

PUSH

PULL

LEGS

**HYPERTROPHY & MUSCLE
GROWTH**

GREG DOUCETTE STYLE

GO HARDER THAN LAST TIME!!!

MONDAY – PUSH

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Chest Press	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Peck Deck	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Shoulder Press	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Lateral raises	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Skullcruchers	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Rope Triceps Pressdown	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!

TUESDAY – PULL

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Deadlift	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Pulldown	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Wide Grip Upright Row	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Face Pull	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Barbell Curl	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Preacher Curl	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!

WEDNESDAY – LEGS

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Sumo Squat	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Leg Extension	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Sissy Squat	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Leg Curl	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Donkey Calves	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Standing Calves	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!

THURSDAY – PUSH

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Decline Pushups	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Peck Deck	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Arnold Press	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Lateral Raises	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Incline Dumbbell Powerbombs	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Triceps Bar Pressdown	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!

FRIDAY – PULL

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Seated Row	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Rope Pullover	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Rear Delt Flyes	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Shrugs	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Barbell Curl	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Pron to Sup Incline Curls	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!

SATURDAY – LEGS

EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS
Squat	3	8	3	8	3	8
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Leg Extension	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Romanian Deadlift	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Hamstring Socks	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Donkey Calves	3	10	3	10	3	10
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						
Seated Calves	3	12	3	12	3	12
4 min	kg	reps	kg	reps	kg	reps
1 st set						
2 nd set						
3 rd set						

STRETCH THE MUSCLES AFTER THE WORKOUT!!!