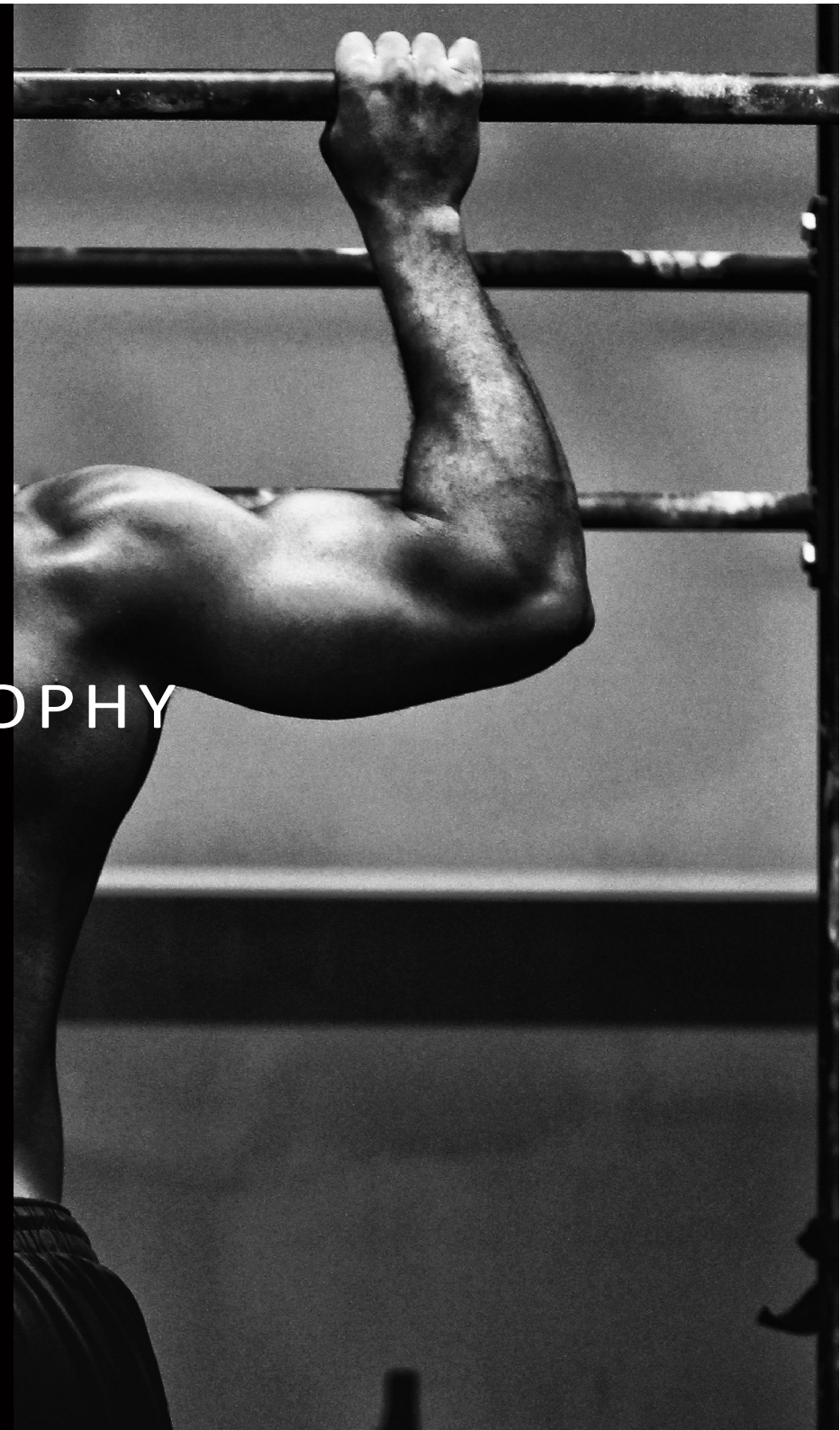




THE GYM ACADEMY

PRESENTS

# TGA FUNCTIONAL HYPERTROPHY PART 3





LEGAL

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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 3 – DAY 1 – CHEST & BACK						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 Bench press std bb 45 Inc. mid grip	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5*	5	4010	120	
	6	5*	5	4010	120	
A2 Chin ups sternum mid supinated grip	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5*	5	4010	120	
	6	5*	5	4010	120	
B1 - Bench press db. 45 Inc. neutral grip	1	7-9	4	3011	120	

	2	7-9	4	3011	120	
	3	6-8	5	3011	120	
	4	6-8	5	3011	120	
	5	5-7	5	3011	120	
	6	5-7	5	3011	120	

B2 Chin ups mid supinated grip	1	7-9	4	3110	120	
	2	7-9	4	3110	120	
	3	6-8	5	3110	120	
	4	6-8	5	3110	120	
	5	5-7	5	3110	120	
	6	5-7	5	3110	120	

**FUNCTIONAL HYPERTROPHY PART 3 – DAY 2 – LEGS & ABS**

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 – Front squat bb heels flat narrow	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5	5	4010	120	
	6	5	5	4010	120	
A2 - Seated leg curl feet neutral plantarflexed	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5	5	4010	120	
	6	5	5	4010	120	
B1 Back squat bb heels flat normal	1	7-9	4	3011	120	
	2	7-9	4	3011	120	

	3	6-8	5	3011	120	
	4	6-8	5	3011	120	
	5	5-7	5	3011	120	
	6	5-7	5	3011	120	
B2 Seated leg curl feet neutral dorsiflexed	1	7-9	4	3011	120	
	2	7-9	4	3011	120	
	3	6-8	5	3011	120	
	4	6-8	5	3011	120	
	5	5-7	5	3011	120	
	6	5-7	5	3011	120	

FUNCTIONAL HYPERTROPHY PART 3 – DAY 2 – LEGS & ABS						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
C1 - Crunch on swiss ball twisting	1	15-20	3	1110	60	
	2	15-20	3	1110	60	
	3	15-20	3	1110	60	
	4	15-20	3	1110	60	
	5	12-15	4	1110	60	
	6	12-15	4	1110	60	
C2 - Calf raise machine standing feet inwards	1	15-20	3	1110	60	
	2	15-20	3	1110	60	
	3	15-20	3	1110	60	
	4	15-20	3	1110	60	
	5	12-15	4	1110	60	
	6	12-15	4	1110	60	



**FUNCTIONAL HYPERTROPHY PART 3 – DAY 3 – ARMS & SHOULDERS**

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 -Bench press floor std bar close grip	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5	5	4010	120	
	6	5	5	4010	120	
A2 Biceps curl seated Scott 45 std ez bar narrow supinated grip	1	3-5	4	4010	120	
	2	3-5	4	4010	120	
	3	3-5/5*	4/1	4010	120	
	4	3-5/5*	4/1	4010	120	
	5	5	5	4010	120	
	6	5	5	4010	120	

B1 -Triceps extension ez bar flat pronated grip	1	7-9	4	3011	90	
	2	7-9	4	3011	90	
	3	6-8	5	3011	90	
	4	6-8	5	3011	90	
	5	5-7	5	3011	90	
	6	5-7	5	3011	90	
B2 - Biceps curl seated supinating grip	1	7-9	4	3011	90	
	2	7-9	4	3011	90	
	3	6-8	5	3011	90	
	4	6-8	5	3011	90	
	5	5-7	5	3011	90	
	6	5-7	5	3011	90	

C1 – External rotation standing mid pulley rope supinated grip	1	8-10	3	3010	60	
	2	8-10	3	3010	60	
	3	7-9	3	3010	60	
	4	7-9	3	3010	60	
	5	6-8	4	3010	60	
	6	6-8	4	3010	60	
C2 - Powell raise db. flat	1	10-12	4	3010	60	
	2	10-12	3	3010	60	
	3	9-11	3	3010	60	
	4	9-11	3	3010	60	
	5	8-10	4	3010	60	
	6	8-10	4	3010	60	







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