

Phase 12 **Extreme Hypertrophy**

# PROJECT HYPERTROPHY PHASE 12



**EXTREME** HYPERTROPHY

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Project: **Hypertrophy**

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**Published by:**  
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### Muscle-Building Disclaimer

**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.

## Performance Based Training

Performance Based Training (Progressive Overload): *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

If you have ever looked at any of my programs, you will notice that performance based training (progressive overload) is a staple in my routines. Not because I am obsessed with getting better (which is totally fine if you are), but because increasing your performance is the **ONLY** way create a new stimulus in order to yield significant results.

A common goal for anyone following a fitness training program is to increase strength or muscle size. In order to achieve new results, the muscles need to be challenged, which stimulates the natural adaptive processes of the body, which develops to handle the new demands placed on it. If you fail to challenge the muscle, you will fail to stimulate the adaptive response.

### **How do we assure our body is challenged enough to adapt and grow?**

Simply continue to add more stress to the muscle than the body is used to. This will disrupt homeostasis and force the body to adapt.

Progressively Overloading the Muscle for Beginners

- Increase the amount of repetitions without sacrificing the amount of weight used
- Increase the amount of sets
- Increase the amount of weight used without sacrificing the repetitions or sets

### **But we are not beginners...**

As an intermediate trainee, performance based training gets a little more complex (but still simple). Because we have (during our beginner phase) already increased our sets to an ideal amount and strength gains are now much more difficult to achieve, we must take a simple but more strategic approach to weight training.

In order to simplify the process of increasing performance, we must track our workouts and bring our previous workout notes with us to the gym in order to ensure we are disrupting homeostasis.

### **Items to Track**

1. The workout performed (exercise)
2. The amount of weight you are working with (workload)
3. The amount of repetitions performed per set (repetitions)
4. The amount of sets performed (sets)

Once your training session is over and you have collected all the information needed in your workout log, your goals are set for the next session of the same type.

## Phase 12 Extreme Hypertrophy

In this program we are going to focus on straight sets. This simplifies the progressive overload and allows you to focus on the factors that really matter. A straight set basically means that we perform a give exercise using the same weight for the prescribed amount of sets. Once you can perform every set with the prescribed repetitions, it is time to increase the workload and repeat.

# Volume

**Calculating Total Volume:** Reps x Weight = Set Volume

### Bench Press Example:

Work Set	Set 1	Set 2	Set 3	Set 3
Weight	225 lbs	225 lbs	240 lbs	245 lbs
Reps	6	6	4	3
Set Volume	1,350 (lbs)	1,350 (lbs)	960 (lbs)	735 (lbs)
Total Volume				4395 (lbs)

### Squat Example:

Work Set	Set 1	Set 2	Set 3	Set 3
Weight Used	315 lbs	315 lbs	315 lbs	315 lbs
Reps	5	5	3	1
Set Volume	1,575 (lbs)	1,575 (lbs)	945 (lbs)	315 (lbs)
Total Volume				4410 (lbs)

# Intensity

**Calculating Intensity:** Volume/Repetitions = Average weight used

Average weight used / 1RM x 100 = % Intensity

<u>% of 1RM</u>	<u>Calculating 1RM %</u>	<u>Weight(lbs)</u>
100%	Bench Press 1RM	225 (1RM)
90%	225 x 0.90 =	214
85%	225 x 0.85 =	203
80%	225 x 0.80 =	191
75%	225 x 0.75 =	180

## Phase 12 – Extreme Hypertrophy

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Day 1	Day 2	Recovery	Day 3	Day 4	Recovery
Week 2	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6
Week 3	Day 1	Day 2	Recovery	Day 3	Day 4	Day 5	Recovery
Week 4	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5	Day 6

## Understanding the Numbers and Letters

When there is a number and a letter next to the exercises, this simply means to perform them as a super-set.

**For example,** if you see Incline DB Press (1a) and push-ups (1b) then you would perform 1 set of the DB Press for the prescribed reps and then immediately jump right into push-ups for the prescribed reps.

Once you have completed both exercises, this is one set.

