

THE  
**BUSY DAD**  
**TRANSFORMATION**  
*Club!*

**The Hypertrophy**  
**programme.**

12 WEEKS  
BUILD STRENGTH  
BUILD MUSCLE

**The Hypertrophy**  
**programme.**

**The Hypertrophy Programme.  
Session 1  
PUSH**

**Programme Structure.**

**%ML = What % of your maximum weight you would lift for that rep range.**

**Set 1 = Warm Up set 50% maximum.**

**Sets 2-4 = 70% of your maximum with minimal recovery.**

**Set 5-6 = To failure MAXIMAL lift.**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up.**

**Incline Chest Press Machine**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Flat Dumbbell Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Shoulder Press Machine**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Dumbbell Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Leg Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Skull Crushers

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Tricep Extension

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Decline Reverse Curl (core)

(Record any weight added to this movement in the relevant boxes)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest
1	20						30 secs
2	20						30 secs
3	20						30 secs
4	20						30 secs
5	20						30 secs

**The Hypertrophy Programme.**  
**Session 2**  
**PULL**

**Programme Structure.**

**%ML = What % of your maximum weight you would lift for that rep range.**

**Set 1 = Warm Up set 50% maximum.**

**Sets 2-4 = 70% of your maximum with minimal recovery.**

**Set 5-6 = To failure MAXIMAL lift.**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up.**

**Lat Pulldown**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Pull Ups**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Seated Row**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Barbell Upright Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### RDL (Romanian Deadlift)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Incline Dumbbell Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Bicep Preacher Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Weighted Cable Crunch (core)

(Record any weight added to this movement in the relevant boxes)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest
1	15						30 secs
2	15						30 secs
3	15						30 secs
4	15						30 secs
5	15						30 secs

**The Hypertrophy Programme.**  
**Session 3**  
**LEGS**

**Programme Structure.**

**%ML = What % of your maximum weight you would lift for that rep range.**

**Set 1 = Warm Up set 50% maximum.**

**Sets 2-4 = 70% of your maximum with minimal recovery.**

**Set 5-6 = To failure MAXIMAL lift.**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Leg Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Hip Thrust**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Barbell Squat**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						1 min	70%
3	10						1 min	70%
4	10						1 min	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Hack Squat

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Leg Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Leg Extension

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Calf Raise

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Woodchoppers

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest
1	20 per side						1 min
2	20 per side						1 min
3	20 per side						1 min
4	20 per side						1 min
5	20 per side						1 min

**The Hypertrophy Programme.**  
**Session 4**  
**PUSH**

**Programme Structure.**

**%ML = What % of your maximum weight you would lift for that rep range.**

**Set 1 = Warm Up set 50% maximum.**

**Sets 2-4 = 70% of your maximum with minimal recovery.**

**Set 5-6 = To failure MAXIMAL lift.**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up.**

**Incline Dumbbell Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Machine Chest Fly (Not a pecdeck)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Strict Standing Military Press (No leg bending)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%



### Dumbbell Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Leg Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Skull Crushers

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Seated Cable overhead Tricep Extension

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Decline Reverse Curl (core)

(Record any weight added to this movement in the relevant boxes)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest
1	20						30 secs
2	20						30 secs
3	20						30 secs
4	20						30 secs
5	20						30 secs

**The Hypertrophy Programme.**  
**Session 5**  
**PULL**

**Programme Structure.**

**%ML = What % of your maximum weight you would lift for that rep range.**

**Set 1 = Warm Up set 50% maximum.**

**Sets 2-4 = 70% of your maximum with minimal recovery.**

**Set 5-6 = To failure MAXIMAL lift.**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up.**

**Close Grip Lat Pulldown**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Deadlift**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						1 min	70%
3	10						1 min	70%
4	10						1 min	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

**Single Arm Bench Row**

Sets	Reps per side	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Pull Ups

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Seated Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Hamstring Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Seated Cable overhead Tricep Extension

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest	%ML
1	15						1 min	50%
2	10						30 secs	70%
3	10						30 secs	70%
4	10						30 secs	70%
5	8/10						2 mins	100%
6	8/10						2 mins	100%

### Decline Reverse Curl (core)

(Record any weight added to this movement in the relevant boxes)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Rest
1	20						30 secs
2	20						30 secs
3	20						30 secs
4	20						30 secs
5	20						30 secs

