



Thank You,

As you know our good buddy, Marc Lobliner is hosting an awesome event for an even more awesome cause. As a Marine Corp Veteran, this charity event is especially impactful to me. Real Weights For Real Heros is a charity event being hosted by Lobliner and TigerFitness.com in an effort to raise 50k for the Semper Fi fund. Both myself and PricePLOW.com would like to pitch in and show our support for this great cause. All proceeds from purchasing my fitness program are going directly to the Semper Fi fund. In addition all of July 2017, 100% of affiliate commissions to PricePLOW from TigerFitness.com will be donated.

- **CJ Woodruff**

MORE INFORMATION ABOUT THE EVENT

<https://blog.priceplow.com/site-news/real-weights-for-real-heroes>

DONATE DIRECTLY

<https://fundraising.semperfifund.org/fundraise?fcid=1022561>

TIGER FITNESS COUPON

<https://www.priceplow.com/coupons/tiger-fitness?c=1>

PRICEPLOW YOUTUBE CHANNEL

http://YouTube.com/PricePLOW/?sub_confirmation=1

MUST READ

Waiver and Informed Consent

By reading and starting this workout program, you have enrolled in the advanced level hypertrophy program by CJ Woodruff and PricePLOW.com. By doing so you recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. You hereby affirm that you are in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. You acknowledge that your enrollment and subsequent participation is purely voluntary and in no way mandated by CJ Woodruff or PricePLOW.com.

In consideration of your participation in this program, you hereby release CJ Woodruff and PricePLOW.com and its agents from any claims, demands, and causes of action as a result of your voluntary participation and enrollment. You fully understand that you may injure yourself as a result of your enrollment and subsequent participation in this program and you hereby release CJ Woodruff, PricePLOW.com and its agents from any liability now or in the future for conditions that you may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that you may incur, including death.”



Purpose For This Program: The ultimate goal of this workout program is to promote muscle hypertrophy (growth). With that being said, there are many variables that play into maximizing muscle growth. Two very important aspects are strength and overall volume. This program attempts to combine strength and hypertrophy goals in a daily undulated model. This means that intensity and load will be higher at the first half of your week and will taper back at the later part of the week. Volume will be less at the first half and will increase in the later half. This is an attempt at capturing both levels of muscular and neural adaptation.

Important Note: There is a ton of controversy around “optimal” muscle hypertrophy programming. Intensity, volume, frequency, exercise variation, muscle contraction considerations, time under tension, etc. All of these play a role in optimizing muscle growth. More than likely each athlete will respond to different variations of each of these. It is important to note that this program **MAY NOT** be optimal for you. It is suggested that when you go through the program you evaluate your personal results and make adjustments accordingly. At the end of the day, muscle hypertrophy can be achieved in many different ways, this may or may not be the chosen method for you.

The Training Volume: The below listed “total rep volume” is not exact. This is simply a close guesstimated range of total training rep volume per workout. Also notice that the overall rep volume increases on hypertrophy / endurance days. Due to the increased repetitions per set, the intensity should be decreased proportionate. Intensity (the weight lifted) will be based on your own personal experience on all exercises except the primary “strength lifts” (Bent, Deadlift, Overhead Press, Squat).

One Rep Max Percentage: On your primary “strength lifts” you will base the load off of your guesstimated 1 rep max. You can test into an actual 1 rep max, or you can do a predicted 1 rep max based on reps performed. The primary focus, again, is muscle hypertrophy and not necessarily a powerlifting program. So a predicted 1 rep max would more than likely be effective.

THIS IS AN ADVANCED LEVEL PROGRAM: This program is designed for the advanced level lifter. Now I understand that “advanced” can mean a lot of things, but I would recommend having a good amount of experience in the gym. Beginners may need much less training volume than listed. Be cautious when attempting the program and if you feel that you are over reaching / over training, simply reduce the amount of overall volume in the program or consider a beginner level training program. In addition, there is no real way for us to create variations for each individual. If you have personal injuries or limitations, you should be cautious and adjust accordingly.

