

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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CHEST ε TRICEPS - INTERMEDIATE

CHEST:	SETS	REPS
Barbell Bench Press	•	15
67% of IRepMax 71% of IRepMax	1 2	12
75% of 1RepMax	3	10
73% OF IREPINION	–	10
Dumbbell Fly		
67% of 1RepMax	1	15
71% of IRepMax	2	12
75% of 1RepMax	3	10
Machine Peck Deck		
67% of 1RepMax	1	15
71% of IRepMax	2	12
75% of IRepMax	3	10
Low Cable Cross Over		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
-	3	12 10
71% of 1RepMax		
71% of 1RepMax 75% of 1RepMax	∋	10
71% of IRepMax 75% of IRepMax TRICEPS:	∋	10
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down	3 SETS	10 REPS
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax	3 SETS 1	10 REPS 15
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax	3 SETS 1 2	10 REPS 15 12
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax	3 SETS 1 2	10 REPS 15 12
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax	SETS 1 2 3	10 REPS 15 12 10
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax Cable Tricep Push Down Reverse Grip 67% of IRepMax	SETS 1 2 3	10 REPS 15 12 10
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax 75% of IRepMax Cable Tricep Push Down Reverse Grip 67% of IRepMax 71% of IRepMax	SETS 1 2 3	10 REPS 15 12 10 15 12
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax 75% of IRepMax 75% of IRepMax 71% of IRepMax 71% of IRepMax 71% of IRepMax 71% of IRepMax	SETS 1 2 3	10 REPS 15 12 10 15 12
71% of IRepMax 75% of IRepMax TRICEPS: Cable Tricep Push Down 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax Cable Tricep Push Down Reverse Grip 67% of IRepMax 71% of IRepMax 71% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax	SETS 1 2 3	10 REPS 15 12 10 15 12 10



BACK & AB's - INTERMEDIATE

BACK: Barbell Deadlift	SETS	REPS
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	∋	10
Resistance Machine Lat Pulldown 67% of IRepMax 71% of IRepMax 75% of IRepMax	1 2 3	15 12 10
Resistance Machine Cable Row		
67% of 1RepMax	1	15
71% of IRepMax	2	12
75% of 1RepMax	3	10
Cable Face Pull 67% of 1RepMax 71% of 1RepMax 75% of 1RepMax	1 2 3	15 12 10
AB's	SETS	REPS
Lying Leg Raises		
	1 2 3	10 - 15 10 - 15 10 - 15
Crunch with Dumbbells	-	10 15
	1	10 - 15
	2	10 - 15
Russian Twist – Medicine Ball	3	10 - 15
Per Side	1	10 - 15
Per Side	2	10 - 15
	3	10 - 15
Per Side	5	בו - שו



SHOULDERS & BICEPS - INTERMEDIATE

SHOULDERS: Resistance Machine Shouder Press	SETS	REPS
67% of IRepMax	1	15
71% of 1RepMax	2	12
75% of IRepMax	=	10
72% C. I.C. J.W.C.X	_	
Standing Dumbbell Fly		
67% of 1RepMax	1	15
71% of IRepMax	2	12
75% of IRepMax	=	10
72% C. I. (Cp.Mex	_	. •
Resistance Machine Cable Upright Row		
67% of 1RepMax	1	15
71% of IRepMax	2	12
75% of IRepMax	_ 3	10
7270 C	_	. •
BICEPS:	SETS	REPS
BICEPS: Seated Dumbbell Biceo Cucl	SETS	REPS
Seated Dumbbell Bicep Curl		
Seated Dumbbell Bicep Curl 67% of 1RepMax	1	15
Seated Dumbbell Bicep Curl 67% of 1RepMax 71% of 1RepMax	1 2	15 12
Seated Dumbbell Bicep Curl 67% of 1RepMax	1	15
Seated Dumbbell Bicep Curl 67% of 1RepMax 71% of 1RepMax 75% of 1RepMax	1 2	15 12
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl	1 2	15 12 10
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax	1 2 3	15 12 10
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax 71% of IRepMax	1 3 3	15 12 10 15 12
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax	1 2 3	15 12 10
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax 71% of IRepMax	1 3 3	15 12 10 15 12
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax	1 3 3	15 12 10 15 12
Seated Dumbbell Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax Resistance Machien Cable Bicep Curl 67% of IRepMax 71% of IRepMax 75% of IRepMax 75% of IRepMax Seated Dumbbell Concentration Curl	1 2 3	15 12 10 15 12 10





LEG DAY ε AB's - INTERMEDIATE

LEGS:	SETS	REPS
Smith Machine Squat or Normal Squat 67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of IRepMax	3	10
אסויוניפאו וט "עכויין און וט "ע כ	_	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 IRepMax	3	10
Calve Machine		
67% of 1RepMax	1	15
71% of 1RepMax	2	12
75% of 1RepMax	3	10
	CCTC	
AB's	SETS	REPS
Lying Leg Raises	1	10 - 15
	2	10 - 15
	_ 3	10 - 15
Russian Twist – Medicine Ball	_	.0 .2
Per Side	1	10 - 15
Per Side	2	10 - 15
Rer Side	_ 3	10 - 15
	_	.