



MI MACROS INC PHUL

PHUL WORKOUT SUMMARY

Primary Goal:

Build Muscle

Equipment Required:

Machine, Dumbbell, and Barbell

Level:

Intermediate to advanced.

Program Duration:

12 weeks

Days Per Week:

4

Time Per Workout:

45-60 minutes



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DAY 1 UPPER POWER

BENCH PRESS

SETS: 3-4 REPS: 3-5

BARBELL ROW

SETS: 3-4 REPS: 3-5

INCLINE PRESS

SETS: 3-4 REPS: 6-10

LAT PULL DOWN

SETS: 3-4 REPS: 6-10

OVERHEAD PRESS

SETS: 3-4 REPS: 5-8

BICEP CURL

SETS: 3-4 REPS: 6-10

SKULLCRUSHERS

SETS: 3-4 REPS: 8-12

DAY 2 LOWER POWER

SQUAT

SETS: 3-4 REPS: 3-5

DEADLIFT

SETS: 3-4 REPS: 3-5

LEG PRESS

SETS: 3-4 REPS: 6-10

LEG CURL

SETS: 3-4 REPS: 6-10

STANDING CALF RAISE

SETS: 3-4 REPS: 6-10

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DAY 3 UPPER HYPERTROPHY

INCLINE BENCH PRESS

SETS: 3-4 REPS: 8-12

SEATED CABLE ROW

SETS: 3-4 REPS: 8-12

DUMBBELL CHEST FLY

SETS: 3-4 REPS: 8-12

DUMBBELL ROW

SETS: 3-4 REPS: 8-12

DUMBBELL LATERAL RAISE

SETS: 3-4 REPS: 8-12

DUMBBELL CURL

SETS: 3-4 REPS: 8-12

TRICEP PUSHDOWN

SETS: 3-4 REPS: 10-15

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DAY 4 LOWER HYPERTROPHY

SQUAT

SETS: 3-4 REPS: 8-12

BULGARIAN SPLIT SQUAT

SETS: 3-4 REPS: 8-12

LEG PRESS

SETS: 3-4 REPS: 8-12

LEG CURL

SETS: 3-4 REPS: 8-12

LEG EXTENSION

SETS: 3-4 REPS: 8-12

STANDING CALF RAISE

SETS: 3-4 REPS: 8-12

SEATED CALF RAISE

SETS: 3-4 REPS: 8-12

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PHUL WORKOUT GUIDELINES

SETS & REPS:

3-4 sets for most. Low to moderate reps on power days. Moderate to high reps on hypertrophy days.

REST BETWEEN SETS:

2-3 minutes but can be up to 5 minutes, especially in power, for compound movements, and 1-2 minutes for isolation movements.

FAILURE:

Aim to be close to failure at your *last set* of each exercise, NOT every set. You can go to failure more often in the isolation exercises than the compound exercises too.

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PROGRESSIONS:

WEEK ONE: Start off with a weight where you can complete the set and rep range. If you cannot complete the minimal set or rep range, then the working weight is too heavy.

EVERY WEEK: Aim to get in one more rep, or the extra set. When you reach the target sets/reps, then increase the weight by a small amount (~2.5 kg / 5 lb) for your next workout.

EVERY 12 WEEKS: You can repeat the program, fine-tuning and refining form and technique.

It is recommended to take a deload week in between each new program, where weight is reduced by 30% for recovery.

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