



## Copyright Notice

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### **Personal Disclaimer**

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

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**Required Legal Disclaimer:** Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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## Warming Up

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

### How to Warm Up

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower.
2. Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

**Note:** Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.



Warm Up Example:	Bench Press
<u>Warm Up Set 1</u>	<u>Empty Bar- 3 x 8</u>
Warm Up Set 2	135 – 1 x 6
Warm Up Set 3	145 – 1 x 4
Warm Up Set 4	155 – 1 x 2-3

## De-load

**De-load:** A planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains. Also, remember that weight training does not just tax your muscles. It also puts stress on your joints, ligaments, connective tissues, and central nervous system.

### How should I de-load?

In this program, the de-load is very simple. You will simply perform the same workout routine, only you will reduce the intensity by as much as 50-60% and focus on refining your form and technique. During a de-load you should never train to failure. Consider your de-load an active rest cycle.

### De-load Examples:

1. Follow your normal workout routine (sets & reps) but decrease the weight used to about 50-60% of what you normally work out with.
2. Use the same weight as you normally would, but drop your number of total volume (sets x reps) to 50-60% of your normal volume. For example: If I prescribed 5 x 4 (on a regular training day), then 5 x 2 would be your de-load volume.
3. Use light weight and focus on refining your form and technique. (One of my favorite methods)

### A Successful De-Load

The goal of a de-load is to allow you to become stronger, faster, and bigger, by incorporating a planned "active recovery" phase into your normal workout program. If done correctly, you should be able to make strength and performance increases, regularly, with a reduced risk of injury. It will also serve as a mental and physical break that will preemptively address any recovery issues you may have.

Regular Training Day	De-Load Training Day
<b>Bench Press</b>	<b>Bench Press</b>
Set 1: 225 lbs x 5	Set 1: 95 lbs x 8
Set 2: 225 lbs x 5	Set 2: 95 lbs x 8
Set 3: 245 lbs x 3	Set 3: 105 lbs x 8
Set 4: 245 lbs x 3	Set 4: 105 lbs x 8

## Boomerang Hypertrophy Week 1-4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upper-Body (a) (Hypertrophy)	Lower-Body (a) (Hypertrophy)	Recovery	Upper-Body (b) (Strength)	Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a) (Hypertrophy)
Lower-Body (a) (Strength)	Recovery	Upper-Body (b) (Hypertrophy)	Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a) (Strength)	Lower-Body (a) (Hypertrophy)
Recovery	Upper-Body (b) (Hypertrophy)	Lower-Body (b) (Strength)	Recovery	Upper-Body (a) (Hypertrophy)	Lower-Body (a) (Hypertrophy)	Recovery
Upper-Body (b) (Strength)	Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a)	Lower-Body (a)	Recovery	Recovery

### Week 1 – 4: Principles

1. End each hypertrophy exercise 1 rep short of failure
2. End each strength exercises 2 reps short of failure
3. Aim for progression on every lift
4. **Deload**

## Boomerang Hypertrophy Week 1-4

### A - Workout Index (Hypertrophy)

#### Upper-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Bench Press	5	8	2 Minutes
Overhead Press	3	8	2 Minutes
Incline DB Press	3	10	45-90 Seconds
Lateral Raises	3	12	45 Seconds
Triceps Pushdown	3	12	45-90 Seconds
Lat Pulldown	3	8	45-90 Seconds
Seated Rows	2	10	45-90 Seconds
DB Biceps Curls	2	10	45-90 Seconds
Barbell Shrugs	3	12	45-90 Seconds

#### Lower-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Squat	5	8	3 Minutes
Hack Squat	4	10	60-90 Seconds
Seated Ham Curls	5	12	60-90 Seconds
Lying Ham Curls	4	10	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds



## A - Workout Index (Strength)

### Upper-Body (a) - Strength

Exercise	Sets	Reps	Rest
Bench Press	3	3	3-5 Minutes
Overhead Press	3	5	3 Minutes
Incline DB Press	2	6	45-90 Seconds
Triceps Pushdown	2	8	90 Seconds
Lat Pulldown	2	6	90 Seconds
Seated Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

