



**COMPOUND OVERLOAD
SAMPLE PROGRAM**

HOW IT WORKS

COMPOUND OVERLOAD TRAINING IS GROUNDED IN THE PRINCIPLE THAT MEANINGFUL, LASTING HYPERTROPHY STEMS FROM SYSTEMATICALLY TARGETING AND OVERREACHING THE BODY'S MOST GROWTH-RESPONSIVE MUSCLE FIBERS—NAMELY, THE **TYPE II (FAST-TWITCH) FIBERS****. THESE FIBERS ARE CAPABLE OF GENERATING HIGH FORCE AND ARE PRIMARILY RESPONSIBLE FOR MUSCLE SIZE AND POWER DEVELOPMENT (SCHOENFELD, 2010). WHILE TYPE I (SLOW-TWITCH) FIBERS DOMINATE DURING LOWER-INTENSITY OR ENDURANCE-BASED ACTIVITIES, TYPE II FIBERS ARE RECRUITED AS MECHANICAL DEMAND INCREASES OR AS FATIGUE ACCUMULATES DURING A SET (HENNEMAN'S SIZE PRINCIPLE, 1957).**

THIS RECRUITMENT CAN BE INITIATED IN THREE PRIMARY WAYS:

- 1. ****LIFTING HEAVY LOADS**** ($\geq 85\%$ OF 1RM) TO CHALLENGE THE NEUROMUSCULAR SYSTEM DIRECTLY (KRAEMER & RATAMESS, 2004).**
- 2. ****TRAINING TO MUSCULAR FAILURE**** WITH MODERATE LOADS, WHICH FORCES THE BODY TO ENGAGE HIGH-THRESHOLD MOTOR UNITS AS FATIGUE SETS IN (SCHOENFELD ET AL., 2015).**
- 3. ****FATIGUING THE MUSCLE PRIOR TO HEAVY LOADING****, ENSURING THAT EVEN LIGHTER LOADS ACTIVATE FAST-TWITCH FIBERS THROUGH PRE-EXHAUSTION (BURD ET AL., 2012).**

HOW IT WORKS

CONTRARY TO COMMON BELIEF, PROGRESSIVE OVERLOAD IS NOT SOLELY ABOUT INCREASING WEIGHT. THE **CAPACITY TO LIFT HEAVIER**** IS A BYPRODUCT OF ADAPTATION—NOT ITS CAUSE. INSTEAD, THE GOAL IS TO IMPOSE PROGRESSIVELY HIGHER ****TOTAL MUSCULAR STRESS**** THROUGH COMBINATIONS OF VOLUME, INTENSITY, AND MECHANICAL TENSION THAT THE BODY MUST ADAPT TO AND RECOVER FROM (SCHOENFELD, 2010; WERNBOM ET AL., 2007).**

COMPOUND OVERLOAD TRAINING UNIQUELY INCORPORATES:**

*** ****LOADED STRETCHING****, WHICH APPLIES SUSTAINED TENSION AT LONG MUSCLE LENGTHS—A POTENT HYPERTROPHIC STIMULUS SHOWN TO INCREASE MUSCLE FIBER LENGTH AND THICKNESS (WARNEKE ET AL., 2023; MCMAHON ET AL., 2014).**

*** ****CONTROLLED ECCENTRIC LOADING****, KNOWN TO CAUSE MORE MUSCLE DAMAGE AND ELICIT STRONGER REMODELING RESPONSES THAN CONCENTRIC CONTRACTIONS ALONE (ROIG ET AL., 2009).**

*** ****HIGH-FREQUENCY TRAINING WITH STRATEGIC VARIATION IN VOLUME****, ENSURING CONSISTENT STIMULUS WHILE REDUCING SYSTEMIC FATIGUE AND RISK OF OVERTRAINING (GRGIC ET AL., 2018).**

THE PROTOCOL'S HALLMARK IS ITS **EFFICIENT RECOVERY-TO-STIMULUS RATIO****. BY EMPHASIZING SMART FATIGUE MANAGEMENT AND DEEP FIBER RECRUITMENT WITH LESS SYSTEMIC STRAIN, IT ENABLES SUSTAINABLE GROWTH WHILE PROTECTING JOINTS AND CONNECTIVE TISSUE INTEGRITY (SCHOENFELD & GRGIC, 2018).**

THIS EVIDENCE-BASED MODEL BLENDS **MECHANICAL TENSION, METABOLIC STRESS, AND MUSCULAR DAMAGE****—THE TRIAD OF HYPERTROPHY—INTO A UNIFIED, ADAPTABLE SYSTEM DESIGNED FOR MAXIMAL MUSCLE GAIN WITHOUT BURNOUT. COMPOUND OVERLOAD ISN'T JUST ABOUT LIFTING HEAVIER—IT'S ABOUT LIFTING ***SMARTER***, WITH SCIENTIFIC PRECISION AND PHYSIOLOGICAL INTENT.**

