



Confront & Conquer Training Systems Presents:

Phase Breakdown

	Pre-Phase - Endurance (Optional)	Phase I - Hypertrophy
Purpose	Increase muscular endurance and strength in preparation for Phase I of EVOLVE. The pre-phase is strongly recommended if you are new to the gym or getting back to it after a long time away.	Increase muscle mass while fine tuning our form
Length	2 Weeks	4 Weeks
Frequency	2-3x/Week	3x/Week
Sets/Reps	2-3 Sets of 15-20 Reps	3-4 Sets of 8-15 Reps
%1RM	50-60%	60-80%
Rest Periods	90 Seconds	60-75 Seconds

Pre-Phase - Endurance

Pre-Phase

	Exercise	Sets/Reps
	<u>Glute Bridge Holds (2 second pause)</u>	2-3 x 15-20
SuperSet #1	<u>Lat Pulldowns</u>	2-3 x 15-20
	<u>Dumbbell Neutral Grip Chest Press</u>	2-3 x 12-15
SuperSet #2	<u>Reverse Dumbbell Flys</u>	2-3 x 15-20
	<u>Dumbbell/Kettlebell Deadlift</u>	2-3 x 12-15
	<u>Kneeling Single Arm Overhead Press</u>	2-3 x 15-20
SuperSet #3	<u>Dumbbell Curls</u>	2-3 x 15-20
	<u>Dumbbell Tricep Kickbacks</u>	2-3 x 15-20
	<u>Front Plank</u>	2-3 x 30 - 60 seconds

CONFRONT & CONQUER TRAINING SYSTEMS

Phase I - Hypertrophy

Weekly Breakdown

EVOLVE is a percentage based strength training program that involves repeated movements and progressive overload; therefore, we will be performing the same movements each week while increasing the intensity as we progress.

