



HYPERTROPHY TRAINING PROGRAM

This Program focuses on moderate reps (10-15) and you will use weights around 60-75% of your one-rep max. This training aims to increase muscle size through controlled, higher-volume workouts. This program is perfect for increasing muscle endurance, building mass, burning fat, and gaining strength through controlled, higher-volume workouts.

PROGRAM SCHEDULE:

DAY 1: CHEST & TRICEPS

DAY 2: BACK & AB's

DAY 3: REST DAY

DAY 4: SHOULDERS & BICEPS

DAY 5: LEG DAY & ABS

DAY 6: REST

DAY 7: REST

Feel Free to reach out if you have any questions:

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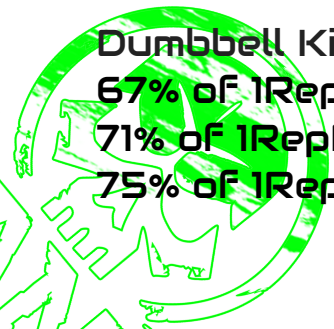
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CHEST & TRICEPS - INTERMEDIATE

CHEST:	SETS	REPS
Barbell Bench Press		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Dumbbell Fly		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Machine Peck Deck		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Low Cable Cross Over		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
TRICEPS:	SETS	REPS
Cable Tricep Push Down		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Cable Tricep Push Down Reverse Grip		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Dumbbell Kickback		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10





BACK & AB's - INTERMEDIATE

BACK:	SETS	REPS
Barbell Deadlift		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
 Resistance Machine Lat Pulldown		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
 Resistance Machine Cable Row		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
 Cable Face Pull		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
 AB's	SETS	REPS
Lying Leg Raises		
	1	10 - 15
	2	10 - 15
	3	10 - 15
 Crunch with Dumbbells		
	1	10 - 15
	2	10 - 15
	3	10 - 15
 Russian Twist - Medicine Ball		
Per Side	1	10 - 15
Per Side	2	10 - 15
Per Side	3	10 - 15





SHOULDERS & BICEPS - INTERMEDIATE

SHOULDERS:	SETS	REPS
Resistance Machine Shouder Press		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Standing Dumbbell Fly		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Resistance Machine Cable Upright Row		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
BICEPS:	SETS	REPS
Seated Dumbbell Bicep Curl		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Resistance Machien Cable Bicep Curl		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Seated Dumbbell Concentration Curl		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10





LEG DAY & AB's - INTERMEDIATE

LEGS:	SETS	REPS
Smith Machine Squat or Normal Squat		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Leg Press Resistance Machine		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Leg Extension Resistance Machine		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Leg Curl Resistance Machine		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
Calve Machine		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
AB's	SETS	REPS
Lying Leg Raises		
	1	10 - 15
	2	10 - 15
	3	10 - 15
Russian Twist - Medicine Ball		
Per Side	1	10 - 15
Per Side	2	10 - 15
Per Side	3	10 - 15