KEY REFERENCES:

*** SCHOENFELD BJ. (2010). THE MECHANISMS OF MUSCLE HYPERTROPHY AND THEIR APPLICATION TO RESISTANCE TRAINING. *J STRENGTH COND RES*.**

*** HENNEMAN E ET AL. (1957). FUNCTIONAL SIGNIFICANCE OF CELL SIZE IN SPINAL MOTONEURONS. *J NEUROPHYSIOL*.**

*** KRAEMER WJ & RATAMESS NA. (2004). FUNDAMENTALS OF RESISTANCE TRAINING: PROGRESSION AND EXERCISE PRESCRIPTION. *MED SCI SPORTS EXERC*.**

*** BURD NA ET AL. (2012). RESISTANCE EXERCISE VOLUME AFFECTS MYOFIBRILLAR PROTEIN SYNTHESIS AND ANABOLIC SIGNALING. *J PHYSIOL*.**

*** ROIG M ET AL. (2009). THE EFFECTS OF ECCENTRIC VERSUS CONCENTRIC RESISTANCE TRAINING ON MUSCLE STRENGTH AND MASS. *BR J SPORTS MED*.**

*** WARNEKE K ET AL. (2023). EFFECTS OF LONG MUSCLE LENGTH TRAINING ON HYPERTROPHY. *EUR J APPL PHYSIOL*.**

*** GRGIC J ET AL. (2018). FREQUENCY OF RESISTANCE TRAINING AND MUSCLE HYPERTROPHY: A SYSTEMATIC REVIEW AND META-ANALYSIS. *SPORTS MED*.**

*** WERNBOM M ET AL. (2007). THE INFLUENCE OF FREQUENCY, INTENSITY, VOLUME, AND MODE OF STRENGTH TRAINING ON MUSCLE CROSS-SECTIONAL AREA IN HUMANS. *SPORTS MED*.**

WEEK 1 COMPOUND OVERLOAD

QUADS,
SHOULDERS,
CALFS, ABS



- 4 - 6 SETS (BEGGINERS. START AT 4)
- 12 - 20 REP MAX (FULL EXTENSION + PROPER FORM)
- CHOSE A WEIGHT THAT REQUIRES 75% STRENGTH
- 30-40 SEC REST BETWEEN SETS

MONDAY (HEAVY)

- WEIGHTED SQUATS
- MILITARY PRESS
- CALF RAISES
- WEIGHTED CRUNCHES

TUESDAY (EXTENSION)

- WEIGHTED LUNGES
- BENT-OVER DUMBBELL REVERSE FLY
- STANDING CALF RAISES
- WEIGHTED PLANKS (1 MINUTE PER SET)

WEDNESDAY (PUMP)

- STEP-UPS (HIGH BOX) + DUMBBELLS
- UPRIGHT BARBELL ROW
- SEATED CALF RAISES
- WEIGHTED HANGING LEG RAISES

THURSDAY (HEAVY)

- HACK SQUATS
- OVERHEAD PRESS
- FARMERS WALK (ON TOES)
- WEIGHTED CRUNCHES

FRIDAY (EXTENSION)

- LEG EXTENSIONS
- CABLE REAR DELT FLY
- LEG PRESS CALF EXTENSIONS
- WEIGHTED PLANKS (1 MINUTE PER SET)

SATURDAY (PUMP)

- BULGARIAN SPLIT SQUATS
- DUMBBELL LATERAL RAISES
- SMITH MACHINE CALF RAISES (SEATED ON BENCH)
- REVERSE CRUNCH ON BENCH

SUNDAY
Rest the Body
MIND & SPIRIT
PROTOCOL



WEEK 2 COMPOUND OVERLOAD

GLUTES,
CHEST, BACK
(WIDTH),
UPPER TRAPS



- 4 - 6 SETS (BEGGINGERS. START AT 4)
- 12 - 20 REP MAX (FULL EXTENSION + PROPER FORM)
- CHOSE A WEIGHT THAT REQUIRES 75% STRENGTH
- 30-40 SEC REST BETWEEN SETS

MONDAY (HEAVY)

- HIP THRUSTS
- FLAT BENCH PRESS
- LAT PULLDOWNS (WIDE-GRIP)
- DUMBBELL SHRUGS

TUESDAY (EXTENSION)

- WEIGHTED LUNGES
- DUMBBELL FLIES
- ONE-ARM LAT PULLDOWN (STRETCH EMPHASIS)
- TRAP BAR FARMER'S WALKS (45 SEC WALKS)

WEDNESDAY (PUMP)

- WEIGHTED SIDE PLANK (DUMBBELL ON HIP)
- MACHINE PRESS
- SINGLE ARM DUMBBELL ROWS
- BEHIND-THE-BACK BARBELL SHRUGS

THURSDAY (HEAVY)

- ROMANIAN DEADLIFTS
- INCLINE BENCH PRESS
- PULLUPS (WEIGHTED IF POSSIBLE)
- HEAVY FARMERS WALK (45 SEC.)

