



THE indigo™
PROJECT

HP MASS
Strength
Trainng

Program 1 - Phase 2

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DAY 1**BENCH PATTERN****PART I – HIGH FREQUENCY STRENGTH**

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition.

- A. Back squat
- B. Bench press
- C. Deadlift

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 4	5 x 3	3 x 2
LOAD	6RM*	+10lbs	+10lbs	+10lbs

*Maximum weight you can use for 6 solid reps

PART II – FOUNDATION WORK

You have two types of sets in the foundation section. Regular straight sets where you do 3 reps. And extended sets where you do a set of 3 reps, rest 20 sec, do 2 more reps, rest 15 sec., do 1 more rep. Rack the bar between every rep. Use the same weight as during your straight sets. Try to add 5-10lbs more per week.

- D. Close-grip bench press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
STRAIGHT	4 x 3	4 x 3	3 x 3	2 x 3
EXTENDED	1 x 3-2-1	2 x 3-2-1	3 x 3-2-1	2 x 3-2-1

PART III – STRUCTURAL WORK

- E. Incline DB press
- F. DB decline triceps extension
- G. DB decline power flies

Keep the same weight from week to week unless it becomes too easy. As long as you can keep the same weight from week to week with the added reps you are progressing.

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 5	6 x 6	3 x 8

DAY 2**SQUAT PATTERN****PART 1 – HIGH FREQUENCY STRENGTH**

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition.

- A. Back squat
- B. Bench press
- C. Deadlift

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 4	5 x 3	3 x 2
LOAD	6RM*	+10lbs	+10lbs	+10lbs

*Maximum weight you can use for 6 solid reps

PART II – FOUNDATION WORK

You have two types of sets in the foundation section. Regular straight sets where you do 3 reps. And extended sets where you do a set of 3 reps, rest 20 sec, do 2 more reps, rest 15 sec., do 1 more rep. Rack the bar between every rep. Use the same weight as during your straight sets. Try to add 5-10lbs more per week.

- D. Front squat

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
STRAIGHT	4 x 3	4 x 3	3 x 3	2 x 3
EXTENDED	1 x 3-2-1	2 x 3-2-1	3 x 3-2-1	2 x 3-2-1

PART III – STRUCTURAL WORK

- E. Trap bar deadlift OR DB squat
- F. Leg press
- G. Bulgarian split squat

Keep the same weight from week to week unless it becomes too easy. As long as you can keep the same weight from week to week with the added reps you are progressing.

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 5	6 x 6	3 x 8

PART I – LATS

- A. Kayak row
- B. Lat pulldown wide pronated grip (2 sec. hold at peak)
- C. Lat pulldown supinated grip (2 sec. hold at peak)
- D. Seated rowing wide parallel grip (2 sec. hold at stretch and peak)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
A	3 x 6/side	4 x 6/side	5 x 8/side	3 x 10/side
B	3 x 6	4 x 6	5 x 8	3 x 10
C	3 x 6	4 x 6	5 x 8	3 x 10
D	3 x 6	4 x 6	5 x 8	3 x 10

*Use the same weight for all 4 weeks unless it really becomes too easy

PART II – BICEPS

Note: between sets of biceps work, you perform active rest exercises for the triceps. After the active rest you take 15-30 sec. of rest then start the next biceps set.

- E. Rope hammer curl (double contraction at the top)
Active rest: rope triceps extension x 8-12 (not maximal)
- F. Preacher reverse curl
Active rest: overhead DB triceps extension x 8-12 (not maximal)
- G. Standing cable curl 3 seconds up, 3 seconds down
Active rest: close-grip push ups x 10-20 (not maximal)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
E	3 x 6	4 x 6	5 x 8	3 x 10
F	3 x 6	4 x 6	5 x 8	3 x 10
G	3 x 6	4 x 6	5 x 8	3 x 10

*Use the same weight for all 4 weeks unless it really becomes too easy

DAY 4**OVERHEAD PATTERN****PART I – HIGH FREQUENCY STRENGTH**

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition.

- A. Back squat
- B. Bench press
- C. Deadlift

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 4	5 x 3	3 x 2
LOAD	6RM*	+10lbs	+10lbs	+10lbs

*Maximum weight you can use for 6 solid reps

PART II – FOUNDATION WORK

You have two types of sets in the foundation section. Regular straight sets where you do 3 reps. And extended sets where you do a set of 3 reps, rest 20 sec, do 2 more reps, rest 15 sec., do 1 more rep. Rack the bar between every rep. Use the same weight as during your straight sets. Try to add 5-10lbs more per week.

