

Hypertrophy Academy

Day 1

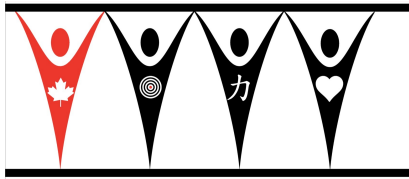
8:00 - 8:30	Introduction, House rules, official business
8:30 - 9:30	Types of Hypertrophy <ul style="list-style-type: none">- what does it take to create hypertrophy- basics you need in designing workouts
9:30 - 10:15	learn to lift, learn to train, train hard and make gains <ul style="list-style-type: none">- Hypertrophy and training- Quick lifting technical overview of the most popular upper body exercises and muscle recruitment.
10:30 - 11:45	Training: Basic hypertrophy system (seldom used) - Lower Body.
11:45 - 12:00	Quick Review / Feedback
12:00 - 13:15	Lunch
13:15 - 14:15	Proven system to use with general population <ul style="list-style-type: none">- what works, what does not work- what to be aware when training beginners- most common mistakes
14:30 - 15:15	Optimal mass gain is definitely NOT just about Hypertrophy Work. <ul style="list-style-type: none">- Understanding the component of training response.- Interrelation between Hypertrophy and other strength quality.<ul style="list-style-type: none">• Volume vs Intensity• Reps, sets, Speed of contraction
15:30 - 16:30	Training - Lower
16:45 - 17:00	Review of training, feedback
17:00 - 18:00	Practical part 1: program design. Homework for tomorrow



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Day 2

- 8:00 - 8:30 Review of previous day, question period.
- 8:30 - 9:15 Homework review and feedback
 - practical part 1: how to write hypertrophy workouts
 by applying what we have learned from day 1.
- 9:30 - 10:15 Factors to pay attention to
 - Rest and overall recovery.
 - Supplements (stick to the basics)
 - “Green flags” and “Red flags”
- 10:30 - 11:30 Training , High threshold - Arms
- 11:30 - 11:45 Quick Review / Feedback
- 11:45 - 13:00 Lunch
- 13:00 - 14:30 Quick overview of most popular lower body exercises
 and muscle recruitment.
 Making sense of the multitude training system out there.
 How to write your workouts
 - theory of how to choose from the
 different training systems for optimal mass gains.
 - Practical part 2: applying what we have learned
- 14:45 - 15:15 Basic Nutrition and Supplementation to help Hypertrophy Gains.
- 15:30 - 16:30 Training , Hypertrophy system - Arms
- 16:45 - 17:45 Introduction to the Structural Screening.
 We will go over the movement base structural balance screening
 method I use to help me design my training programs for my
 clients.
- 17:45-18:00 Practical part 2 - Homework



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Day 3

- 8:00- 8:30 Review of previous day, question period.
- 9:30- 10:15 Hypertrophy for advance trainee; different beast different rules?
- how to delay and minimize the inevitable decrease in hypertrophy gains as your client's training age increases.
 - What happens to rules and principals? How do they apply for people that have been training for many years.
 - What is what "dormant strength"
- 10:30 - 11:15 Structural Screening
- How to best administer this "evaluation".
 - How to interpret what you see.
- 11: 30 - 12:30 Training, advance system - Torso
- 12:30 - 12:45 Quick Review / Feedback
- 12:45 - 14:00 Lunch
- 14:00 - 15:00 Lifting Technique Overview of the most popular lower body lifts
- 15:15 - 16:15 Practical part 3: How to write workouts for advance trainee applying what we have learned, writing workouts in sequence for best hypertrophy results.
- 16:30 - 17:30 Training, advance system - Torso
- 17:30 - 18:00 Question period, wrap-up of the last 3 days.

**** Scheduling CAN BE SUBJECT TO CHANGE to accommodate gym schedule or other unforeseen situation.