FRIDAY (EXTENSION)

- CABLE GLUTE KICKBACKS
- CABLE INCLINE CHEST FLYES
- STRAIGHT ARM LAT PULLDOWN
- DUMBBELL OVERHEAD SHRUGS

SATURDAY (PUMP)

- DUMBBELL SUMO SQUATS
- DUMBBELL INCLINE CHEST PRESS
- SINGLE ARM LAT PULLDOWN
- SMITH MACHINE SHRUGS

SUNDAY
Rest the Body
MIND & SPIRIT
PROTOCOL



WEEK 3 COMPOUND OVERLOAD

TRICEPS,
HAMSTRINGS,
FOREARMS



- 4 - 6 SETS (BEGGINERS. START AT 4)
- 12 - 20 REP MAX (FULL EXTENSION + PROPER FORM)
- CHOSE A WEIGHT THAT REQUIRES 75% STRENGTH
- 30-40 SEC REST BETWEEN SETS

MONDAY (HEAVY)

- CLOSE GRIP BENCH PRESS
- BARBELL DEADLIFTS
- BARBELL WRIST CURLS

TUESDAY (EXTENSION)

- RECLINED BARBELL TRICEP EXTENSIONS)
- BARBELL STIFF-LEGGED DEADLIFTS
- OVERHAND BARBELL CURLS (FULL EXTENSION)

WEDNESDAY (PUMP)

- CABLE TRICEP PULLS
- ROMANIAN DEADLIFTS
- DUMBBELL WRIST CURLS

THURSDAY (HEAVY)

- DUMBBELL CLOSE-GRIP PRESS
- DUMBBELL STIFF LEGGED DEADLIFT
- OVERHAND STRAIGHT BAR CABLE CURLS

FRIDAY (EXTENSION)

- ROPE CABLE OVERHEAD EXTENSION
- BARBELL STIFF-LEGGED DEADLIFTS
- OVERHAND BARBELL CURLS (FULL EXTENSION)

SATURDAY (PUMP)

- CABLE TRICEP PULLS
- ROMANIAN DEADLIFTS
- DUMBBELL WRIST CURLS

SUNDAY
Rest the Body
MIND & SPIRIT
PROTOCOL



WEEK 4 COMPOUND OVERLOAD

BICEPS,
HAMSTRINGS,
FOREARMS



- 4 - 6 SETS (BEGGINERS. START AT 4)
- 12 - 20 REP MAX (FULL EXTENSION + PROPER FORM)
- CHOSE A WEIGHT THAT REQUIRES 75% STRENGTH
- 30-40 SEC REST BETWEEN SETS

MONDAY (HEAVY)

- INCLINE DUMBBELL CURLS (TRADITIONAL AND HAMMER)
- OVERHAND DUMBBELL CURLS
- ROMANIAN DEADLIFT
- SINGLE LEG DUMBBELL RDL

TUESDAY (EXTENSION)

- BARBELL DRAG CURL
- PREACHER CURLS
- SINGLE LEG DUMBBELL RDL
- REVERSE WRIST CURLS

WEDNESDAY (PUMP)

- CABLE CURL+HAMMER CURL
- LYING LEG CURL
- LYING LEG CURL EXTENDED (DROPSET)
- SINGLE DUMBBELL CURLS

THURSDAY (HEAVY)

- BARBELL PREACHER CURLS
- ROMANIAN DEADLIFT (DUMBBELL)
- DUMBBELL HAMMER CURLS

FRIDAY (EXTENSION)

- CABLE CURL (LOW PULLEY)
- CABLE PREACHER CURL
- DUMBBELL STEP-UP
- CABLE REVERSE CURL

SATURDAY (PUMP)

- CABLE CURL+HAMMER CURL
- LYING LEG CURL
- LYING LEG CURL EXTENDED (DROPSET)
- SINGLE DUMBBELL CURLS

SUNDAY
Rest the Body
MIND & SPIRIT
PROTOCOL

