



Power Hypertrophy Adaptive Training

My PHAT program became pretty popular from 2008 until present and with good reason... IT WORKS. You'll get stronger, more muscular, and you'll enjoy it. No wonder thousands of people tried it out and LOVED IT! Well now, I'm bringing you a new version absolutely FREE! As a person who has competed in both powerlifting and bodybuilding, I can tell you the heavy movements in the program absolutely made me a better bodybuilder.

For the longest, time my legs were a huge weak point. At my first show my thighs barely measured over 21". They were absolutely pathetic and I heard about it from EVERYONE, especially on the forums. I was called 'chicken legs' frequently and it was so frustrating. I was working them out really hard and following the advice of so called 'bodybuilding experts' making sure to train with maximum intensity 1x/week but getting plenty of rest to make sure I wasn't 'overtraining.' I was told I did not need to squat or deadlift to get my legs to grow and that was fine by me because squats hurt and I would've rather not done them. After a few years of spinning my wheels

(pun intended), a friend convinced me to take up a hybrid style routine where I did heavy work (squats, deadlifts, presses) mixed with lighter hypertrophy 'pump' work. Against everything I had read I started working out all my body

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parts 2x/week. This would go on to become the basic template for what would evolve into PHAT (Power Hypertrophy Adaptive Training), a form of non-linear periodization training. Lo and behold, my legs grew more in 4 months than they had in the previous 4 years. At my following show, they came in just over 24", still very small by bodybuilding standards, but a significant improvement over recent years. Two years later, I won my natural pro card and they topped out over 25" following the same training I had been doing. They were getting better, but still not nearly good enough to hang with the best.

One basic concept that convinced me it was important to use heavy weights was that it just made sense to me when I tried to find skinny people who squatted or deadlifted super heavy weights. Come to find out it's hard to have chicken legs and have a really good squat. I told myself, "I am going to squat 500 lbs for reps because there is no way I'll be able to do that with skinny legs." I'm sure there are people out there who squat over 500 lbs for reps and do not have impressive leg development, but I certainly haven't met them yet. So I set out on a quest to squat 500 lbs and deadlift over 600 lbs. Over time, I adapted my routine to incorporate more and more pure powerlifting movements and what I found astonished me. I started using bands and chains to help get stronger and I did box squats, volume squats, deficit deadlifts, and rack pulls. All movements I had never even heard of when I started bodybuilding. The result? As we sit today my thighs measure over 28" at the largest part, and in addition to that, my back has grown immensely. I also managed to win two national titles in powerlifting, a Silver medal at IPF Worlds, and set a then Squat record of 668 lbs in the 205 lb class! I also have won my class at a pro bodybuilding show, the 2010 IFPA International. So I know a little bit about getting stronger and growing muscle. My best lifts are a 668 lb squat, a 391 lb bench press, and a 711 lb deadlift in competition. My legs may never be the best onstage because of their shape and structure, but moving heavy

iron made them much better and confirmed my initial theory that I would not be able to squat 500 lbs for reps with twig legs.

Now you may or may not ever deadlift 700 lbs, but that doesn't mean you can't make drastic improvements in your physique by incorporating aspects of power training mixed with hypertrophy. Probably the most important thing heavy training can do is increase your overall capacity for muscular growth through significant strength gains. Training with lower reps and heavier weights is going to stimulate far greater increases in strength than training with light weights for higher reps. But how is that anabolic? I'm sure you are thinking "I am a bodybuilder; I don't care how much I lift!" But by increasing your strength, you will increase the amount of weight you will be able to lift when you train with a higher rep, 'bodybuilding style' training, which will increase your potential for growth. For example, if one trained only straight high reps (15-20 reps) on an exercise you may end up plateauing at a squat of 300 lbs for 15 reps (not necessarily, just an example). If that same individual incorporated heavy training into their regimen however, perhaps they get strong enough that they can squat 400 lbs for 15 reps. Who do you think will have the greatest potential to increase their mass over the long haul? Most likely it will be the person using more weight if all other variables are equal because they will be able to create more overload and greater muscle damage, evoking a greater growth response.

So while pure bodybuilding style training may give you more growth over the short term, a combination of heavy weights for low reps and light weight for high reps over the long term is going to provide more muscle by increasing your growth potential!

