

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 1: Full Gym Access

HYPERTROPHY POSTERIOR		HYPERTROPHY ANTERIOR		MOBILITY	
<b>Exercise 1:</b>	<b>BB Single Leg RDL</b>	<b>Exercise 1:</b>	<b>BB Front Squat</b>	<b>Exercise 1A:</b>	<b>Neck CAR</b>
<b>Sets x Reps:</b>	<b>3 x 8 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3x3 Per Direction</b>
<b>Weight / Rest:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Tempo:</b>	<b>10 Sec Rep</b>
<b>Exercise 2:</b>	<b>BB Step Back Lunges</b>	<b>Exercise 2:</b>	<b>Goblet Lateral Lunges</b>	<b>Exercise 1B:</b>	<b>Standing Shoulder CAR</b>
<b>Sets x Reps:</b>	<b>3 x 8 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Side</b>	<b>Sets x Reps:</b>	<b>3x3 Per Direction</b>
<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Tempo:</b>	<b>3:2:3:2</b>	<b>Tempo:</b>	<b>10 Sec Rep</b>
<b>Exercise 3:</b>	<b>BB Bent Row Overhand</b>	<b>Exercise 3:</b>	<b>DB Bench Press- Flat</b>	<b>Exercise 1C:</b>	<b>Standing Hip CAR</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3x3 Per Direction</b>
<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Tempo:</b>	<b>10 Sec Rep</b>
<b>Exercise 4:</b>	<b>Kettlebell 2H Swings</b>	<b>Exercise 4:</b>	<b>Sissy Squats</b>	<b>Exercise 1D:</b>	<b>Half Baby Fall</b>
<b>Sets x Reps:</b>	<b>3 x 15</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Side</b>
<b>Weight:</b>	<b>20RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Body Weight / :60 Rest</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>		<b>Tempo:</b>	<b>4:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 5:</b>	<b>Glute Bridge March</b>	<b>Exercise 5:</b>	<b>Cross-Over Lunges</b>	<b>Exercise 1E:</b>	<b>Deck Squat Pistol</b>
<b>Sets x Reps:</b>	<b>3 x 8 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Side</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Leg</b>
<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Goblet 8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 6:</b>	<b>Chinups</b>	<b>Exercise 6:</b>	<b>DB Bench Press- Incline</b>	<b>CORE</b>	
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Rounds</b>	<b>3</b>
<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Sets / Exercise</b>	<b>8</b>
<b>Tempo:</b>	<b>2:0:3:0</b>	<b>Tempo:</b>	<b>3:0:2:0</b>	<b>Work : Rest</b>	<b>10 sec : 5 sec</b>
<b>Exercise 7:</b>	<b>DB Rear Delt Raise- Bent</b>	<b>Exercise 7:</b>	<b>Lateral Raise PD</b>	<b>Exercise 1:</b>	<b>Dead Bug - SB Contra</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Exercise 2:</b>	<b>Side Plank DB &amp; Leg Raise</b>
<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Exercise 3:</b>	<b>Bear Crawl Banded Wr&amp;Kn</b>
<b>Tempo:</b>	<b>2:0:3:0</b>	<b>Tempo:</b>	<b>2:0:3:0</b>	<b>Exercise 4:</b>	<b>Plank Swiss Ball Rollout</b>
<b>Exercise 8:</b>	<b>Wall Slides</b>	<b>Exercise 8:</b>	<b>DB Front Raise PD</b>	<b>CARDIO</b>	
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets</b>	<b>12</b>
<b>Weight:</b>	<b>Body Weight / :60 Rest</b>	<b>Weight:</b>	<b>8RM / :60 Rest Btw</b>	<b>Work : Rest</b>	<b>60 Sec : 60 Sec</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:0:3:0</b>	<b>Modality</b>	<b>Running- 10m Shuttle</b>