



POWER & HYPERTROPHY  
13-WEEK TRAINER

# ACCUMULATION BLOCK



<b>DAY 1</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 2</b> UPPER-BODY HYPERTROPHY	<b>DAY 3</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 4</b> REST	<b>DAY 5</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 6</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 7</b> REST
<b>DAY 8</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 9</b> UPPER-BODY HYPERTROPHY	<b>DAY 10</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 11</b> REST	<b>DAY 12</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 13</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 14</b> REST
<b>DAY 15</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 16</b> UPPER-BODY HYPERTROPHY	<b>DAY 17</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 18</b> REST	<b>DAY 19</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 20</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 21</b> REST
<b>DAY 22</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 23</b> FULL-BODY HYPERTROPHY	<b>DAY 24</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 25</b> REST	<b>DAY 26</b> REST	<b>DAY 27</b> REP TEST	<b>DAY 28</b> REST



**DAY 1**

SQUAT,  
BENCH,  
AND  
DEADLIFT

CROSS OFF  
EACH DAY AS  
YOU COMPLETE  
THE PROGRAM  
TO KEEP TRACK  
OF YOUR  
PROGRESS

WHAT'S YOUR GOAL? \_\_\_\_\_

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ACHIEVED YOUR GOAL: YES / NO



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# INTERMEDIATE BLOCK



<b>DAY 29</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 30</b> UPPER-BODY HYPERTROPHY	<b>DAY 31</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 32</b> REST	<b>DAY 33</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 34</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 35</b> REST
<b>DAY 36</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 37</b> UPPER-BODY HYPERTROPHY	<b>DAY 38</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 39</b> REST	<b>DAY 40</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 41</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 42</b> REST
<b>DAY 43</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 44</b> UPPER-BODY HYPERTROPHY	<b>DAY 45</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 46</b> REST	<b>DAY 47</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 48</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 49</b> REST
<b>DAY 50</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 51</b> FULL-BODY HYPERTROPHY	<b>DAY 52</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 53</b> REST	<b>DAY 54</b> REST	<b>DAY 55</b> REP TEST	<b>DAY 56</b> REST

WHAT'S YOUR GOAL? \_\_\_\_\_

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ACHIEVED YOUR GOAL: YES / NO



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# INTENSITY BLOCK



<b>DAY 57</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 58</b> UPPER-BODY HYPERTROPHY	<b>DAY 59</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 60</b> REST	<b>DAY 61</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 62</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 63</b> REST
<b>DAY 64</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 65</b> UPPER-BODY HYPERTROPHY	<b>DAY 66</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 67</b> REST	<b>DAY 68</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 69</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 70</b> REST
<b>DAY 71</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 72</b> UPPER-BODY HYPERTROPHY	<b>DAY 73</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 74</b> REST	<b>DAY 75</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 76</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 77</b> REST
<b>DAY 78</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 79</b> UPPER-BODY HYPERTROPHY	<b>DAY 80</b> SQUAT, BENCH, AND LEG HYPERTROPHY	<b>DAY 81</b> REST	<b>DAY 82</b> DEADLIFT, BENCH, AND UPPER-BODY HYPERTROPHY	<b>DAY 83</b> SQUAT AND LEG HYPERTROPHY	<b>DAY 84</b> REST
<b>DAY 85</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 86</b> FULL-BODY HYPERTROPHY	<b>DAY 87</b> SQUAT, BENCH, AND DEADLIFT	<b>DAY 88</b> REST	<b>DAY 89</b> REST	<b>DAY 90</b> REP TEST	<b>DAY 91</b> REST