

Upper- and Lower-Body Workout Routines for Muscle Hypertrophy

These sample hypertrophy training routines are designed to provide a full upper-body and lower-body strength regimen. Each routine should be implemented with 48 to 72 hours of rest. Therefore, the program works best with Monday and Wednesday used for the upper-body routine, Tuesday and Thursday used for the lower-body routine, and Wednesday and Saturday used for a cardiorespiratory and stretch routine.

Case Study: CLIENT PROFILE AND GOALS

Eric is a 24-year-old with an MBA who just attained his first job with an investment firm. He is 5 feet 11 inches (180 cm) and weighs 165 pounds (74.8 kg). He was a recreational weight lifter in college, and now he wants to develop more muscularity. He has stayed active in aerobic exercise since college, regularly cycling or running 35 minutes three or four times a week. Eric's goals are to add 10 pounds (about 5 kg) of muscle over the next year. He has a weight room in his apartment complex, which is fully equipped with exercise machines and ample free weights. Eric reports occasional foot-related pain from running but has never seen a medical practitioner for any diagnosis. He has completed a series of foundational musculoskeletal tests, which indicate that he has weak core strength. Ongoing evaluations of changes in hypertrophy are often assessed by taking limb and body circumference measurements and tracking changes in body composition. This program began with a transition week of one or two sets of concentric–eccentric (CON–ECC) training and eccentric emphasis (EE), respectively.

Three-Week Mesocycle of Hypertrophy Program With Eccentric Training Emphasis

Day	Exercise	Sets	Reps	Technique
Monday	Machine chest press	3-4	8-12	EE
	Incline Smith machine press	3-4	8-12	2UP/1DN
	Seated cable row	3-4	8-12	2UP/1DN
	Dumbbell pull-over	3-4	8-12	EE
Tuesday	Seated machine shoulder press	3-4	8-12	EE
	Dumbbell lateral raise	3-4	8-12	EE
	Machine preacher curl	3-4	8-12	2UP/1DN
	Machine triceps extension	3-4	8-12	EE
Wednesday	Smith machine squat	3-4	8-12	EE
	Bulgarian lunge	3-4	8-12	EE
	Barbell good morning	3-4	8-12	EE
	Leg extension	3-4	8-12	2UP/1DN
	Hamstring curl	3-4	8-12	2UP/1DN
Thursday	Off			
Friday	Bench press	3-4	2-3	SUP
	Wide-grip latissimus dorsi pull-down	3-4	8-12	EE
	Seated shoulder press	3-4	8-12	2UP/1DN
	Barbell curl	3-4	2-3	SUP
	Triceps cable press-down	3-4	8-12	EE
Saturday	Leg press	3-4	2-3	SUP
	Stiff-leg deadlift	3-4	8-12	EE
	Donkey calf raise	3-4	8-12	2UP/1DN
	Plank	3-4	60sec	None
	Hanging leg raise	3-4	8-12	EE
Sunday	Off			