

EXECUTION INSTRUCTIONS



Multiple-daily at home training article

Single-day at-home training templates

RP YouTube
(Tons of instructionals, podcasts, lectures)

RP Instagram

RP Diet APP
(A digital diet coach for \$15/mo., 2 weeks free)

Dr. Mike's Instagram

Hypertrophy Muscle Group Guide

0 Read the **ARTICLE**

1 Pick a program.

We recommend starting with the 8 session program and doing that for at least a few weeks before moving into the 10 session program, and then the 12.

2 Pick an exercise from the “Exercise Options” page for each slot in the program.

We recommend choosing 1-3 exercises per week, even if that means having to double up on some exercises per muscle group. This lets you conserve variation and save novel exercises for when current ones become stale, which is especially important when only dumbbell access is possible. You should only choose one exercise per muscle group per session in most cases.

3 Choose loading ranges.

If you have multiple pairs of dumbbells, you should use the heavier ones early in the week and the lighter ones later in the week. This may not be possible if you only have a single pair of dumbbells, but you can still use exercise variation to accomplish some loading variation. This can be done by choosing the more challenging exercises earlier in the week and less challenging ones later. For example, choosing rear foot elevated single leg squats early in the week, heel elevated squats midweek, and regular dumbbell squats last.

4 Choose your relative effort.

Because you're training at home with very limited equipment, you should train 1-2 RIR at most, even in your first week of training. You CAN go to ORIR even in your first week, but for more advanced lifters we'd recommend staying a bit shy during the first week due to cumulative fatigue concerns.

5 Autoregulate your rest between sets.

Rest long enough for 4 things to have happened:

- 1.) The target muscle clears enough of the burn to be able to do at least 5-10 more reps on the next set.
- 2.) You FEEL strong psychologically and like you're ready for another HARD set of focusing on the target muscle.
- 3.) Your breathing is down from its peak and won't be the limiting factor on your next hard set.
- 4.) Supporting muscles (your back during squats, for example) are recovered enough to NOT be the limiting factors on your next set, and let your target muscle be the limiting factor that takes you to failure or close. This might mean you rest 5-10 seconds between sets of calves and forearms, or as long as 1-2 minutes between sets of quads and back.

6 Choose your set numbers.

You should begin each day of the first week of training with around 2-4 sets per exercise. This first session should give you a decent pump in the target muscle, and make you feel a bit weaker and depleted in the target muscle after it ends. Doing much more will backfire later in the program as volume rises, so don't try to “blast to the moon” on your first session.

7 Record your reps.

It's very important to record your reps for every single working set you do. These will act as benchmarks for the rest of your mesocycle of training, to make sure you're progressing adequately and able to detect your MRV.

Once you've got reps recorded for every session of the first week, you can program your next week by looking at the “[Progression Instructions](#)” page.

PROGRESSION INSTRUCTIONS



Multiple-daily at home training article

Single-day at-home training templates

RP YouTube
(Tons of instructionals, podcasts, lectures)

RP Instagram

RP Diet APP
(A digital diet coach for \$15/mo., 2 weeks free)

Dr. Mike's Instagram

Hypertrophy Muscle Group Guide

0 Match or beat your reps from last week.

Since you probably can't add weight, you will have to add reps. Because you have all of the reps from every set written down from last week, try to **AT LEAST** match that number, and go to 1 or 0 RIR if you have reps left in the tank once you match, adding reps (usually 1-2) to the set. If you're doing a set that was added this week and has no corresponding reps to match to last week, just go to 1 or 0 RIR.

1 Add sets as-needed.

If you're not getting overlapping soreness (sore in the target muscle the next time you train it), and if your performance in the exercises for that muscle group is at least matching, add 0-2 sets for that exercise as you see fit. For example, if you're not sore at all and feel super recovered, going into a session, feel free to add 2 sets to the next week's session that corresponds to **THE PREVIOUS SESSION** on which that muscle was trained. For example, if you train chest MWF and your chest isn't sore at all Friday, you can add sets to next Wednesday. If you got sore but healed plenty on time and feel great, add 1 set

2 Keep tabs on performance week to week.

Watch your rep counts closely and try hard to at least match, ideally adding about 1 rep per week to all exercises.

Detect MRV.

At some point, probably 4-8 weeks into the mesocycle, your fatigue will rise enough to prevent the addition of reps, and even matching. If you UNDERperform (get fewer reps on average per any exercise than last week), that might be an MRV detection. Note it, but do nothing yet. If you underperform again later in that week or early next on the same muscle group, you have reached your muscle group MRV.

4 Recover.

Once you've hit MRV on a certain muscle group, cut the sets down for the next session of that muscle group to just two, and stop at 5-10 RIR on those 2 sets. For the next week, cut the set numbers for that muscle group to 2/3 their current numbers, and try to re-match your reps from before the recovery session was implemented.

5 Deload.

Once you have to use more than 2 recovery resets for any one muscle group, or you use ANY recovery resets for any more than 3 muscle groups over the course of the meso, it's time to deload. You deload by cutting all sets to 2, and all reps to 4 RIR for the first half of the week. You take the second half of the week completely off.

After your deload, you can re-start another meso of the same session number, or, if time and desire allow, move onto the next, higher session mesocycle.

When you begin the next meso, you should keep the same exercises unless they are feeling very stale, in which case you can replace them.

Once you finish 1-2 mesocycles of 12 sessions a week, or any 3-5 mesocycles of any kind in a row, take a whole week completely OFF from weights

AFTER your deload for the last meso you did, then re-start the progression of the next training block, ideally from the lower frequency programs, moving up.



