

THE MOMENTUM STANDARD

4 DAY UPPER / LOWER HYPERTROPHY PROGRAM

FEMALE

4 DAYS

HYPERTROPHY

DAY 01

LOWER

DAY 02

UPPER

DAY 03

LOWER

DAY 04

UPPER

V1 · SEPT 2026 · 52 WORKING SETS PER WEEK

BUILT BY TAZZ MCALISTER

Simple programming. Hard sets.
Proper recovery. Enough time to
actually progress.

DAY 01

LOWER 1

GLUTES · QUADS · HAMSTRINGS

12

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Abduction Machine	2	8–10	3 min	1–0	Glute
Hip Thrust	2	8–10	3 min	1–0	Glute
Single-Leg Leg Press	2	6–8	3 min	2–1	Quad / Glute
BB RDL	2	6–8	3 min	2–1	Hamstring / Glute
Leg Extensions	2	10–12	3 min	1–0	Quad
Seated Leg Curl	2	8–10	3 min	1–0	Hamstring

Focus: make the hard sets count.

Warm-up sets do not count as working sets.

DAY 02 · UPPER 1

14

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Seated Rope Tricep Pushdown	2	8–12	3 min	1–0	Tricep
Machine Lateral Raise	2	8–12	3 min	1–0	Side Delt
Wide Grip Lat Pull Down	2	6–9	3 min	1–0	Lats
Shoulder Press (Elbows Tucked)	2	4–7	3 min	1–0	Front Delt / Side Delt
Seated Cable Upper Back Row	2	8–10	3 min	1–0	Upper Back
Incline Chest Press	2	4–7	3 min	1–0	Front Delt / Upper Pec
Iliac Pulldown	2	8–10	3 min	1–0	Lats

LOWER 2

12

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Abduction Machine	2	8-10	3 min	1-0	Glute
Hip Thrust	2	8-10	3 min	1-0	Glute
Hack Squat	2	4-7	3 min	2-1	Quad / Glute
45 Degrees Hip Extension	2	8-10	3 min	2-1	Hamstring / Glute
Leg Extensions	2	10-12	3 min	1-0	Quad
Seated Leg Curl	2	8-10	3 min	1-0	Hamstring

UPPER 2

14

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Preacher Curl	2	8–12	3 min	1–0	Elbow Flexors
Single-Arm Tricep Pushdown	2	8–12	3 min	1–0	Triceps
T-Bar Row	2	6–9	3 min	1–0	Upper Back
Shoulder Press (Elbows Tucked)	2	4–7	3 min	1–0	Front Delt
Wide Grip Lat Pull Down	2	6–9	3 min	1–0	Lats
DB Incline Press	2	4–7	3 min	1–0	Front Delt / Upper Pec
Single-Arm Cable Kneeling Row	2	8–10	3 min	1–0	Lats

HOW TO RUN IT

BEFORE I START, WHAT DO I NEED TO KNOW?

Do the work properly, track it, and give yourself enough time to improve. Don't change things every week because you saw a new exercise online. **Run the plan. Earn the progress.**

WHAT DOES RIR MEAN?

2 RIR: about 2 reps left. **1 RIR:** about 1 rep left. **0 RIR:** another clean rep probably wasn't happening. It's simply a way to measure effort.

HOW MANY WORKING SETS SHOULD I DO?

Every exercise in this program uses 2 working sets. More is not automatically better. Make those two sets count.

HOW HARD SHOULD MY SETS BE?

Hard enough that the last few reps are noticeably slower than the first. Push close to failure, but keep the movement clean. **Train hard. Don't train sloppy.**

WHEN SHOULD I ADD WEIGHT?

When you earn it. Hit the top of the rep range with good form and the correct RIR, then increase the load and build again. **Own the weight first.**

HOW SHOULD I REST AND USE SUPERSETS?

Standard rest is around 3 minutes. To save time, pair opposing muscle groups, like chest and back. Do both exercises back-to-back, then rest about 90 seconds before repeating. If performance drops, use the full rest.

TRAIN SMART

WHY THE LOWER REP RANGES?

A set doesn't need to burn like hell to work. Lower reps let you train hard with less unnecessary fatigue. We care about **tension, performance and progression**.

DOES EXERCISE ORDER MATTER?

Yes. You're usually strongest at the start. If a muscle is a priority, putting it earlier can make sense. **Your priority gets priority**.

DO I NEED TO TRACK MY TRAINING?

Yes. At minimum, record **weight, reps and sets**. Then try to improve something next time: one more rep, a small increase in load, or better execution. **Don't guess. Track it**.

HOW SHOULD I WARM UP?

Warm up enough to be ready, not tired. Use a few lighter sets and gradually work toward your training weight. **Save the hard work for the working sets**.

WHAT IF AN EXERCISE DOESN'T SUIT ME?

Swap it, but keep the same target muscle and roughly the same movement pattern. The exercise can change. **The purpose shouldn't**.

RECOVER & FUEL

WHAT IF I MISS A WORKOUT?

Carry on. Don't cram two workouts together or punish yourself. Pick up where you left off and get back into your routine.

HOW LONG SHOULD I RUN THE PROGRAM?

Long enough to see whether it works. If you're getting stronger and progressing, there's no reason to constantly change programs. **Give it time.**

HOW DO I KNOW IF I'M DOING TOO MUCH?

If performance keeps dropping and you're struggling to recover, more probably isn't the answer. **Do enough to progress, not so much that you can't recover.**

WHAT SHOULD I EAT?

Eat enough to support your goal, get your protein in, drink enough water and make most of your food decent whole foods. You need consistency, not perfection.

Protein

1.6–2.2g/kg body weight per day.

Fats

0.6–0.8g/kg body weight per day as a useful guide

Carbs

Use carbs to fill the rest. Around **30–60g pre-workout** can help fuel the session.

THE PROGRAM ISN'T MAGIC. EXECUTION IS WHAT MATTERS.

TRAIN HARD.

TRACK IT.

EAT PROPERLY.

RECOVER.

REPEAT.

That's the game.

General training information only. Choose exercises and loads appropriate to your ability, and seek qualified medical or exercise advice if you have an injury, health condition or are unsure whether this program is suitable for you.