

12-Week Hypertrophy Program

A structured approach to building muscle through progressive overload, intelligent nutrition, and disciplined recovery.

DURATION	DAYS / WEEK	GOAL	SPLIT
12 Weeks	4 Days	Muscle Hypertrophy	Legs / Chest & Shoulders / Back / Arms

THE THREE PILLARS

T Training

Every rep should be intentional. The goal is maximum muscular effort without compromising form — controlled tempo, full range of motion, and a genuine mind-muscle connection on every set. Weight is secondary to quality. Once you can perform every rep cleanly and with full effort, that is your signal to add load. Progressive overload — incrementally increasing the weight week by week — is the primary driver of muscle growth.

N Nutrition

You cannot build muscle in a caloric deficit. To grow, your body needs more fuel than it burns — a consistent surplus paired with sufficient protein (1.6–2.2 g per kg of bodyweight) gives your muscles the raw material to recover and develop. Prioritise whole foods, time your carbohydrates around your training sessions, and bring the same discipline to your meals as you do to your sets.

R Recovery

Training breaks muscle down — recovery is where it is actually built. Rest days are not optional; they are half the program. Each recovery day should be followed by deliberate recovery protocols: 7–9 hours of quality sleep, light movement or mobility work, adequate hydration, and active stress management. Neglecting recovery is the fastest way to stall progress and invite injury.

The Program

All sets taken to failure within the 8–15 rep range.

DAY 1

Legs	Lower body	
EXERCISE	TYPE	SETS
Barbell Squats Compound		5 sets
Walking Lunge Compound		4 sets
Leg Extension Isolation		4 sets
Barbell RDL Compound		5 sets
Single Leg RDL Unilateral		5 sets
Nordic Curl Isolation		2 sets
Calf Raise Isolation		5 sets
8–15 reps · to failure		

DAY 2

Chest & Shoulders	Push	
EXERCISE	TYPE	SETS
Flat DB Press Compound		5 sets
Incline DB Press Compound		5 sets
Cable Flys + Diamond Push Up Superset		3 sets

Arnold Press Compound	5 sets
Lateral Raise Isolation	4 sets
8–15 reps · to failure	

DAY 3

Back	Pull	
EXERCISE	TYPE	SETS
Pull Ups Compound		4 sets
Barbell Rows Compound		5 sets
Single Arm DB Row Unilateral		5 sets
Lat Pull Downs Compound		5 sets
Shrugs Isolation		3 sets
8–15 reps · to failure		

DAY 4

Arms	Bis & Tris	
EXERCISE	TYPE	SETS
Dips + Reverse Grip Pull Ups Superset		5 sets
Hammer Curl + Tricep Pushdown Superset		5 sets

Barbell Bicep Curl + Skull Crushers

Superset

5 sets

8–15 reps · to failure