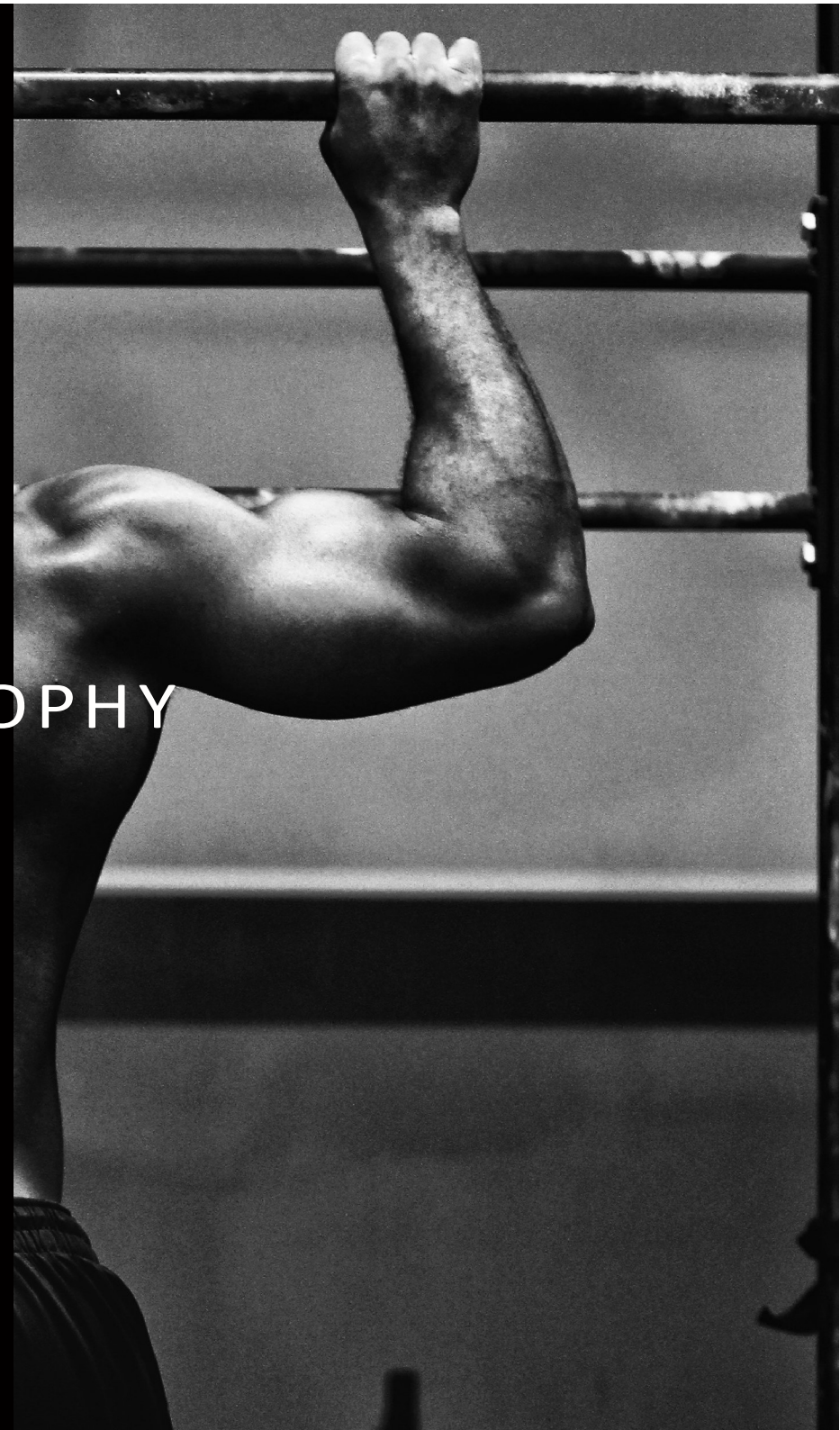




THE GYM ACADEMY

PRESENTS

TGA FUNCTIONAL HYPERTROPHY PART 4





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 4 – DAY 1 – CHEST & BACK

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 - Bench press std bb supine mid grip 1 1/4 bottom	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 on rings parallel grip 1 1/4 bottom	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. flat pronating 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 - Fly's low pulley handle 15 decline. neutral 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	

