

ADVANCED HYPERTROPHY TRACKING

MESO-CYCLE: ____ / WEEK: ____

DATE

MUSCLE GROUP FOCUS

PRE-WORKOUT NUTRITION/SLEEP

EXERCISE NAME	SET	WEIGHT	REPS	RPE/RIR	REST	TEMPO / TECHNIQUE NOTES
	1					
	2					
	3					
	1					
	2					
	3					
	1					
	2					
	3					
	1					
	2					
	3					
	1					
	2					

EXERCISE NAME	SET	WEIGHT	REPS	RPE/RIR	REST	TEMPO / TECHNIQUE NOTES
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3

Hypertrophy Scale: RPE 8-10 recommended for effective stimulus. Focus on Eccentric Control (2-3s).