

Hypertrophy Training Program

	Exercise	Sets	Repetition range	Rest interval (minutes)
Workout A	1) Romanian deadlift	4	8-12	3
	2) Leg extension	5	8-12	3
	3) Barbell bench press	4	6-10	3
	4) Neutral grip pulldown	4	8-12	3
	5) Seated calf raise	5	8-12	2
	6) Cable lateral raise	3	8-12	2
Workout B	1) High-bar squat	4	5-8	3
	2) Lying leg curl	5	8-12	3
	3) Barbell overhead press	3	6-10	3
	4) Seated Row	3	8-12	3
	5) Cable chest fly	5	6-10	3
	6) Triceps pushdown	2	8-12	2
	7) Seated dumbbell curl	2	8-12	2