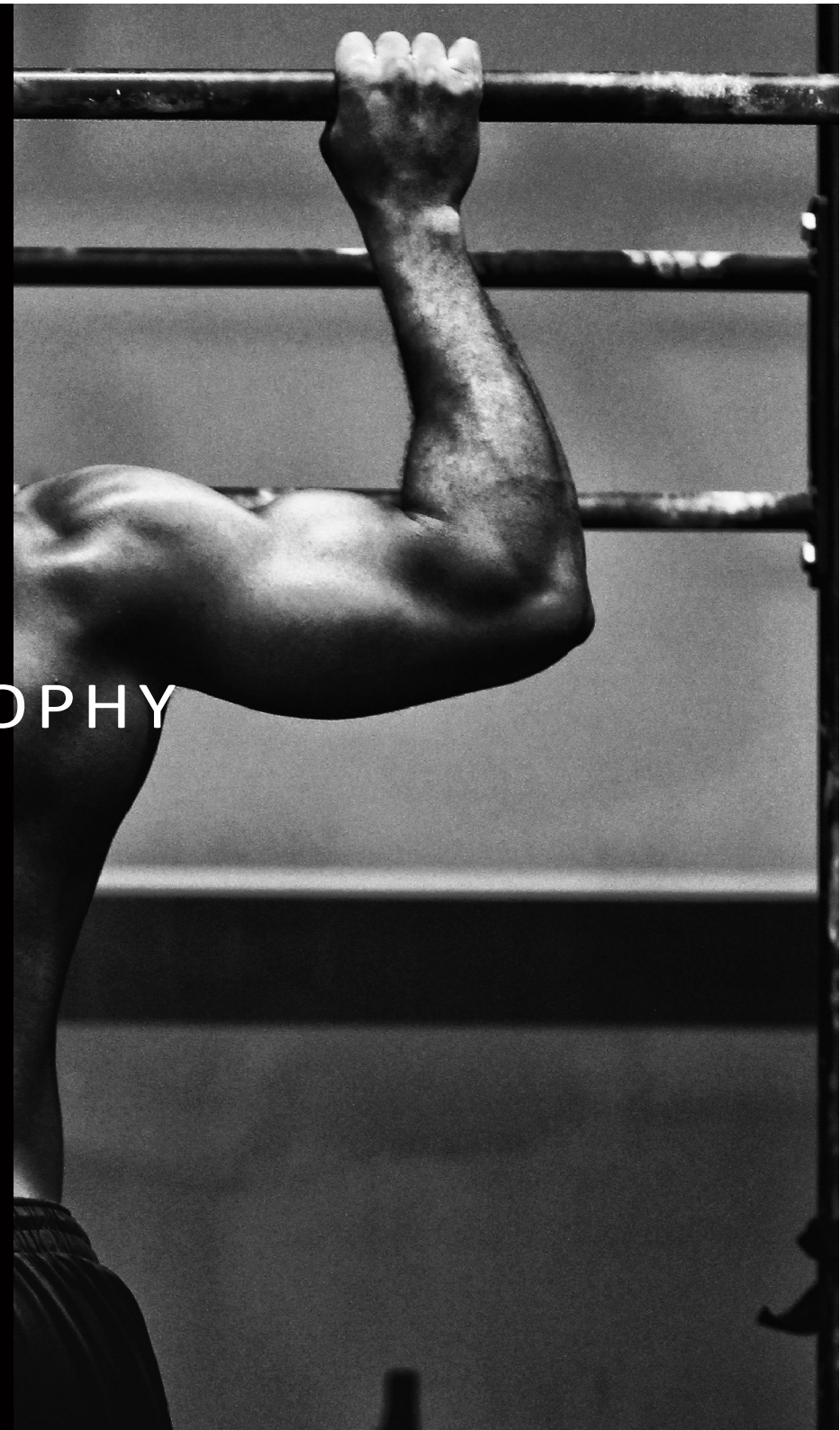




THE GYM ACADEMY

PRESENTS

TGA FUNCTIONAL HYPERTROPHY PART 1





LEGAL

DISCLAIMER

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SCHEDULE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
CHEST / BACK	LEGS / ABS	ARMS/ SHOULDERS	Off	CHEST / BACK	LEGS / ABS	ARMS/ SHOULDERS	Off

