

Alpha Training System: Workout Index

A - Workout Index (Hyper)

Upper (a) - Hyper

Exercise	Sets	Reps	Rest
Incline Bench Press	3	8	2 Minutes
DB Flyes	3	8	2 Minutes
Seated Cable Row	3	10	45-90 Seconds
Dumbbell Row	3	12	45 Seconds
Lateral Raises	3	12	45-90 Seconds
Dumbbell Curl	3	8	45-90 Seconds
Incline DB Curl	2	10	45-90 Seconds
Triceps Pushdown	2	10	45-90 Seconds
Barbell Shrugs	3	12	45-90 Seconds

Lower (a) - Hyper

Exercise	Sets	Reps	Rest
Front Squat	4	8	3 Minutes
Barbell Lunge	3	10	60-90 Seconds
Leg Extension	3	12	60-90 Seconds
Lying Ham Curls	4	10	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

A - Workout Index (Power)

Upper (a) - Power

Exercise	Sets	Reps	Rest
Bench Press	3	5 @ 85%	3-5 Minutes
Incline DB Press	3	6	45-90 Seconds
Bent Over Row	3	6	45-90 Seconds
Lat Pulldown	2	8	90 Seconds
Overhead Press	3	6	90 Seconds
Upright Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

Lower (a) - Power

Exercise	Sets	Reps	Rest
Squat	3	3 @ 90%	3-5 Minutes
Deadlift	2	3 @ 85%	90 Seconds
Leg Press	4	8	60-90 Seconds
Hamstring Curls	4	8	45 Seconds

B – Workout Index (Hyper)

Upper (b) - Hyper

Exercise	Sets	Reps	Rest
Bent Over Rows	4	8	2 Minutes
Pull Ups (BW)	3	AMAP	45-60 Seconds
Reverse Curls	3	10	45-60 Seconds
Face Pulls	3	8	45-60 Seconds
Incline Bench Press	3	8	2 Minutes
Flat DB Press	2	10	60 Seconds
DB Shoulder Press	3	8	60 Seconds
DB Shrugs	3	12	45-60 Seconds
Skull Crushers	3	12	45-60 Seconds

Lower (b) - Hyper

Exercise	Sets	Reps	Rest
Romanian Deadlift	4	8	3 Minutes
Hamstring Curls	3	10	45-60 Seconds
Front Squat	4	8	60-90 Seconds
Barbell Lunges	3	12	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

B – Workout Index (Power)

Upper (b) - Power

Exercise	Sets	Reps	Rest
Bench Press	3	5 @ 85%	3 Minutes
Bent Over Rows	3	6	2 Minutes
Weighted Chin Ups	3	6	60 Seconds
Overhead Press	3	3	2 Minutes
DB Shoulder Press	2	8	60 Seconds
Lateral Raises	3	8	90 Seconds
Rear Delt Raises	2	8	45-60 Seconds

Lower (b) - Power

Exercise	Sets	Reps	Rest
Squat	3	5 @ 80%	3 Minutes
Deadlift	2	3 @ 85%	3 Minutes
Front Squat	3	5	2-3 Minutes
Standing Calf Raises	4	8	45 Seconds

C - Workout Index (Hyper)

Upper (c) - Hyper

Exercise	Sets	Reps	Rest
Incline Bench Press	4	8	2 Minutes
DB Flyes	3	8	2 Minutes
Seated Cable Row	4	10	45-90 Seconds
Dumbbell Row	3	12	45 Seconds
Lateral Raises	4	12	45-90 Seconds
Dumbbell Curl	3	8	45-90 Seconds
Incline DB Curl	2	10	45-90 Seconds
Triceps Pushdown	2	10	45-90 Seconds
Barbell Shrugs	4	12	45-90 Seconds

Lower (c) - Hyper

Exercise	Sets	Reps	Rest
Front Squat	5	8	3 Minutes
Barbell Lunge	3	10	60-90 Seconds
Leg Extension	3	12	60-90 Seconds
Lying Ham Curls	5	10	60-90 Seconds
Standing Calf Raises	5	8	45 Seconds

C - Workout Index (Power)

Upper (c) - Power

Exercise	Sets	Reps	Rest
Bench Press	5	5 @ 85%	3-5 Minutes
Incline DB Press	3	6	45-90 Seconds
Bent Over Row	4	6	45-90 Seconds
Lat Pulldown	2	8	90 Seconds
Overhead Press	4	6	90 Seconds
Upright Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

Lower (c) - Power

Exercise	Sets	Reps	Rest
Squat	5	3 @ 90%	3-5 Minutes
Deadlift	3	3 @ 85%	90 Seconds
Leg Press	4	8	60-90 Seconds
Hamstring Curls	4	8	45 Seconds

D – Workout Index (Hyper)

Upper (d) - Hyper

Exercise	Sets	Reps	Rest
Bent Over Rows	4	8	2 Minutes
Pull Ups (BW)	4	AMAP	45-60 Seconds
Reverse Curls	3	10	45-60 Seconds
Face Pulls	4	8	45-60 Seconds
Incline Bench Press	4	8	2 Minutes
Flat DB Press	3	10	60 Seconds
DB Shoulder Press	4	8	60 Seconds
DB Shrugs	3	12	45-60 Seconds
Skull Crushers	3	12	45-60 Seconds

Lower (d) - Hyper

Exercise	Sets	Reps	Rest
Romanian Deadlift	5	8	3 Minutes
Hamstring Curls	3	10	45-60 Seconds
Front Squat	5	8	60-90 Seconds
Barbell Lunges	3	12	45-60 Seconds
Standing Calf Raises	5	8	45 Seconds

D – Workout Index (Power)

Upper (d) - Power

Exercise	Sets	Reps	Rest
Bench Press	5	5 @ 85%	3 Minutes
Bent Over Rows	4	6	2 Minutes
Weighted Chin Ups	3	6	60 Seconds
Overhead Press	4	3	2 Minutes
DB Shoulder Press	3	8	60 Seconds
Lateral Raises	3	8	90 Seconds
Rear Delt Raises	3	8	45-60 Seconds

Lower (d) - Power

Exercise	Sets	Reps	Rest
Squat	6	5 @ 80%	3 Minutes
Deadlift	3	3 @ 85%	3 Minutes
Front Squat	4	5	2-3 Minutes
Standing Calf Raises	5	8	45 Seconds