**Week 1**

<b>Week 1 – Day 1</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Bench Press	<b>75.0%</b>	4	8
Incline DB Press	(1a)	3	10
Push Ups	(1b)	3	AMAP
DB Chest Flyes		3	12
Skull Crushers		4	15
Triceps Pushdowns	(2a)	3	12
OH Triceps Extensions	(2b)	3	10

<b>Week 1 – Day 2</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Deadlift	<b>75.0%</b>	4	6
Bent Over Rows	(1a)	4	10
Barbell Shrugs	(1b)	4	12
Pull Ups		3	AMAP
Incline DB Curls		3	15
Hammer Curls	(2a)	3	12
DB Curls	(2b)	3	10

<b>Week 1 – Day 3</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Squat	<b>75.0%</b>	4	8
Walking Lunges		3	12
Seated Hamstring Curl		4	15
Overhead Press		3	12
Lateral Raises	(1a)	4	12
Face Pulls	(1b)	4	10
Calf Raises		4	8

Phase 12 **Extreme Hypertrophy**

<b>Week 1 – Day 4</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>Flat DB Press</b>		<b>4</b>	<b>12</b>
<b>Incline Bench Press</b>		<b>2</b>	<b>15</b>
<b>Chest Flyes</b>	<b>(1a)</b>	<b>3</b>	<b>12</b>
<b>Push Ups</b>	<b>(1b)</b>	<b>3</b>	<b>AMAP</b>
<b>Rope Pushdown</b>	<b>(2a)</b>	<b>4</b>	<b>15</b>
<b>OH Triceps Extension</b>	<b>(2b)</b>	<b>4</b>	<b>12</b>



**Week 2**

<b>Week 2 – Day 1</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	(1a)	4	8
Chin Ups	(1b)	4	AMAP

<b>Week 2 – Day 2</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Squat	<b>80.0%</b>	5	6
Romanian Deadlift		3	12
Hamstring Curl		4	15
Overhead Press		4	12
Cable Lateral Raises		3	15
Rear Delt Raises		4	15
Calf Raises		4	8

<b>Week 2 – Day 3</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Bench Press	<b>80.0%</b>	5	6
Incline Bench Press		2	15
Chest Flyes	(1a)	3	12
Push Ups	(1b)	3	AMAP
Rope Pushdown	(2a)	4	15
OH Triceps Extensions	(2b)	4	12

Phase 12 **Extreme Hypertrophy**

Week 2 – Day 4	1RM %	Sets	Reps
Deadlift	<b>80.0%</b>	5	4
Seated Rows		3	15
Lat Pulldown	(1a)	3	12
Straight Arm Pulldowns	(1b)	3	10
Barbell Shrugs		3	15
DB Curls	(2a)	4	12
Hammer Curls	(2b)	4	12

Week 2 – Day 5	1RM %	Sets	Reps
DB Shoulder Press	(1a)	4	12
Lateral Raises	(1b)	4	12
Face Pulls		4	10
Bulgarian Split Squat		4	15
Walking Lunges		4	12
Seated Hamstring Curls		4	15
Calf Raises		4	8

Week 2 – Day 6	1RM %	Sets	Reps
Flat DB Press		4	10
Incline Bench Press		2	8
Chest Flyes	(1a)	4	12
Push Ups	(1b)	4	AMAP
Rope Pushdown		4	12
OH Triceps Extension		4	8

**Week 3**

<b>Week 3 – Day 1</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	(1a)	4	8
Chin Ups	(1b)	4	AMAP

<b>Week 3 – Day 2</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Squat	<b>80.0%</b>	5	6
Romanian Deadlift		3	12
Hamstring Curl		4	15
Overhead Press		4	12
Cable Lateral Raises		3	15
Rear Delt Raises		4	15
Calf Raises		4	8

<b>Week 3 – Day 3</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Bench Press	<b>80.0%</b>	5	6
Incline Bench Press		2	15
Chest Flyes	(1a)	3	12
Push Ups	(1b)	3	AMAP
Rope Pushdown	(2a)	4	15
OH Triceps Extensions	(2b)	4	12