This is the basis for PHAT. There are several dozen forms of the PHAT program but the basic premise is the same. Each muscle gets worked 2x/week. The first 2 days of the week are split into upper and lower body power days. This is followed by a rest day. Then 3 days of traditional hypertrophy orientated bodybuilding training. An example of the split would be:

DAY 1: Upper Body Power

DAY 2: Lower Body Power

DAY 3: Rest

DAY 4: Back and Shoulders Hypertrophy

DAY 5: Lower Body Hypertrophy

DAY 6: Chest and Arms Hypertrophy

DAY 7: Rest

During the first 2 days of the week, you will focus on big power movements for your upper and lower body like squats, front squats, deadlifts, deficit deadlifts, and box squats for lower body. Barbell and dumbbell presses and rows as well as weighted pullups for upper body. Your goal should be to stay in the 3-5 rep range for 3-5 working sets on the compound movements (only use one power movement for lower body,

presses, and pulls/rows, i.e. don't do squats and front squats in the same workout). Make sure you rest enough in between sets to completely recover and be ready for your next heavy set. If that means you need to take 5-6 minutes between sets then so be it. The purpose of these workouts is to move maximum weight! Save short rest periods for your hypertrophy days. On your power days, you need to have a POWER mentality. Move the heavy ass weight at all costs! A good way to make consistent progress is to rotate your power movements every 2-3 weeks. A few sets of assistance exercises can be done for smaller body parts like hamstrings (though deadlifts and squat will involve significant hamstring recruitment), calves, shoulders, and arms. Auxiliary exercises would include things like leg extensions, glute ham raises, good mornings, standing and seated calf rises for legs and dumbbell presses, upright rows, curls, and skull crushers for upper body auxiliary work.

On your hypertrophy days you should do some volume work (4 sets of 8-10 reps) with 85% of your 3-5 rep max to start your workout with the power exercise you used earlier in the week. For example if you did squats for 3 sets of 3-5 reps with 300 lbs earlier in the week, then you would do 4 sets of 8 reps on squats with 255 lbs with an emphasis placed on moving the weight through the concentric phase of the lift as quickly as possible. Do not go too heavy on your volume sets; if you cannot complete the reps with good form then it is too heavy!

Rest no longer than 3 minutes in between each of the volume sets. Even though you are using less weight, you should still be applying maximum force to it. To elaborate on this point, you can apply the same force to 250 lbs that you apply to 400 lbs, 250 lbs will just move faster, and that is the point you want your body to be explosive.

After you finish with your volume work for the day, you should train basically like you normally would for a bodybuilder. Your rep range should be 8-20 and keep your rest periods to 1-2 minutes between sets. I would increase the volume of these sessions by approximately 50-75% compared to your power days. Make sure you do not over use failure on your hypertrophy days or you will burn out quickly. I only recommend going to absolute failure on the last 1-2 sets of each exercise once you have adapted to the routine. On prior sets, stop 1-2 reps shy of failure. This may seem counter intuitive but it will help you maintain a greater overall power and volume during the workout and it will prevent neural fatigue and burnout. For the first 2-4 weeks you should NOT train to failure at all until your body becomes accustomed to the volume and frequency.

Now I know you are thinking “I will overtrain if I workout each bodypart 2x/week!” While the first few weeks you may be very sore, tired, and not feel great, if you push through this after about 4-6 weeks you will find that your body will adapt to the increased frequency and

you will hardly get sore more for more than a day. You will also find that your strength will start to skyrocket! I do recommend deloading once every 6-12 weeks however. A deload would consist of 1-3 weeks of lifting at 60-70% of your normal weights. This will be enough to maintain your strength, but light enough to allow you to actively recover.

Keep in mind one thing when starting this routine, it is not for the faint of heart, but heavy iron, is no match for an iron will. If you are mentally and physically tough enough, you may just power your way to new gains!

EXAMPLE WORKOUT:

Note: Make sure you warm up thoroughly for all exercises, stretch, and use precaution when using heavy weights.

