**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 |

|  |  |  |  |  |  |  |  |
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| **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 |

|  |  |  |  |  |  |  |  |
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| **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:**  ▁▁▁▁▁▁ | ▁▁▁▁▁▁ | | | | | | |