

# Hypertrophy Workout Cycle

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*Contributor*

*EDITOR'S NOTE: [Dr. John Rusin](#) is not your run-of-the-mill physical therapist and coach. His vision and knowledge brings together high-performance strength and hypertrophy programming with cutting-edge, pain-free training methodology. With more than a decade of high level training experience and advanced degrees in both exercise science and physical therapy, Dr. Rusin develops performance, regeneration, and aesthetics programs for all his clients using the same care and focus as he does when programming for some of the world's best power athletes, NFL and MLB athletes, competitive powerlifters, and bodybuilders.*

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**If you've resolved to pack on more muscle while maintaining your strength and functionality, you've come to the right place.**

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My name is Dr. John Rusin. Let me welcome you to the next twelve weeks of your training. Don't be fooled by the name, this is not your average hypertrophy program. During this three-month program, **I will personally take you step by step into building up your lean muscle mass, one custom-built training session at a time.**



## Are you ready?

### The Goal:

Our primary goal in this program is to pack some muscle armor onto your frame. We'll do it with intelligently designed programming that will yield next-level leanness and functional strength.

What good is adding muscle if you can't use it or if you spend your days in pain?

### The Schedule:

This program is designed around **four heavy training days per week**, broken down into **upper and lower body splits**. Within the six two-week phases are strategically placed regeneration weeks. By using variations of the big movements, we'll keep you fresh and peaking at just the right time.

- **Monday** – lower body heavy
- **Tuesday** – upper body heavy

- **Wednesday** – LISS (low intensity, steady state) cardio recovery
- **Thursday** – lower body pump
- **Friday** – upper body pump
- **Saturday** –LISS cardio recovery
- **Sunday** – off

### **A Note on Notation:**

**Set notation:** sets x reps @ rest, in seconds

**Superset notation:** When you see an a., b., etc., do these as supersets. Unlike many supersets you may have done in the past, you still take the programmed rest period between opposing movements.

**So this:**

1. machine hamstring curl 3x10@30 (2 ramp up sets)
2. back squat 5x6@60 (3 ramp up sets)
3. reverse lunge 4x8@60 (2 ramp up sets)
4. barbell RDL 3x10@45 (1 ramp up set)
- 4a. leg extension 4x20@30 (1 ramp up set)
- 4b. leg curl 4x20@30 (1 ramp up set)
5. standing calf raises 3x30@45 (1 ramp up set)

**Means you do this:**

1. 2 ramp up sets and 3 work sets of 10 reps machine hamstring curls, resting 30 seconds after each set
2. 3 ramp up sets and 5 work sets of 6 reps back squats, resting 60 seconds after each set
3. 2 ramp up sets and 4 sets of 8 reps reverse lunges, resting 60 seconds after each set
4. 1 ramp up set and 3 work sets of 10 reps barbell Romanian deadlift, resting 45 seconds after each set
- 4a. 1 ramp up set of 20 reps leg extensions, rest 30 seconds
- 4b. 1 ramp up set of 20 leg curls, rest 30 seconds

**Then repeat this 4 times:**

- 4a. 1 work set of 20 reps leg extensions, rest 30 seconds
- 4b. 1 work set of 20 reps leg curls, rest 30 seconds
- 5. 1 ramp up set and 3 work sets of 30 reps standing calf raises, resting 45 seconds after each set



*Strategic Use of Variations on Big, Multi-joint Moves Allows Full Recovery and Maximum Stimulus*

### Equipment Needs:

This program requires some mainstream gym equipment. If you belong to a health club or big box gym, this program will work perfectly. For those of you who work out at home or have limited gym equipment, the programming can be modified to your specific equipment and needs. [That is what the forum will be used for!](#)

Let's get to it!

### **hypertrophy phase 1**

#### **hypertrophy 1.1 day 1 lower body heavy**

- 1. machine hamstring curl 3x6@30 (2 ramp up sets)
- 2. back squat 5x8@60 (3 ramp up sets)
- 3. reverse lunge 4x12@60 (2 ramp up sets)

4. barbell rdl 3x15@45 (1 ramp up set)
- 4a. leg extension 4x15@30 (1 ramp up set)
- 4b. leg curl 4x15@30 (1 ramp up set)
5. standing calf raises 2x30@45 (1 ramp up set)