B3 - Chin up 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	
B4 - Pullover flat straight handle mid pronated 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	

C - Powell raise 15 in, db.	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 4 – DAY 2 – LEGS & ABS

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 – Front squat bb heels flat narrow 11/4 bottom	1	5-7	5	4010	120	
	2	5-7	5	4010	120	
	3	4-6	5	4010	120	
	4	4-6	5	4010	120	
	5	3-5	6	4010	120	
	6	3-5	6	4010	120	
A2 – Seated curl feet neutral plantarflexed 1 1/4 bottom	1	5-7	5	4010	120	
	2	5-7	5	4010	120	
	3	4-6	5	4010	120	
	4	4-6	5	4010	120	
	5	3-5	6	4010	120	
	6	3-5	6	4010	120	
B1 - Back squat bb heels flat normal	1	5-7	3	3011	10	
	2	5-7	3	3011	10	

	3	4-6	3	3011	10		
	4	4-6	3	3011	10		
	5	3-5	4	3011	10		
	6	3-5	4	3011	10		
	B2 - Drop lunges back bb alternating	1	8-10	3	3110	90	
		2	8-10	3	3110	90	
3		7-9	3	3110	90		
4		7-9	3	3110	90		
5		6-8	4	3110	90		
6		6-8	4	3110	90		

B3 - Seated curl feet neutral	1	6-8	3	3011	10	
	2	6-8	3	3011	10	
	3	5-7	3	3011	10	
	4	5-7	3	3011	10	
	5	4-6	4	3011	10	

	6	4-6	4	3011	10	
B4 - Romanian deadlift db. feet wide	1	10-12	3	3110	90	
	2	10-12	3	3110	90	
	3	9-11	3	3110	90	
	4	9-11	3	3110	90	
	5	8-10	4	3110	90	
	6	8-10	4	3110	90	
C1 - Pull in low pulley	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 – Garhammer curl	1	15-20	3	2110	60	
	2	15-20	3	2110	60	
	3	15-20	3	2110	60	
	4	15-20	3	2110	60	
	5	12-15	4	2110	60	
	6	12-15	4	2110	60	

FUNCTIONAL HYPERTROPHY PART 4 – DAY 3 – ARMS & SHOULDERS						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 -Bench press supine std bar close grip 1 ¼ bottom	1	5-7	5	4010	120	
	2	5-7	5	4010	120	
	3	4-6	6	4010	120	
	4	4-6	6	4010	120	
	5	3-5	6	4010	120	
	6	3-5	6	4010	120	
A2 Scott curl seated 45-degree E-z bar mid supinated grip	1	5-7	5	4010	120	
	2	5-7	5	4010	120	
	3	4-6	5	4010	120	
	4	4-6	5	4010	120	
	5	3-5	6	4010	120	
	6	3-5	6	4010	120	
B1 – Bench press supine std BB close grip	1	5-7	3	3110	10	

2	5-7	3	3110	10	
3	4-6	3	3110	10	
4	4-6	3	3110	10	
5	3-5	4	3110	10	
6	3-5	4	3110	10	

B2 – Triceps extension flat db. pronated grip	1	8-10	3	3011	90	
	2	8-10	3	3011	90	
	3	7-9	3	3011	90	
	4	7-9	3	3011	90	
	5	6-8	4	3011	90	
	6	6-8	4	3011	90	
B3 – Biceps curls Scott seated 45-degree E-z bar narrow supinated grip	1	8-10	3	3011	10	
	2	8-10	3	3011	10	
	3	7-9	3	3011	10	
	4	7-9	3	3011	10	

	5	6-8	4	3011	10	
	6	6-8	4	3011	10	
B4 – Biceps curls db. seated concentration supinated grip	1	8-10	3	3011	90	
	2	8-10	3	3011	90	
	3	7-9	3	3011	90	
	4	7-9	3	3011	90	
	5	6-8	4	3011	90	
	6	6-8	4	3011	90	
C – External rotation standing low pulley handle arm to the side	1	8-10	4	4010	60	
	2	8-10	4	4010	60	
	3	7-9	4	4010	60	
	4	7-9	4	4010	60	
	5	6-8	4	4010	60	
	6	6-8	4	4010	60	

WORKOUT GOAL OF SESSION

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
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# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
# REPS												
LOAD												

EXCERCISE

SET	1	2	3	4	5	6	7	8	9	10	11	12
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