

ADVANCED HYPERTROPHY ROUTINE

Cycle: 12-Week Macrocycle | Phase: Metabolic Stress

Week Starting: _____

MONDAY: CHEST & SHOULDERS (PUSH A)

Incline Barbell Press 4 x 6-8

Weighted Dips 3 x 8-10

Seated DB Press 3 x 10-12

TUESDAY: BACK & REAR DELTS (PULL A)

Weighted Pull-Ups 4 x
AMRAP

Meadows Row 3 x 10-12

WEDNESDAY: LEGS (POSTERIOR FOCUS)

Romanian Deadlift 4 x 8-10

Leg Press (High/Wide) 3 x 15-20

Weekly Performance Notes & Recovery Tracking:

(Sleep quality, soreness levels, nutritional adherence, and progressive overload targets for next week)