

RMC PHYSICAL EDUCATION DEPARTMENT

FUNCTIONAL HYPERTROPHY

“Of course it’s hard. It’s supposed to be hard. If it were easy, everybody would do it. Hard is what makes it great.”

- A League of Their Own



PROGRAM OVERVIEW

Functional Hypertrophy program has been developed to increase strength and power while also focusing on the aesthetic form of the body. This style of training strategically grows your muscles in a way that will improve physical performance.

This program is 4 weeks long and consists of 6 workouts a week, with 1 rest day. Your program is structured as three-days-on, three-days-off. Your rest day will not be the same each week. The program provides a suggested schedule with the days of the week indicated on the weekly page.

Each workout will have the exact same warm up and cool down session. The movements for each are found on page 5.

TRAINING TERMS

EASY PACE

On these runs you should feel comfortable and able to have a conversation **Target Heart Rate: 65 - 79% of HRM.**

AMRAP

As Many Reps As Possible - Complete as many reps as you can. Don't take big breaks or long rests. This is added to your program to push yourself!

EQUIPMENT

Here is a list of all the necessary equipment needed to complete your program. Contact your squadron rep if you have questions.

Barbell & weights

EZ Bar

Dumbbells

Medicine balls

Chin up bar

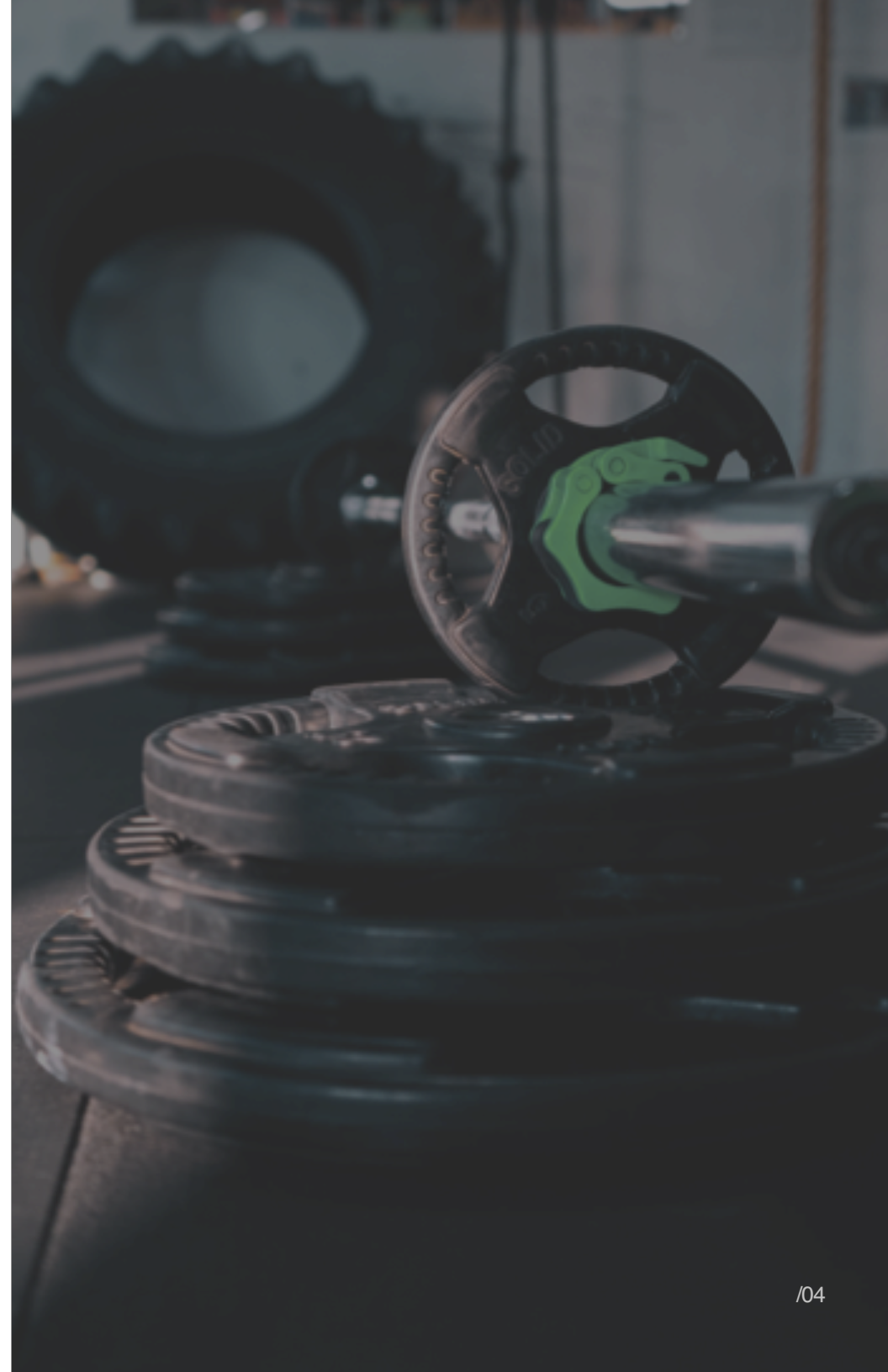
Swiss ball

Cable machine

Rowing machine

Spin bike

Treadmill





WARM UP

5 Leg raise to bridge (per side)

10 Bridge to alternate overhead reach

5 Roll over to V-sit reach

5 Rock back adductor to thread needle and reach
(per side)

5 Quadruped hip circles both directions (per side)

3 Walk out to lunge overhead reach to alternate toe touch to standing

3 Step back ISO hold 3 sec to drive and stick (per side)

COOL DOWN

Static Stretch, Foam Rolling & Lacrosse ball rolling

Repeat Warm Up Mobility Movements



WEEK 1 FUNCTIONAL HYPERTROPHY

M	TU	W	F	SA	SU
3 Explosive Push Ups 5 Rounds Rest 30 sec between rounds 5 Shoulder width grip bench press + 5 Neutral grip pull ups (weighted if possible) 4 Rounds Rest 90 sec between exercises 10 Tempo low incline 1-arm dumbbell bench press + 10 Tempo chin ups 3 Rounds Rest 90 sec between exercises AMRAP Close grip push ups + 8-15 EZ-Bar curls 3 Rounds 250 metre Row (for time) 3 Rounds Rest 60 sec between rounds	3 Box jumps 5 Rounds Rest 30 sec between rounds 5 Front squat + 5 Thoracic