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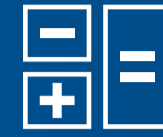
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## DAILY UNDULATING PERIODIZATION MUSCLE GROWTH WORKOUT

Maximize your training with this workout that utilizes an advanced training technique designed to enhance strength, power, and muscle hypertrophy.

Link to Workout: <https://www.muscleandstrength.com/workouts/dup-muscle-growth-workout>

**Main Goal:** Increase Strength

**Training Level:** Intermediate

**Program Duration:** 4 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Bands, Barbell, Cables, Dumbbells, Machines

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### Monday: Strength

Exercise	Sets	Reps
<a href="#">Front Squat</a> (Pyramid Up)	4	5
<a href="#">Close Grip Bench Press</a>	4	5
<a href="#">Trap Bar Deadlift</a>	5	3

Add additional weight once all assigned reps can be completed.

### Wednesday: Power

Exercise	Sets	Reps
<a href="#">Front Squat</a>	5	2
<a href="#">Pause Bench</a>	3	3
Speed <a href="#">Sumo Deadlift</a>	10	1

Add 2 additional sets to each exercise at a set weight. Once all sets can be completed, increase weight.

### Friday: Hypertrophy

Exercise	Sets	Reps
<a href="#">Front Squat</a>	5	6 - 8
<a href="#">DB Bench</a>	4	10 - 12
<a href="#">Trap Bar Deadlift</a>	3	6 - 8

Once the lifter can complete the top end of the rep range with an assigned weight, add additional weight & reset to the lower end of the rep range.



## Pull

Exercise	Week 1	Week 2	Week 3	Week 4
<a href="#">Deadlift</a>	3 x 3	4 x 3	5 x 2	6 x 2
Neutral Grip <a href="#">Pulldowns</a>	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<b>Superset</b>				
<a href="#">Seated Cable Rows</a>	3 x 10 - 12	3 x 10 - 12	3 x 10 - 12	3 x 10 - 12
DB Goblet Lateral <a href="#">Lunge</a>	3 x 8 E	3 x 8 E	3 x 8 E	3 x 8 E
<b>Superset</b>				
<a href="#">Crossbody Hammer Curl</a>	4 x 12 - 15	4 x 12 - 15	4 x 12 - 15	4 x 12 - 15
Stir the Pot	4 x 7 E	4 x 7 E	4 x 7 E	4 x 7 E
E = Each Side				

## Legs #1

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">Front Squat</a>	3 x 4	3 x 7	3 x 10	3 x 4
Bench T - Spine Mobilization	3 x 5	3 x 5	3 x 5	3 x 5
<a href="#">Stiff Leg Deadlift</a>	3 x 6	3 x 6	3 x 6	3 x 6
<a href="#">Incline Dumbbell Row</a>	3 x 8	3 x 8	3 x 8	3 x 8
<b>Superset</b>				
<a href="#">Incline Dumbbell Curl</a>	4 x 10 - 12	4 x 10 - 12	4 x 10 - 12	4 x 10 - 12
Half-Kneeling <a href="#">Chop</a>	4 x 5 - 6 E	4 x 5 - 6 E	4 x 5 - 6 E	4 x 5 - 6 E

## Push

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">Dumbbell Bench Press</a>	3 x 7	3 x 10	3 x 4	3 x 7
Banded External Rotation "No Money" Drill	3 x 10	3 x 10	3 x 10	3 x 10
Behind the Neck Snatch Grip Push Press	3 x 5	3 x 5	3 x 5	3 x 5
Banded <a href="#">Push Ups</a>	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<b>Superset</b>				
Tall Kneeling Vertical Pallof Press	4 x 6 - 8 E	4 x 6 - 8 E	4 x 6 - 8 E	4 x 6 - 8 E
Supine Tricep Extension w/ Chains	4 x 15 - 20	4 x 15 - 20	4 x 15 - 20	4 x 15 - 20

## Legs #2

Exercise	Week 1	Week 2	Week 3	Week 4
<b>Superset</b>				
<a href="#">High Bar Back Squat</a>	3 x 10	3 x 4	3 x 7	3 x 10
Clam Shells	3 x 8 E	3 x 8 E	3 x 8 E	3 x 8 E
<b>Superset</b>				
Glute Ham Raise	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<a href="#">Bulgarian Split Squat</a>	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
<b>Superset</b>				
Reverse Sled Drags	3 x 30 Yds	3 x 30 Yds	3 x 30 Yds	3 x 30 Yds
Valslide Body Saws	3 x 8	3 x 8	3 x 8	3 x 8