

**\*Print out and mark as you go**

## Boomerang Hypertrophy Week 1-4

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

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## Boomerang Hypertrophy Week 5 - 8

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

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## Boomerang Hypertrophy Week 9 - 12

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