

Hypertrophy**FOOTBALL**

5 WEEK CYCLE

Monday

EXERCISE	SETS	REP	% MAX	REST INTERVAL	SPECIAL NOTE
BENCH PRESS	4	5,4,3,2	75,80,85,90	2 - 3 MIN	GOOD ASSISTED SPOT
POWER CLEAN	3	6	75	2 MIN	GOOD FORM
TRICEPS PUSH DOWN	3	10	N/A	1 MIN	KEEP ELBOWS IN FRONT
PUSH PRESS	3	6,5,4	75,80,85	2 MIN	GOOD EXPLOSION FROM QUADS
UPRIGHT ROW	3	8	N/A	2 MIN	TOUCH BAR TO CHIN
<u>SUPERSET</u> STRAIGHT BAR CURLS / LEG THROWS	2	8 / 12	N/A	1 MIN	DON'T USE YOUR BACK

Tuesday

EXERCISE	SETS	REP	% MAX	REST INTERVAL	SPECIAL NOTE
SQUAT	4	8,6,4	70,75,80	2 - 3 MIN	90 DEGREE ANGLE
LEG CURL	3	8	N/A	2 MIN	TOUCH HEEL TO BUTT
LEG EXT	3	8,7,6	N/A	2 MIN	LOCK AT TOP
CALVES RAISES	3	20	N/A	1 MIN	HOLD AT TOP 2 SEC.
HAMMER JAMMMER	3	8,6,4	N/A	2 MIN	DON'T LET KNEE PASS TOE
<u>SUPERSET</u> WIDE GRIP PULL UPS / HANGING ABS	3	6/ 15	N/A	1 MIN	NO BREAK BETWEEN SUPERSETS

Saturday

EXERCISE	SETS	REP	% MAX	REST INTERVAL	SPECIAL NOTE
INCLINE BENCH PRESS	4	5,4,3,2	65,70,72,75	2MIN	% BASED OFF OF BENCH MAX
DEAD LIFT	3	7	70	2 MIN	BACK STRAIGHT, CHEST OUT, KNEES BENT.
WEIGHTED L-DIPS	2	10	N/A	2 MIN	REST BAR ON PELVIS
HAMMER CURL	3	8	N/A	2 MIN	DO NOT SWING WEIGHTS
SHOULDER SHRUGS	3	8	75	2 MIN	DO NOT ROLL SHOULDERS
CLOSE GRIP LAT PULL	3	8	N/A	2 MIN	
<u>SUPERSET</u> ROMAN TWISTS / NECK MACHINE	3	12 / 15	N/A	45 SEC	DO NOT SKIP THESE EXERCISES