### Lower-Body (a) - Strength

Exercise	Sets	Reps	Rest
Squat	3	3	3-5 Minutes
Hack Squat	3	6	90 Seconds
Lying Ham Curls	4	8	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Hypertrophy)

### Upper-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Bent Over Rows	5	8	2 Minutes
Pull Ups	3	AMAP	45-60 Seconds
Barbell Curls	3	10	45-60 Seconds
Face Pulls	3	8	45-60 Seconds
Flat DB Chest Press	3	8	2 Minutes
DB Chest Fly	2	10	60 Seconds
DB Shoulder Press	3	8	60 Seconds
Rear Delt Raises	3	12	45-60 Seconds
OH Triceps Ext.	3	12	45-60 Seconds

### Lower-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	5	8	3 Minutes
Lying Ham Curls	4	10	45-60 Seconds
Front Squat	5	8	60-90 Seconds
DB Lunges	4	12	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Strength)

### Upper-Body (b) - Strength

Exercise	Sets	Reps	Rest
Bent Over Rows	3	5	3 Minutes
Weighted Pull Ups	3	6	2 Minutes
Face Pulls	2	8	60 Seconds
Flat DB Chest Press	2	5	2 Minutes
DB Chest Fly	2	8	60 Seconds
DB Shoulder Press	3	5	90 Seconds
Rear Delt Raises	2	8	45-60 Seconds

### Lower-Body (b) - Strength

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	3	5	3 Minutes
Lying Ham Curls	2	6	60 Seconds
Front Squat	3	5	2-3 Minutes
Standing Calf Raises	4	8	45 Seconds

## Boomerang Hypertrophy Week 5 - 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upper-Body (b) (Hypertrophy)	Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a) (Strength)	Lower-Body (a) (Hypertrophy)	Recovery	Upper-Body (b) (Hypertrophy)
Lower-Body (b) (Strength)	Recovery	Upper-Body (a) (Hypertrophy)	Lower-Body (a) (Hypertrophy)	Recovery	Upper-Body (b) (Strength)	Lower-Body (b) (Hypertrophy)
Recovery	Upper-Body (a) (Hypertrophy)	Lower-Body (a) (Strength)	Recovery	Upper-Body (b) (Volume)	Lower-Body (b) (Hypertrophy)	Recovery
Upper-Body (a)	Lower-Body (a)	Recovery	Upper-Body (b)	Lower-Body (b)	Recovery	Upper-Body (a) (Volume)

### Week 5 – 8: Principles

1. End each hypertrophy exercise 1 rep short of failure
2. End each strength exercises 2 reps short of failure
3. Training to failure on Volume exercises is acceptable
4. Aim for progression on every lift
5. **Deload**

## Boomerang Hypertrophy Week 5 - 8

### A - Workout Index (Hypertrophy)

#### Upper-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Bench Press	5	8	2 Minutes
Overhead Press	3	8	2 Minutes
Incline DB Press	3	10	45-90 Seconds
Lateral Raises	3	12	45 Seconds
Triceps Pushdown	3	12	45-90 Seconds
Lat Pulldown	3	8	45-90 Seconds
Seated Rows	2	10	45-90 Seconds
DB Biceps Curls	2	10	45-90 Seconds
Barbell Shrugs	3	12	45-90 Seconds

#### Lower-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Squat	5	8	3 Minutes
Hack Squat	4	10	60-90 Seconds
Seated Ham Curls	5	12	60-90 Seconds
Lying Ham Curls	4	10	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## A - Workout Index (Strength)

### Upper-Body (a) - Strength

Exercise	Sets	Reps	Rest
Bench Press	3	3	3-5 Minutes
Overhead Press	3	5	3 Minutes
Incline DB Press	2	6	45-90 Seconds
Triceps Pushdown	2	8	90 Seconds
Lat Pulldown	2	6	90 Seconds
Seated Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

### Lower-Body (a) - Strength

Exercise	Sets	Reps	Rest
Squat	3	3	3-5 Minutes
Hack Squat	3	6	90 Seconds
Lying Ham Curls	4	8	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Hypertrophy)