FUNCTIONAL HYPERTROPHY PART 1 – DAY 1 – CHEST & BACK						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 – BB Inc. 45-degree bench press	1	8	3	6010	120	
	2	8	3	6010	120	
	3	8	3	6010	120	
	4	7	3	6010	120	
	5	6	3	6010	120	
	6	6	3	6010	120	
A2 – chin up Supinated grip sternum to bar	1	8	3	6010	120	
	2	8	3	6010	120	
	3	8	3	6010	120	
	4	7	3	6010	120	
	5	6	3	6010	120	
	6	6	3	6010	120	
B1 – Db. flat bench press	1	4-6	3	3011	120	
	2	4-6	3	3011	120	
	3	4-6	3	3011	120	
	4	3-5	4	3011	120	

	5	3-5	4	3011	120	
	6	3-5	4	3011	120	
B2 – Pull ups Supinated grip sternum to bar	1	4-6	3	3110	120	
	2	4-6	3	3110	120	
	3	4-6	3	3110	120	
	4	3-5	4	3110	120	
	5	3-5	4	3110	120	
	6	3-5	4	3110	120	

FUNCTIONAL HYPERTROPHY PART 1 – DAY 2 – LEGS & ABS						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 – Db goblet squats heels elevated	1	8	3	6010	120	
	2	8	3	6010	120	
	3	8	3	6010	120	
	4	7	3	6010	120	
	5	6	3	6010	120	
	6	6	3	6010	120	
A2 – Seated machine hamstring curls	1	8	3	6010	120	
	2	8	3	6010	120	

	3	8	3	6010	120	
	4	7	3	6010	120	
	5	6	3	6010	120	
	6	6	3	6010	120	
B1 – BB back squats heels elevated	1	4-6	3	3011	120	
	2	4-6	3	3011	120	
	3	4-6	3	3011	120	
	4	3-5	4	3011	120	
	5	3-5	4	3011	120	
	6	3-5	4	3011	120	
B2 – Db split squats	1	4-6	3	3110	120	
	2	4-6	3	3110	120	
	3	4-6	3	3110	120	
	4	3-5	4	3110	120	
	5	3-5	4	3110	120	
	6	3-5	4	3110	120	

C – Garhammer curls	1	10-12	3	1110	60	
	2	10-12	3	1110	60	
	3	10-12	3	1110	60	
	4	8-10	4	1110	60	
	5	8-10	4	1110	60	
	6	8-10	4	1110	60	

FUNCTIONAL HYPERTROPHY PART 1 – DAY 3 – ARMS & SHOULDERS

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 -Db biceps curls seated pronated grip	1	3	8	6010	120	
	2	3	8	6010	120	
	3	3	8	6010	120	
	4	3	7	6010	120	
	5	3	6	6010	120	
	6	3	6	6010	120	
A2 Db decline 10 degrees bench press neural grip	1	3	8	6010	120	
	2	3	8	6010	120	
	3	3	8	6010	120	
	4	3	7	6010	120	
	5	3	6	6010	120	
	6	3	6	6010	120	
B1 – E-z bar Scott curl standing curl	1	4-6	3	3110	120	
	2	4-6	3	3110	120	
	3	4-6	3	3110	120	
	4	3-5	4	3110	120	

	5	3-5	4	3110	120	
	6	3-5	4	3110	120	
B2 – Db triceps extension decline 10 degrees	1	4-6	3	3011	120	
	2	4-6	3	3011	120	
	3	4-6	3	3011	120	
	4	3-5	4	3011	120	
	5	3-5	4	3011	120	
	6	3-5	4	3011	120	
C – DB seated external rotation elbows supported on knee	1	8-10	3	4010	60	
	2	8-10	3	4010	60	
	3	7-9	3	4010	60	
	4	7-9	4	4010	60	
	5	6-8	4	4010	60	
	6	6-8	4	4010	60	

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