



Program@Stibo Gym

Goal: Workout 4 times a week, each session should be approx an hour and easy for a beginner while achieving hypertrophy.

Principles

1. ~8-10 working sets per muscle/per week
2. Max 6 working sets per muscle/per session
3. Repetition range between 8 - 12 focuses on hypertrophy
4. Upper/lower split: proper rest time per body part. Also, focusing on one or two bodyparts per day murders me.
5. Progressive overload: give your muscles a reason to grow. Example: if you could do 20 kg and 4x12 reps last time, find a weight where you can do 4x8 reps next time, and work your way up to 12.
6. Prefer big stretches for hypertrophy
7. Have 1 upper body program and 1 lower body program to begin with, in order to get good at those movements before adding more.
8. Controlled eccentric is important

How often?

Upper body day: Monday, Thursday

Lower body day: Tuesday, Friday

How much?

Perform each exercise for 4 to 5 sets of 8 to 12 reps.

Upper Body Day

Muscle: notes	Chest	Bicep	Lats	Tricep	Shoulders
	Compound				
Date	Medium Grip Bench Press	Cable straight- bar biceps curl	Lat Pulldowns	Cable V-bar push- down	Overhead press
12/2/24	40kg: 12, 42k.5g: 9, 7, 6, 5	22kg: 12, 27: 12, 36: 8, 8, 8	59kg: 12, 12, 12 (shoulder hurts, stopping for today)	36kg: 10, 27kg: 12, 36: 8, 8, 8	30kg: 6, 25kg: 10, 5, 22.5kg: 6
15/2/24	Took approx 50 min. Hard time feeling chest pump	Seated chest press 45kg: 12, 10, 8, dropset	36: 12, 11, 10, 8	59kg: 12, 68: 12, 9 lats hurt slightly, but better than last time, good mmc tho	36: 12, 12b, 8, 12 25: 10, 6, 20kg: 12, 7
21/2/24		45kg: 12, 10, 6, 5	36: 12, 12, 8b2, 6b3	68kg: 12, 12, 10, 9 no shoulder pain!	36: 12, 12, 45kg: 7, 6 dropset
26/2/24	Reversed, Lat pull bad mmc	SCP 45: 12, 8b3, 6b2, 36,3: 7b3	36: 12, 12, 9b3, 8b3	68: 12, 12, 10b2, 10b2	45: 9, 9, 7, 6 20: 12, 25: 12, 10, 9
29/2/24		45kg: 12, 12, 7, 6	36: 12, 12, 10b2, 8b3	68kg: 12, 12, 12, 12	45: 12, 8b2, 7b2, 6b2 20: 12, 25: 8, 7, 20: 8
4/3/24	Slightly Sore from bouldering yesterday, sub scp 4 nerdeck	Scp: 45: 11, 36: 8b4, (left arm hurts from bouldering)	36: 12, 12, 7b5b2,9b3	68: 12, 12, 10b2, 12, (better form, 5 all the way in to padding)	45: 12, 9b3, 8, 11, 7b2 25: 12, 12,

	pushing		pulling			
7/3/24	No bench, crowded gym	SCP 45: 12, 12, 8b3	36: 12, 12, 45: 4/36:4, 45: dropset	68: 12, 12, 77: 9b3	45: 12, 20kg: 12, 9b2, 6 dropset	Pec Deck 36: 7, 31: 7, 8

Lower Body Day

Muscle: notes	Quads Compound	Lower Back Compound	Calves	Glutes	Quads	Hamstrings
Date	Day 1: Hack Squat	Day 2: Deadlift	Dumbbell Calf Raise	Hip Thrust	Seated Leg Extensions	Seated Leg Curls
13/2/24	30: 12, 40: 12, 50: 12, 60: 8 knee kinda hurt... didn't like this, prefer normal squats		60: 12kg, 70kg: 12, 12, crampssss form felt off	Curly bar 30kg: 12, 12, 12, 10	40kg: 12, 12, 12, 12	49kg: 12, 12, 11, 12
16/2/24	A bit late, had to cut short	80kg: 12, 12, 12		Hip abductors: 31kg: 12 36kg: 12, 16, 12, 45kg: 12	49kg: 12, 12, 12, 12	49kg: 12, 59kg: 9, 8
20/2/24	Hack squat: 8, 8, 8, 5 barbell occupied	Hack: 60: 8, 8, 8, 5	On hack machine: 60kg: 12, 70kg: 12, 80: 16,	30kg: 12, 12, 35kg: 12, 12	59: 12, 12, 12, 12	59kg: 12, 12, 9, 49lg: 13
27/2/24	Normal squat: 8 reps seems to be a good spot	Normal squat 75kg: 8, 77.5: 8, 8, 8	Experimenting with form 40kg: 12, 30: 12, 12, 40: 12. Use lower weights until you can do it with proper balance. It still hits.	Experimenting with form 20kg: 12, 12, 12 less weight = better poomp.	59: 12, 68: 9, 9, 9	59kg: 12, 12, 12, 12
5/3/24	Hip abductors 45: 12, 12, 12, 8	80kg: 8, 8, 8	80kg: 8, 90kg: 8, 8	Hip abductors: 36g: 20, 17, 20b5, 18b5 (pain at 45, inceasing reps)	Hip adductors 36: 12, 45: 12, 12, 12	68: 12, 10, 10, 9 68: 10, 9, 8, 59: 12

Drfff

Newer

Older

19th May 2024

Earth Mover's Distance based Si...

15th January 2024

Lol, why does testing matter?

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