bridge (per side) 4 Rounds front squat, 3 Rounds thoracic bridge Rest 90 sec between exercises 10 Tempo Romanian deadlift + 10 Dumbbell reverse lunge 3 Rounds Rest 90 sec between exercises Swiss ball planks Accumulate 5 min total (with form) Spin Bike: 15 sec Sprints @ high resistance (standing) THEN 45 sec Cycle @ low resistance (seated) 8 Rounds	5 min HICT 30 min Run at Easy Pace	3 Medicine ball rotational toss 5 Rounds Rest 30 sec between throws 5 Strict Press + 5 Chest supported rows 4 Rounds Rest 90 sec between exercises 10 Tempo dips + 10 EZ-Bar reverse curls 3 Rounds AMRAP T-Push ups + 15-20 Cable rope face pulls 3 Rounds Row: 30 sec Hard, 30 sec Easy 5 Rounds	3 Long jumps 5 Rounds Rest 30 sec between rounds 5 Deadlift Rest 120 sec + 5 Thoracic bridge (per side) 3 Rounds 10 Back squat + 10 Farmer's walk 3 Rounds Rest 90 sec between exercises 10 Half kneeling cable lifts (per side) + 8-12 Swiss ball leg curls 3 Rounds 15 min High incline treadmill walks	5 min Run at Easy Pace + 5 min Bike + 5 min Row 2 Rounds



WEEK 2 FUNCTIONAL HYPERTROPHY

TU	W	TH	SA	SU	M
3 Explosive Push Ups 5 Rounds Rest 30 sec between rounds 5 Shoulder width grip bench press + 5 Neutral grip pull ups (weighted if possible) 4 Rounds Rest 90 sec between exercises 10 Tempo low incline 1-arm dumbbell bench press + 10 Tempo chin ups 3 Rounds Rest 90 sec between exercises AMRAP Close grip push ups + 8-15 EZ-Bar curls 3 Rounds 10 min Easy Row	3 Box jumps 5 Rounds Rest 30 sec between rounds 5 Front squat + 5 Thoracic bridge (per side) 4 Rounds front squat, 3 Rounds thoracic bridge Rest 90 sec between exercises 10 Tempo Romanian deadlift + 10 Dumbbell reverse lunge 3 Rounds Rest 90 sec between exercises Swiss ball planks Accumulate 5 min total (with form) 10 min Bike at Easy Pace	8 min HICT 30 min Run at Easy Pace	3 Medicine ball rotational toss 5 Rounds Rest 30 sec between throws 5 Strict Press + 5 Chest supported rows 4 Rounds Rest 90 sec between exercises 10 Tempo dips + 10 EZ-Bar reverse curls 3 Rounds AMRAP T-Push ups + 15-20 Cable rope face pulls 3 Rounds Row: 30 sec Hard, 30 sec Easy 5 Rounds	3 Long jumps 5 Rounds Rest 30 sec between rounds 5 Deadlift Rest 120 sec + 5 Thoracic bridge (per side) 3 Rounds 10 Back squat + 10 Farmer's walk 3 Rounds Rest 90 sec between exercises 10 Half kneeling cable lifts (per side) + 8-12 Swiss ball leg curls 3 Rounds 15 min High incline treadmill walks	5 min Run at Easy Pace + 5 min Bike + 5 min Row 2 Rounds



