

Crush City

Hypertrophy Phase

Work Out 1	Week 1	Week 2	Week 3	Week 4	Week 5
Body Weight 1					
Dynamic Warmup+Stretch					
Flat Bench	12	12	12	8	12
	10	10	10	8	10
	8	8	8	8	8
	6	6	6		6
	10	10	10		10
Incline DB Tempo 6/6, 1/6, 1/1	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
Tricep Pick 3	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
Bent Row or DB Row	12	12	12	8	12
	10	10	10	8	10
	8	8	8	8	8
	6	6	6		6
	10	10	10		10
Pull-up Hold (Add wt if too easy)	10 sec.	10 sec.	20 sec.	10 sec.	20 sec.
	10 sec.	20 sec.	30 sec.	20 sec.	30 sec.
	20 sec.	30 sec.	30 sec.	30 sec.	30 sec.
Lat Pulldown Tempo 6/6, 1/6, 1/1	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
Bicep Pick 3	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
Core: Wt'd Situps	3x10	3x10	3x10	3x10	3x10
Work Out 2	Week 1	Week 2	Week 3	Week 4	Week 5
Body Weight 3					
Dynamic Warmup+Stretch					
Front Squat or Goblet Squat	12	12	12	8	12
	10	10	10	8	10
	8	8	8	8	8
	6	6	6		6
	10	10	10		10
RFE w 3 sec Pause	5	5	5	5	5
	5	5	5	5	5
	5	5	5	5	5
GHR	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
Sled Pull 20 yards	2x	2x	2x	2x	2x
Military Press or DB Military	12	12	12	8	12
	10	10	10	8	10
	8	8	8	8	8
	6	6	6		6
	10	10	10		10
Side Raise Tempo 6/6, 1/6, 1/1	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
Face Pulls	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
BB Shrugs	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
Core: Wt'd Plank	3x30sec.	3x30sec.	3x30sec.	3x30sec.	3x30sec.
Work Out 3	Week 1	Week 2	Week 3	Week 4	Week 5
Body Weight 5					
Dynamic Warmup+Stretch					
Deadlifts	12	12	12	8	12
	10	10	10	8	10
	8	8	8	8	8
	6	6	6		6
	10	10	10		10
RDL's w 3 sec. Pause	5	5	5	5	5
	5	5	5	5	5
	5	5	5	5	5
FF Elev. Lunge Holds 40,40,40 sec.	rt/lt	rt/lt	rt/lt	rt/lt	rt/lt
	rt/lt	rt/lt	rt/lt	rt/lt	rt/lt
	rt/lt	rt/lt	rt/lt	rt/lt	rt/lt
SL Pistols	15	15	15	15	15
	15	15	15	15	15
	15	15	15	15	15
Ham Curl Tempo 6/6, 1/6, 1/1	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
	4/4/10	4/4/10	4/4/10	4/4/10	4/4/10
Core: Landmine	3x12	3x12	3x12	3x12	3x12