

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT ONE - HYPERTROPHY.

OVERVIEW: This workout uses the drop set protocol to maximize volume and metabolic stress. Simply dropping the resistance after every set with a focus on a slower eccentric tempo will maximize the stress placed on the muscle groups.

Aim to complete 5 sets of each exercise reducing the weight by dropping a resistance band or weight plate each time.

SET PROTOCOL: Drop Sets

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Row	Two Arm Row	Neutral Grip	Neutral	85% on Set 1

SETS.	REPS.	TEMPO.	EXAMPLE LOAD/BANDS.
Set 1	To failure	3 - 1 - 1	20kg/44lb + 3 bands
Set 2	To failure	3 - 1 - 1	17.5kg/38.5lb + 3 bands
Set 3	To failure	3 - 1 - 1	15kg/33lb + 3 bands
Set 4	To failure	3 - 1 - 1	15kg/33lb + 2 bands
Set 5	To failure	3 - 1 - 1	15kg/33lb + 1 band

REST: 2 minutes.

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Drive	Two Arm Drive	Neutral Grip	Split	85% on Set 1

SETS.	REPS.	TEMPO.	EXAMPLE LOAD/BANDS.
Set 1	To failure	3 - 1 - 1	20kg/44lb + 3 bands
Set 2	To failure	3 - 1 - 1	17.5kg/38.5lb + 3 bands
Set 3	To failure	3 - 1 - 1	15kg/33lb + 3 bands
Set 4	To failure	3 - 1 - 1	15kg/33lb + 2 bands
Set 5	To failure	3 - 1 - 1	15kg/33lb + 1 band

REST: 2 minutes.

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STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Lift	Deadlift - Two Hands	Neutral Grip	Neutral	85% on Set 1

SETS.	REPS.	TEMPO.	EXAMPLE LOAD/BANDS.
Set 1	To failure	3 - 1 - 1	50kg/110lb + 3 bands
Set 2	To failure	3 - 1 - 1	45kg/99lb + 3 bands
Set 3	To failure	3 - 1 - 1	40kg/88lb + 3 bands
Set 4	To failure	3 - 1 - 1	40kg/88lb + 2 bands
Set 5	To failure	3 - 1 - 1	40kg/88lb + 1 band

REST: 2 minutes.

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Overhead	Two Arm Press	Overhand Grip	Split	85% on Set 1

SETS.	REPS.	TEMPO.	EXAMPLE LOAD/BANDS.
Set 1	To failure	3 - 1 - 1	15kg/33lb + 3 bands
Set 2	To failure	3 - 1 - 1	12.5kg/27.5lb + 3 bands
Set 3	To failure	3 - 1 - 1	10kg/22lb + 3 bands
Set 4	To failure	3 - 1 - 1	10kg/22lb + 2 bands
Set 5	To failure	3 - 1 - 1	10kg/22lb + 1 band

REST: 2 minutes.