Day 1: Upper Body Power Day

Pulling Power Movement:

Bent over or Pendlay rows | 3 sets of 3-5 reps

Assistance Pulling movement:

Weighted Pull ups | 2 sets of 6-10 reps

Auxiliary Pulling movement:

Rack chins | 2 sets of 6-10 reps

Pressing Power Movement:

Flat dumbbell presses | 3 sets of 3-5 reps

Assistance pressing movement:

Weighted dips | 2 sets of 6-10 reps

Assistance pressing movement:

Seated dumbbell shoulder presses | 3 sets of 6-10 reps

Auxiliary curling movement:

Cambered bar curls | 3 sets of 6-10 reps

Auxiliary extension movement:

Skull crushers | 3 sets of 6-10 reps

Day 2: On Next Page Pressing Power Movement: Squats

Day 2: Lower Body Power Day / Day 3: Rest Day

Pressing Power Movement:

Squats | 3 sets of 3-5 reps

Assistance pressing movement:

Hack Squats | 2 sets of 6-10 reps

Assistance extension movement:

Leg extensions | 2 sets of 6-10 reps

Assistance pulling movement:

Stiff legged deadlifts | 3 sets of 5-8 reps

Assistance pulling/curling movement:

Glute ham raises or lying leg curls | 2 sets of 6-10 reps

Auxiliary calf movement:

Standing calf raise | 3 sets of 6-10 reps

Auxiliary calf movement:

Seated calf raise | 2 sets of 6-10 reps

Day 4: Back and Shoulders Hypertrophy Day

Pulling Power Exercise Volume Work:

Bent over or Pendlay rows | 4 sets of 8-10 reps with 85% of normal 3-5 rep max

Hypertrophy pulling movement:

Rack chins | 3 sets of 8-12 reps

Hypertrophy pulling movement:

Seated cable row | 3 sets of 8-12 reps

Hypertrophy pulling movement:

Dumbbell rows or shrugs bracing upper body against an incline bench | 2 sets of 12-15 reps

Hypertrophy pulling movement:

Close grip pulldowns | 2 sets of 15-20 reps

Hypertrophy shoulder movement:

Seated dumbbell presses | 3 sets of 8-12 reps

Hypertrophy shoulder movement

Upright rows | 2 sets of 12-15 reps

Hypertrophy shoulder movement:

Side lateral raises with dumbbells or cables | 3 sets of 12-20 reps

Day 5: On Next Page

Day 5: Lower Body Hypertrophy Day

Lower Body Power Exercise Volume work:

Squats | 4 sets of 8-10 reps with 85% of normal 3-5 rep max

Hypertrophy pressing movement

Hack squats | 3 sets of 8-12 reps

Hypertrophy pressing movement:

Leg presses | 2 sets of 12-15 reps

Hypertrophy extension movement:

Leg extensions | 3 sets of 15-20 reps

Hypertrophy pulling movement:

Romanian deadlifts | 3 sets of 8-12 reps

Hypertrophy curling movement:

Lying leg curls | 2 sets of 12-15 reps

Hypertrophy curling movement:

Seated leg curls | 2 sets of 15-20 reps

Hypertrophy calf movement: Donkey calf raises

4 sets of 10-15 reps

Hypertrophy calf movement: Seated calf raises

3 sets of 15-20 reps

Day 6: On Next Page

Day 6: Chest and Arms Hypertrophy Day / Day 7: Rest Day

Pressing Power Exercise Volume work

Flat dumbbell presses | 4 sets of 8-10 reps with 85% of normal 3-5 rep max

Hypertrophy pressing movement:

Incline dumbbell presses | 3 sets of 8-12 reps

Hypertrophy pressing movement:

Hammer strength chest press | 3 sets of 12-15 reps

Hypertrophy fly movement:

Incline cable flyes | 2 sets of 15-20 reps

Hypertrophy curling exercise:

Cambered bar preacher curls | 3 sets of 8-12 reps

Hypertrophy curling exercise:

Dumbbell concentration curls | 2 sets of 12-15 reps

Hypertrophy curling exercise:

Spider curls bracing upper body against an incline bench | 2 sets of 15-20 reps

Hypertrophy extension exercise:

Seated tricep extension with cambered bar | 3 sets of 8-12 reps

Hypertrophy extension exercise:

Cable pressdowns with rope attachment | 2 sets of 12-15 reps

Hypertrophy extension exercise:

Cable kickbacks | 2 sets of 15-20 reps



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