

Hardcore Hybrid Training Program

This new hybrid training plan will focus on both power and hypertrophy training. This plan is meant for individuals seeking to gain strength, while sculpting their physique along the way.

This is a 6 week plan -ratchet up the intensity and you're sure to experience results like never before. On power days use heavier weight with lower reps, on hypertrophy days, use moderate to heavy weight with higher rep ranges.

Workout Plan:

Day 1 – Upper Body Power

- Barbell Bent Over Rows - 4 Sets of 4-8 reps
- Flat Bench Press - 2 Sets of 4-6 reps
- Incline Bench Press - 2 Sets of 4-6 reps
- Seated Dumbbell Shoulder Press - 4 Sets of 4-6 reps
- Barbell Skull Crushers - 4 Sets of 6-8 reps
- Dumbbell Curls - "Run the Rack" - 7 Sets of 7 reps

15 seconds rest between sets, start with a very low weight (so low it's very light) then work your way up to your max weight and then back down again. For example: 7 x 15lbs, 7 x 20lbs, 7 x 25lbs, 7 x 30lbs (max weight), 7 x 25lbs, 7 x 20lbs, 7 x 15lbs.

Day 2 – Lower Body Power

- Barbell Squats - 5 Sets of 4-8 reps
- Barbell Stiff Leg Dead Lifts - 4 Sets of 4-8 reps
- Dumbbell Walking Lunges - 4 Sets of 8-12 reps
- Seated Calf Raises - 4 Sets of 8-12 reps

Day 3 – Cardio & Core

- 25 minutes High Intensity Interval Training on Treadmill or Bike
- Decline Bench Crunches - 4 Sets of 15-20 reps
- Decline Bench Leg Lifts - 4 Sets of 15-20 reps
- Decline Bench Roman Twists - 4 Sets of 15-20 reps

Day 4 – Back & Chest Hypertrophy

- Wide Grip Lat Pulldowns - 4 Sets of 10-12 reps
- Seated Cable Rows - 4 Sets of 10-12 reps
- Bent Over Dumbbell Rows - 3 Sets of 10-12 reps
- Back Hyper Extensions - 4 Sets of 15-20 reps
- Dumbbell Incline Bench Press - 4 Sets of 10-12 reps
- Machine Chest Press - 4 Sets of 10-12 reps
- Dumbbell Flyes - 3 Sets of 12-15 reps

Day 5 – Legs Hypertrophy

- Leg Press - 4 Sets of 15-20 reps
- Leg Extensions - 4 Sets of 12-15 reps
- Lying Leg Curls - 4 Sets of 12-15 reps
- Barbell Walking Lunges - 3 Sets of 15-20 reps
- Standing Calf Raises - 4 Sets of 15-20 reps

Day 6 – Shoulders & Arms Hypertrophy

- Smith Machine Shoulder Press - 4 Sets of 10-12 reps
- Dumbbell Later Raises - 3 Sets of 10-12 reps
- Upright Barbell Rows - 3 Sets of 10-12 reps
- Dumbbell Shrugs - 3 Sets of 15-20 reps
- Cable Curls - 3 Sets of 10-12 reps
- Preacher Curls - 3 Sets of 10-12 reps
- Hammer Curls - 3 Sets of 10-12 reps
- Cable Pressdowns - 3 Sets of 10-12 reps
- Dumbbell Overhead Extensions - 3 Sets of 10-12 reps
- Body Weight Tricep Dips - 3 Sets of 15-20 reps

Day 7 – REST

WARNING: This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.