

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hypertrophy Posterior	Hypertrophy Anterior	Mobility Core Cardio- Shuttles	Hypertrophy Posterior	Hypertrophy Anterior Core	Rest / Recovery



# SPEEDU.CA

## Hypertrophy Phase

### U18 & Older: Dumbbells and Bands ONLY

HYPERTROPHY POSTERIOR		HYPERTROPHY ANTERIOR		MOBILITY	
<b>Exercise 1:</b>	Single Leg RDL - 1 DB	<b>Exercise 1:</b>	Goblet Squat	<b>Exercise 1A:</b>	Neck CAR
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight / Rest:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 2:</b>	Goblet Lateral Lunges	<b>Exercise 2:</b>	Sissy Squats	<b>Exercise 1B:</b>	Standing Shoulder CAR
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:1:2:1	<b>Tempo:</b>	4:1:2:1	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 3:</b>	DB Bent Row- Sumo	<b>Exercise 3:</b>	DB Bench Press- Flat	<b>Exercise 1C:</b>	Standing Hip CAR
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3x3 Per Direction
<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	10 Sec Rep
<b>Exercise 4:</b>	DB Walking Lunges	<b>Exercise 4:</b>	DB Bulgarian Split Squat	<b>Exercise 1D:</b>	90/90 Shin Box Half Kneel
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 8 Per Side
<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	Body Weight / :60 Rest	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	3:0:2:0	<b>Tempo:</b>	2:1:2:1
<b>Exercise 5:</b>	Glute Bridge March	<b>Exercise 5:</b>	Cross-Over Lunges	<b>Exercise 1E:</b>	Deck Squat 2 Feet Stand
<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets x Reps:</b>	3 x 8 Per Side	<b>Sets x Reps:</b>	3 x 8
<b>Weight:</b>	Body Weight / :60 Rest Btw	<b>Weight:</b>	Goblet 8RM / :60 Rest Btw	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	1:2:1:1
<b>Exercise 6:</b>	Chinups	<b>Exercise 6:</b>	DB Bench Press- Incline	<b>CORE</b>	
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8	<b>Rounds</b>	3
<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	8RM / :60 Rest Btw	<b>Sets / Exercise</b>	8
<b>Tempo:</b>	2:0:3:0	<b>Tempo:</b>	3:0:2:0	<b>Work : Rest</b>	10 sec : 5 sec
<b>Exercise 7:</b>	DB Rear Delt Raise- Bent	<b>Exercise 7:</b>	Lateral Raise PD	<b>Exercise 1:</b>	Dead Bug 2 Arms 2 Legs
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8	<b>Exercise 2:</b>	Copenhagen Side Plank
<b>Weight:</b>	8RM / :60 Rest Btw	<b>Weight:</b>	8RM / :60 Rest Btw	<b>Exercise 3:</b>	Bird Bear
<b>Tempo:</b>	2:0:3:0	<b>Tempo:</b>	2:0:3:0	<b>Exercise 4:</b>	Low Plank Overhead Reach
<b>Exercise 8:</b>	Wall Slides	<b>Exercise 8:</b>	DB Front Raise PD	<b>CARDIO</b>	
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 8	<b>Sets</b>	12
<b>Weight:</b>	Body Weight / :60 Rest	<b>Weight:</b>	8RM / :60 Rest Btw	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:0:3:0	<b>Modality</b>	Running- 10m Shuttle

