

HYPERTROPHY

PLEDGE TO FITNESS

PDF CONTENT

3 INTRO

3 What Is Hypertrophy?

4 Before Starting

5 Equipment

6 WARMING UP

7 WORKOUT TIMELINE

8 CHEST

9 BACK

10 LEGS

11 SHOULDERS & ARMS

12 WORKOUT EXAMPLES

13 CONTACT US

WHAT IS HYPERTROPHY?

Hypertrophy refers to an increase in muscular size achieved through exercise. We will be focusing on creating muscular volume for the next **4-6 weeks**.

This program can be performed in congruence with your *Pledgendary Program training* sessions, or as a standalone. Speak with your Pledge Team Coach to create an optimized balance between you in-session work, and this program.



BEFORE STARTING

Always **monitor yourself** when performing a workout: avoid any exercise if it hurts, **work your way up** to our suggested set and repetition counts as you build your endurance. You should recover once a week with an **Active Rest Day** performing rolling and stretching of any tightness, and/or enjoy fun physical activities.

Perform all exercises with “Proper Form”. This means maintaining a wide chest, your shoulders down and back, a tight core (suck in your belly button towards your spine), and glutes engaged to maintain your hips directly below your rib cage.

For any given exercise, select weights and resistance based on what you can lift while maintaining proper form. A good rule of thumb for finding the right amount of weight to use: your last three repetitions should burn.

EQUIPMENT

Recommended Equipment for Hypertrophy Training:

- **Stopwatch**
- **Mat**
- **Bands**

Recommended Equipment for Weighted Movements:

- **Dumbbells / Barbells**
- **Cables**
- **Kettlebell**

While our **PTFStudios** have all the equipment one could dream of, each exercise can be modified with different equipment you have available at the moment.

Use what you have at your disposal.

Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.



WARMING UP

Each workout should be started with 5 minutes of any cardio activity and 5 minutes to stretch and roll any tightness.

This is **in addition to** the Dynamic Warm Up in each workout section.



Complete all four workout sections **once per week, for up to six weeks.**

WORKOUT TIMELINE

DAY 1 CHEST
Hypertrophy Training
pg. 8

DAY 2 BACK
Hypertrophy Training
pg. 9

DAY 3 LEGS
Hypertrophy Training
pg.10

DAY 4 SHOULDERS & ARMS
Hypertrophy Training
pg. 11



CHEST

After your Basic Warmup, Start Your Dynamic Workout: Perform every **major movement** once for **30-60 seconds** at low resistance.

PART 1

MAJOR MOVEMENTS

Choose two Major Movements, aiming to complete 10 sets of 10 repetitions for each one. Complete all sets of each movement before moving on to the next.

Movements should be performed slowly, adjusting resistance as possible to achieve 70% intensity in each set.

Rest: 60-90 seconds

PART 2

ACCESSORY MOVEMENTS

Choose two Accessory Movements, aiming to complete 3 sets of 12 repetitions for each one. You can complete all sets of each movement before moving on to the next, or as a circuit.

Rest: 30-60 seconds.

MAJOR MOVEMENTS

Chest Press

For modifications, use Barbell, Dumbbells, Band, or Machine



Chest Flies

For modifications, use a Cable, Band, Machine, or Dumbbell. If Standing, use Cable, or Band Mounted from a Door or Column. If on your Back, use Weights of any kind



Push Ups

For modifications, use a Band under the Hands and around back, or Elevate Feet for more resistance. Place Hands on a Higher Platform for less resistance



Dips (On Bench) or Dips (Off Bench)

For modifications:
On Bench: Use Dip Bars. Can be done off a Bench or Chair, or with aid from Legs to ease the Movement. Weight can be added to the Feet for Hanging



Off Bench: Dips, or the Lap for Bench Dips

ACCESSORY MOVEMENTS

Plank Walk-Outs

For modifications, add a Push Up at the Bottom of the Movement to increase resistance



Tricep Extensions

For modifications, use Cable, Machine, or Band underfeet/mounted to Door



DAY

1

BACK

After your Basic Warmup, Start Your Dynamic Workout: Perform every **major movement** once for **30-60 seconds** at low resistance.

PART 1

MAJOR MOVEMENTS

Choose two Major Movements, aiming to complete 10 sets of 10 repetitions for each one. Complete all sets of each movement before moving on to the next.

Movements should be performed slowly, adjusting resistance as possible to achieve 70% intensity in each set.

Rest: 60-90 seconds

PART 2

ACCESSORY MOVEMENTS

Choose two Accessory Movements, aiming to complete 3 sets of 12 repetitions for each one. You can complete all sets of each movement before moving on to the next, or as a circuit.

Rest: 30-60 seconds.

MAJOR MOVEMENTS

Pull Ups or Assisted Pull Ups

For modifications, Jump into the Pull Up for each Repetition, or by using a Band from the Bar to One Bent Knee



Pull Downs

For modifications, use a Machine, or Band can be Mounted High on the Door, while in a Kneeling Position to achieve the Movement



Bent-Over-Rows

For modifications, use Dumbbells, Barbell, Kettlebells, Band under Feet, or any kind of Weight



Seated Rows or Standing Rows

For modifications, use a Cable Machine or with a Band Mounted on a Door or Column in Front of You. Can be performed Seated or Standing



ACCESSORY MOVEMENTS

Pull Aparts

For modifications, use a Band, Machine or Cables to perform this Movement



Face Pulls

For modifications, use a Band, Machine or Cables to perform this Movement



Bicep Curls

For modifications, use Dumbbells, Barbell, Kettlebells, Band under feet, or any kind of Weight



DAY

2

LEGS

After your Basic Warmup, Start Your Dynamic Workout: Perform every **major movement** once for **30-60 seconds** at low resistance.

