

Anti-Bodybuilding Hypertrophy I

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Original Article Can be Found on T-Nation @ <http://www.t-nation.com/findArticle.do?article=244ant2>

	Sets/Reps	Rest	1RM	Weight	Sets/Reps	Rest	1RM	Weight	Sets/Reps	Rest	1RM	Weight
Day 1 (80% of 1RM)					Day 9 (80% of 1RM)				Day 17 (80% of 1RM)			
Flat BB Bench Presses	10 x 3	90 sec.			Flat BB Bench Presses	10 x 4	90 sec.		Flat BB Bench Presses	10 x 5	90 sec.	
BB Rows	10 x 3	90 sec.			BB Rows	10 x 4	90 sec.		BB Rows	10 x 5	90 sec.	
Day 3 (80% of 1RM)					Day 11 (85% of 1RM)				Day 19 (70% of 1RM)			
BB Front Squats	5 x 10	90 sec.			BB Front Squats	5 x 10	90 sec.		BB Front Squats	5 x 10	90 sec.	
Hanging Pike	5 x 10	90 sec.			Hanging Pike	5 x 10	90 sec.		Hanging Pike	5 x 10	90 sec.	
Standing Calf Raises	5 x 10	90 sec.			Standing Calf Raises	5 x 10	90 sec.		Standing Calf Raises	5 x 10	90 sec.	
Day 5 (80% of 1RM)					Day 13 (85% of 1RM)				Day 21 (70% of 1RM)			
Dips	5 x 10	90 sec.			Dips	5 x 10	90 sec.		Dips	5 x 10	90 sec.	
Chin-Ups	5 x 10	90 sec.			Chin-Ups	5 x 10	90 sec.		Chin-Ups	5 x 10	90 sec.	
Day 7 (80% of 1RM)					Day 15 (80% of 1RM)				Day 23 (80% of 1RM)			
Deadlifts	10 x 3	90 sec.			Deadlifts	10 x 4	90 sec.		Deadlifts	10 x 5	90 sec.	
Seated Calf Raises	10 x 3	90 sec.			Seated Calf Raises	10 x 4	90 sec.		Seated Calf Raises	10 x 5	90 sec.	
Decline Sit-Ups	10 x 3	90 sec.			Decline Sit-Ups	10 x 4	90 sec.		Decline Sit-Ups	10 x 5	90 sec.	
Day 25 (80% of 1RM)					Day 33 (80% of 1RM)				Day 41 (80% of 1RM)			
Dips	10 x 3	90 sec.			Dips	10 x 4	90 sec.		Dips	10 x 5	90 sec.	
Chin-Ups	10 x 3	90 sec.			Chin-Ups	10 x 4	90 sec.		Chin-Ups	10 x 5	90 sec.	
Day 27 (80% of 1RM)					Day 35 (85% of 1RM)				Day 43 (70% of 1RM)			
Deadlifts	5 x 10	90 sec.			Deadlifts	5 x 10	90 sec.		Deadlifts	5 x 10	90 sec.	
Seated Calf Raises	5 x 10	90 sec.			Seated Calf Raises	5 x 10	90 sec.		Seated Calf Raises	5 x 10	90 sec.	
Decline Sit-Ups	5 x 10	90 sec.			Decline Sit-Ups	5 x 10	90 sec.		Decline Sit-Ups	5 x 10	90 sec.	
Day 29 (80% of 1RM)					Day 37 (85% of 1RM)				Day 45 (70% of 1RM)			
Flat BB Bench Presses	5 x 10	90 sec.			Flat BB Bench Presses	5 x 10	90 sec.		Flat BB Bench Presses	5 x 10	90 sec.	
BB Rows	5 x 10	90 sec.			BB Rows	5 x 10	90 sec.		BB Rows	5 x 10	90 sec.	
Day 31 (80% of 1RM)					Day 39 (80% of 1RM)				Day 47 (80% of 1RM)			
BB Front Squats	10 x 3	90 sec.			BB Front Squats	10 x 4	90 sec.		BB Front Squats	10 x 5	90 sec.	