

SYSTEM

HYPERTROPHY

4-WEEK MUSCLE BUILDING PROGRAM

More muscle. More definition. Built with science.

DURATION	FREQUENCY	EQUIPMENT	LEVEL
4 WEEKS	6 DAYS / WEEK	Full Gym	SEE PROGRAM

FREE DOWNLOAD

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AETHON SYSTEM: HYPERTROPHY

AETHON SYSTEM: HYPERTROPHY is a 6-day science-based muscle building program. You should have at least 3 months of consistent training before starting this.

The program uses high volume, moderate weight and strategic rest to maximise mechanical tension and metabolic stress — the two primary drivers of muscle hypertrophy. Every set is taken to 2 reps short of failure (RIR 2) unless marked otherwise.

4 distinct phases: Accumulation → Progressive Overload → Intensification → Deload. Nutrition is critical: aim for 1.8–2.2g protein per kg bodyweight in a 200–300 kcal surplus.

PROGRAM OVERVIEW

WEEKS	DAYS/WEEK	SESSION	EQUIPMENT	LEVEL
4	6	60–75 min	Full Gym	Intermediate

THE AETHON PRINCIPLES

- 01 MECHANICAL TENSION — Lift heavy with full range of motion. The stretch is where growth happens.
- 02 METABOLIC STRESS — Short rest periods and high volume create the pump. Embrace it.
- 03 PROGRESSIVE OVERLOAD — Add 1 rep OR 2.5kg each week. Never both at once. Track your choice.
- 04 DELOAD IS MANDATORY — Week 4 is a deload. This is not optional — it is where you actually grow.
- 05 PROTEIN EVERY MEAL — 40–50g protein per meal, 4–5 meals per day. Muscle is built in the kitchen.

WEEK 1 · ACCUMULATION — HIGH VOLUME

GOAL: High volume, moderate weight. RIR 2 on every set. Tempo: 3 seconds down, 1 up.

DAY 1 · CHEST + TRICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Flat Barbell Bench Press	4	10	90s	Arch, feet into floor, 3-sec eccentric
Incline DB Bench Press	3	12	75s	30-degree, squeeze pec at top
Cable Crossover (low-to-high)	3	15	60s	Full pec stretch, cross at top
Decline Push-Up	3	15	60s	Feet elevated 30cm
Skull Crusher (EZ Bar)	4	12	75s	Elbows stay tucked in
Cable Overhead Tricep Ext	3	15	60s	Full stretch at bottom
Tricep Kickback	3	15/side	60s	Controlled, no swinging

DAY 2 · BACK + BICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Conventional Deadlift	3	8	120s	Hook grip, brace hard, bar on shins
Pendlay Row	4	10	90s	Bar to floor each rep, explosive pull
Lat Pulldown (wide grip)	4	12	75s	Pull to chin, full lat stretch
Seated Cable Row (close grip)	3	12	75s	Elbows drive past torso
Straight-Arm Pulldown	3	15	60s	Isolate lat, no bend change
Barbell Curl	4	10	60s	No body english whatsoever
Incline DB Curl	3	12	60s	Full stretch on the bicep

DAY 3 · REST + CARDIO

EXERCISE	SETS	REPS	REST	COACHING NOTE
LISS Cardio	1	25 min	—	HR 120–140bpm, easy pace
Hip Mobility Drills	1	10 min	—	90/90 stretches, hip CARs
Band Pull-Aparts	2	20	—	Arms stay perfectly straight

DAY 4 · SHOULDERS + TRAPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Seated DB Overhead Press	4	10	90s	Neutral spine, no excessive arch
Arnold Press	3	12	75s	Full rotation, control throughout
Cable Lateral Raise	4	15	60s	Single arm, full arc, no swing
Rear Delt Cable Fly	4	15	60s	Pull to ear height, pinch
DB Upright Row	3	12	75s	Elbows above hands at top
DB Shrug	4	15	45s	Hold at top 1 full second
Face Pull	3	20	45s	High elbow, external rotate

DAY 5 · LEGS — QUAD FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Front Squat	4	8	120s	Upright torso, elbows up
Leg Press	4	12	90s	High foot placement = more glute
Hack Squat	3	12	90s	Deep ROM, knees track toes
Leg Extension	4	15	60s	Pause at top, squeeze hard
Lying Leg Curl	4	15	60s	Toes slightly out
Standing Calf Raise	5	15	45s	Full stretch at bottom
Seated Calf Raise	4	20	45s	Different angle, different fibres

DAY 6 · LEGS — HAMSTRING / GLUTE + ABS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	4	10	90s	Bar stays on shins, big stretch
Nordic Curl	3	5	120s	Hardest hamstring movement
Seated Leg Curl	4	12	75s	Dorsiflex foot for more range
Hip Thrust (barbell)	4	12	90s	Drive hips fully — pause at top
Cable Pull-Through	3	15	60s	Hip hinge, not a squat
Hanging Leg Raise	4	15	60s	No swinging, full control
Cable Crunch	4	20	60s	Round the back — spine flexion

WEEK 2 · PROGRESSIVE OVERLOAD

GOAL: Add 1 rep to every set OR add 2.5–5kg to every working set. Track which you choose.

