



OBJECTIVE:

To build a beautiful and chiseled body like the characters from Jojo's Bizarre Adventure.

SETS/REPS:

Hypertrophy: 3-4 sets/8-12 reps:
Focus on slow and controlled movements.

FREQUENCY:

3x/week full body: hypertrophy
(minimum of 1 day rest between)
2x/week Focus Sessions (optional)

EQUIPMENT

Full gym access.

Hypertrophy

	REGRESSED	EXERCISE	PROGRESSED	SETS/REPS
DAY 1	-KB deadlift	-DB RDL	-	4 x 8-12
	-KB squat	-leg press	-	4 x 8-12
	-	-DB chest press	-	4 x 8-12
	-	-Lat pulldown	-	3 x 8-12
	-DB incline BP	-DB shoulder press	-	3 x 8-12
	-	-DB curls	-	3 x 8-12
	-	-DB skullcrushers	-	3 x 8-12
	-	-seated calf raises	-	3 x 8-12
	-deadbug	-McGill curl up	-	3 x 8-12
DAY 2	-DB chest press	-DB floor press	-	4 x 8-12
	-assist. pull/chin ups	-pull ups	-weighted pull/chin ups	4 x 8-12
	-KB deadlift	-BB RDL	-	4 x 8-12
	-KB squat	-split squats	-Bulgarian splitsquats	4 x 8-12
	-landmine press	-1 arm landmine press	-	4 x 8-12
	-	-DB hammer curls	-	3 x 8-12
	-	-cable tricep pushdown	-	3 x 8-12
	-	-standing calf raises	-	3 x 8-12
	-bird dogs	-plank	-ab roller	3 x 30-60 sec
DAY 3	-	-DB incline BP	-	4 x 8-12
	-	-DB rows	-	4 x 8-12
	-	-leg curls	-	4 x 8-12
	-	-leg extensions	-	4 x 8-12
	-Arnold press	-DB shoulder press (neutral grip)	-	4 x 8-12
	-	-DB spider curls	-	3 x 8-12
	-	-cable Katana pulls	-	3 x 8-12
	-	-1 leg calf raises	-	3 x 8-12
	-deadbug	-leg lowers	-	3 x 8-12

Focus Sessions

DAY 1

EXERCISE	SETS/REPS
-cable flies	3 x 12
-cable chess press	3 x 12
-face pulls	3 x 12
-straight arm pull down	3 x 12
-cable lat raises	3 x 12
-cable rear delt flies	3 x 12

DAY 2

-push ups	3 x 12
-TRX chest press	3 x 12
-TRX rows	3 x 12
-cable high row (kneeling)	3 x 12
-DB front raises	3 x 12
-DB lying rear delt flies	3 x 12

REGRESSED:

the less intense version of the exercise, use if you cannot perform standard

PROGRESSED:

the more intense version of the exercise, use if you need more of a challenge

KB: kettlebell

DB: dumbbell

BB: barbell

BP: benchpress

assist: assisted

RDL: Romanian deadlift

REST 90 SECONDS TO 5 MINUTES BETWEEN SETS