

## Hypertrophy Program #1 - Three Day Alternating Routine

If your outcome is to transform your physique then these type of weight training programs will give you the best results. These 3 weight training programs are tried and trusted body building routines. They all have their advantages; just choose the one that appeals to you most.

One of the best hypertrophy weight training programs if you're pushed for time in the week. Alternate the 2 sessions over any 3 days and try to leave a days rest in between workouts. In effect you're doing each session 3 times every fortnight.



For each exercise complete 3-4 sets of 8-12 repetitions. Choose a weight that allows you to perform a maximum of 8-12 reps. When you can do more than 12 reps increase the weight next session. Warm up thoroughly before starting any weight training session.

### Session 1 (Chest, Back, Triceps, Abs)

- Bench press
- Incline bench press
- Lat pull Downs (wide grip)
- Seated pulley row
- Triceps push down
- French press
- Weighted crunches
- Decline sit ups

### Session 2 (Legs, Shoulders, Biceps, Calves)

- Leg press
- Leg curls
- Seated shoulder press
- Lateral (side) raises
- Barbell curl (EZ barbell)
- Hammer curls
- Standing calf raise
- Seated calf raise

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## Hypertrophy Program #2 - Four Day Split Routine

This is one of the classic weight training programs. It works all the major muscle groups twice per week. Many strength and conditioning experts now believe weight training programs that work each muscle group just **once** per week are adequate... even preferable.

For each exercise complete 3-4 sets of 8-12 repetitions. Choose a weight that allows you to perform a maximum of 8-12 reps. When you can do more than 12 reps **increase** the weight next session. Warm up thoroughly before starting any weight training session.

**Monday - Session 1 (Chest, Shoulders, Triceps, abs)**

- Dumbbell press
- Incline dumbbell press
- Seated dumbbell press
- Lateral raises
- Overhead dumbbell extensions
- Narrow bench press
- Abdominal weight machine
- Bent knee crunches

**Tuesday - Session 2 (Legs, Back, Biceps, calves)**

- Barbell Squats
- Dumbbell lunges
- Lat pull down (narrow reverse grip)
- Bent over dumbbell row
- Seated dumbbell curls
- Preacher curls
- Lying calf press
- Seated calf raise

**Thursday - Repeat session 1****Friday - Repeat session 2**

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**Hypertrophy Program #3 - Four Day Isolation Routine**

This is one of the most common weight training programs used by bodybuilders. Each muscle groups is worked once (intensively) per week.

It can be adjusted to fit into 3 days, but each session is going to be longer.

For each exercise complete 3-4 sets of 8-12 repetitions. Choose a weight that allows you to perform a maximum of 8-12 reps. When you can do more than 12 reps increase the weight next session. Warm up thoroughly before starting any weight training session.

**Monday - Chest, Biceps**

- Flat bench press
- Decline bench press
- Incline dumbbell flyes
- Barbell curls (EZ barbell)
- Hammer curls
- Cable curls (use the low pulley on any cable cross over machine)

**Tuesday - Legs, Traps**

- Leg press
- Lying leg curls
- Leg extensions
- Standing calf raise
- Seated calf raise
- Upright row
- Dumbbell Shrugs

**Thursday - Back, Triceps**

- Chin ups (add additional weight if necessary)
- Lat pull down (narrow reverse grip)
- Seated pulley row
- Bent over dumbbell row
- Triceps pushdown
- French press
- Narrow bench press

**Friday - Shoulders, Abs**

- Seated dumbbell press
- Lateral raises
- Reverse or bent over flyes
- Weighted crunches
- Decline sit ups
- Hyper extensions