- D. Seated shoulder press from pins (from just above head)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
STRAIGHT	4 x 3	4 x 3	3 x 3	2 x 3
EXTENDED	1 x 3-2-1	2 x 3-2-1	3 x 3-2-1	2 x 3-2-1

PART III – STRUCTURAL WORK

- E. Seated DB press, neutral grip
- F. Standing DB shoulder press, alternating arms
- G. DB lateral raise

Keep the same weight from week to week unless it becomes too easy. As long as you can keep the same weight from week to week with the added reps you are progressing.

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 5	6 x 6	3 x 8

DAY 5**DEADLIFT PATTERN****PART I – HIGH FREQUENCY STRENGTH**

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition.

- A. Back squat
- B. Bench press
- C. Deadlift

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 4	5 x 3	3 x 2
LOAD	6RM*	+10lbs	+10lbs	+10lbs

*Maximum weight you can use for 6 solid reps

PART II – FOUNDATION WORK

You have two types of sets in the foundation section. Regular straight sets where you do 3 reps. And extended sets where you do a set of 3 reps, rest 20 sec, do 2 more reps, rest 15 sec., do 1 more rep. Rack the bar between every rep. Use the same weight as during your straight sets. Try to add 5-10lbs more per week.

- D. Deadlift from pins just below knees

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
STRAIGHT	4 x 3	4 x 3	3 x 3	2 x 3
EXTENDED	1 x 3-2-1	2 x 3-2-1	3 x 3-2-1	2 x 3-2-1

PART III – STRUCTURAL WORK

- E. Goodmorning
- F. Glute-ham raise OR back extension
- G. Lying leg curl

Keep the same weight from week to week unless it becomes too easy. As long as you can keep the same weight from week to week with the added reps you are progressing.

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 5	4 x 5	6 x 6	3 x 8

Specialization Workouts

SUPERSET A (10 SEC. BETWEEN A1 AND A2; 10 SEC BETWEEN A2 AND A3, 90 SEC. BETWEEN SETS)

- A1. Kayak row (only the sides, not the middle portion 4 x 6-8 per side
- A2. Straight-arm pulldown 4 x max reps with same weight as A1
- A3. Kneeling pulldown, torso bent forward 4 x max reps with same weight as A1

SUPERSET B (10 SEC. BETWEEN B1 AND B2, 90 SEC. BETWEEN SETS)

- B1. Low-pulley straight-arm pulldown with rope torso parallel to floor 4 x 8-10
- B2. Lat pulldown pronated grip (only do bottom half of the movement) 4 x 8-10

SUPERSET C (10 SEC. BETWEEN C1 AND C2, 90 SE BETWEEN SETS)

- C1. DB pullover 4 x 10-12
- C2. Lat pulldown very wide pronated grip (only do top half of move) 4 x 10-12

SUPERSET D (10 SEC. BETWEEN D1 AND D2, 60 SEC. BETWEEN SETS)

- D1. 1-arm straight arm pulldown 4 x 10-12/side
- D2. 1-arm DB rowing 4 x 10-12/side

E. Lat pulldown supinated grip 3 x 15-10 (2 sec. hold at peak)

MECHANICAL DROP SET A (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)

- A1. Rope face pull on lat pulldown station, pull to eyes 4 x 8-10
- A2. Rope face pull on lat pulldown station, pull to neck 4 x max with same weight
- A3. Rope face pull on lat pulldown station, pull to chest, 4 x max with the same weight

MECHANICAL DROP SET B (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)

- B1. Rope face pull, pulley at eyes level, pull to forehead 4 x 8-10
- B2. Rope face pull, pulley at eyes level, pull to neck 4 x max with same weight
- B3. Rope face pull, pulley at eyes level, pull to chest 4 x max with same weight

SUPERSET C (10 SEC. BETWEEN STATIONS, 90 SEC. BETWEEN SETS)

- C1. Chest-supported DB rear delts 4 x 10-12
- C2. Chest-supported DB row elbows out 4 x max reps with same weight
- C3. Seated rowing 4 x 10-12 (2 sec. hold at peak)

D. Voyer shrugs 4 x 10-12

E. Close-grip bent over rowing (2 sec. hold at peak) 4 x 10-12

A. DB squeeze press (3 sec. up, 3 sec. down) 4 x 8-10

B. D Roy raise (2 sec. at peak) 4 x 10-12 per arm

SUPERSET C (10 SEC. BETWEEN STATIONS, 90 SEC. BETWEEN SETS)

C1. Standing plate squeeze press 4 x 8-10

C2. Cable cross-over 4 x 8-10 (2 sec. squeeze at peak)

C3. Dips or push ups 4 x max reps

MECHANICAL DROP SET D (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)

D1. DB power flies 4 x 8-10

D2. DB power flies/press (lower as a fly in 5 sec. lift as a press) 4 x max reps

D3. DB press 4 x max reps

MECHANICAL DROP SET E (30 SEC. BETWEEN STATIONS, 120 SEC. BETWEEN SETS)

