

Hypertrophy: The Workout

Intro & Explanation of Concept		Recommend approx 2 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		Recommend approx 2 mins
Warm Up	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
Hypertrophy Workout	4 sets of exercises. 5 exercises per set. 25 second intervals.	20 minutes exactly
Set 1	One Squat One Jump Renegade Press-Up Up Down Runs T-Plank Wide Narrow Jumps	Repeat x 3
Set 2	Cycle Sit-Up Snowboard Rotations Sit-Up Push Out Half Turn Squat Jump Toe Hip Sit-Up	Repeat x 3
Set 3	Burpee Sprint Woodchop Left Jacks Woodchop Right Plyometric Lunge	Repeat x 3
Set 4	3 Pulse Press-Up	Non-Stop to End! (1 min 15 secs)
Cool Down	All major muscle groups	Recommend approx 3 mins