A Macro View Of The Program

Week 1: Strength, 200 rep total volume, 4 sets x 10 reps, 5 exercises, 70% 1RM
Hypertrophy, 400 total rep volume, 3 sets x 16 reps, 8 exercise

Week 2: Strength, 200 rep total volume, 5 sets x 8 reps, 5 exercises, 75% 1RM
Hypertrophy, 400 total rep volume, 4 sets x 12 reps, 8 exercises

Week 3: Strength, 200 rep total volume, 8 sets x 5 reps, 5 exercises, 80% 1RM
Hypertrophy, 400 rep total volume, 5 x 10 reps, 8 exercises

Week 4: Deload, 100 rep total volume, 3 sets x 8 reps, 4 exercises, 60% or less 1RM

After You Finish Your Training Cycle: After this 4 week cycle you can do 1 of 2 things to continue on your progression. You can choose to recycle the process and add 2% intensity to 1RM on each of the weeks. The second option is to reevaluate your 1RM and recycle the program with the same intensities.

Special Considerations With Exercise Selection: It is important on strength days that you try and keep exercise selection consistent. For instance, bench press SHOULD stay a consistent exercise each week. Hypertrophy days however have some flexibility, you can use these days to have a little more fun with your program BUT it is important to use programming knowledge when making adjustments. As long as the target muscle, repetitions, sets, and overall volume are met, you can have some variations as for exercises you select. It is also important to note that some knowledge of program design is required when making adjustments. Understanding joint actions, planes of motion, etc, should be taken into account.



Week 1

Day 1: Strength / Hypertrophy PUSH

- Ex1:** Flat Bench Press - 4 sets x 10 reps @70%
- Ex2:** Standing Barbell Shoulder Press - 4 sets x 10 reps @70%
- Ex3:** Dumbbell Flat Bench Press - 4 sets x 10 reps
- Ex4:** Seated Dumbbell Shoulder Press - 4 sets x 10 reps
- Ex5:** Bodyweight Dips - 4 sets x 10 reps

Day 2: Strength / Hypertrophy PULL

- Ex1:** Deadlift - 4 sets x 10 reps @70%
- Ex3:** Dumbbell One Armed Rows - 4 sets x 10 reps
- Ex4:** Wide Grip Pull-Ups - 4 sets x 10 reps
- Ex5:** Barbell Curls - 4 sets x 10 reps

Day 3: Strength / Hypertrophy LEG

- Ex1:** Squat - 4 sets x 10 reps @70%
- Ex2:** Leg Press - 4 sets x 10 reps @70%
- Ex3:** Leg Curl Machine - 4 sets x 10 reps
- Ex4:** Standing Barbell Calf Raise - 4 sets x 10 reps
- Ex5:** Seated Calf Raise - 4 sets x 10 reps

Day 4: Hypertrophy / Endurance PUSH

- Ex1:** Dumbbell Flat Bench Press - 3 sets x 16 reps
- Ex2:** Dumbbell Incline Bench Press - 3 sets x 16 reps
- Ex3:** Machine Chest Press Variation - 3 sets x 16 reps
- Ex4:** Barbell Upright Row - 3 sets x 16 reps
- Ex5:** Dumbbell Lateral Raise - 3 sets x 16 reps
- Ex6:** Cable Barbell Tricep Extension - 3 sets x 16 reps
- Ex7:** Reverse Grip Cable Tricep Extension - 3 sets x 16 reps
- Ex8:** Barbell Skull Crusher - 3 sets x 16 reps

Day 5: Hypertrophy / Endurance PULL

- Ex1:** Wide Grip Lat Pull Down - 3 sets x 16 reps
- Ex2:** Wide Grip Seated Row - 3 sets x 16 reps
- Ex3:** Neutral Grip Seated Row - 3 sets x 16 reps
- Ex4:** Decline Dumbbell Pull over - 3 sets x 16 reps
- Ex5:** Hyperextension - 3 sets x 16 reps
- Ex6:** Incline Dumbbell Curls - 3 sets x 16 reps
- Ex7:** Standing Barbell Cable Curl - 3 sets x 16 reps
- Ex8:** Reverse Grip Barbell Cable Curl - 3 sets x 16 reps

Day 6: Hypertrophy / Endurance LEG

- Ex1:** Leg Extension Machine - 3 sets x 16 reps
- Ex2:** Leg Press - 3 sets x 16 reps
- Ex3:** Smith Machine Hack Squat - 3 sets x 16 reps
- Ex4:** Dumbbell or Barbell Stiff Leg Deadlift - 3 sets x 16 reps
- Ex5:** Hamstring Curl Variation - 3 sets x 16 reps
- Ex6:** Hamstring Curl Variation - 3 sets x 16 reps
- Ex7:** Straight Leg Calf Raise Variation - 3 sets x 16 reps
- Ex8:** Bent Knee Calf Raise Variation - 3 sets x 16 reps



