



HYPERTROPHY

TRAINING PROGRAM

Higher-volume training that targets every muscle group for size and definition.

TENSOR BUILD

1-WEEK HYPERTROPHY PROGRAM

GOAL

Maximize productive muscle-building volume across the whole body with repeat exposures for every major muscle group.

BEST FOR

Gym members whose primary goal is muscular size, physique development, and higher-volume resistance training.

SCHEDULE

6 gym sessions

SPLIT

Push / Pull / Legs x 2

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Maximize productive muscle-building volume across the whole body with repeat exposures for every major muscle group.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	PUSH A	Start of week
2	PULL A	1-2 days later
3	LEGS A	After a rest or lighter day
4	PUSH B	Later in week
5	PULL B	As recovery allows
6	LEGS B	End of cycle

HOW TO USE THIS WEEK

- Compound lifts live mostly around RPE 7-8; isolation exercises can approach RPE 9.
- Control the eccentric and use full comfortable ranges. More load is not useful if target-muscle tension disappears.
- If six sessions are too much for your week, keep the order and continue the cycle rather than skipping muscle groups.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - PUSH A

EXERCISE	SETS x REPS	RPE	REST
Barbell Bench Press	3 x 6-8	7-8	2 min
Incline Dumbbell Press	3 x 8-10	8	90 sec
Machine Shoulder Press	3 x 8-10	8	90 sec
Cable Fly	3 x 10-15	8-9	60 sec
Lateral Raise	4 x 12-15	9	60 sec
Triceps Pressdown	3 x 10-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - PULL A

EXERCISE	SETS x REPS	RPE	REST
Lat Pulldown	3 x 8-10	8	90 sec
Chest-Supported Row	3 x 8-10	8	90 sec
Single-Arm Cable Row	3 x 10-12/side	8	75 sec
Face Pull	3 x 12-15	8-9	60 sec
Incline Dumbbell Curl	3 x 10-12	9	60 sec
Hammer Curl	3 x 10-12	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - LEGS A

EXERCISE	SETS x REPS	RPE	REST
Back Squat	3 x 6-8	7-8	2-3 min
Romanian Deadlift	3 x 8-10	8	2 min
Leg Press	3 x 10	8	90 sec
Leg Extension	3 x 12-15	9	60 sec
Hamstring Curl	3 x 12-15	9	60 sec
Standing Calf Raise	4 x 10-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 4 - PUSH B

EXERCISE	SETS x REPS	RPE	REST
Incline Dumbbell Press	3 x 6-8	8	2 min
Machine Chest Press	3 x 10-12	8-9	90 sec
Dumbbell Shoulder Press	3 x 8-10	8	90 sec
Pec Deck	3 x 12-15	9	60 sec
Cable Lateral Raise	4 x 12-15	9	60 sec
Overhead Triceps Extension	3 x 10-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 5 - PULL B

EXERCISE	SETS x REPS	RPE	REST
Pull-Up	3 x 6-10	8	2 min
Machine Row	3 x 10	8-9	90 sec
Straight-Arm Pulldown	3 x 12	9	60 sec
Rear Delt Fly	3 x 12-15	9	60 sec
Preacher Curl	3 x 10-12	9	60 sec
Cable Curl	3 x 12-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 6 - LEGS B

EXERCISE	SETS x REPS	RPE	REST
Hack Squat	3 x 8-10	8	2 min
Dumbbell RDL	3 x 10	8	90 sec
Bulgarian Split Squat	3 x 10/leg	8-9	90 sec
Leg Extension	3 x 12-15	9	60 sec
Seated Hamstring Curl	3 x 12-15	9	60 sec
Seated Calf Raise	4 x 12-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Barbell Bench Press

Use the same setup as a bench press: stable upper back and planted feet. Lower the bar with control, then press back to lockout while keeping the shoulders organized.

Incline Dumbbell Press

Set the bench to a moderate incline. Lower the dumbbells under control with stable shoulders, then press upward without over-arching the back.

Machine Shoulder Press

Adjust the seat so the handles begin around shoulder level. Keep the torso supported and press overhead without excessive arching.

Cable Fly

With a slight bend in the elbows, bring the arms together in front of the chest. Control the return until the chest is stretched without the shoulders rolling forward.

