load you should never train to failure. Consider your de-load an active rest cycle.

Examples of a de-load:

- Follow your normal workout routine (sets & reps) but decrease the weight used to about 50-60% of what you normally work out with.
- Use the same weight as you normally would, but drop your number of total volume (sets x reps) to 50-60% of your normal volume. For example: If I prescribed 5 x 4 (on a regular training day), then 5 x 2 would be your de-load volume.
- Use light weight and focus on refining your form and technique. (One of my favorite methods)

A Successful De-Load:

The goal of a de-load is to allow you to become stronger, faster, and bigger, by incorporating a planned "active recovery" phase into your normal workout program. If done correctly, you should be able to make strength and performance increases, regularly, with a reduced risk of injury. It will also serve as a mental and physical break that will preemptively address any recovery issues you may have.

De-Load Example Chart

Regular Training Day	De-Load Training Day
Bench Press	Bench Press
Set 1: 225 lbs x 5	Set 1: 95 lbs x 8
Set 2: 225 lbs x 5	Set 2: 95 lbs x 8
Set 3: 245 lbs x 3	Set 3: 105 lbs x 8
Set 4: 245 lbs x 3	Set 4: 105 lbs x 8

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Day 1	Recovery	Day 2	Recovery	Day 3	Day 4
Week 2	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
Week 3	Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
Week 4	Day 1	Recovery	Day 2	Recovery	Day 3	Day 4

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Week 1

Week 1 – Day 1	1RM %	Sets	Reps
Squat	80.0%	3	6
Bench Press	80.0%	3	6
Overhead Press	RPE 8	3	6
Close Grip Bench	RPE 8	2	8
Cable Crunches	RPE 10	4	8

Week 1 – Day 2	1RM %	Sets	Reps
Deadlift	75.0%	3	6
Romanian Deadlift	RPE 8	2	8
Weighted Pull Ups	RPE 8	3	6
Bent Over Rows	RPE 9	4	8
Barbell Curls	RPE 9	2	8
Barbell Shrugs	RPE 9	4	8

Week 1 – Day 3	1RM %	Sets	Reps
Squat	55.0%	3	12
Walking Lunges	RPE 8	3	10
Bench Press	55.0%	3	12
DB Chest Fly	RPE 9	3	10
DB Shoulder Press	RPE 8	2	8
Lateral Raises	RPE 9	2	10
Rope Pushdown	RPE 10	2	12
Cable Crunches	RPE 10	4	8

Week 1 – Day 4	1RM %	Sets	Reps
Romanian Deadlift	RPE 8	3	8
Hamstring Curls	RPE 9	2	10
Seated Rows	RPE 8	3	8
Lat Pulldown	RPE 9	2	10
Barbell Curls	RPE 9	4	12
Face Pulls	RPE 9	3	10
Weighted Decline Crunches	RPE 10	4	8

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Week 2

Week 2 – Day 1	1RM %	Sets	Reps
Squat	82.5%	4	5
Bench Press	85.0%	4	5
Overhead Press	RPE 8	3	6
Close Grip Bench	RPE 8	2	8
Cable Crunches	RPE 10	4	8

Week 2 – Day 2	1RM %	Sets	Reps
Deadlift	80.0%	4	5
Hamstring Curls	RPE 8	2	8
Weighted Pull Ups	RPE 8	3	6
Bent Over Rows	RPE 9	4	8
Barbell Curls	RPE 9	2	8
Barbell Shrugs	RPE 9	4	8

Week 2 – Day 3	1RM %	Sets	Reps
Squat	60.0%	4	10
Walking Lunges	RPE 8	2	10
Bench Press	65.0%	4	10
DB Chest Fly	RPE 9	2	10
DB Shoulder Press	RPE 8	2	8
Lateral Raises	RPE 9	2	10
Rope Pushdown	RPE 10	2	12
Cable Crunches	RPE 10	4	8

Week 2 – Day 4	1RM %	Sets	Reps
Romanian Deadlift	RPE 8	3	8
Hamstring Curls	RPE 9	2	10
Seated Rows	RPE 8	3	8
Lat Pulldown	RPE 9	2	10
Barbell Curls	RPE 9	4	12
Face Pulls	RPE 9	3	10
Weighted Decline Crunches	RPE 10	4	8

Week 3

Week 3 – Day 1	1RM %	Sets	Reps
Squat	85.0%	5	4
Bench Press	87.5%	5	4
Overhead Press	RPE 8	3	6
Close Grip Bench	RPE 8	2	8
Cable Crunches	RPE 10	4	8

Week 3 – Day 2	1RM %	Sets	Reps
Deadlift	82.5%	5	4
Hamstring Curls	RPE 8	2	8
Weighted Pull Ups	RPE 8	4	5
Bent Over Rows	RPE 9	5	6
Barbell Curls	RPE 9	2	8
Barbell Shrugs	RPE 9	4	8

Week 3 – Day 3	1RM %	Sets	Reps
Squat	65.0%	5	8
Walking Lunges	RPE 8	2	10
Bench Press	70.0%	5	8
DB Chest Fly	RPE 9	2	10
DB Shoulder Press	RPE 8	2	8
Lateral Raises	RPE 9	2	10
Rope Pushdown	RPE 10	2	12
Cable Crunches	RPE 10	4	8

Week 3 – Day 4	1RM %	Sets	Reps
Romanian Deadlift	RPE 8	3	8
Hamstring Curls	RPE 9	2	10
Seated Rows	RPE 8	3	8
Lat Pulldown	RPE 9	2	10
Barbell Curls	RPE 9	4	12
Face Pulls	RPE 9	3	10
Weighted Decline Crunches	RPE 10	4	8

Week 4

Week 4 – Day 1	1RM %	Sets	Reps
Squat	87.5%	6	3
Bench Press	90.0%	6	3
Overhead Press	RPE 8	3	6
Close Grip Bench	RPE 8	2	8
Cable Crunches	RPE 9	4	8

Week 4 – Day 2	1RM %	Sets	Reps
Deadlift	85.0%	6	3
Hamstring Curls	RPE 8	2	8
Weighted Pull Ups	RPE 8	4	5
Bent Over Rows	RPE 9	5	6
Barbell Curls	RPE 9	2	8
Barbell Shrugs	RPE 9	4	8

Week 4 – Day 3 - Deload	1RM %	Sets	Reps
Squat	50.0%	3	5
Walking Lunges	RPE 5	2	5
Bench Press	50.0%	3	5
DB Chest Fly	RPE 6	2	5
DB Shoulder Press	RPE 5	1	8
Lateral Raises	RPE 6	1	10
Rope Pushdown	RPE 7	1	12
Cable Crunches	RPE 7	2	8

Week 4 – Day 4 - Deload	1RM %	Sets	Reps
Romanian Deadlift	RPE 5	3	4
Hamstring Curls	RPE 6	2	5
Seated Rows	RPE 5	1	8
Lat Pulldown	RPE 6	1	10
Barbell Curls	RPE 6	2	12
Face Pulls	RPE 6	3	5
Weighted Decline Crunches	RPE 7	2	8