

SarcoFlex

Hypertrophy: Full Body Split

Notes: To focus on strength take longer rest (1-2 min). To focus on hypertrophy and endurance rest 30-60 seconds max between exercises. Rest on day 3 to stimulate better recovery.

Purpose

Muscle Size
Muscle Strength
Stability

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Bench Press	Pecs	2 x 10	3 x 12	4 x 10	2 x 8	30-60 Sec
Lat Pulldown	Lats, Traps	2 x 12	3 x 12	4 x 10	2 x 10	30-60 Sec
Military Press	Deltoids	2 x 12	3 x 12	4 x 10	2 x 10	30-60 Sec
Barbell Curl	Biceps	2 x 15	3 x 12	4 x 10	2 x 10	30-60 Sec
Tricep Pushdown	Triceps	2 x 15	3 x 12	4 x 12	2 x 12	30-60 Sec
Pull ups	Lats, Traps, Scapula	2 x 8	3 x 8	4 x 8	2 x 8	30-60 Sec
Farmers Carry	Grip, Forarms, Core	2 x 30 Sec.	3 x 30 Sec.	4 x 40 Sec.	2 x 30 Sec.	30-60 Sec
Dumbbell Row	Traps, Lats	2 x 15	3 x 12	4 x 12	2 x 10	30-60 Sec
Weighted Situp	Abs, Core	2 x 15	3 x 15	4 x 15	2 x 15	30-60 Sec
		Frequency: 2-3 Times Per Week				
		Days 1 & 4				

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Leg Extension	Quads	2 x 10	3 x 12	4 x 10	2 x 8	30-60 Sec
Barbell Squat	Quads, Glutes	2 x 10	3 x 12	4 x 10	2 x 8	30-60 Sec
Lying Hip Abduction	Abductors	2 x 12	3 x 12	4 x 15	2 x 15	30-60 Sec
Barbell Hip Thrust	Glutes, Hamstrings	2 x 10	3 x 12	4 x 10	2 x 10	30-60 Sec
Barbell Good Morning	Hamstrings, Glutes	2 x 10	3 x 12	4 x 10	2 x 12	30-60 Sec
Standing Calv Raise	Calves	2 x 15	3 x 15	4 x 20	3 x 10	30-60 Sec
Tibialis Raise	Tibialis Anterior	2 x 15	3 x 15	4 x 15	2 x 15	30 - 60 Sec
Dead Bug	Hip Flexors, Abs	2 x 15	3 x 15	4 x 12	2 x 15	30-60 Sec
Hanging Leg Raise	Hip Flexors, Abs	2 x 15	3 x 15	3 x 15	2 x 15	30-60 Sec
		Frequency: 2-3 Times Per Week				
		Days 2 & 5				