### Upper-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Bent Over Rows	5	8	2 Minutes
Pull Ups	3	AMAP	45-60 Seconds
Barbell Curls	3	10	45-60 Seconds
Face Pulls	3	8	45-60 Seconds
Flat DB Chest Press	3	8	2 Minutes
DB Chest Fly	2	10	60 Seconds
DB Shoulder Press	3	8	60 Seconds
Rear Delt Raises	3	12	45-60 Seconds
OH Triceps Ext.	3	12	45-60 Seconds

### Lower-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	5	8	3 Minutes
Lying Ham Curls	4	10	45-60 Seconds
Front Squat	5	8	60-90 Seconds
DB Lunges	4	12	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Strength)

### Upper-Body (b) - Strength

Exercise	Sets	Reps	Rest
Bent Over Rows	3	5	3 Minutes
Weighted Pull Ups	3	6	2 Minutes
Barbell Curls	2	8	45 Seconds
Face Pulls	2	8	60 Seconds
Flat DB Chest Press	2	5	2 Minutes
DB Chest Fly	2	8	60 Seconds
DB Shoulder Press	3	5	90 Seconds

### Lower-Body (b) - Strength

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	3	5	3 Minutes
Lying Ham Curls	2	6	60 Seconds
Front Squat	3	5	2-3 Minutes
Standing Calf Raises	4	8	45 Seconds



## Workout Index - Volume

### Upper-Body (a) - Volume

Exercise	Sets	Reps	Rest
Bench Press	5	12	45 Seconds
Overhead Press	3	12	45 Seconds
Incline DB Press	3	15	45 Seconds
Lateral Raises	3	20	45 Seconds
Triceps Pushdown	3	15	45 Seconds
Lat Pulldown	3	12	45 Seconds
Seated Rows	2	15	45 Seconds
DB Biceps Curls	2	15	45 Seconds
Barbell Shrugs	3	20	45 Seconds

### Upper-Body (b) - Volume

Exercise	Sets	Reps	Rest
Bent Over Rows	5	12	45 Seconds
Pull Ups	3	AMAP	45 Seconds
Barbell Curls	3	12	45 Seconds
Face Pulls	3	15	45 Seconds
Flat DB Chest Press	3	15	45 Seconds
DB Chest Fly	2	15	45 Seconds
DB Shoulder Press	3	12	45 Seconds
Rear Delt Raises	3	20	45 Seconds
OH Triceps Ext.	3	15	45 Seconds

## Boomerang Hypertrophy Week 9 - 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a) (Strength)	Lower-Body (a) (Volume)	Recovery	Upper-Body (a) (Hypertrophy)	Lower-Body (a) (Strength)
Recovery	Recovery	Upper-Body (b) (Volume)	Lower-Body (b) (Hypertrophy)	Recovery	Upper-Body (a) (Strength)	Lower-Body (a) (Volume)
Recovery	Upper-Body (b) (Hypertrophy)	Lower-Body (b) (Strength)	Recovery	Upper-Body (a) (Volume)	Lower-Body (a) (Hypertrophy)	Recovery
Upper-Body (a) (Strength)	Lower-Body (a) (Strength)	Recovery	Upper-Body (b)	Lower-Body (b)	Recovery	Recovery

### Week 9 – 12: Principles

1. End each hypertrophy exercise 1 rep short of failure
2. End each strength exercises 2 reps short of failure
3. Training to failure on Volume exercises is acceptable
4. Aim for progression on every lift
5. **Deload**

## Boomerang Hypertrophy Week 9 - 12

### A - Workout Index (Hypertrophy)

#### Upper-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Bench Press	5	8	2 Minutes
Overhead Press	3	8	2 Minutes
Incline DB Press	3	10	45-90 Seconds
Lateral Raises	3	12	45 Seconds
Triceps Pushdown	3	12	45-90 Seconds
Lat Pulldown	3	8	45-90 Seconds
Seated Rows	2	10	45-90 Seconds
DB Biceps Curls	2	10	45-90 Seconds
Barbell Shrugs	3	12	45-90 Seconds

