

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hypertrophy	Hypertrophy	Mobility	Hypertrophy	Hypertrophy	Rest / Recovery
Legs	Chest	Core	Legs	Chest/Back	
Shoulders	Back	Cardio- Shuttles	Shoulders	Core	



SPEEDU.CA

Hypertrophy Phase

U15-U17: Full Gym Access

HYPERTROPHY LEGS & SHOULDERS		HYPERTROPHY CHEST AND BACK		MOBILITY	
Exercise 1:	BB Military Press- Standing	Exercise 1:	Chinups- Underhand	Exercise 1A:	Neck CAR
Sets x Reps:	3 x 8	Sets x Reps:	3 x 10	Sets x Reps:	3x3 Per Direction
Weight / Rest:	8RM / :60 Rest Btw	Weight:	10RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	2:1:3:1	Tempo:	2:1:3:1	Tempo:	10 Sec Rep
Exercise 2:	BB Front Squat	Exercise 2:	DB Bench Press- Flat	Exercise 1B:	Standing Shoulder CAR
Sets x Reps:	3 x 10	Sets x Reps:	3 x 10	Sets x Reps:	3x3 Per Direction
Weight:	12RM / :60 Rest Btw	Weight:	10RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	2:2:2:1	Tempo:	10 Sec Rep
Exercise 3:	SA Landmine Press - Split Stance	Exercise 3:	BB Bent Over Row Overhand	Exercise 1C:	Standing Hip CAR
Sets x Reps:	3 x 8 Per Arm	Sets x Reps:	3 x 10	Sets x Reps:	3x3 Per Direction
Weight:	8RM / :60 Rest Btw	Weight:	10RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	2:2:2:1	Tempo:	10 Sec Rep
Exercise 4:	BB Top Down RDL	Exercise 4:	DB Alt Bench- Incline - Hold Bottom	Exercise 1D:	Half Baby Fall
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8 Per Arm	Sets x Reps:	3 x 8 Per Side
Weight:	8RM / :60 Rest Btw	Weight:	Body Weight / :60 Rest	Weight:	Body Weight
Tempo:	3:0:2:0	Tempo:	2:2:2:2	Tempo:	2:1:2:1
Exercise 5:	Lateral Raise PD	Exercise 5:	DB Bent Over Row- Sumo Stance	Exercise 1E:	Deck Squat Pistol
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8	Sets x Reps:	3 x 6 Per Leg
Weight:	8RM / :60 Rest Btw	Weight:	8RM / :60 Rest Btw	Weight:	Body Weight
Tempo:	2:0:3:0	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 6:	DB Bulgarian Split Squat	Exercise 6:	DB Floor Press	CORE	
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8	Rounds	3
Weight:	8RM / :60 Rest Btw	Weight:	8RM / :60 Rest Btw	Sets / Exercise	8
Tempo:	3:1:2:0	Tempo:	3:0:2:0	Work : Rest	10 sec : 5 sec
Exercise 7:	DB Front Raise PD	Exercise 7:	Cable Push & Pull	Exercise 1:	Dead Bug - SB Contra
Sets x Reps:	3 x 8	Sets x Reps:	3 x 6 Per Side	Exercise 2:	Side Plank DB & Leg Raise
Weight:	8RM / :60 Rest Btw	Weight:	6RM / :60 Rest Btw	Exercise 3:	Bear Crawl Banded Wr&Kn
Tempo:	2:0:3:0	Tempo:	1:2:2:1	Exercise 4:	Plank Swiss Ball Rollout
Exercise 8:	Pendulum Lunges - Goblet	Exercise 8:	DB Renegade Row	CARDIO	
Sets x Reps:	3 x 6 Per Lunge Per Leg	Sets x Reps:	3 x 8	Sets	12
Weight:	6RM Goblet / :60 Rest	Weight:	8RM / :60 Rest Btw	Work : Rest	60 Sec : 60 Sec
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Modality	Running- 10m Shuttle

