

High-Intensity Hypertrophy Met-Con Split

Three sets per movement: a light set to failure, a moderate set to failure, and a final set driven to the absolute limit—where another rep does not exist. Add 5–10 lbs each set. If you exceed 6–8 reps (upper) or 12–20 reps (lower) on the final set, the weight must rise next session. Progress is the only law.

Lower body thrives on higher reps; the core is hammered with 20–100 reps or long, punishing holds. Every rep is controlled: slow, purposeful, and dictated by willpower rather than momentum. Intensity is the great sculptor; anything half-hearted is wasted time.

Lagging muscle? Add 1–3 finisher sets with the first-set weight—sparingly, intelligently. Main lifts may use a first-set-last pump set of 15–20, or a heavy 3–5 rep effort when earned. This style is brutal but rational meaning no ego lifting, no circus tricks. Eleven years refining it; it will transform anyone who commits.

If cutting, add 20,000 steps or 90 minutes slow cardio daily.

Steady, simple, brutally effective.

Rest-pause every exercise. 15–30 seconds between efforts—just enough breath to survive, not enough to soften. No drop sets. Calves behind? 50–100 reps rest-pause.

Finish with weighted core, 30 min cardio, lever progression; if cutting, add the 90-min walk.

Workout A - Chest/Back

Incline Dumbbell Press

Incline Dumbbell Fly or Pec Dec or Cable Flies

Parallel Bars Dips (Weighted or Unweighted or Assisted) or Decline Barbell Bench

Barbell Row or Dumbbell Rows

Barbell or Dumbbell Shrugs, or Rack Pulls

Close Grip Underhand Pulldowns

Weighted Pull Ups or Wide Grip Lat Pulldowns or Straight Arm Pushdowns

Workout B - Shoulders/Arms

Shoulder Press (Machine/DB/Barbell)

Lateral Raises (Machine/Cable/DB)

Bent Over Raises (Machine/Cable/DB)

Straight Bar Curls

Hammer Curls or Reverse Curls

Concentration or Incline Curls or Low Cable Curls

Tricep Dips or Close Grip Bench

Overhead Tricep Extensions

Cable Pushdowns

Workout C - Legs

(Do abs and cardio here after legs)

Leg Extensions

Machine Hack Squat

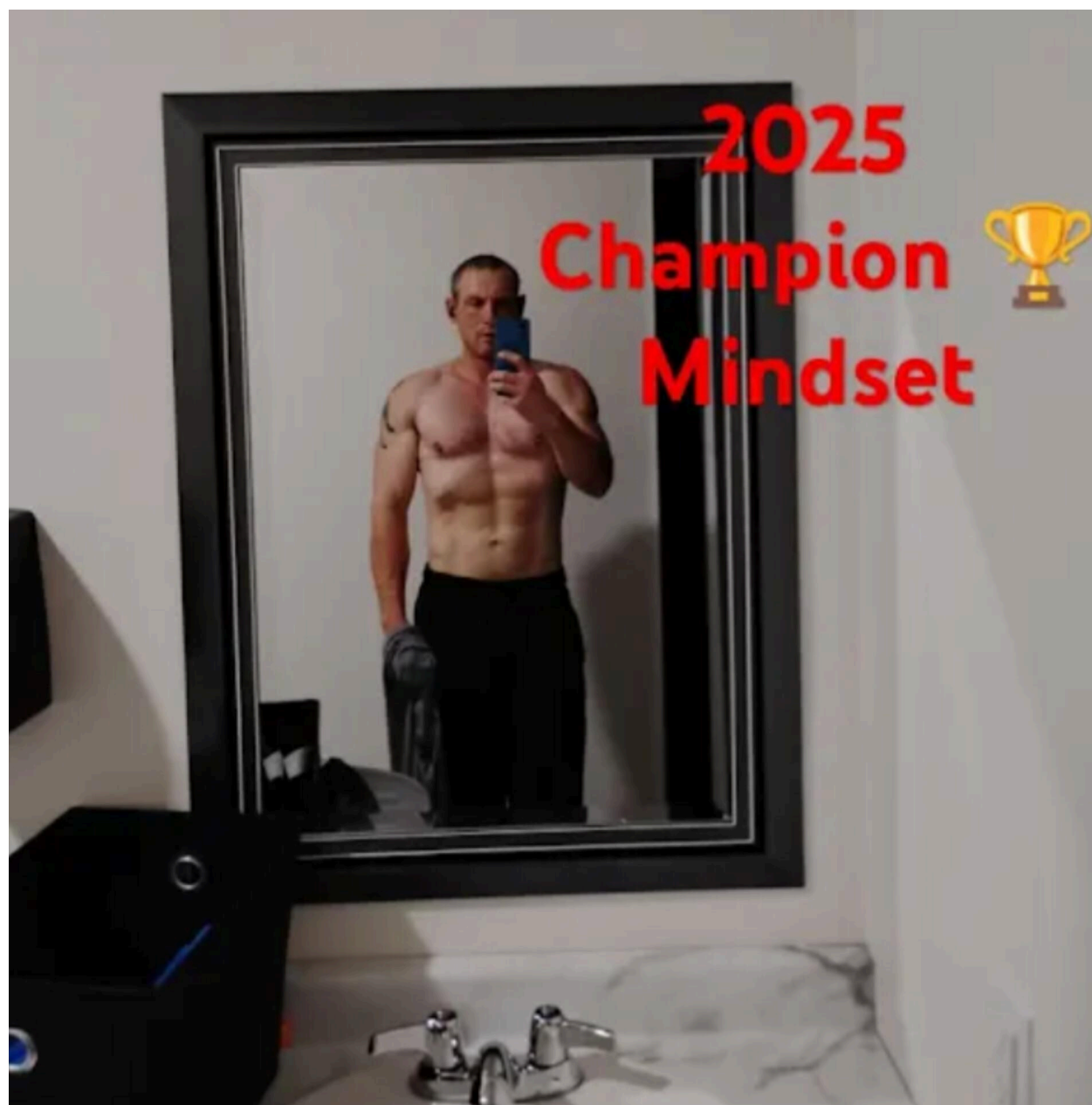
Reverse Deadlift

Lying or Seated Leg Curls

Dumbbell or Barbell Romanian Deadlifts

Calf Raises

Schedule: Mon A • Tues B • Wed C • Thu Rest • Fri A • Sat B • Sun C



2020



