

— TRAINING SYSTEM · BUILD MUSCLE

HYPERTROPHY METHOD

Sixteen weeks of structured volume — the system for building visible, lasting muscle once form is no longer the gap.

LEVEL

Intermediate

LENGTH

16 Weeks

SCHEDULE

4–5 Days

SPLIT

U/L · PPL



01 — BEGIN HERE

NOW YOU BUILD.

You can train. The movements are yours and the weight has been climbing. This is the system that turns that base into size — enough volume to grow, organised into a split that fits a real week, progressed the same honest way for sixteen weeks.

FOR YOU, IF

You've trained consistently for six months or more, your technique is solid, and you want visible muscle — not another beginner reset. You can commit to four or five sessions a week.

NOT YET, IF

Your squat, hinge and press still feel uncertain, or you train fewer than three days. Run Foundations of Form first — this method assumes the base it builds.

BY THE END OF WEEK SIXTEEN, YOU WILL

Have trained every muscle through a full, progressive block · know your own volume — how much each muscle needs to grow · own two splits you can run for years · and carry visible, earned size that didn't come from a fourteen-day promise.

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02

THE FIVE PRINCIPLES

Hypertrophy is not complicated, but it is specific. These five decide everything that follows.

01 VOLUME IS THE DRIVER

The number of hard sets you do per muscle each week is the primary lever for growth. Most of this program is the patient management of that number. → [Studies · How Much Volume You Need](#)

02 TRAIN CLOSE TO FAILURE

Growth responds to effort. Take working sets to within 1–3 reps of failure — and on isolation work, occasionally to it. A set left too easy is a set that barely counts.

03 PROGRESSIVE OVERLOAD

More reps, more weight, or more sets over time. If the numbers in your log aren't moving across a block, neither is your muscle. → [Studies · Progressive Overload](#)

04 SELECTION & FULL RANGE

Choose lifts you feel in the target muscle, and train them through a full stretch. The lengthened position is where much of the growth lives — chase range, not just load.

05 RECOVERY SETS THE CEILING

You grow from what you recover from. More volume only works if sleep, food and rest keep pace. When they don't, the answer is less, not more.



03

THE PLAN AT A GLANCE

Sixteen weeks, one page. Screenshot it. This is the whole method — everything after is detail.

THE ARC · FOUR BLOCKS

WEEKS 1-6

ACCUMULATE

Start near each muscle's low set count; add a set every week or two. 1-3 RIR.

WEEKS 7-12

INTENSIFY

Heavier loads, tighter ranges. Most sets to 1-2 RIR.

WEEKS 13-15

PEAK

Top of your volume. Add one intensity technique per session.

WEEK 16

DELOAD

Halve the sets, drop ~40%. Recover, then restart heavier.

CHOOSE YOUR SPLIT — BOTH TRAIN EVERYTHING TWICE A WEEK

UPPER / LOWER

4 DAYS

- 1 Upper A
- 2 Lower A
- 3 Upper B
- 4 Lower B
- 5 The default — fits a real week

PUSH / PULL / LEGS

5-6 DAYS

- 1 Push
- 2 Pull
- 3 Legs
- 4 ... repeat
- 5 For more days, more volume

THE ONE RULE

Work a rep range (say 8-12). **Add reps each session until you hit the top on every set → add weight, drop to the bottom, climb again.** When progress stalls and recovery allows, add a set. That loop is the engine.



04

VOLUME LANDMARKS

Hard sets per muscle, per week. **Start each block near the low end** and climb toward the high end across the sixteen weeks. The high end is a ceiling, not a target — most growth happens well below it.

MUSCLE	SETS / WEEK	HOW TO USE THE RANGE
Chest	10 – 20	Split across a press and a fly angle.
Back	12 – 22	Half vertical pulls, half rows. The most forgiving muscle — train it hard.
Quads	10 – 18	A squat pattern plus a machine. Count heavy hinges lightly here.
Hamstrings / Glutes	8 – 16	One hinge, one curl. Stretch matters most here.
Shoulders	10 – 20	Mostly side and rear delts — presses cover the front.
Biceps / Triceps	8 – 16 ea.	Compounds count for ~half. Add direct work to taste.
Calves	8 – 16	Full range, pause at the stretch, every session if needed.

READ
THIS

If a muscle stops improving and feels recovered → **add a set or two**. If it feels beaten up, sleep is short, or performance drops → **hold or pull back**. The number serves the result, never the other way around.



05

THE SPLIT · UPPER / LOWER

Four days: Upper A · Lower A · Upper B · Lower B, with rest where it fits. Sets & reps are the **starting point (Accumulate)** — add sets across the block per the landmarks. Rest 2–3 min on compounds, 60–90s on isolation.

UPPER A · PRESS-LEANING

EXERCISE	SETS × REPS	RIR	NOTE
Barbell Bench Press CHEST	3 × 6–8	2	The anchor lift
Pull-up / Lat Pulldown BACK · WIDTH	3 × 8–10	2	Full stretch up top
Incline DB Press CHEST · UPPER	3 × 8–12	1–2	—
Chest-supported Row BACK · THICKNESS	3 × 10–12	1–2	No torso swing
Lateral Raise SIDE DELTS	3 × 12–15	1	Lead with the elbow
Triceps Pushdown TRICEPS	3 × 10–12	1	—

LOWER A · SQUAT-LEANING

EXERCISE	SETS × REPS	RIR	NOTE
Back Squat QUADS	3 × 6–8	2	Depth over load
Romanian Deadlift HAMSTRINGS	3 × 8–10	2	Feel the stretch
Leg Press QUADS	3 × 10–12	1–2	Full range
Seated Leg Curl HAMSTRINGS	3 × 10–12	1	—
Standing Calf Raise CALVES	4 × 10–12	1	Pause at the bottom

**UPPER B · HYPERTROPHY-LEANING**

EXERCISE	SETS × REPS	RIR	NOTE
Incline Barbell Press CHEST · UPPER	3 × 8–10	2	—
Seated Cable Row BACK · THICKNESS	3 × 8–10	2	Squeeze, don't heave
Overhead Press FRONT / SIDE DELTS	3 × 8–10	1–2	DB or barbell
Neutral Lat Pulldown BACK · WIDTH	3 × 10–12	1–2	—
Cable Lateral Raise SIDE DELTS	3 × 15–20	0–1	Constant tension
DB Curl + Overhead Ext ARMS · SUPERSET	3 × 10–12	1	Back to back

LOWER B · HINGE-LEANING

EXERCISE	SETS × REPS	RIR	NOTE
Trap-bar Deadlift POSTERIOR CHAIN	3 × 5–8	2	Or hip thrust
Hack Squat / Front Squat QUADS	3 × 8–10	2	Deep, controlled
Walking Lunge QUADS / GLUTES	2 × 10–12	1–2	Each leg
Lying Leg Curl HAMSTRINGS	3 × 10–12	1	—
Leg Extension QUADS	3 × 12–15	0–1	Pause at the top
Seated Calf Raise CALVES	4 × 12–15	1	Full range

A and B are not harder and easier — they are two angles on the same muscles. Alternate them; progress each against its own last week.



06

THE ALTERNATIVE · PUSH / PULL / LEGS

If you can train five or six days, run this for more weekly volume. Rotate Push · Pull · Legs; on six days, repeat the cycle (the second pass can lean lighter and pump-focused). Same rep ranges, same one rule.

PUSH

CHEST · DELTS · TRI

- 1 Bench Press · 3×6–8
- 2 Overhead Press · 3×8–10
- 3 Incline DB Press · 3×8–12
- 4 Lateral Raise · 4×12–20
- 5 Triceps · pushdown + overhead · 3×10–12

PULL

BACK · REAR DELT · BI

- 1 Pull-up / Pulldown · 3×8–10
- 2 Barbell Row · 3×8–10
- 3 Chest-supported Row · 3×10–12
- 4 Face Pull · 3×15–20
- 5 Curls · barbell + incline · 3×8–12

LEGS

QUADS · HAMS · CALVES

- 1 Squat · 3×6–8
- 2 Romanian Deadlift · 3×8–10
- 3 Leg Press · 3×10–12
- 4 Leg Curl · 3×10–12
- 5 Calf Raise · 4×10–15

WHICH SPLIT?

Four steady days a week → Upper / Lower. Five or six days and you enjoy the gym → Push / Pull / Legs. Both work. The best split is the one you'll actually run for sixteen weeks.



07

THE EXERCISE MENU

Every slot has swaps. Pick what your gym has and what you feel in the muscle — then keep it long enough to progress it. Variety is for blocks, not for sessions.

MUSCLE	CHOOSE FROM
Chest	Barbell / DB bench · Incline press · Machine press · Weighted dip · Cable or pec-deck fly
Back — width	Pull-up · Lat pulldown (wide / neutral) · Straight-arm pulldown
Back — thickness	Barbell / Pendlay row · Chest-supported row · Seated cable row · One-arm DB row
Quads	Back / front squat · Hack squat · Leg press · Split squat · Leg extension
Hamstrings / Glutes	Romanian deadlift · Trap-bar deadlift · Hip thrust · Lying / seated leg curl
Shoulders	Overhead press · DB / cable lateral raise · Rear-delt fly · Face pull
Arms	Barbell / DB / incline curl · Hammer curl · Pushdown · Overhead extension · Dip
Calves	Standing raise · Seated raise · Leg-press calf press

Rule of thumb: keep the big compound in a slot for a whole block; rotate the isolation pieces only if a joint asks you to.



08

PROGRESSION & THE ADVANCED BLOCK

How the numbers move, and the techniques you earn the right to use at the peak.

DOUBLE PROGRESSION — THE EVERYDAY ENGINE

Take a lift prescribed at 8–12. Keep the weight; add reps session to session until you reach 12 on every set. Then add the smallest load, fall back to ~8, and climb again. Log it, or it didn't happen. When a muscle stalls for two weeks and you feel recovered, add one set rather than forcing the weight.

THE ADVANCED BLOCK · WEEKS 13–15

At the peak, add **one** intensity technique to the last set of one or two isolation lifts per session — never the compounds. These add stimulus and a lot of fatigue; that is exactly why they sit right before the deload.

TECHNIQUE	HOW
Lengthened partials	At failure, keep doing partial reps in the stretched half until you can't.
Drop set	At failure, cut the load ~25–30% and immediately continue to failure again.
Myo-reps / rest-pause	After a hard set, rest 15–20s and squeeze out 3–5 more; repeat 2–3 times.

THEN DELOAD

Week 16: **halve your sets and drop the load ~40%**. It will feel too easy — that is the point. You are letting sixteen weeks of work surface before you start the next block heavier.



09

THE PLATE

To build, you must eat to build — a small, deliberate surplus. Not a licence to overeat; a slight, steady excess that becomes muscle when the training earns it.

BUILD EVERY PLATE FROM FOUR PARTS

PROTEIN

1.6–2.2 g / kg

Eggs, curd, paneer, soya, chicken, fish, whey. A palm-plus at every meal — the raw material of the muscle.

CARBS

The builder's ally

Rice, roti, oats, fruit. The surplus mostly lives here. Load more around training.

VEGETABLES

Two fists

Fibre and micronutrients, so a bigger appetite stays a healthy one.

FATS

A thumb

Ghee, oil, nuts. Enough for hormones; not so much that the surplus turns to fat.

THE SURPLUS, SIZED RIGHT

Eat about **200–400 kcal over maintenance** — roughly a gain of 0.25–0.5% of bodyweight a week. Faster than that is mostly fat. Weigh in weekly; if the scale stalls for two weeks, add a little; if it climbs fast, ease off.

PAIRS WITH

The full Indian-first surplus — portions, cheap protein, how to eat enough without force-feeding — lives in **Muscle-Gain System**. This is the half-page that gets you started today.

IN SHORT

Protein every meal · a slight surplus you can see on the scale · carbs around training · weigh weekly and adjust. Muscle is built on consistency, not on any single meal.



10

RECOVERY

More volume is only an advantage if you can recover from it. Across sixteen weeks, managing fatigue is as much the skill as adding sets.

SLEEP

7–9 hours, non-negotiable. The more volume you carry, the more sleep does the building. Short sleep is the first thing to fix when progress stalls.

FATIGUE

Track the signal: weights dropping, joints aching, pumps fading, mood low. Two or more for a week means hold volume — don't add.

DELOAD EARLY

The week-16 deload is scheduled, but take one sooner if fatigue piles up. A planned step back always beats a forced one.

TWO THINGS TO HOLD

The pump is not the proof. A great pump is pleasant and means almost nothing about growth. The log moving over weeks is the only honest scoreboard.

Soreness is not the dose. You can grow a muscle that's never very sore, and wreck one that always is. Chase progressive tension and full range — let soreness fall where it may.



11

THE BLOCK LOG

Print this. Tick each session and note how the block felt — the pattern over sixteen weeks tells you more than any single day.

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	BODYWEIGHT
01 · Accum.					
02					
03					
04					
05					
06					
07 · Intens.					
08					
09					
10					
11					
12					
13 · Peak					
14					
15					
16 · Deload					



11

THE KEY-LIFT LOG

One row per anchor lift. Record weight × reps every few weeks. If these numbers don't climb across the block, the volume or the recovery needs a look.

LIFT	WK 2	WK 5	WK 8	WK 11	WK 14	WK 16
Bench Press						
Incline Press						
Pull-up / Pulldown						
Row						
Overhead Press						
Back Squat						
Romanian Deadlift						
Leg Press						

WEEKLY SET COUNT · A MUSCLE TO WATCH

MUSCLE	START	MID	PEAK

NOTES TO SELF



12

QUESTIONS, ANSWERED

CAN I REALLY BUILD ON JUST FOUR DAYS?

Yes. The Upper/Lower split hits everything twice a week, which is plenty. Four focused days beat six rushed ones.

DO I HAVE TO TRAIN TO FAILURE?

Not on everything. Keep 1–2 in reserve on compounds; you can reach failure on isolation and machine work, especially late in a block.

HOW WILL I KNOW IT'S WORKING?

Your log climbs and the mirror follows over months. Expect noticeable change by weeks 8–12 of an honest block — not by next week.

FREE WEIGHTS OR MACHINES?

Both. Compounds for load and overload, machines for safe, stable tension when you're tired. Use whichever lets you progress a given muscle best.

A MUSCLE IS LAGGING — WHAT DO I DO?

Train it first when fresh, give it a couple of extra sets, and chase full range. Bring it up over a block; don't bury it under junk volume.

I MISSED A SESSION.

Skip it and continue — never cram two days into one. Across sixteen weeks, one missed session is noise.

SHOULD I BULK OR STAY LEAN?

A slight surplus builds fastest. If you're carrying more fat than you'd like, run this near maintenance — you'll still grow, just slower.

WHAT COMES AFTER WEEK 16?

Deload, then run it again heavier with more starting volume — or move to **Strength Architecture** to turn that new muscle into force.



VOLUME IS A TOOL. PATIENCE IS THE METHOD.

Muscle is the slowest honest thing the body does. Show up four or five times a week, add a little, recover well, and let sixteen weeks compound into something the shortcut never reaches.

NEXT PROGRAM

STRENGTH ARCHITECTURE

Turn the new muscle into force on the big lifts.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

WHEN YOU'RE READY

COUNSEL

Direct guidance from the studio. By application.

vysnfitness.com