

5 DAY SPLIT HYPERTROPHY PROGRAM

MALE

5 DAYS

HYPERTROPHY

DAY 01

UPPER 1

DAY 02

LEGS 1

DAY 03

UPPER 2

DAY 04

LEGS 2

DAY 05

UPPER 3

V1 · SEPT 2026 · 72 WORKING SETS PER WEEK

BUILT BY TAZZ MCALISTER

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

DAY 01

UPPER 1

ARMS · DELTS · CHEST · BACK

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Preacher Curl Machine	2	8–10	3 min	1–0	Elbow Flexors
DB Hammer Curl	2	8–10	3 min	1–0	Elbow Flexors
Machine Lateral Raise	3	8–12	3 min	1–1	Side Delt
Incline Smith Press	2	4–7	3 min	1–1	Upper Pec / Front Delt
Wide Grip Lat Pull Down	2	6–9	3 min	1–1	Lats
Pec Deck Fly	2	6–9	3 min	1–1	Pec
Unilateral Bench Supported Cable Row	2	8–10	3 min	1–1	Lats

Progression: hit the top of the range cleanly, then add load.

Warm-up sets do not count as working sets.

DAY 02

LEGS 1

QUADS · HAMSTRINGS · GLUTES · CALVES

13

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Standing Calf Raise	3	8–10	3 min	1–1	Calves
Hack Squat	2	6–8	3 min	1–1	Quads
BB RDL	2	6–8	3 min	2–1	Hamstrings / Glutes
Smith Machine Split Squat	2	6–8	3 min	1-2	Quad / Glute
Seated Leg Curl	2	8–10	3 min	1–0	Hamstrings
Leg Extension	2	8–10	3 min	1–0	Quads

Focus: make the hard sets count.

Warm-up sets do not count as working sets.

DAY 03

UPPER 2

TRICEPS · DELTS · CHEST · BACK

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Single-Arm Tricep Pushdown	2	8–10	3 min	1–0	Tricep
Rope Overhead Tricep Extension	2	8–10	3 min	1–0	Tricep / More Long Head
Single Arm Cuffed Cable Lateral Raise	3	8–12	3 min	1–1	Side Delt
Upper Back T-Bar Row	2	6–9	3 min	1–1	Upper Back
Plate Loaded Bench Press	2	4–7	3 min	1–1	Pec
Underhand Grip Lat Pull Down	2	6–9	3 min	1–1	Lats
Incline Plate Loaded Press	2	4–7	3 min	1–1	Upper Pec / Front Delt

Execution: keep the movement purpose the same if you swap.

Warm-up sets do not count as working sets.

DAY 04

LEGS 2

QUADS · HAMSTRINGS · GLUTES · CALVES

14

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Standing Calf Raise	3	8–10	3 min	1–1	Calves
Adduction Machine	1	8–10	3 min	0	Adductors
Stiff Leg Deadlift	2	6–8	3 min	2–1	Hamstrings / Glutes
Quad Dominant Leg Press	2	8–10	3 min	1–1	Quads
Hip Thrust	2	8–10	3 min	1–1	Glutes
Seated Leg Curl	2	8–10	3 min	1–0	Hamstrings
Leg Extension	2	8–10	3 min	1–0	Quads

Heavy work: use the full rest period and own the reps.

Warm-up sets do not count as working sets.

DAY 05

UPPER 3

ARMS · DELTS · CHEST · BACK

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Single-Arm Tricep Pushdown	2	8–10	3 min	1–0	Tricep
Machine Preacher Curl	2	8–10	3 min	1–0	Elbow Flexors
Machine Lateral Raise	3	8–12	3 min	1–1	Side Delt
Upper Back T-Bar Row	2	6–9	3 min	1–1	Upper Back
Shoulder Press (Elbows Tucked)	2	4–7	3 min	1–1	Front Delt / Upper Pec
Iliac Row	2	6–9	3 min	1–1	Lats
Pin Loaded Chest Press	2	4–7	3 min	1–1	Pec

Final session: finish clean, don't turn it into junk volume.

Warm-up sets do not count as working sets.

HOW TO RUN IT

BEFORE I START, WHAT DO I NEED TO KNOW?

Train 5 days per week and arrange the sessions so you can recover properly. Do the work, track it, and give yourself enough time to improve. **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?

Follow the sets written in the program. Some exercises use 1, 2 or 3 working sets. More is not automatically better. **Make the prescribed 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 DIFFERENT REP RANGES?

Different exercises suit different rep ranges. Bigger compound movements sit mostly in moderate ranges, while accessories can go higher. The goal is still the same: **good execution, hard sets 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.