

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT TWO - HYPERTROPHY.

OVERVIEW: This workout uses the Pyramid protocol to increase resistance and load through the working muscles whilst keeping the metabolic stress high. Simply increase the resistance each set by adding a resistance band.

SET PROTOCOL: Pyramid

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Lift	Bulgarian Split Squat – Two Hands	Neutral	Split	70% - 85%

SETS.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
Set 1	12	1 - 1 - 1	30 seconds	20kg/44lb + 1 Band
Set 2	10	1 - 1 - 1	30 seconds	20kg/44lb + 2 Bands
Set 3	8	1 - 1 - 1	30 seconds	20kg/44lb + 3 Bands

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Drive	One Arm Drive with Iso Hold in Extension	Neutral Grip	Neutral	70% - 85%

SETS.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
Set 1	12	1 - 1 - 1	30 seconds	20kg/44lb + 1 Band
Set 2	10	1 - 1 - 1	30 seconds	20kg/44lb + 2 Bands
Set 3	8	1 - 1 - 1	30 seconds	20kg/44lb + 3 Bands

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STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Row	One Arm Drive with Iso Hold in Extension	Neutral	Neutral	70% - 85%

SETS.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
Set 1	12	1 - 1 - 1	30 seconds	20kg/44lb + 1 Band
Set 2	10	1 - 1 - 1	30 seconds	20kg/44lb + 2 Bands
Set 3	8	1 - 1 - 1	30 seconds	20kg/44lb + 3 Bands

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Belt Squat	Narrow Squat		Narrow	70% - 85%

SETS.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
Set 1	12	1 - 1 - 1	30 seconds	60kg/132lb + 1 Band
Set 2	10	1 - 1 - 1	30 seconds	60kg/132lb + 2 Bands
Set 3	8	1 - 1 - 1	30 seconds	60kg/132lb + 3 Bands

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
Over Head	One Arm Press with Iso Hold in Extension	Overhand	Neutral	70% - 85%

SETS.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
Set 1	12	1 - 1 - 1	30 seconds	10kg/22lb + 1 Band
Set 2	10	1 - 1 - 1	30 seconds	10kg/22lb + 2 Bands
Set 3	8	1 - 1 - 1	30 seconds	10kg/22lb + 3 Bands