

Hypertrophy Training Program

| | Exercise | Sets | Repetition range | Rest interval (minutes) |
|------------------|---------------------------|-------------|-------------------------|--------------------------------|
| Workout A | 1) Romanian deadlift | 4 | 8-12 | 3 |
| | 2) Leg extension | 5 | 8-12 | 3 |
| | 3) Barbell bench press | 4 | 6-10 | 3 |
| | 4) Neutral grip pulldown | 4 | 8-12 | 3 |
| | 5) Seated calf raise | 5 | 8-12 | 2 |
| | 6) Cable lateral raise | 3 | 8-12 | 2 |
| Workout B | 1) High-bar squat | 4 | 5-8 | 3 |
| | 2) Lying leg curl | 5 | 8-12 | 3 |
| | 3) Barbell overhead press | 3 | 6-10 | 3 |
| | 4) Seated Row | 3 | 8-12 | 3 |
| | 5) Cable chest fly | 5 | 6-10 | 3 |
| | 6) Triceps pushdown | 2 | 8-12 | 2 |
| | 7) Seated dumbbell curl | 2 | 8-12 | 2 |