**BACK**

**HYPERTROPHY**

|  |
| --- |
| [**handstandpushup.com**](https://www.handstandpushup.com/) **.** **WEEK 4****CREATE YOUR OWN WORKOUT | TRACK YOUR PROGRESS**  |
|  **GENERAL WARM-UP** | 10-15 minutes (dynamic stretching/foam roll/walking, etc.)**ENTER CHOICE:** ▁▁▁▁▁▁▁▁▁▁▁▁ |
| **PART 1** | **WARM-UP SETS** |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **LAT PULLDOWN** | **1-2** | **12** | **50-60%** | **2/0/2** | **60 s** |
| **1-ARM DB ROW** | **1-2** | **12** | **50-60%** | **2/0/2** | **60 s** |
| **( substitutions permitted )** |
| **PART 2** | **SINGLE EXERCISE****MULTIPLE SET** |
|  **BEGINNER**  ( 2 exercises per body part )[**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **4** | **10** | **80%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **4** | **10** | **80%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |

|  |  |
| --- | --- |
| **PART 2** | **SINGLE EXERCISE****MULTIPLE SET** |
|  **INTERMEDIATE** ( 3—4 exercises per body part ) [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 3** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 4** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |

|  |  |
| --- | --- |
| **PART 2** | **SINGLE EXERCISE****MULTIPLE SET** |
|  **ADVANCED** ( 4+ exercises per body part ) [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 3** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 4** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 5** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 6** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **5** | **6** | **85%** | **2/0/2** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** |  |  | % | **2/0/2** |  |
|  |  | lb |  |  |
|  |  | kg |

|  |  |
| --- | --- |
| **PART 3** | **CORE EXERCISES****CARDIO │ COOLDOWN** |
|  **CORE EXERCISES** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **3/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **3/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
|  **CARDIO** [**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |
|  **COOLDOWN** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |