

# HYPERTROPHY HYBRID



## Week 1

[Day 1 - Hypertrophy Hybrid 1](#)  
[Day 2 - Hypertrophy Hybrid 2](#)  
[Day 3 - Hypertrophy Hybrid 3](#)  
[Day 4 - Hypertrophy Hybrid 4](#)

## Week 2

[Day 1 - Hypertrophy Hybrid 5](#)  
[Day 2 - Hypertrophy Hybrid 6](#)  
[Day 3 - Hypertrophy Hybrid 7](#)  
[Day 4 - Hypertrophy Hybrid 8](#)

## Week 3

[Day 1 - Hypertrophy Hybrid 9](#)  
[Day 2 - Hypertrophy Hybrid 10](#)  
[Day 3 - Hypertrophy Hybrid 11](#)  
[Day 4 - Hypertrophy Hybrid 12](#)