

WEEK	EXERCISE	INTENSITY	SETS	REPS
1	Back squat & Front squat	65% 1RM	3+3	6-8
2	Back squat – Front squat & deadlift	65% 1RM	3+3+3	6-8
3	As above	70%	3+3+3	6
4	As above	75%	3+3+3	6
5	As above	75%	3+3+3	4-6
6	As above	75-80%	3+3+3	4-5
7	As above	80-85%	3+3+3	3
8	As above	85-90%	3+3+3	3

OFF SEASON PROGRAM TO INCREASE MUSCLE MASS AND STRENGTH.

The above table shows an example of a 8-week training cycle to increase body mass and strength (hypertrophy to strength training). The program may be used for intermediate to advanced athletes who are confident in all the exercises indicated: back squat, front squat and deadlifts. I ideated and successfully used to this program during pre-season with some handball players. Other exercises such as lateral pulldown, dumbbell fly, back extensions, military press and calf raises are not shown in the table but should also be part of the program.