



# TORIAN HYPE

HYPERTROPHY PROGRAM | 8 WEEKS



# TORIAN HYPE

This program is based on the principles of German Volume Training. This training protocol is a great way to train if you'd like to add a few kilos of lean muscle mass. It is not easy though, and new lifters should beware. Due to the high volume of reps incorporated in an attempt to stress the muscle and illicit a growth response, GVT training is known to produce significant soreness in the days following a session. So, depending on your goals, you may need to schedule a few extra rest days than normal or even cut down on a CrossFit class or two in order to allow for adequate recovery.



## OBJECTIVE:

Each and every session of the 8 week program will feature a primary lift. The goal of each session is to perform 10 unbroken sets of 10 whilst adhering to the prescribed rest periods.

## DURATION

3 days per week for 8 weeks.

## REST PERIODS

Rest periods should be strictly monitored. Actively take note of the clock or a stopwatch to monitor your rest periods in between sets.

## TEMPO

Reps should perform with a focus on quality and full range of motion. The tempo should be a 4-0-2-0.

This means you lower the weight for a count of 4, no pause at the bottom, 2 seconds on the way up, and no pause at the top.

## LOADS

Begin week 1 with a weight you know you could lift for 20 reps if you had to. Somewhere around 50-60% of your 1RM.

## INCREASING WEIGHT

The goal is to perform 10 sets of 10 unbroken whilst sticking to the strict 90 second rest periods.

So on week 1 your set break down for Bench Press may look like... 10-10-10-10-10-10-8-7-7-6.

Because you weren't able to perform all 10 sets to completion, you would retain that same weight for next weeks Bench Press session.

Once you can complete 10 unbroken sets of 10 the primary lift, it's time to increase the weight for the corresponding session next week.

Weight increase should be approximately 5%.

## SECONDARY & ACCESSORY EXERCISES

The second exercise will be performed the same way as the first however with 5 sets instead of 10.

The third and fourth exercises are accessories and will be performed together as a superset. Rest 60 seconds between exercise.

## WEEKLY SPLIT

Do not perform strength sessions on consecutive days. Ideal split would be Mon, Wed, Fri or Tues, Thurs, Sat.

# WEEK 1

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
Arnold Press	5	10	90
Inc Bench Press	3	8-12	60
Bent Over Lat Raise	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
DB Split Squat	3	12	60
Hip Extension	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
Bent Over Row	5	10	90
Barbell Curl	3	8-12	60
Close Grip Bench Press	3	8-12	60

# WEEK 2

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
BB Strict Press	5	10	90
Inc DB Bench Press	3	8-12	60
Upright Row	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
DB Split Squat	3	12	60
Hip Extension	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
T-Bar Row	5	10	90
Seated DB Curl	3	8-12	60
Skull Crusher	3	8-12	60

# WEEK 3

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
Arnold Press	5	10	90
Inc Bench Press	3	8-12	60
Bent Over Lat Raise	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
DB Split Squat	3	12	60
Hip Extension	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
Bent Over Row	5	10	90
Barbell Curl	3	8-12	60
Close Grip Bench Press	3	8-12	60

# WEEK 4

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
BB Strict Press	5	10	90
Inc DB Bench Press	3	8-12	60
Upright Row	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
DB Split Squat	3	12	60
Hip Extension	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
T-Bar Row	5	10	90
Seated DB Curl	3	8-12	60
Skull Crusher	3	8-12	60

# WEEK 5

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
Arnold Press	5	10	90
Inc Bench Press	3	8-12	60
Standing Lat Raise	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
BB Split Squat	3	12	60
Hip Thrust	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
Bent Over Row	5	10	90
Barbell Curl	3	8-12	60
Flat Bench Hammer Press	3	8-12	60



# WEEK 6

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
BB Strict Press	5	10	90
Inc DB Fly	3	8-12	60
Hammer Curl & Press	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
BB Split Squat	3	12	60
Hip Thrust	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
T-Bar Row	5	10	90
Seated DB Curl	3	8-12	60
Dips	3	Max	60

# WEEK 7

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
Arnold Press	5	10	90
Inc Bench Press	3	8-12	60
Standing Lat Raise	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
BB Split Squat	3	12	60
Hip Thrust	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
Bent Over Row	5	10	90
Barbell Curl	3	8-12	60
Flat Bench Hammer Press	3	8-12	60

# WEEK 8

## DAY 1 - CHEST & SHOULDERS

Exercise	Sets	Reps	Rest
Bench Press	10	10	90
BB Strict Press	5	10	90
Inc DB Fly	3	8-12	60
Hammer Curl & Press	3	8-12	60

## DAY 2 - LEGS

Exercise	Sets	Reps	Rest
Back Squat	10	10	90
RDL	5	10	90
BB Split Squat	3	12	60
Hip Thrust	3	15	60

*\*Rear foot elevated split squat (6 inch).*

## DAY 3 - BACK & ARMS

Exercise	Sets	Reps	Rest
Pull-Up	10	10	90
T-Bar Row	5	10	90
Seated DB Curl	3	8-12	60
Dips	3	Max	60