DAY 1 · CHEST + TRICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Flat Barbell Bench Press	4	11	90s	+2.5kg OR +1 rep from W1
Incline DB Bench Press	3	13	75s	Progress from W1
Cable Crossover	3	16	60s	Wider arc this week
Decline Push-Up	3	17	60s	Add reps
Skull Crusher	4	13	75s	Add weight
OH Tricep Extension	3	16	60s	Add weight
Tricep Kickback	3	16/side	60s	Controlled tempo

DAY 2 · BACK + BICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Conventional Deadlift	3	8	120s	+5kg from Week 1
Pendlay Row	4	11	90s	Add weight or rep
Lat Pulldown	4	13	75s	Add weight
Seated Cable Row	3	13	75s	Pause at peak contraction
Straight-Arm Pulldown	3	16	60s	Add weight
Barbell Curl	4	11	60s	Strict form always
Incline DB Curl	3	13	60s	Full stretch

DAY 3 · REST + CARDIO

EXERCISE	SETS	REPS	REST	COACHING NOTE
Bike or Rowing	1	25 min	—	Moderate pace RPE 5
Upper Body Mobility	1	10 min	—	Shoulder circles, band work
Hollow Body Hold	3	30s	45s	Lower back pressed down

DAY 4 · SHOULDERS + TRAPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Seated DB Overhead Press	4	11	90s	Add weight
Arnold Press	3	13	75s	Progress
Cable Lateral Raise	4	16	60s	Add weight
Rear Delt Cable Fly	4	16	60s	Add weight
DB Upright Row	3	13	75s	Add weight
DB Shrug	4	16	45s	Heavier
Face Pull	3	20	45s	Same weight, perfect form

DAY 5 · LEGS — QUAD FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Front Squat	4	9	120s	+5kg from Week 1
Leg Press	4	13	90s	Progress
Hack Squat	3	13	90s	Add weight
Leg Extension	4	16	60s	Pause + add weight
Lying Leg Curl	4	16	60s	Add weight
Standing Calf Raise	5	16	45s	Slow eccentric
Seated Calf Raise	4	21	45s	Progress

DAY 6 · LEGS — HAMSTRING / GLUTE + ABS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	4	11	90s	+5kg from Week 1
Nordic Curl	3	6	120s	1 more rep
Seated Leg Curl	4	13	75s	Add weight
Hip Thrust	4	13	90s	Progress
Cable Pull-Through	3	16	60s	Add weight
Hanging Leg Raise	4	16	60s	More control
Cable Crunch	4	21	60s	Add weight

WEEK 3 · INTENSIFICATION

GOAL: Drop 1 set per exercise but increase weight significantly. End every set RIR 1 — 1 rep from failure.

DAY 1 · CHEST + TRICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Flat Barbell Bench Press	4	8	120s	Heavier — RPE 8–9
Incline DB Bench Press	3	10	90s	Heavier
Cable Crossover	3	12	75s	Squeeze and hold 1 sec
Weighted Dips	3	8	90s	Add dip belt if possible
Skull Crusher	3	10	90s	Heavier — controlled
OH Tricep Extension	3	12	75s	Heavier
Cable Tricep Pushdown	3	15	60s	Drop set on final set

DAY 2 · BACK + BICEPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Conventional Deadlift	4	6	120s	Heavy — near max
Pendlay Row	3	8	90s	Explosive and heavier
Weighted Pull-Up	4	8	90s	Add weight
Cable Row (wide grip)	3	10	75s	Pull to sternum
Straight-Arm Pulldown	3	12	60s	Heavy
Barbell Curl	3	8	75s	Heavier — strict
Cable Hammer Curl	3	10	60s	Neutral grip

DAY 3 · REST + CARDIO

EXERCISE	SETS	REPS	REST	COACHING NOTE
LISS Cardio	1	30 min	—	Easy recovery RPE 4
Lower Body Mobility	1	15 min	—	Hips, ankles, glutes

DAY 4 · SHOULDERS + TRAPS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Overhead Press	4	8	120s	Move to barbell this week
DB Lateral Raise	4	12	75s	Heavier, controlled
Cable Rear Delt Fly	3	12	75s	Heavy
DB Upright Row	3	10	75s	Heavier
Heavy Barbell Shrug	4	12	60s	Heavy holds
Arnold Press	3	10	90s	Heavy
Face Pull	3	15	60s	Rear delt maintenance

