PHASE 1: ECCENTRIC HYPERTROPHY

	Day 1 Upper	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	DB Pullover w/ 3 ecc	2x10					
	Prone Trap Raise w/ 3 ecc	2x10					
2A	Bench Press w/ 6 ecc	3x4					
	Bench Push Up Iso	3x25s	55-65%	60-70%	65-75%	70%+	
3A	1/2 Kneel LM Press w/ 3 ecc	3x10ea					
3B	SA LM Meadow Row w/ 3s ecc	3x10ea					
	https://www.youtube.com/watch?v=e-c4gMcqdyw						
3C	Dip w/ 3 ecc	3x10					
4A	Band Bicep Curl	1x50					
4B	Band Tri OH Ext	1x50					

	DAY 2 Lower	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Goblet Cossak Squat w/ 3s ecc	2x8ea					
	1 DB Split Stance RDL w/ 3s ecc	2x8ea					
2A	Front Squat	3x4					
	BW Squat Iso	3x25s	55-65%	60-70%	65-75%	70%+	
3A	BB Goodmorning w/ 6 ecc	3x4					
3B	DB RFE Squat w/ 6 ecc	3x4ea					
	*ipsilateral load						
4A	Band Knee Ext	1x50					
4B	Band Hamstring Curl	1x50					
4C	DB Side Bend	1x25					

	DAY 3 Total	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	1 DB SL RDL w/ 3 ecc	2x8ea					
	Plate Reverse Fly w/ 3s ecc	2x10					
2A	BB RDL w/ 6 ecc (position over load)	3x4					
		3x25s					
3A	BB Z Press w/ 6 ecc	3x4					
	Chin Up w/ 6ecc	3x4					
4A	DB Incline Bench Press w/ 3 ecc	3x10					
4B	DB Goblet Spit Squat w/ 3 ecc (right)	3x10					
	*front foot on plate						
4C	2 DB CS Row w/ 3 ecc	3x10					
4D	DB Goblet Spit Squat w/ 3 ecc (left)	3x10					
	*front foot on plate						