PHASE ECCENTRIC HYPERTROPHY

	DAY 1: TOTAL INTENSITY MOD		WEEK 1		WEEK 2	WEEK 3	WEEK 4	NOTES
1a	Incline Bench Press	8s ecc	4x3	60-70%	65-75%	70-80%	75%+	
1b	bottom push up iso	25s iso	4x1					
2a	Front Rack Split Squat	8s ecc	3x3ea	55-65%	60-70%	65-75%	70%+	
2b	split squat iso	25s iso	3x1ea					
3a	bb z press	4s ecc	3x6					
3b	wtd pull up	4s ecc	3x6					
3c	staggered rdl	8s ecc	3x3ea					

	DAY 2: TOTAL VOLUME		WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1a	db skull crushers	3s ecc	2x15				
1b	ghr band assisted	5s ecc	2x10				
1c	plate front raise	3s ecc	2x15				
1d	groin plank	5s ecc	2x10ea				
2a	db sa row	3s ecc	2x15ea				
2b	wtd hip extension	5s ecc	2x10				
2c	plate rev fly	3s ecc	2x15				
2d	spring ankle 1	30s iso	2x1ea				

	DAY 3: TOTAL INTENSITY HIGH		WEEK 1		WEEK 2	WEEK 3	WEEK 4	NOTES
1a	Bench press	6s ecc	4x3	65-75%	70-80%	75-85%	80%+	
1b	bottom push up iso	20s iso	4x1					
2a	front squat	6s ecc	3x3	60-70%	65-75%	70-80%	75%+	
2b	squat iso	20s iso	3x1					
3a	bb shoulder press	3s ecc	3x6					
3b	wtd chin up	3s ecc	3x6					
3c	rdl	6s ecc	3x3					

	DAY 4: TOTAL VOLUME		WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1a	db jm press	3s ecc	2x15				
1b	ghr	5s ecc	2x10				
1c	plate lateral rasie	3s ecc	2x15				
1d	glute plank	5s ecc	2x10ea				
2a	db chest supported row	3s ecc	2x15ea				
2b	bb hip thrust	5s ecc	2x10				
2c	plate bent over y raise	3s ecc	2x15				
2d	spring ankle 2	30s iso	2x1ea				

	DAY 5: Total INTENSITY LOW		WEEK 1		WEEK 2	WEEK 3	WEEK 4	NOTES
1a	close grip bench press	10s ecc	4x3	55-65%	60-70%	65-75%	70%+	
1b	bottom push up iso	30s iso	4x1					
2a	front rack rfe squat	10s ecc	3x3ea	50-60%	55-65%	60-70%	65%+	
2b	rfe squat iso	30s iso	3x1ea					
3a	db z press	5s ecc	3x6					
3b	ring pull up	5s ecc	3x6					
3c	staggered goodmorning	10s ecc	3x3ea					