Lateral Raise

Raise the arms out to the sides with a slight elbow bend until around shoulder height. Keep the torso still and lower slowly.

Triceps Pressdown

Keep the upper arms close to the torso and extend the elbows until the arms are straight. Return under control without letting the shoulders roll forward.

Lat Pulldown

Keep the torso stable and pull the bar toward the upper chest by driving the elbows down. Control the return until the lats are lengthened.

Chest-Supported Row

Keep the chest supported against the pad and row by driving the elbows back. Pause briefly near the torso and control the stretch on the return.

Single-Arm Cable Row

Brace the torso and row one handle toward the ribs without rotating excessively. Reach forward under control to lengthen the back.

Face Pull

Pull the rope toward the face with the elbows high enough to involve the rear shoulders and upper back. Finish without shrugging or arching the lower back.

Incline Dumbbell Curl

Lie back on an incline bench and let the arms hang long. Curl without bringing the elbows forward, then lower slowly into the stretch.

Hammer Curl

Curl with the palms facing each other and keep the upper arms still. Lower slowly without swinging.

Back Squat

Brace before unracking. Sit the hips down and back while keeping the whole foot planted, reach a controlled depth, then drive the floor away to stand.

Romanian Deadlift

Keep a soft knee bend and push the hips backward while the weight stays close to the legs. Stop when the hamstrings are loaded without losing spinal position, then extend the hips.

Leg Press

Set the feet securely on the platform, lower until the hips and knees reach a comfortable depth without the pelvis rolling, then press through the full foot.

Leg Extension

Extend the knees until the quads are fully shortened without snapping into lockout. Lower the weight slowly through the available range.

Hamstring Curl

Curl the pad by bending the knees while keeping the hips stable. Squeeze the hamstrings, then return slowly to the start.

Standing Calf Raise

Rise onto the balls of the feet through the largest pain-free range. Pause at the top and lower slowly into a controlled calf stretch.

Machine Chest Press

Adjust the seat so the handles line up around mid-chest. Keep the upper back against the pad, press smoothly, and control the return.

Dumbbell Shoulder Press

Press the dumbbells overhead while keeping the ribs stacked over the pelvis. Lower under control until the upper arms reach a comfortable depth.

Pec Deck

Keep the chest tall and bring the pads or handles together by squeezing the chest. Control the return without allowing the shoulders to roll forward.

Cable Lateral Raise

Stand stable beside a low cable and raise the arm out to the side. Keep the shoulder down and control the return.

Overhead Triceps Extension

Keep the elbows generally pointed forward or upward while extending the arms overhead. Use a controlled stretch and avoid excessive rib flare.

Pull-Up

Start from a controlled hang. Pull the chest toward the bar by driving the elbows down, then lower under control to a long-arm position.

Machine Row

Keep the torso supported or stable and row the handles toward the body. Squeeze the upper back and return slowly.

Straight-Arm Pulldown

Keep a small elbow bend and pull the cable down toward the thighs by extending the shoulders. Avoid turning it into a triceps pressdown.

Rear Delt Fly

Open the arms out to the sides using the rear shoulders and upper back. Keep the torso still and avoid shrugging.

Preacher Curl

Keep the upper arms supported on the pad, curl smoothly, and lower until the elbow is nearly straight without losing control.

Cable Curl

Stand tall and curl the cable handle while keeping the upper arm stable. Squeeze the biceps and lower under control.

Hack Squat

Keep the back supported on the machine pad, place the feet securely, descend to a controlled depth, then drive through the whole foot to stand.

Dumbbell RDL

Hold the dumbbells close to the thighs, maintain a soft knee bend, and push the hips back until the hamstrings are loaded. Stand by extending the hips.

Bulgarian Split Squat

Place the rear foot on a bench and keep most of the load on the front leg. Lower under control, keep the front foot planted, and drive through the front leg.

Seated Hamstring Curl

Keep the hips and torso against the pads while curling the lower legs down and back. Pause in the shortened position and return slowly.

Seated Calf Raise

Keep the balls of the feet planted on the platform, lower the heels into a controlled stretch, then rise as high as possible and pause.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.