

## **BASIC HYPERTROPHY BEGINNER WORKOUT**

**AUTHOR: Anonymous**

Hypertrophy workout (Split Routine)

Hypertrophy is a great way to build muscle and by doing a split routine allows the muscle groups time to repair, while you work another group.

Below is a work out plan using a split routine and the Hypertrophy workout, I am going to use Monday, Wednesday and Fridays as my working out days, you can do more, but remember your need to rest for your body to heal. The days you don't work out, you can do work on your Abdominals.

Sets: The amount of times you perform the reps for the chosen exercise.

Reps: When doing the reps it is important that you burn the muscle out. The First set you should reach 12reps, second set increase the weight and you should reach around 10, third set increase the weight again and try to reach 7-8 and if you chose to do a fourth set, increase the weight if you feel you can then reach six, if it is to hard then stay on the same weight, make sure 6reps is the lowest you go.

Sets: 3 – 4

Reps: 12 – 6

Session 1 - Monday: Chest & Biceps

[Cable Cross-over](#)

[Chest Press Machine](#)

[Dumbbell Fly](#)

[Hammer Curl](#)

[Barbell Biceps Curl](#)

Session 2 - Wednesday: Back & Triceps

[Single Arm Cable Pull](#)

[Close-Grip Barbell Bent Over](#)

[Lying Triceps Extension](#)

[Cable Triceps Pushdown](#)

Session 3 - Friday: Shoulders & legs

[Wide grip seated row](#)

[Upright Row To Press](#)

[Overhead Dumbbell Press](#)