WEEK 3 FUNCTIONAL HYPERTROPHY

W	TH	F	SU	M	TU
3 Explosive Push Ups 5 Rounds Rest 30 sec between rounds 5 Shoulder width grip bench press + 5 Neutral grip pull ups (weighted if possible) 5 Rounds Rest 90 sec between exercises 10 Tempo low incline 1-arm dumbbell bench press + 10 Tempo chin ups 4 Rounds Rest 90 sec between exercises AMRAP Close grip push ups + 8-15 EZ-Bar curls 4 Rounds 500 metre Row (for time) 2 Rounds Rest 120 sec between rounds	3 Box jumps 5 Rounds Rest 30 sec between rounds 5 Front squat + 5 Thoracic bridge (per side) 5 Rounds front squat, 4 Rounds thoracic bridge Rest 90 sec between exercises 10 Tempo Romanian deadlift + 10 Dumbbell reverse lunge 3 Rounds Rest 90 sec between exercises Swiss ball planks Accumulate 5 min total (with form) 10 min Bike at Easy Pace	12 min HICT 45 min Run at Easy Pace	3 Medicine ball rotational toss 5 Rounds Rest 30 sec between throws 5 Strict Press + 5 Chest supported rows 5 Rounds Rest 90 sec between exercises 10 Tempo dips + 10 EZ-Bar reverse curls 4 Rounds AMRAP T-Push ups + 15-20 Cable rope face pulls 4 Rounds Row: 30 sec Hard, 30 sec Easy 8 Rounds	3 Long jumps 5 Rounds Rest 30 sec between rounds 5 Deadlift Rest 120 sec + 5 Thoracic bridge (per side) 4 Rounds 10 Back squat + 10 Farmer's walk 4 Rounds Rest 90 sec between exercises 10 Half kneeling cable lifts (per side) + 8-12 Swiss ball leg curls 4 Rounds 25 min High incline treadmill walks	5 min Run at Easy Pace + 5 min Bike + 5 min Row 3 Rounds



WEEK 4 FUNCTIONAL HYPERTROPHY

TH	F	SA	M	TU	W
3 Explosive Push Ups 3 Rounds Rest 30 sec between rounds 5 Shoulder width grip bench press + 5 Neutral grip pull ups (weighted if possible) 3 Rounds Rest 90 sec between exercises 10 Tempo low incline 1-arm dumbbell bench press + 10 Tempo chin ups 3 Rounds Rest 90 sec between exercises 10-15 Close grip push ups + 10-15 EZ-Bar curls 2 Rounds 10 min Easy Row	3 Box jumps 3 Rounds Rest 30 sec between rounds 5 Front squat + 5 Thoracic bridge (per side) 3 Rounds Rest 90 sec between exercises 10 Tempo Romanian deadlift + 10 Dumbbell reverse lunge 3 Rounds Rest 90 sec between exercises Swiss ball planks Accumulate 5 min total (with form) 10 min Bike at Easy Pace	5 min HICT 20 min Run at Easy Pace	3 Medicine ball rotational toss 3 Rounds Rest 30 sec between throws 5 Strict Press + 5 Chest supported rows 3 Rounds Rest 90 sec between exercises 10 Tempo dips + 10 EZ-Bar reverse curls 3 Rounds 10-15 T-Push ups + 5-10 Cable rope face pulls 2 Rounds 10 min Easy Row	3 Long jumps 3 Rounds Rest 30 sec between rounds 5 Deadlift Rest 120 sec + 5 Thoracic bridge (per side) 4 Rounds 10 Back squat + 10 Farmer's walk 3 Rounds Rest 90 sec between exercises 10 Half kneeling cable lifts (per side) + 8-12 Swiss ball leg curls 4 Rounds 10 min High incline treadmill walks	5 min Run at Easy Pace + 5 min Bike + 5 min Row 2 Rounds



NEXT STEPS

After completing this program, contact your PE Squadron Rep for the next program to follow.

1 Squadron

Joel Ridley

joel.ridley@rmc.ca

2 Squadron

Kara Mazerolle

kara.mazerolle@rmc.ca

3 Squadron

Erin Thompson

erin.thompson@rmc.ca

4 Squadron

Bert Breuvert

bert.breuvert@rmc.ca

5 Squadron

Kristin Miller

kristin.miller@rmc.ca

6 Squadron

Kevin Wakelam

kevin.wakelam@rmc.ca

7 Squadron

Craig Palmer

craig.palmer@rmc.ca

8 Squadron

Tyson Staples

tyson.staples@rmc.ca

9 Squadron

Stephane Robert

stephane.robert@rmc.ca

10 Squadron

Jean Blanchet

jean.blanchet@rmc.ca

11 Squadron

Jackie Clark

jackie.clark@rmc.ca

12 Squadron

Tomasz Deren

tomasz.deren@rmc.ca





RMC PHYSICAL EDUCATION DEPARTMENT
CADET PROGRAMMING

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