

PROFESSIONAL'S NAME: Joey Schloeder @ MusclemMind (msclnmnd.com)

WORKOUT : THURSDAY: CHEST/BACK
GOAL: HYPERTROPHY

DATE: MONTH 1

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Chest Flies	3	8 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Flat Barbell Bench Press	3	12	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Incline Dumbbell Press	3	12	2/0/2	"	
Cable Chest Flies	3	12	2/1/2	"	
Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Standard Grip Lat Pulldowns	3	12	2/0/2	"	
Dumbbell Lawnmowers	3	12	2/0/2	"	3 sets each side
Rear Delt Flies	3	12	2/1/2	"	
Horizontal Pull Ups	3	AMRAP	2/1/2	30 sec	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:

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WORKOUT : THURSDAY: CHEST/BACK
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DATE: MONTH 2

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Chest Flies	3	8 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Flat Barbell Bench Press	3	15	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Incline Dumbbell Press	3	15	2/0/2	"	
Cable Chest Flies	3	15	2/1/2	"	
Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Standard Grip Lat Pulldowns	3	15	2/0/2	"	
Dumbbell Lawnmowers	3	15	2/0/2	"	3 sets each side
Rear Delt Flies	3	15	2/1/2	"	
Horizontal Pull Ups	3	AMRAP	2/1/2	30 sec	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:

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WORKOUT : THURSDAY: CHEST/BACK
GOAL: HYPERTROPHY

DATE: MONTH 3

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Pull Ups	3	5 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Seated Machine Rows	3	12	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Underhand Lat Pulldowns	3	12	2/0/2	"	
Pull Up Variations	3	AMRAP	2/1/2	"	As Many Reps As Possible
Straight Arm Lat Pulldown	3	12	2/1/2	30 sec	
Incline Barbell Press	3	12	2/0/2	"	
Flat Dumbbell Press	3	12	2/0/2	"	
(Weighted) Dips	3	12	2/1/2	"	
Pinch Press	3	15	2/1/2	30 sec	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:

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WORKOUT : THURSDAY: CHEST/BACK
GOAL: HYPERTROPHY

DATE: MONTH 4

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Pull Ups	3	5 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Seated Machine Rows	3	15	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Underhand Lat Pulldowns	3	15	2/0/2	"	
Pull Up Variations	3	AMRAP	2/1/2	"	As Many Reps As Possible
Straight Arm Lat Pulldown	3	15	2/1/2	30 sec	
Incline Barbell Press	3	15	2/0/2	"	
Flat Dumbbell Press	3	15	2/0/2	"	
(Weighted) Dips	3	15	2/1/2	"	
Pinch Press	3	15	2/1/2	30 sec	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips: