

# FREE 7 Days Power Hypertrophy Training Plan

*by MusclesMagician*



## **Cliff Thomas**

*My name is Cliff and I am a personal coach, sports lover, fitness enthusiast and author of MusclesMagician. I have 15+ years of experience in fitness and bodybuilding and I want to share it with you. I am here to help you build muscles and lose fat faster.*

# 7 Days Power Hypertrophy Training Plan

## Warming Up

In order to decrease the risk of injury, we highly recommend warming up before each workout. This can include a 5 to 10-minute light cardio session with dynamic stretching. The ideal is to prep your muscles before you start pushing the weights.

We also recommend performing a warm-up set for the first few exercises. This is when you use 50% to 60% of your one-repetition maximum to get the muscles ready to move a lot more weight in the following sets.

## Choosing Your Weight

When you're looking at that row of dumbbells, you might not be sure which weight to select for that exercise. A general rule of thumb is to go with the weight that allows you to reach the prescribed repetitions, but **you should be struggling** with that last repetition.

For example, if the exercise calls for 8 reps, choose a weight that you know you can move six times but that might give you trouble on the seventh or eighth rep.

## Workout Split

There will be four working days in the program; two days are dedicated to strength and the other two are focused on muscle building. The structure of your workout week will look like this:

**Day 1:** Upper Body Power

**Day 2:** Lower Body Power

**Day 3:** Rest and Recovery

**Day 4:** Upper Body Hypertrophy

**Day 5:** Lower Body Hypertrophy

**Day 6:** Rest and Recovery

## **DAY 1: UPPER BODY POWER**

Dumbbell Bench Press: 3 sets of 3 to 5 repetitions

Incline Barbell Bench Press: 3 x 6 – 10

Bent-Over Row: 3 x 3 – 5

Narrow Grip Lat Pulldown: 3 x 6 – 10

Dumbbell Overhead Press: 2 x 5 – 8

Hammer Curls: 2 x 6 – 10

Rope Pushdown: 2 x 6 – 10

## **DAY 2: LOWER BODY POWER**

Barbell Squat: 4 sets of 3 to 5 repetitions

Barbell Deadlift: 4 x 3 – 5

Plate-Loaded Leg Press: 5 x 10 – 15

Leg Curl: 4 x 6 – 10

Calf Exercise: 4 x 6 – 10

## **DAY 4: UPPER BODY HYPERTROPHY**

Incline Dumbbell Bench Press: 3 sets of 8 to 12 repetitions

Flat Bench Dumbbell Fly: 3 x 8 – 12

Seated Single-Arm Cable Row: 3 x 8 – 12

One-Arm Dumbbell Row: 3 x 8 – 12

Dumbbell Lateral Raise: 3 x 8 – 12

Seated Incline Dumbbell Curl: 3 x 8 – 12

Cable Triceps Overhead Extension: 3 x 8 – 12

## **DAY 5: LOWER BODY HYPERTROPHY**

Barbell Front Squat: 4 sets of 8 to 12 repetitions

Dumbbell or Kettlebell Lunge: 4 x 8 – 12

Leg Extension: 3 x 10 – 15

Leg Curl : 3 x 10 – 15

Seated Calf Raise: 3 x 8 – 12

Calf Press: 3 x 8 – 12

## **Supplement for Success**

### **Anadrole**

Delay fatigue through tough workouts with Anadrole. It helps raise your endurance levels by increasing red blood cell production, so your heart can shuttle more oxygen to your muscles. Check Anadrol [here](#).

### **HGH-X2**

Triggers your body to release more Human Growth Hormone into your bloodstream. Expect FAST lean muscle gains. You'll also use fat for energy more efficiently for a leaner look. Check HGH-X2 [here](#).

### **D-Bal**

D-Bal is THE supp for helping you make lean gains. Use it if you want to seriously increase your muscle mass and body size without packing on flab. Check DBAL [here](#).

### **NO2-Max**

Expect higher energy levels not only during training but all day long. NO2-Max relaxes and widens your blood vessels to improve blood flow and give you visible vascularity. Check NO2-Max [here](#).

If you want to gain insane muscles faster I suggest you check the best bodybuilding stack:



The stack will help you get insane muscles and strength and reduce overall body fat.

It is the best stack for an effective muscle building.

**The price for the stack is 274.99\$.**

This is a money-saving deal if you ask me.

You will get 6 different anabolic supplements: **DBAL** (best for bulking), **Testo-Max** (best testosterone booster), **Trenorole** (effective anabolic supplement), **Anadrole** (insane bulking), **Clenbutrol** (best for cutting) and **Decaduro**.

Also, you will get a complete workout and diet plan.

**[CHECK THE STACK OFFER](#)**