

HYP Clusters				
		Exercise	Sets/ Reps	Tempo
	Warm Up CNS	MedBall Rotation	3x3	Explosive
		MedBall Slams	3x5	Explosive
	Back to back 30s-60s rest	DB Bench Press	8x5	Normal
		TRX/ Inverted Row	8x10	Normal
	60s rest	DB Shoulder Press	3x10	Normal
	45s rest	Push ups	3xMax	Pump
	60s rest	DB curl supinated	4x30	Pump
	Variant B			
	Warm Up CNS	MedBall Rotation	3x3	Explosive
		MedBall Slams	3x5	Explosive
	Back to back 30s-60s rest	DB Incline BPress	8x5	Normal
		Barbell Row	8x5	Normal
	60s rest	DB shoulder Press	3x10	Normal
	45s rest	Push ups	3xMax	Pump
		TRX inverted Row	3xMax	Pump
	60s rest	DB curl supinated	4x30	Pump
	Warm Up CNS	MedBall Rotation	3x3	Explosive
		MedBall Slams	3x5	Explosive
	Back to back 30s-60s rest	DB Bench Press	8x5	Normal
		TRX/ Inverted Row	8x10	Normal
	60s rest	DB Shoulder Press	3x10	Normal
	45s rest	Push ups	3xMax	Pump
	60s rest	DB curl supinated	4x30	Pump

Upper 1
Weight
Light (3kg)
Light (3kg)
W1: 34kg @8 W2: 38kg @10 -0.5 W3: 38kg @10 -2 (set 7 4r set 8 r3 + 22,5x8)
Bodyweight (strict+controlled)
W1-22,5kg @10 -3 W2- 20kg @8 W3-22,5kgx 1 20x2
Bodyweight W1: 11 W2: 13 W3: 10
W1-8kg W2-8kg W3: 8kg (9 in December robably bad idea)
Light (3kg)
Light (3kg)
W1: 34kg @8 W2: 38kg
W1: 80kg @8 W2: 85kg
W1:
Bodyweight W1: 11 W2: 13 W3: 10
Bodyweight
Light (3kg)
Light (3kg)
W1: 34kg @8 W2: 38kg @10 -0.5 W3: 38kg @10 -2 (set 7 4r set 8 r3 + 22,5x8)
Bodyweight (strict+controlled)
W1-22,5kg @10 -3 W2- 20kg @8 W3-22,5kgx 1 20x2
Bodyweight W1: 11 W2: 13 W3: 10