E1. Decline bench press close-grip elbows out 3 x 8-10

E2. Decline bench press wide-grip 3 x max with same weight

E3. Decline bench press normal grip 3 x max with same weight

A. Seated shoulder press 4 x 6-8

B. Seated shoulder press extended set (do 6-8 reps, rest 15 sec, max reps, rest 15 sec. max reps) 3 x 6=8 + max + max

C. Seated shoulder press, superslow tempo (5 sec.up, 5 sec. down) 3 x 6-8

MECHANICAL DROP SET D (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)

D1, Scott press 3 x 8-10

D2. DB push press 3 x max reps with same weight

SUPERSET E (NO REST BETWEEN STATIONS, 90 SEC. BETWEEN SETS)

E1. Bottom half lateral raise (heavy) 4 x 10-12

E2. DB lateral raise 4 x 8-10

E3. DB shoulder press 4 x max reps with same weight as E2

MECHANICAL DROP SET F (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)

F1. DB lateral raise, slight cheat 3 x 6-8

F2. Arnold press 3 x max reps with same weight

F2. DB push press 3 x max reps with same weight

A. Power snatch/clean from the hang (if you can't do that, snatch jump from hang) 4 x 5

HIGH THRESHOLD HYPERTROPHY B (30-45 SEC. OF REST BETWEEN STATIONS, 9-120 SEC. BETWEEN SETS)

B1. Snatch jumps 4 x 5

B2. Broad jumps 4 x 5

B3. Dumbbell or kettlebell swing 4 x 20

HYPERTROPHY COMPLEX C (15-30 SEC. OF REST BETWEEN STATIONS, 60-90 BETWEEN SETS)

C1. Power clean from hang 4 x 5

C2. Romanian deadlift 4 x max with same weight

C3. Deadlift from floor 4 x max with same weight

HYPERTROPHY D (60-90 SEC BETWEEN SETS)

D. Lying leg curl with iso hold at peak (rep 1 = 12 sec. rep 2 = 9 sec. rep 3 = 7 sec. rep 4 = 5 sec. rep 5 = 3 sec. rep 6 = 1 sec) 3 x 6

- A. Leg extension 3 x 8-10 (2 sec. hold at peak)
- B. Leg extension 3 x 8-10 (peak double contraction)
- C. Leg extension 3 x 6-8 (superslow, 5 sec. down, 5 sec. up)

MECHANICAL DROP SET D (30 SEC. BETWEEN POSITIONS, 3 MIN. BETWEEN SETS)

- D1. Front squat 3 x 6-8
- D2. Back squat, close stance 3 x max with same weight
- D3. Back squat, wide stance, 3 x max with same weight

SUPERSET E (NO REST BETWEEN STATIONS, 3 MIN BETWEEN SETS)

- E1 Leg press 3 x 15-20
- E2. Bodyweight squats 3 x max reps

- F. Bulgarian split squat 3 x 8-10 / leg

A. Rope hammer curl 4 x 8-10 (double contraction at peak)

B. 1-arm BARBELL preacher curl 4 x 8-10/arm

MECHANICAL DROP SET C (10 SEC. BETWEEN POSITIONS, 90 SEC BETWEEN SETS)

C1. Reverse cable curl 4 x 8-10

C2. Wide-grip cable curl 4 x max reps with same weight

C2. Close-grip cable curl 4 x max reps with same weight

D. Seated incline DB curl 4 x 8-10 (low double contraction)

MECHANICAL DROP SET E (10 SEC. BETWEEN POSITIONS, 120 SEC BETWEEN SETS)

E1. Rope triceps pushdown, spreading apart at bottom 4 x 12-15

E2. Rope triceps pushdown, kept together 4 x max reps with same weight

E3. Overhead rope triceps pushdown 4 x max reps with same weight

E4. EZ bar reverse grip triceps pushdown 4 x max reps with same weight

E5. EZ bar triceps pushdown 4 x max reps with same weight

EXPLOSIVE BLOCK 1 (45 SEC. BETWEEN SETS)

- A. Vertical jump reset (reset between every rep) 5 x 5
- B. Depth jumps for height 5 x 5

STRENGTH-SPEED BLOCK (90 SEC. BETWEEN SETS)

- C. Power clean from hang 5 x 5

EXPLOSIVE BLOCK 2 (45 SEC. BETWEEN SETS)

- D. Vertical jump series (jump up as soon as you land) 5 x 5
- E. Jump unto a box 5 x 5

STRENGTH BLOCK 1 (90 SEC. BETWEEN SETS)

- F. Romanian deadlift 5 x 5

EXPLOSIVE BLOCK 3 (45 SEC. BETWEEN SETS)

- G. Vertical jumps with a 2 sec. pause at the bottom before jumping 5 x 5
- H. Ankle jumps 3 x 10