PART 1 MAJOR MOVEMENTS

Choose two Major Movements, aiming to complete 10 sets of 10 repetitions for each one. Complete all sets of each movement before moving on to the next.

Movements should be performed slowly, adjusting resistance as possible to achieve 70% intensity in each set.

Rest: 60-90 seconds

PART 2 ACCESSORY MOVEMENTS

Choose two Accessory Movements, aiming to complete 3 sets of 12 repetitions for each one. You can complete all sets of each movement before moving on to the next, or as a circuit.

Rest: 30-60 seconds.

MAJOR MOVEMENTS

Squat

For modifications, use Barbell, Band, or Weighted Backpack/Vest



Deadlift

For modifications, use Barbell, Band under feet, Kettlebell, or any Heavy Item for added resistance



Glute Bench Bridge

For modifications, add Weight of any kind onto your Lap for resistance, or go Single-Leg



Split Squat

For modifications, use Barbell, Band, or Weighted Backpack/Vest



ACCESSORY MOVEMENTS

Hamstring Curls

For modifications, use a Miniband or Band attached to Door or Column



Walking Lunges

For modifications, add Dumbbells or Weight of any kind to Hands for more resistance



Calf Raises

For modifications, add Dumbbells, Band, or any type of Weight for more resistance



Step Ups

For modifications, add a High Knee at the Top for Balance Work, or Weights or Bands for added resistance



Hip Raise

For modifications, add Weight of any kind onto your Lap for resistance, or go Single-Leg



Lateral Leg Raise

For modifications, use a Miniband on your Legs for added resistance, and/or Slow Down the Movement



SHOULDERS & ARMS

After your Basic Warmup, Start Your Dynamic Workout: Perform every **major movement** once for **30-60 seconds** at low resistance.

PART 1

MAJOR MOVEMENTS

Perform three Major Movements in order, aiming to complete 6 sets of 10 repetitions for each one. Complete all sets of each movement before moving on to the next.

Movements should be performed slowly, adjusting resistance as possible to achieve 70% intensity in each set.

Rest: 60-90 seconds

PART 2

ACCESSORY MOVEMENTS

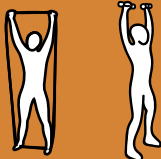
Perform all three Accessory Movements, aiming to complete 3 sets of 12 repetitions for each one. You can complete all sets of each movement before moving on to the next, or as a circuit.

Rest: 30-60 seconds.

MAJOR MOVEMENTS

Banded Shoulder Press or Shoulder Press

For modifications, use Barbell, Dumbbells, Kettlebells, Band, or Machine



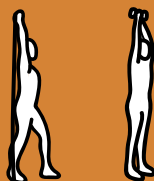
Bicep Curls

For modifications, use Cables, Barbell, Kettlebells, Band, Machine, or Dumbbell



Banded Tricep Extension or Tricep Extension

For modifications, use Barbell, Dumbbells, Kettlebells, Band, or Machine



ACCESSORY MOVEMENTS

Lateral Raises

For modifications, use a Barbell, Dumbbells, Kettlebells, or a Band



Frontal Raises

For modifications, use a Cable or Band



Pull Apart

For modifications, use a Band or Cables



DAY

4

WORKOUT EXAMPLES

These examples are made to understand the different workout flows. Please follow the exercises at your level and according to the day you are on.

DAY 1. CHEST

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Chest Press
- 60 seconds of Chest Flys
- 60 seconds of Push Ups
- 60 seconds of Dips (Off Bench)

Workout

- 10 sets of 10 repetitions of Chest Press
- Rest 90 seconds
- 10 sets of 10 repetitions of Dips (On Bench)
- Rest 90 seconds
- 3 sets of 12 repetitions of Plank Walk-Outs
- Rest 60 seconds
- 3 sets of 12 repetitions of Tricep Extension

DAY 4. SHOULDERS & ARMS

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Shoulder Press
- 60 seconds of Bicep Curls
- 60 seconds of Tricep Extension

Workout

- 6 sets of 10 repetitions of Shoulder Press
- Rest 90 seconds
- 6 sets of 10 repetitions of Bicep Curls
- Rest 90 seconds
- 6 sets of 10 repetitions of Tricep Extension
- Rest 90 seconds
- 3 sets of 12 repetitions of Lateral Raises
- Rest 60 seconds
- 3 sets of 12 repetitions of Frontal Raises
- Rest 60 seconds
- 3 sets of 12 repetitions of Pull Aparts



HAVE QUESTIONS?

Contact your Pledge Team Coach or write us at
info@pledgetofitness.com

Disclaimer This handout has an educational purpose. It is not medical advice, nor is it intended to replace professional medical advice or treatment. It is also not intended to be exhaustive and cannot be guaranteed in every case to incorporate new scientific, kinesiological, or medical research, or to be retroactively updated to incorporate such new information, although every effort is made to provide the most up-to-date information available at the time of publishing. These workouts should also not be assumed to be universally applicable in every case, as every person's health status is unique. You are encouraged to verify any information or exercise obtained from this handout with your physician or other health care professional.

The use of this handout does not in itself constitute a relationship between you and Pledge To Fitness. Pledge To Fitness is not responsible for any training or exercise you undertake based solely on information from these workout suggestions.