DAY 5 · LEGS — QUAD FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	5	5	120s	Switch from front squat
Leg Press	3	10	90s	Heavy
Hack Squat	3	10	90s	Heavy
Leg Extension	3	12	75s	Heavy + pause at top
Lying Leg Curl	3	12	75s	Heavy
Calf Superset	4	12+12	60s	Standing + seated back to back

DAY 6 · LEGS — HAMSTRING / GLUTE + ABS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Sumo Deadlift	4	6	120s	Wide stance, glute drive
Nordic Curl	3	6	120s	Quality over quantity
Seated Leg Curl	3	10	90s	Heavy
Hip Thrust	4	10	90s	Heaviest yet — pause
Cable Pull-Through	3	12	75s	Heavy
Weighted Hanging Leg Raise	3	12	75s	Ankle weights added
Weighted Cable Crunch	3	15	75s	Heavy

WEEK 4 · DELOAD — FLUSH & GROW

GOAL: 50% of W3 volume. 80% of W3 weight. Flush fatigue. This is where the muscle actually grows.

DAY 1 · CHEST + TRICEPS — DELOAD

EXERCISE	SETS	REPS	REST	COACHING NOTE
Flat Barbell Bench Press	2	8	120s	80% of Week 3 weight
Incline DB Bench Press	2	10	90s	Light and smooth
Cable Crossover	2	12	75s	Pump only — feel the muscle
Skull Crusher	2	10	75s	Light and controlled
OH Tricep Extension	2	12	60s	Easy — just moving

DAY 2 · BACK + BICEPS — DELOAD

EXERCISE	SETS	REPS	REST	COACHING NOTE
Conventional Deadlift	2	5	120s	80% of Week 3 weight
Pendlay Row	2	8	90s	Light — crisp technique
Weighted Pull-Up	2	6	90s	Bodyweight if needed
Barbell Curl	2	8	75s	Light
Cable Hammer Curl	2	10	60s	Easy

DAY 3 · REST + GENTLE RECOVERY

EXERCISE	SETS	REPS	REST	COACHING NOTE
Yoga / Full Body Stretch	1	30 min	—	Full body, hold each 90 sec
Contrast Shower	1	10 min	—	2 min cold / 2 min hot x3

DAY 4 · SHOULDERS + TRAPS — DELOAD

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Overhead Press	2	6	120s	Light weight
DB Lateral Raise	2	12	75s	Light pump — feel it
Face Pull	3	15	60s	Shoulder health work
DB Shrug	2	12	60s	Easy

DAY 5 · LEGS — DELOAD

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	2	6	120s	80% of Week 3
Leg Press	2	10	90s	Light
Leg Extension	2	12	75s	Light pump
Lying Leg Curl	2	12	75s	Light
Calf Raise	3	15	60s	Stretch focused

DAY 6 · FULL BODY LIGHT + ABS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Hip Thrust	2	10	90s	Light, perfect form
Bodyweight Lunges	2	12/leg	60s	Flow — no load
Cable Crunch	3	15	60s	Easy
Hanging Leg Raise	3	12	60s	Controlled
Plank	3	60s	60s	Breathe deep

PROGRESS TRACKER

Log your working weights, reps or times every session. Progress only happens when it is tracked. Fill this in after every workout.

BODY MEASUREMENTS

WEEK	DAY 1	DAY 7	CHANGE	WAIST (cm)	HIP (cm)	CHEST (cm)	NOTES
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

STRENGTH / PERFORMANCE LOG

Record the weight used (kg) or reps completed for each key exercise each week.

EXERCISE / METRIC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
Flat Barbell Bench Press (kg)					
Incline DB Press (kg each)					
Barbell Overhead Press (kg)					
Conventional Deadlift (kg)					
Pendlay Row (kg)					
Weighted Pull-Up (added kg)					
Barbell Front Squat (kg)					
Hip Thrust (kg)					
Bodyweight (kg)					
Arm Circumference (cm)					

SESSION LOG

Use this to track how each session felt. RPE = Rate of Perceived Exertion (1-10).

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D1				
W1 D2				
W1 D3				

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D4				
W1 D5				
W2 D1				
W2 D2				
W2 D3				
W2 D4				
W2 D5				
W3 D1				
W3 D2				
W3 D3				
W3 D4				
W3 D5				
W4 D1				
W4 D2				
W4 D3				
W4 D4				
W4 D5				

Hypertrophy Tracker: Record top working set each week. Aim for +1 rep or +2.5kg weekly. Both in the same week = too easy, go heavier.

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