### **hypertrophy 1.1 day 2 upper body heavy**

1. face pull 3x6@30 (2 ramp up sets)
2. bench press 5x5@60 (3 ramp up sets)
3. chin-up 4x6@60 (3 ramp up sets)
4. slight incline db bench press 3x12@60 (2 ramp up sets)
5. single arm db row 3x15@60 (2 ramp up sets)
- 6a. barbell overhead press 3x12@45 (1 ramp up set)
- 6b. rear delt raise 3x12@45 (1 ramp up set)

### **hypertrophy 1.1 day 3 lower body pump**

1. hip thrust 3x8@45 (2 ramp up sets)
2. front squat 5x8@60 (3 ramp up sets)
3. trap bar deadlift 5x6@60 (3 ramp up sets)
- 4a. bulgarian split squat 4x15@0 (1 ramp up set)
- 4b. bulgarian split squat hold 4x30@60 (1 ramp up set)
5. leg press 4x20 (3 ramp up sets)
- 5a. bodyweight speed squat 3x25@45 (1 ramp up set)
- 5b. reverse hyperextension 3x25@45 (1 ramp up set)

### **hypertrophy 1.1 day 4 upper body pump**

1. band pull apart 3x6@30 (2 ramp up sets)
2. chain/band bench press 4x10@60 (3 ramp up sets)
3. wide grip pull-up 4x8@60 (3 ramp up sets)
- 4a. dip 4x12@30 (2 ramp up sets)
- 5a. barbell curl 4x10@30 (2 ramp up sets)
- 5a. db curl 3x15@30 (2 ramp up sets)
- 5b. triceps push down 3x15@30 (2 ramp up sets)
- 6a. push-up 2xmax@30 (1 ramp up 10 reps)
- 6b. hanging l-sit 2xmax@30 (1 ramp up 10 secs)

### **hypertrophy phase 2**

#### **hypertrophy 1.2 day 1 lower body heavy**

1. machine hamstring curl 3x8@30 (2 ramp up sets)
2. back squat 6x5@60 (3 ramp up sets)
3. step up 4x8@60(2 ramp up sets)
4. db rdl 3x12@30(1 ramp up set)
- 4a. leg extension 4x10@30(1 ramp up set)
- 4b. leg curl 4x10@30 (1 ramp up set)
5. standing calf raises 3x30@45 (1 ramp up set)

### **hypertrophy 1.2 day 2 upper body heavy**

1. face pull 3x6@30 (2 ramp up sets)
2. bench press 5x6@60 (3 ramp up sets)
3. chin-up 4x10@60 (3 ramp up sets)
4. incline db bench press 3x10@60 (2 ramp up sets)
5. seated cable row 3x20@60 (2 ramp up sets)
- 6a. barbell push press 3x15@45 (1 ramp up set)
- 6b. rear delt raise 3x15@45 (1 ramp up set)

### **hypertrophy 1.2 day 3 lower body pump**

1. hip thrust 3x8@45 (2 ramp up sets)
2. front squat 5x12@60 (3 ramp up sets)
3. trap bar deadlift 5x8@60 (3 ramp up sets)
- 4a. bulgarian split squat 4x20@0 (1 ramp up set)
- 4b. bulgarian split squat hold 4x40@60 (1 ramp up set)
5. leg press 4x15 (3 ramp up sets)
- 5a. bodyweight speed squat 4x25@45 (1 ramp up set)
- 5b. reverse hyperextension 4x25@45 (1 ramp up set)

### **hypertrophy 1.2 day 4 upper body pump**

1. band pull apart 3x6@30 (2 ramp up sets)
2. chain/band bench press 4x12@60 (3 ramp up sets)
3. wide grip pull-up 4x10@60 (3 ramp up sets)
- 4a. dip 4x15@30 (2 ramp up sets)
- 5a. barbell curl 4x12@30 (2 ramp up sets)
- 5a. db curl 3x20@30 (2 ramp up sets)
- 5b. triceps push down 3x20@30 (2 ramp up sets)
- 6a. push-up 3xmax@30 (1 ramp up 10 reps)
- 6b. hanging l-sit 3xmax@30 (1 ramp up 10 secs)

## **hypertrophy phase 3**

### **hypertrophy 1.3 day 1 lower body heavy**

1. seated banded hamstring curl 3x5@30 (1 ramp up set)
2. box squat 4x6@60 (3 ramp up sets)
3. alternating reverse lunge 4x8@60 (2 ramp up sets)
4. single leg rdl 3x10@60 (1 ramp up set)
- 4a. goblet squat 3x8@30 (1 ramp up set)
- 4b. exercise ball hamstring curl 3x10@30 (1 ramp up set)
5. 3 way calf raises 3x10@45 (each way / no ramp up sets)