Week 2

Day 1: Strength / Hypertrophy PUSH

- Ex1:** Flat Bench Press - 5 sets x 8 reps @75%
- Ex2:** Standing Barbell Shoulder Press - 5 sets x 8 reps @75%
- Ex3:** Dumbbell Flat Bench Press - 5 sets x 8 reps
- Ex4:** Seated Dumbbell Shoulder Press - 5 sets x 8 reps
- Ex5:** Bodyweight Dips - 5 sets x 8 reps

Day 2: Strength / Hypertrophy PULL

- Ex1:** Deadlift - 5 sets x 8 reps @75%
- Ex2:** Barbell Bent Rows - 5 sets x 8 reps
- Ex3:** Dumbbell One Armed Rows - 5 sets x 8 reps
- Ex4:** Wide Grip Pull-Ups - 5 sets x 8 reps
- Ex5:** Barbell Curls - 5 sets x 8 reps

Day 3: Strength / Hypertrophy LEG

- Ex1:** Squat - 5 sets x 8 reps @75%
- Ex2:** Leg Press - 5 sets x 8 reps @75%
- Ex3:** Leg Curl Machine - 5 sets x 8 reps
- Ex4:** Standing Barbell Calf Raise - 5 sets x 8 reps
- Ex5:** Seated Calf Raise - 5 sets x 8 reps

Day 4: Hypertrophy / Endurance PUSH

- Ex1:** Dumbbell Flat Bench Press - 4 sets x 12 reps
- Ex2:** Dumbbell Incline Bench Press - 4 sets x 12 reps
- Ex3:** Machine Chest Press Variation - 4 sets x 12 reps
- Ex4:** Barbell Upright Row - 4 sets x 12 reps
- Ex5:** Dumbbell Lateral Raise - 4 sets x 12 reps
- Ex6:** Cable Barbell Tricep Extension - 4 sets x 12 reps
- Ex7:** Reverse Grip Cable Tricep Extension - 4 sets x 12 reps
- Ex8:** Barbell Skull Crusher - 4 sets x 12 reps

Day 5: Hypertrophy / Endurance PULL

- Ex1:** Wide Grip Lat Pull Down - 4 sets x 12 reps
- Ex2:** Wide Grip Seated Row - 4 sets x 12 reps
- Ex3:** Neutral Grip Seated Row - 4 sets x 12 reps
- Ex4:** Decline Dumbbell Pull over - 4 sets x 12 reps
- Ex5:** Hyperextension - 4 sets x 12 reps
- Ex6:** Incline Dumbbell Curls - 4 sets x 12 reps
- Ex7:** Standing Barbell Cable Curl - 4 sets x 12 reps
- Ex8:** Reverse Grip Barbell Cable Curl - 4 sets x 12 reps

Day 6: Hypertrophy / Endurance LEG

- Ex1:** Leg Extension Machine - 4 sets x 12 reps
- Ex2:** Leg Press - 4 sets x 12 reps
- Ex3:** Smith Machine Hack Squat - 4 sets x 12 reps
- Ex4:** Dumbbell or Barbell Stiff Leg Deadlift - 4 sets x 12 reps
- Ex5:** Hamstring Curl Variation - 4 sets x 12 reps
- Ex6:** Hamstring Curl Variation - 4 sets x 12 reps
- Ex7:** Straight Leg Calf Raise Variation - 4 sets x 12 reps
- Ex8:** Bent Knee Calf Raise Variation - 4 sets x 12 reps



Week 3

Day 1: Strength / Hypertrophy PUSH

- Ex1:** Flat Bench Press - 8 sets x 5 reps @80%
- Ex2:** Standing Barbell Shoulder Press - 8 sets x 5 reps @80%
- Ex3:** Dumbbell Flat Bench Press - 8 sets x 5 reps
- Ex4:** Seated Dumbbell Shoulder Press - 8 sets x 5 reps
- Ex5:** Bodyweight Dips - 8 sets x 5 reps

Day 2: Strength / Hypertrophy PULL

- Ex1:** Deadlift - 8 sets x 5 reps @80%
- Ex2:** Barbell Bent Rows - 8 sets x 5 reps
- Ex3:** Dumbbell One Armed Rows - 8 sets x 5 reps
- Ex4:** Wide Grip Pull-Ups - 8 sets x 5 reps
- Ex5:** Barbell Curls - 8 sets x 5 reps