Phase 12 **Extreme Hypertrophy**

<b>Week 3 – Day 4</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>Deadlift</b>	<b>85.0%</b>	<b>6</b>	<b>3</b>
<b>Seated Rows</b>		<b>3</b>	<b>15</b>
<b>Lat Pulldown</b>	<b>(1a)</b>	<b>3</b>	<b>12</b>
<b>Straight Arm Pulldowns</b>	<b>(1b)</b>	<b>3</b>	<b>10</b>
<b>Barbell Shrugs</b>		<b>3</b>	<b>15</b>
<b>DB Curls</b>	<b>(2a)</b>	<b>4</b>	<b>12</b>
<b>Hammer Curls</b>	<b>(2b)</b>	<b>4</b>	<b>12</b>

<b>Week 3 – Day 5</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>DB Shoulder Press</b>	<b>(1a)</b>	<b>4</b>	<b>12</b>
<b>Lateral Raises</b>	<b>(1b)</b>	<b>4</b>	<b>12</b>
<b>Face Pulls</b>		<b>4</b>	<b>10</b>
<b>Bulgarian Split Squat</b>		<b>4</b>	<b>15</b>
<b>Walking Lunges</b>		<b>4</b>	<b>12</b>
<b>Seated Hamstring Curls</b>		<b>4</b>	<b>15</b>
<b>Calf Raises</b>		<b>4</b>	<b>8</b>

**Week 4**

<b>Week 4 – Day 1</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Flat DB Press		4	10
Incline Bench Press		2	8
Chest Flyes	(1a)	4	12
Push Ups	(1b)	4	AMAP
Rope Pushdown		4	12
OH Triceps Extension		4	8

<b>Week 4 – Day 2</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
Rack Pulls		3	12
Pull Ups		3	AMAP
DB Rows		4	15
Barbell Shrugs		3	12
Incline DB Curls		4	15
Reverse Curls	(1a)	4	8
Chin Ups	(1b)	4	AMAP

<b>Week 4 – Day 3</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
DB Shoulder Press	(1a)	4	12
Lateral Raises	(1b)	4	12
Face Pulls		4	10
Bulgarian Split Squat		4	15
Walking Lunges		4	12
Seated Hamstring Curls		4	15
Calf Raises		4	8

Phase 12 **Extreme Hypertrophy**

<b>Week 4 – Day 4</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>Bench Press</b>	<b>80.0%</b>	<b>5</b>	<b>6</b>
<b>Incline Bench Press</b>		<b>2</b>	<b>15</b>
<b>Chest Flyes</b>	<b>(1a)</b>	<b>3</b>	<b>12</b>
<b>Push Ups</b>	<b>(1b)</b>	<b>3</b>	<b>AMAP</b>
<b>Rope Pushdown</b>	<b>(2a)</b>	<b>4</b>	<b>15</b>
<b>OH Triceps Extensions</b>	<b>(2b)</b>	<b>4</b>	<b>12</b>

<b>Week 4 – Day 5</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>Deadlift</b>	<b>85.0%</b>	<b>6</b>	<b>3</b>
<b>Seated Rows</b>		<b>3</b>	<b>15</b>
<b>Lat Pulldown</b>	<b>(1a)</b>	<b>3</b>	<b>12</b>
<b>Straight Arm Pulldowns</b>	<b>(1b)</b>	<b>3</b>	<b>10</b>
<b>Barbell Shrugs</b>		<b>3</b>	<b>15</b>
<b>DB Curls</b>	<b>(2a)</b>	<b>4</b>	<b>12</b>
<b>Hammer Curls</b>	<b>(2b)</b>	<b>4</b>	<b>12</b>

<b>Week 4 – Day 6</b>	<b>1RM %</b>	<b>Sets</b>	<b>Reps</b>
<b>Squat</b>	<b>80.0%</b>	<b>5</b>	<b>6</b>
<b>Romanian Deadlift</b>		<b>3</b>	<b>12</b>
<b>Hamstring Curl</b>		<b>4</b>	<b>15</b>
<b>Overhead Press</b>		<b>4</b>	<b>12</b>
<b>Cable Lateral Raises</b>		<b>3</b>	<b>15</b>
<b>Rear Delt Raises</b>		<b>4</b>	<b>15</b>
<b>Calf Raises</b>		<b>4</b>	<b>8</b>