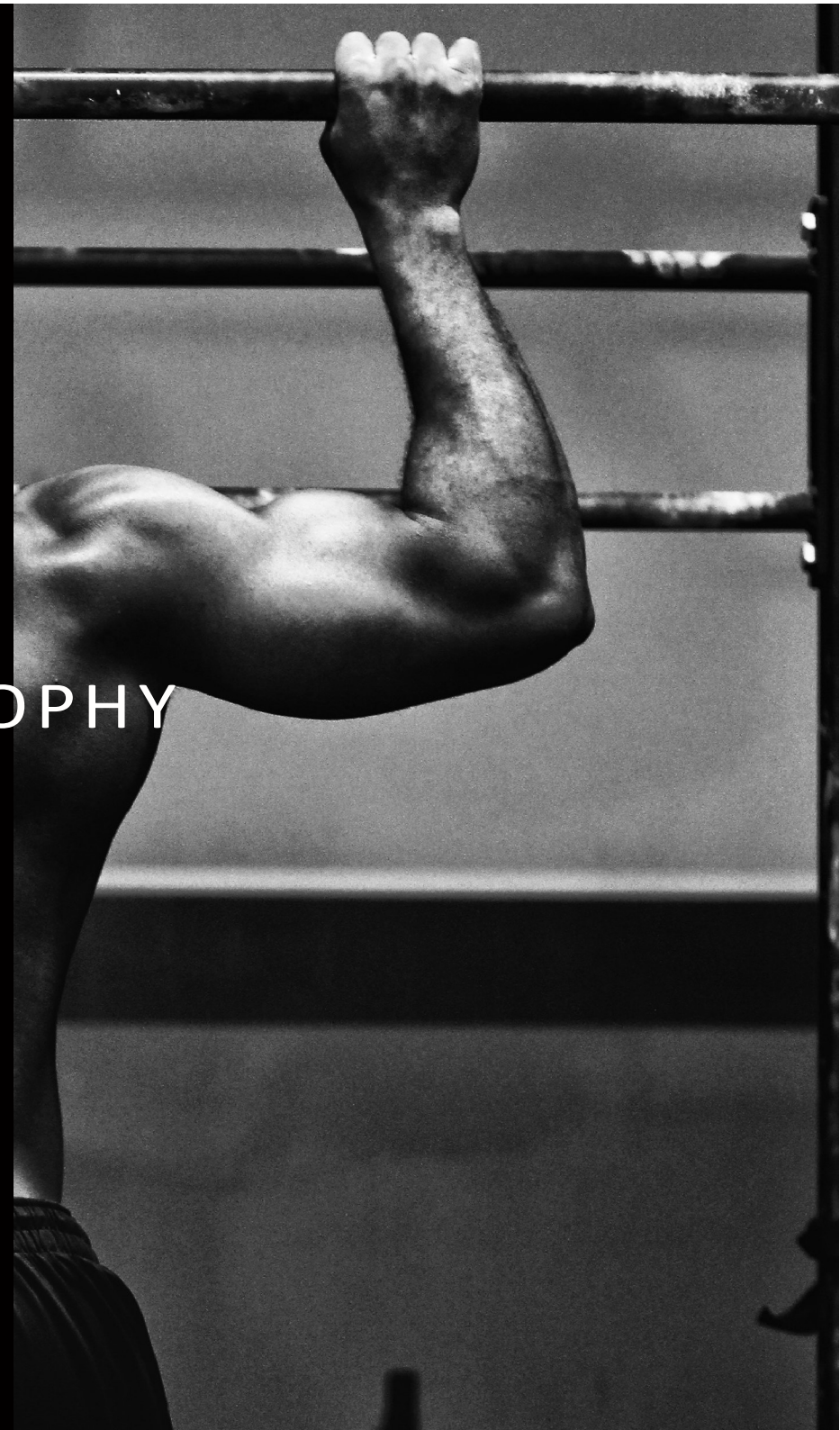




THE GYM ACADEMY

PRESENTS

TGA FUNCTIONAL HYPERTROPHY PART 2





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 2 – DAY 1 – CHEST & BACK						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 Bench press flat std bb mid pronated grip	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	
	3	4,3,3,2,2,1	6	4010	120	
	4	4,3,3,2,2,1	6	4010	120	
	5	3,2,1,3,2,1	6	4010	120	
	6	3,2,1,3,2,1	6	4010	120	
A2 Pull ups sternum mid pronated grip	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	
	3	4,3,3,2,2,1	6	4010	120	
	4	4,3,3,2,2,1	6	4010	120	
	5	3,2,1,3,2,1	6	4010	120	
	6	3,2,1,3,2,1	6	4010	120	
B2 Pull ups sternum narrow pronated grip	1	4-6	3	3110	120	

2	4-6	3	3110	120	
3	3-5	3	3110	120	
4	3-5	3	3110	120	
5	2-4	4	3110	120	
6	2-4	4	3110	120	

FUNCTIONAL HYPERTROPHY PART 2 – DAY 2 – LEGS & ABS						
EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 - Squats front bb heels flat narrow	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	
	3	4,3,3,2,2,1	6	4010	120	
	4	4,3,3,2,2,1	6	4010	120	
	5	3,2,1,3,2,1	6	4010	120	
	6	3,2,1,3,2,1	6	4010	120	
A2 - Seated leg curl unilateral neutral leg	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	

	3	4,3,3,2,2,1	6	4010	120	
	4	4,3,3,2,2,1	6	4010	120	
	5	3,2,1,3,2,1	6	4010	120	
	6	3,2,1,3,2,1	6	4010	120	
B1 - Split squat front bb front foot flat	1	4-6	3	3011	120	
	2	4-6	3	3011	120	
	3	3-5	3	3011	120	
	4	3-5	3	3011	120	
	5	2-4	4	3011	120	
	6	2-4	4	3011	120	
B2 Seated Good morning bb feet wide	1	6-8	3	3011	120	
	2	6-8	3	3011	120	
	3	5-7	3	3011	120	
	4	5-7	3	3011	120	
	5	4-6	4	3011	120	
	6	4-6	4	3011	120	

C - Twisting pull in	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 2 – DAY 3 – ARMS & SHOULDERS

EXERCISES	WEEK	REPS	SETS	TEMPO	REST	W/R
A1 -Bench press flat close grip	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	
	3	4,4,3,3,2,3	6	4010	120	
	4	4,4,3,3,2,4	6	4010	120	
	5	4,4,3,3,2,5	6	4010	120	
	6	4,4,3,3,2,6	6	4010	120	
A2 Biceps curl seated Scott 45 std ez bar narrow pronated grip	1	4,4,3,3,2,2	6	4010	120	
	2	4,4,3,3,2,2	6	4010	120	
	3	4,4,3,3,2,3	6	4010	120	
	4	4,4,3,3,2,4	6	4010	120	
	5	4,4,3,3,2,5	6	4010	120	
	6	4,4,3,3,2,6	6	4010	120	
B1 -Biceps curl Scott seated dB Zottman grip	1	5-7	3	3011	120	

	2	5-7	3	3011	120	
	3	4-6	3	3011	120	
	4	4-6	4	3011	120	
	5	3-5	4	3011	120	
	6	3-5	4	3011	120	
B2 Triceps extension db. 10 degree decline neutral grip	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 – External rotation db. seated supported arm in front	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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