### **hypertrophy 1.3 day 2 upper body heavy**

1. single arm face pull 3x5@30 (2 ramp up sets)
2. slight incline db bench press 4x5@60 (2 ramp up sets)
3. neutral grip pull-up 4x6@60 (2 ramp up sets)

4. neutral grip incline db bench press 3x8@60 (2 ramp up sets)
5. chest supported row 3x6@60 (2 ramp up sets)
- 6a. dumbbell neutral grip push press 2x8@45 (1 ramp up set)
- 6b. band pull apart 2x8@45 (1 ramp up set)

### **hypertrophy 1.3 day 3 lower body pump**

1. single leg heels elevated glute bridge 3x6@30 (2 ramp up sets)
2. goblet squat 4x12@60 (3 ramp up sets)
3. trap bar deadlift 4x4@60 (3 ramp up sets)
4. bulgarian split squat 4x10@60 (2 ramp up set)
5. squat jump 4x15 (1 ramp up set)
- 5a. bodyweight speed squat 2x25@45 (1 ramp up set)
- 5b. reverse hyperextension 2x25@45 (1 ramp up set)

### **hypertrophy 1.3 day 4 upper body pump**

1. single arm banded row 3x8@30 (2 ramp up sets)
2. banded push-up 3x10@60 (2 ramp up sets)
3. neutral grip pull-up 3x8@60 (2 ramp up sets)
4. pec minor dip 3x12@45 (2 ramp up sets)
5. single arm dumbbell curl 3x8@45 (1 ramp up set)
6. ab wheel 2x8 (1 ramp up set)

## **hypertrophy phase 4**

### **hypertrophy 1.4 day 1 lower body heavy**

1. machine hamstring curl 3x10@30 (2 ramp up sets)
2. back squat 5x6@60 (3 ramp up sets)
3. reverse lunge 4x8@60 (2 ramp up sets)
4. barbell rdl 3x10@45 (1 ramp up set)
- 4a. leg extension 4x20@30 (1 ramp up set)
- 4b. leg curl 4x20@30 (1 ramp up set)
5. standing calf raises 3x30@45 (1 ramp up set)

### **hypertrophy 1.4 day 2 upper body heavy**

1. face pull 3x8@30 (2 ramp up sets)
2. bench press 5x8@60 (3 ramp up sets)
3. chin-up 4x10@60 (3 ramp up sets)
4. slight incline db bench press 3x15@60 (2 ramp up sets)
5. single arm db row 3x12@60 (2 ramp up sets)
- 6a. barbell overhead press 3x10@45 (1 ramp up set)
- 6b. rear delt raise 3x10@45 (1 ramp up set)

### **hypertrophy 1.4 day 3 lower body pump**

1. hip thrust 4x8@45 (2 ramp up sets)
2. front squat 6x8@60 (3 ramp up sets)

3. trap bar deadlift 6x6@60 (3 ramp up sets)
- 4a. bulgarian split squat 4x15@0 (1 ramp up set)
- 4b. bulgarian split squat hold 4x30@60 (1 ramp up set)
5. leg press 4x10 (3 ramp up sets)
- 5a. bodyweight speed squat 4x25@45 (1 ramp up set)
- 5b. reverse hyperextension 4x25@45 (1 ramp up set)

### **hypertrophy 1.4 day 4 upper body pump**

1. band pull apart 3x5@30 (2 ramp up sets)
  2. chain/band bench press 4x8@60 (3 ramp up sets)
  3. wide grip pull-up 4x6@60 (3 ramp up sets)
  - 4a. dip 4x10@30 (2 ramp up sets)
  - 5a. barbell curl 4x8@30 (2 ramp up sets)
  - 5a. db curl 3x10@30 (2 ramp up sets)
  - 5b. triceps push down 3x10@30 (2 ramp up sets)
  - 6a. push-up 3xmax@30 (1 ramp up 10 reps)
  - 6b. hanging l-sit 3xmax@30 (1 ramp up 10 secs)
- hypertrophy phase 5