Day 3: Strength / Hypertrophy LEG

- Ex1:** Squat - 8 sets x 5 reps @80%
- Ex2:** Leg Press - 8 sets x 5 reps @80%
- Ex3:** Leg Curl Machine - 8 sets x 5 reps
- Ex4:** Standing Barbell Calf Raise - 8 sets x 5 reps
- Ex5:** Seated Calf Raise - 8 sets x 5 reps

Day 4: Hypertrophy / Endurance PUSH

- Ex1:** Dumbbell Flat Bench Press - 5 sets x 10 reps
- Ex2:** Dumbbell Incline Bench Press - 5 sets x 10 reps
- Ex3:** Machine Chest Press Variation - 5 sets x 10 reps
- Ex4:** Barbell Upright Row - 5 sets x 10 reps
- Ex5:** Dumbbell Lateral Raise - 5 sets x 10 reps
- Ex6:** Cable Barbell Tricep Extension - 5 sets x 10 reps
- Ex7:** Reverse Grip Cable Tricep Extension - 5 sets x 10 reps
- Ex8:** Barbell Skull Crusher - 5 sets x 10 reps

Day 5: Hypertrophy / Endurance PULL

- Ex1:** Wide Grip Lat Pull Down - 5 sets x 10 reps
- Ex2:** Wide Grip Seated Row - 5 sets x 10 reps
- Ex3:** Neutral Grip Seated Row - 5 sets x 10 reps
- Ex4:** Decline Dumbbell Pull over - 5 sets x 10 reps
- Ex5:** Hyperextension - 5 sets x 10 reps
- Ex6:** Incline Dumbbell Curls - 5 sets x 10 reps
- Ex7:** Standing Barbell Cable Curl - 5 sets x 10 reps
- Ex8:** Reverse Grip Barbell Cable Curl - 5 sets x 10 reps

Day 6: Hypertrophy / Endurance LEG

- Ex1:** Leg Extension Machine - 5 sets x 10 reps
- Ex2:** Leg Press - 5 sets x 10 reps
- Ex3:** Smith Machine Hack Squat - 5 sets x 10 reps
- Ex4:** Dumbbell or Barbell Stiff Leg Deadlift - 5 sets x 10 reps
- Ex5:** Hamstring Curl Variation - 5 sets x 10 reps
- Ex6:** Hamstring Curl Variation - 5 sets x 10 reps
- Ex7:** Straight Leg Calf Raise Variation - 5 sets x 10 reps
- Ex8:** Bent Knee Calf Raise Variation - 5 sets x 10 reps



Week 4 (Deload, 100 rep total volume, 60% or less 1RM)

Day 1: Chest

- Ex1:** Flat Bench Press - 3 sets x 8 reps
- Ex2:** Dumbbell Flat Bench Press - 3 sets x 8 reps
- Ex3:** Cable Crossover - 3 sets x 8 reps
- Ex4:** Push Up - 3 sets x 8 reps

Day 2: Back

- Ex1:** Narrow Grip Lat Pull - 3 sets x 8 reps
- Ex2:** Single Arm Seated Row - 3 sets x 8 reps
- Ex3:** Inverted Pull Up - 3 sets x 8 reps
- Ex4:** Straight Arm Cable Pull Down - 3 sets x 8 reps

Day 3: Leg

- Ex1:** Squat - 3 sets x 8 reps
- Ex2:** Hack Squat - 3 sets x 8 reps
- Ex3:** Leg Curl Machine - 3 sets x 8 reps
- Ex4:** Standing Barbell Calf Raise - 3 sets x 8 reps

Day 4: Shoulders

- Ex1:** Seated Dumbbell Shoulder Press - 3 sets x 8 reps
- Ex2:** Dumbbell Lateral Raise - 3 sets x 8 reps
- Ex3:** Cable Lateral Raise - 3 sets x 8 reps
- Ex4:** Barbell Upright Row - 3 sets x 8 reps

Day 5: Arms

- Ex1:** Barbell Curl - 3 sets x 8 reps
- Ex2:** Dumbbell Alternating Curl - 3 sets x 8 reps
- Ex3:** Barbell Skull Crusher - 3 sets x 8 reps
- Ex4:** Rope Cable Push Down - 3 sets x 8 reps

After You Finish Your Training Cycle: After this 4 week cycle you can do 1 of 2 things to continue on your progression. You can choose to recycle the process and add 2% intensity to 1RM on each of the weeks. The second option is to reevaluate your 1RM and recycle the program with the same intensities.