STRENGTH BLOCK 2 (60 SEC BETWEEN SETS)

- I. Standing calves raise (quick turnaround at bottom, 2 sec. hold at peak) 3 x 8-10

EXPLOSIVE BLOCK 1 (45 SEC. BETWEEN SETS)

- A. Broad jump reset (reset between every rep) 5 x 5
- B. Depth jumps for distance 5 x 5

STRENGTH-SPEED BLOCK (90 SEC. BETWEEN SETS)

- C. Power clean from hang 5 x 5

EXPLOSIVE BLOCK 2 (45 SEC. BETWEEN SETS)

- D. Broad jump series (jump up as soon as you land) 5 x 5
- E. Jump lunges/alternating leg in the air 5 x 5/per leg

STRENGTH BLOCK 1 (90 SEC. BETWEEN SETS)

- F. Romanian deadlift 5 x 5

EXPLOSIVE BLOCK 3 (45 SEC. BETWEEN SETS)

- G. Bulgarian squat jumps with knee tuck 5 x 5/leg
- H. Vertical jump with knee tuck 3 x 10

STRENGTH BLOCK 2 (60 SEC BETWEEN SETS)

- I. Glute-ham raise OR back extension 3 x 8-10

EXPLOSIVE BLOCK 1 (45 SEC. BETWEEN SETS)

- A. Forward hurdle jump 5 x 5
- B. Depth jumps for height 5 x 5

STRENGTH-SPEED BLOCK (90 SEC. BETWEEN SETS)

- C. Walking lunges 5 x 8/leg

EXPLOSIVE BLOCK 2 (45 SEC. BETWEEN SETS)

- D. Backward hurdle jump 5 x 5
- E. Jump lunges/alternating leg in the air 5 x 5/per leg

STRENGTH BLOCK 1 (90 SEC. BETWEEN SETS)

- F. Backward walking lunges 5 x 8/side

EXPLOSIVE BLOCK 3 (45 SEC. BETWEEN SETS)

- G. Side-to-side hurdle jumps 5 x 5/leg
- H. Side-to-side skate jumps 5 x 5/leg

STRENGTH BLOCK 2 (60 SEC BETWEEN SETS)

- I. Side lunges 5 x 8/side

- A. Plyo push ups hands on bench (start each rep from a deadstart, chest touching the bench) 3 x 5-8
- B. Medicine ball throw from chest 3 x 10
- C. Bench press from pins 2" from chest. Work up to 3 RM
- D. Wide-grip floor press (2 sec. pause at bottom) work up to 3 RM
- E. Bench press with 2 sec. pause on chest work up to 3 RM
- F. Decline bench press 4 x 6-8
- G. DB bench press (full range of motion) with 2 sec. pause at bottom 4 x 6-8

- A. Plyo push ups hands on bench, only going down halfway 3 x 8-10
- B. Push up on Swiss ball 3 x max
- C. Top-half bench press from pins. Work up to 3 RM
- D. Close-grip floor press. Work up to 3 RM
- E. Bench press with chains OR reverse bands. Work up to 3 RM
- F. Bench press, double top contraction. 4 x 4-6
- G. Decline nosebreaker 4 x 6-8

- A. Depth jump for height 5 x 5
- B. Deadlift from a deficit/podium (stand on a pair of 45lbs plates). Work up to 3 RM
- C. Back squat from pins, starting from bottom position. Work up to 3 RM
- D. Goodmorning from pins, starting at the bottom position 3-4 x 4-6
- E. Front squat, low double contraction 3-4 x 4-6
- F. Leg extension 10 x 5

- A. Depth jump for distance 5 x 5
- B. Power clean from blocks 5 x 5
- C. Top half deadlift from pins (just below knees). Work up to 3 RM
- D. Top half deadlift from pins (just above knees). Work up to 3 RM
- E. Top half front squat using either a clean grip or straps. 3-4 x 4-6
- F. Back extension 3-4 x 6-8
- G. Lying leg curl 10 x 5

- A. Push up on Swiss ball 3 x max
- B. Push press 5 x 5
- C. 1-arm DB clean and press 5 x 5 / arm
- D. Bench press 225lbs. Aim for twice the reps you are getting now, and get there. You can take as many pauses as you want to get there, but try to minimize the pauses from week to week. Do 2 such sets.
- E. Bench press 185lbs. 3 sets x max reps, rest 10 sec., max reps again
- F. Bench press 155lbs 3 sets x max reps, rest 10 sec., max reps again

MECHANICAL DROP SET G (30 SEC. BETWEEN POSITION, 3 MIN. BETWEEN SETS)

- G1. Close-grip bench press 3 x 6-8
- G2. Wide-grip bench press 3 x max with same weight
- G3. Bench press normal grip 3 x max reps with same weight