### **hypertrophy phase 5**

### **hypertrophy 1.5 day 1 lower body heavy**

1. machine hamstring curl 3x12@30 (2 ramp up sets)
2. back squat 6x8@60 (3 ramp up sets)
3. step up 4x12@60(2 ramp up sets)
4. db rdl 3x15@30(1 ramp up set)
- 4a. leg extension 4x10@30(1 ramp up set)
- 4b. leg curl 4x10@30 (1 ramp up set)
5. standing calf raises 4x30@45 (no ramp up set)

### **hypertrophy 1.5 day 2 upper body heavy**

1. face pull 3x8@30 (2 ramp up sets)
2. bench press 6x4@60 (3 ramp up sets)
3. chin-up 4x12@60 (3 ramp up sets)
4. incline db bench press 3x15@60 (2 ramp up sets)
5. seated cable row 3x15@60 (2 ramp up sets)
- 6a. barbell push press 3x20@45 (1 ramp up set)
- 6b. rear delt raise 3x20@45 (1 ramp up set)

### **hypertrophy 1.5 day 3 lower body pump**

1. hip thrust 4x8@45 (2 ramp up sets)
2. front squat 4x15@60 (3 ramp up sets)
3. trap bar deadlift 6x6@60 (3 ramp up sets)
- 4a. bulgarian split squat 4x10@0 (1 ramp up set)
- 4b. bulgarian split squat hold 4x60@60 (1 ramp up set)
5. leg press 4x25 (3 ramp up sets)



- 5a. bodyweight speed squat 4x25@45 (1 ramp up set)
- 5b. reverse hyperextension 4x25@45 (1 ramp up set)

### **hypertrophy 1.5 day 4 upper body pump**

- 1. band pull apart 4x5@30 (1 ramp up set)
- 2. chain/band bench press 6x5@60 (3 ramp up sets)
- 3. wide grip pull-up 5x8@60 (3 ramp up sets)
- 4a. dip 4x15@30 (2 ramp up sets)
- 5a. barbell curl 4x12@30 (2 ramp up sets)
- 5a. db curl 3x12@30 (2 ramp up sets)
- 5b. triceps push down 3x12@30 (2 ramp up sets)
- 6a. push-up 4xmax@30 (1 ramp up 10 reps)
- 6b. hanging l-sit 4xmax@30 (1 ramp up 10 secs)

### **hypertrophy phase 6**

#### **hypertrophy 1.6 day 1 lower body heavy**

- 1. seated banded hamstring curl 3x5@30 (1 ramp up set)
- 2. box squat 4x6@60 (3 ramp up sets)
- 3. alternating reverse lunge 4x8@60 (2 ramp up sets)
- 4. single leg rdl 3x10@60 (1 ramp up set)
- 4a. goblet squat 3x8@30 (1 ramp up set)
- 4b. exercise ball hamstring curl 3x10@30 (1 ramp up set)
- 5. 3 way calf raises 3x10@45 (each way / no ramp up set)

#### **hypertrophy 1.6 day 2 upper body heavy**

- 1. single arm face pull 4x5@30 (2 ramp up sets)
- 2. slight incline db bench press 5x5@60 (2 ramp up sets)
- 3. neutral grip pull-up 5x6@60 (2 ramp up sets)
- 4. neutral grip incline db bench press 4x8@60 (2 ramp up sets)
- 5. chest supported row 4x6@60 (2 ramp up sets)
- 6a. dumbbell neutral grip push press 3x8@45 (1 ramp up set)
- 6b. band pull apart 3x8@45 (1 ramp up set)

#### **hypertrophy 1.6 day 3 lower body pump**

- 1. single leg heels elevated glute bridge 4x6@30 (2 ramp up sets)
- 2. goblet squat 5x12@60 (3 ramp up sets)
- 3. trap bar deadlift 5x4@60 (3 ramp up sets)
- 4. bulgarian split squat 5x10@60 (2 ramp up set)
- 5. squat jump 5x15 (1 ramp up set)
- 5a. bodyweight speed squat 3x25@45 (1 ramp up set)
- 5b. reverse hyperextension 3x25@45 (1 ramp up set)

#### **hypertrophy 1.6 day 4 upper body pump**

- 1. single arm banded row 4x8@30 (2 ramp up sets)
- 2. banded push-up 4x10@60 (2 ramp up sets)

3. neutral grip pull-up 4x8@60 (2 ramp up sets)
4. pec minor dip 4x12@45 (2 ramp up sets)
5. single arm dumbbell curl 4x8@45 (1 ramp up set)
6. ab wheel 3x8 (1 ramp up set)