



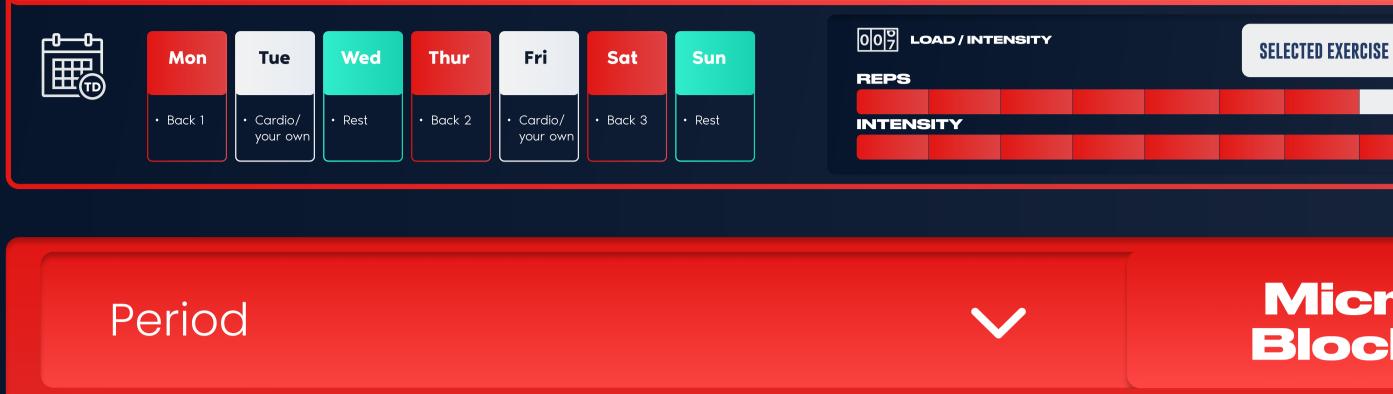
TD TRAINING DAYS

10-14

ADAPTATION PHASE

BACK HYPERTROPHY TRAINING

MICRO 1



Period	Micro Block 1
LINEAR PERIODIZATION ~	Start On Your Own Date
PREPARATION / BASELINE ~	Run As Long As Desired ~
HYPERTROPHY *	If you're running this for multiple weeks, aim to either add weight or reps in order to facilitate progressive overload.
TD 1 - BACK 1	DATE:



TD 3 - BACK 2

• ADD A 2-3 MIN WARM-UP ROUTINE PRIOR TO STARTING THE 1ST EXERCISE.

EXERCISES

REMARK:

• ADD A 5-10 MIN CARDIO WARM-UP

THIS DAY WE FOCUS ON HYPERTROPHY

TD 2 - CUSTOM

CARDIO / ADDITIONAL MUSCLE GROUP TRAINING

LOAD / INTENSITY REPS

INTENSITY

REST DAY

DATE:

DATE:

SELECTED EXERCISE

SETS

17

12-15

8

8

8

8

8-10

8-10

3



ROCKING LAT PULL-DOWN

USING A NEUTRAL GRIP, ALTERNATE 'ROCKING' SIDES, TUCKING THE ELBOW BEHIND THE BACK ON

LOG YOUR WEIGHT LIFTED EACH WEEK

PULL-DOWNS, WITH A FOCUS ON LAT CONTRACTION.

HYPER Y-RAISES

PULL-UP (ASSISTED)

UNDERHAND GRIP

8-10 WHILE PERFORMING A HYPEREXTENSION WITH LIGHT WEIGHTS IN EACH HAND, RAISE YOUR ARMS INTO A 'Y' SHAPE AT THE TOP OF THE MOVEMENT, THEN LOWER THEM AS YOU DESCEND. LOG YOUR WEIGHT LIFTED EACH WEEK **HYPER W-RAISES** 3 8-10 SAME AS Y-RAISE, BUT NOW BEND YOUR ELBOWS AND RAISE YOUR ARMS TO FORM A 'W' SHAPE AT THE TOP OF THE MOVEMENT, THEN LOWER THEM AS YOU DESCEND.

ALTERNATING INVERTED ROW 2 4-8 UNDER A BAR, ALTERNATE PULLING UP WITH ONE HAND AND REACHING OVERHEAD WITH THE OTHER, MAINTAINING A STRAIGHT BODY AND ENGAGED CORE

REST DAY

VISIT THE OFFICIAL SITE:

DOWNLOAD THE APP:

Download on the

Google Play App Store INFO@CNDCT.XYZ FOR PARTNERSHIPS:

HTTPS://CNDCT.XYZ

CNDCT. PERFORMANCE

GET IT ON

REMARKS:

FEEL FREE TO SWITCH THE DAYS AROUND IF THIS BETTER FITS YOUR SCHEDULE. KEEP IN MIND TO ALLOCATE ENOUGH RECOVERY TIME

THERE ARE TRAINING DAYS LEFT AS OPEN SLOTS IN THE WEEK IN CASE YOU WANT TO SUPPLEMENT THE PROGRAM WITH SOME ADDITIONAL MUSCLE GROUP OR PERFORMANCE TRAINING.

(REST DAYS) IN BETWEEN YOUR MAIN TRAINING DAYS.