

Name: _____

Hypertrophy Program

This type of program is developed and completed to increase the amount of muscle tissue throughout the body. This is usually a good starting point for individuals that have not lifted before or are cycling off of other types of programs.

- 4-6 weeks
- 3-10 sets/muscle group
 - 6-12 reps
- 60-90 seconds rest between each set

Design a hypertrophy program using the guidelines given. Items included in a quality program are as follows:

- **# of days lifting**
- **Muscle identified**
- **Amount of rest**
 - **# of sets**
- **# of repetitions**
- **Exercises performed**

The table attached is a guideline for program design, it is up to you to supply the material to create a productive and safe lifting program.