**Hypertrophy Legs**

Exercise Reps Weight 1 2 3 4 Date(1) Date(2) Date(3) Date(4)

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| **Explosive Squats** | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
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|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
| **Hack Squats** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Leg Press** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Leg Extension** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
| **Deadlift** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Lying Leg Curls** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Seated Leg Curls** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
| **Donkey Calf Raises** | **10-15** |  |  |  |  |  |  |  |  |  |
|  | **10-15** |  |  |  |  |  |  |  |  |  |
|  | **10-15** |  |  |  |  |  |  |  |  |  |
|  | **10-15** |  |  |  |  |  |  |  |  |  |
| **Seated Calf Raises** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |

**Hypertrophy Chest and Arms**

Exercise Reps Weight 1 2 3 4 Date(1) Date(2) Date(3) Date(4)

|  |  |  |  |  |  |  |  |  |  |  |
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| **Flat Dumbbell Press Explosive** | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
| **Incline Dumbbell Press** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Hammer Chest Press** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Incline Dumbbell Fly** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
| **Preacher Curls** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Dumbbell Concentration Curls** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Spider Curls** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
| **Seated Tricep Extension** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Cable Press Down With Rope** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Dumbbell or Cable Kickbacks** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |

**Hypertrophy Shoulders And Back**

Exercise Reps Weight 1 2 3 4 Date(1) Date(2) Date(3) Date(4)

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| **Bent Over Explosive Rows** | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
|  | **3** |  |  |  |  |  |  |  |  |  |
| **Pullups** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Seated Cable Row** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Dumbbell Rows** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Close Grip Pulldowns** | **15-20** |  |  |  |  |  |  |  |  |  |
|  | **15-20** |  |  |  |  |  |  |  |  |  |
| **Seated Dumbbell Press** | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
|  | **8-12** |  |  |  |  |  |  |  |  |  |
| **Upright Rows** | **12-15** |  |  |  |  |  |  |  |  |  |
|  | **12-15** |  |  |  |  |  |  |  |  |  |
| **Lateral Raise** | **12** |  |  |  |  |  |  |  |  |  |
|  | **12** |  |  |  |  |  |  |  |  |  |
| **Shrugs** | **15** |  |  |  |  |  |  |  |  |  |
|  | **15** |  |  |  |  |  |  |  |  |  |
|  | **15** |  |  |  |  |  |  |  |  |  |
|  | **15** |  |  |  |  |  |  |  |  |  |
|  | **15** |  |  |  |  |  |  |  |  |  |

**Upper Body Strength**

Exercise Reps Weight 1 2 3 4 Date(1) Date(2) Date(3) Date(4)

|  |  |  |  |  |  |  |  |  |  |  |
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| **Barbell Rows** | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
| **Weighted Pull-ups** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Rack Chins** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Flat Dumbbell Press** | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
| **Weighted Dips** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Dumbbell Shoulder Press** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Cambered Bar Curls** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Skull Crushers** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |

**Lower Body Strength**

Exercise Reps Weight 1 2 3 4 Date(1)  Date(2) Date(3) Date(4)

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| **Squats** | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
|  | **3-5** |  |  |  |  |  |  |  |  |  |
| **Hack Squats** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Leg Extensions** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Stiff Leg Deadlift** | **5-8** |  |  |  |  |  |  |  |  |  |
|  | **5-8** |  |  |  |  |  |  |  |  |  |
|  | **5-8** |  |  |  |  |  |  |  |  |  |
| **Glute Ham Raise or Lying Leg Curls** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Standing Calf Raise** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |
| **Seated Calf Raise** | **6-10** |  |  |  |  |  |  |  |  |  |
|  | **6-10** |  |  |  |  |  |  |  |  |  |