#### Lower-Body (a) - Hypertrophy

Exercise	Sets	Reps	Rest
Squat	5	8	3 Minutes
Hack Squat	4	10	60-90 Seconds
Seated Ham Curls	5	12	60-90 Seconds
Lying Ham Curls	4	10	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## A - Workout Index (Strength)

### Upper-Body (a) - Strength

Exercise	Sets	Reps	Rest
Bench Press	3	3	3-5 Minutes
Overhead Press	3	5	3 Minutes
Incline DB Press	2	6	45-90 Seconds
Triceps Pushdown	2	8	90 Seconds
Lat Pulldown	2	6	90 Seconds
Seated Rows	2	6	90 Seconds
Barbell Shrugs	2	6	90 Seconds

### Lower-Body (a) - Strength

Exercise	Sets	Reps	Rest
Squat	3	3	3-5 Minutes
Hack Squat	3	6	90 Seconds
Lying Ham Curls	4	8	60-90 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Hypertrophy)

### Upper-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Bent Over Rows	5	8	2 Minutes
Pull Ups	3	AMAP	45-60 Seconds
Barbell Curls	3	10	45-60 Seconds
Face Pulls	3	8	45-60 Seconds
Flat DB Chest Press	3	8	2 Minutes
DB Chest Fly	2	10	60 Seconds
DB Shoulder Press	3	8	60 Seconds
Rear Delt Raises	3	12	45-60 Seconds
OH Triceps Ext.	3	12	45-60 Seconds

### Lower-Body (b) - Hypertrophy

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	5	8	3 Minutes
Lying Ham Curls	4	10	45-60 Seconds
Front Squat	5	8	60-90 Seconds
DB Lunges	4	12	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

## B – Workout Index (Strength)

### Upper-Body (b) - Strength

Exercise	Sets	Reps	Rest
Bent Over Rows	3	5	3 Minutes
Weighted Pull Ups	3	6	2 Minutes
Barbell Curls	2	8	45 Seconds
Face Pulls	2	8	60 Seconds
Flat DB Chest Press	2	5	2 Minutes
DB Chest Fly	2	8	60 Seconds
DB Shoulder Press	3	5	90 Seconds

### Lower-Body (b) - Strength

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	3	5	3 Minutes
Lying Ham Curls	2	6	60 Seconds
Front Squat	3	5	2-3 Minutes
Standing Calf Raises	4	8	45 Seconds

## Workout Index – (Volume)

### Upper-Body (a) - Volume

Exercise	Sets	Reps	Rest
Bench Press	5	12	45 Seconds
Overhead Press	3	12	45 Seconds
Incline DB Press	3	15	45 Seconds
Lateral Raises	3	20	45 Seconds
Triceps Pushdown	3	15	45 Seconds
Lat Pulldown	3	12	45 Seconds
Seated Rows	2	15	45 Seconds
DB Biceps Curls	2	15	45 Seconds
Barbell Shrugs	3	20	45 Seconds

### Upper-Body (b) - Volume

Exercise	Sets	Reps	Rest
Bent Over Rows	5	12	45 Seconds
Pull Ups	3	AMAP	45 Seconds
Barbell Curls	3	12	45 Seconds
Face Pulls	3	15	45 Seconds
Flat DB Chest Press	3	15	45 Seconds
DB Chest Fly	2	15	45 Seconds
DB Shoulder Press	3	12	45 Seconds
Rear Delt Raises	3	20	45 Seconds
OH Triceps Ext.	3	15	45 Seconds

## Workout Index – (Volume)

### Lower-Body (a) - Volume

Exercise	Sets	Reps	Rest
Squat	5	15	60-90 Seconds
Hack Squat	4	15	60-90 Seconds
Seated Ham Curls	5	12	45-60 Seconds
Lying Ham Curls	5	15	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds

### Lower-Body (b) - Volume

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	5	12	60-90 Seconds
Lying Ham Curls	4	15	45-60 Seconds
Front Squat	5	15	60-90 Seconds
DB Lunges	4	20	45-60 Seconds
Standing Calf Raises	4	8	45 Seconds