

## Hypertrophy Day

	Military Press	Z-Press	Narrow Grip Lat Pulldowns	Straight Arm Lat Pulldowns	Incline Press	Incline Flyes	Wide Grip Cable Rows	Cable Reverse Flyes	Bench Press	Cable Flyes
	Standalone	Standalone	Superset		Superset		Superset		Superset	
Set 1	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s
Set 2	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s	12 / 45s
Set 3	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00	Failure / 1:00

Timing	On 1:00	On 1:00	1:00 / 30s / 1:00 / 1:30	1:00 / 30s / 1:00 / 1:30	1:00 / 30s / 1:00 / 1:30	1:00 / 30s / 1:00 / 1:30
	+ 1:00	+ 1:00				

Total Time	6	6	12	12	12	12	60
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- Notes:
- (1) 45s is the minimum time you're going for on the first 2 sets.
  - (2) On the last set, it's concentric failure or 1 minute, whichever comes first.
  - (3) Timings are written as: 1:00 work, 30s rest/changeover, 1:00 work, 1:30 rest
  - (4) Slow negatives, explosive lift.
  - (5) On the Flyes, allow yourself more elbow flex than the "technique police" would like - your elbow tendons will thank you - and focus on squeezing the chest muscles.
  - (6) Ideally, use an app like Seconds Pro. Programme in the whole thing and just go/stop on the beeps.