

Hypertrophy I B1

Program: Hypertrophy III											
Workout: B											
Exercise	Date	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Tempo	Rest (s)
<i>Squat – one-and-a-quarter style</i>											
Workout 2		5	8							301	90
Workout 4		6	4							30X	120
Workout 6		4	12							201	60
<i>Superset with full rest</i>											
<i>Bulgarian split deadlift</i>											
Workout 2		5	8							301	90
Workout 4		6	4							30X	120
Workout 6		4	12							201	60
<i>Split good morning</i>											
Workout 2		5	8							301	90
Workout 4		6	4							30X	120
Workout 6		4	12							201	60
Workout 2		5	10							311	90
Workout 4		6	8							311	120
Workout 6		4	12							311	60