MESOCYCLE 1 | 8 SESSIONS

Multiple-daily at home training article

Single-day at-home training templates

RP YouTube
(Tons of instructionals, podcasts, lectures)

RP Instagram

RP Diet APP
(A digital diet coach for \$15/mo., 2 weeks free)

Dr. Mike's Instagram

Hypertrophy Muscle Group Guide

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

AM

Chest

Triceps

Side/Rear Delts

Quads

Hams

Calves

Back

Triceps

Chest

Side/Rear Delts

Hams

Quads

Glutes

Calves

Back

Side/Rear Delts

PM

Biceps

Traps

Forearms

Biceps

Traps

Forearms

DAY 7 : REST



MESOCYCLE 2 | 10 SESSIONS

Multiple-daily at home training article

Single-day at-home training templates

RP YouTube
(Tons of instructionals, podcasts, lectures)

RP Instagram

RP Diet APP
(A digital diet coach for \$15/mo., 2 weeks free)

Dr. Mike's Instagram

Hypertrophy Muscle Group Guide

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

AM

Chest

Triceps

Side/Rear Delts

Quads

Hams

Back

Triceps

Chest

Side/Rear Delts

Hams

Back

Quads

Glutes

Back

Side/Rear Delts

PM

Calves

Biceps

Traps

Forearms

Calves

Biceps

Traps

Forearms

Chest

Triceps

Side/Rear Delts

Calves

Biceps

Traps

Forearms

DAY 7 : REST



MESOCYCLE 3 | 10 SESSIONS

Multiple-daily at home training article

Single-day at-home training templates

RP YouTube
(Tons of instructionals, podcasts, lectures)

RP Instagram

RP Diet APP
(A digital diet coach for \$15/mo., 2 weeks free)

Dr. Mike's Instagram

Hypertrophy Muscle Group Guide

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

AM

Chest

Triceps

Side/Rear Delts

Calves

Back

Biceps

Traps

Hams

Quads

Glutes

Forearms

Side/Rear Delts

Chest

Triceps

Calves

Back

Traps

Biceps

Hams

Quads

Glutes

Forearms

PM

Quads

Hams

Forearms

Triceps

Chest

Side/Rear Delts

Calves

Traps

Biceps

Back

Quads

Hams

Forearms

Triceps

Chest

Side/Rear Delts

Calves

Biceps

Back

Traps

DAY 7 : REST

EXERCISE OPTIONS



[Multiple-daily at home training article](#)

[Single-day at-home training templates](#)

[RP YouTube](#)
(Tons of instructionals, podcasts, lectures)

[RP Instagram](#)

[RP Diet APP](#)
(A digital diet coach for \$15/mo., 2 weeks free)

[Dr. Mike's Instagram](#)

[Hypertrophy Muscle Group Guide](#)

EXERCISE VIDEO INSTRUCTION

Back

[One-Arm Rows](#)
[Middle Bent Rows](#)
[Low Bent Rows](#)
[High Bent Rows](#)
[Elbows Out Bent Rows](#)
[Straight Arm Pulls](#)
[Flexion Dumbbell Rows](#)

Biceps

[Hammer Curls](#)
[Alternating Curls](#)
[Two Arm Curls](#)
[Supinating Curls](#)
[Reverse Curls](#)
[Bent Curls](#)

Calves

[Single Leg Step Raises](#)
[Double Leg Step Raises](#)
[Wall-Touch Raises](#)
[Leaned Wall Raises](#)

Chest

[Medium Pushups](#)
[Wide Pushups](#)
[Narrow Pushups](#)
[Flyes](#)
[Slow Down Pushup](#)
[Slow Down Flyes](#)
[Feet Elevated Medium Grip Pushups](#)

Forearms

[Dumbbell Wrist Curls](#)
[Dumbbell Curls with Top Hold](#)
[Dumbbell Bench Curls](#)
[Dumbbell Bench Curls with Top Hold](#)

Glutes

[Double Leg Glute Bridges](#)
[Single Leg Glute Bridges](#)
[Walking Lunges](#)
[Forward In-Place Lunges](#)
[Reverse In-Place Lunges](#)
[Sumo Deadlifts](#)

Hams

[Stiff-Legged Deadlifts](#)
[One-Legged Stiff Deadlifts](#)
[Good-Mornings](#)
[Sumo Stiff Legged Deadlifts](#)
[Sumo Good-Mornings](#)

Quads

[Squats \(Shoulder Rack\)](#)
[Sumo Squats \(Shoulder Rack\)](#)
[Narrow Squats \(Weights at Sides\)](#)
[Goblet Squats](#)
[Sumo Goblet Squats](#)
[Elevated Squats](#)
[Rear Leg Elevated Single Leg Squats](#)

Side/Rear Delts

[Upright Rows](#)
[Side Raises](#)
[Berto Side Raises](#)
[Bent Upright Rows](#)
[Rear Raises](#)
[Paused Side Raises](#)

Triceps

[Chair Shoulder Presses](#)
[One Dumbbell Two Arm Standing Extensions](#)
[Standing Shoulder Presses](#)
[One Dumbbell One Arm Standing Extensions](#)
[Two Dumbbells Two Arms Standing Extensions](#)
[Lying Extensions](#)
[Inverted Ground Skull Crushers](#)

Traps

[Dumbbell Shrugs](#)
[Dumbbell Shrugs with Top Hold](#)
[Dumbbell Bent Shrugs](#)
[Dumbbell Bent Shrugs with Top Hold](#)