

Hypertrophy Program

	Date				Date				Date				Date			
Exercise	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest

(Ex: Exercise/ Muscle/ # of reps/ # of sets)

Day 1

Day 2

Day 3

Day 4