Week

% of 1RM

1

60%

2

65%

3

70%

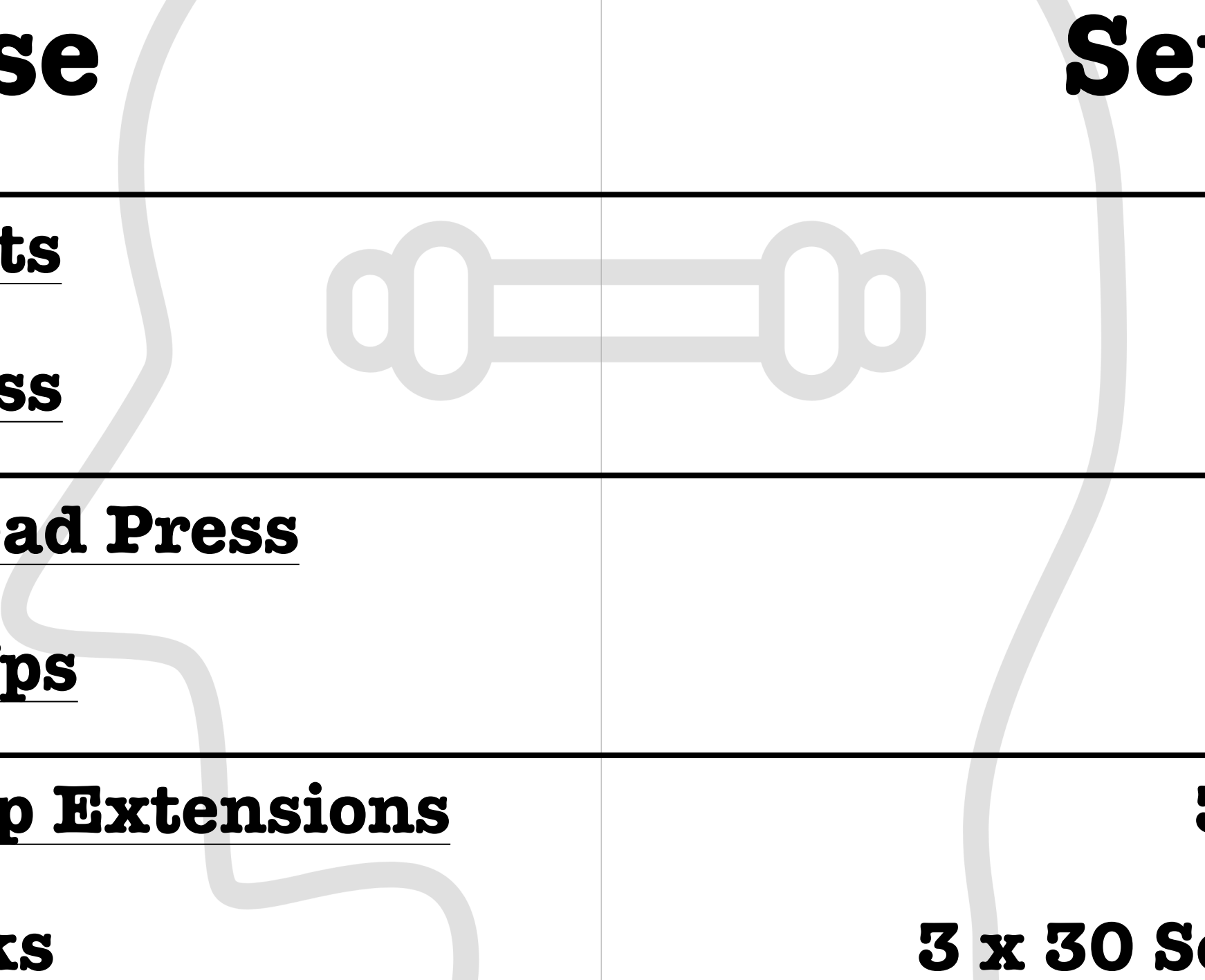
4

75%

CONFRONT & CONQUER TRAINING SYSTEMS

Phase I - Hypertrophy

Phase I - Day 1



	Exercise	Sets/Reps
SuperSet #1	<u>Back Squats</u>	3 x 8-12
	<u>Bench Press</u>	3 x 8-12
SuperSet #2	<u>Dumbbell Overhead Press</u>	3 x 8-12
	<u>Box Step Ups</u>	3 x 8-12
SuperSet #3	<u>Overhead Cable Tricep Extensions</u>	3 x 15-20
	<u>Side Planks</u>	3 x 30 Seconds Each Side

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Phase I - Hypertrophy

Phase I - Day 2

	Exercise	Sets/Reps
	<u>Barbell Deadlift (Traditional or Sumo)</u>	3 x 8-12
SuperSet #1	<u>Negative Pull-Ups</u>	3 x AMAP (as many reps as possible)
	<u>Dumbbell Single Leg RDL</u>	3 x 8-12
SuperSet #2	<u>Cable Face Pulls</u>	3x8-12
	<u>Weighted Sit Ups</u>	3 x 12-15
SuperSet #3	<u>Bicep 7's</u>	3 Sets

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Phase I - Hypertrophy

Phase I - Day 3

	Exercise	Sets/Reps
SuperSet #1	<u>Barbell Reverse Lunges</u>	3 x 8-12
	<u>Dumbbell Incline Chest Press</u>	3 x 8-12
SuperSet #2	<u>Barbell Hip Thrusts</u>	3x8-12
	<u>Dumbbell Bent Over Rows</u>	3 x 8-12
SuperSet #3	<u>Hammer Curls</u>	3 Sets
	<u>Banded Side Lying Hip Abduction</u>	3 x 12-15
	<u>Cable Chops</u>	3 x 12-15

CONFRONT & CONQUER TRAINING SYSTEMS

Journal Prompts

1

What are three qualities you love about yourself and why?

2

Describe a recent achievement and how it made you feel.

3

Write about a time when you overcame a challenge. What did you learn from that experience?

4

List five things you are grateful for today.

5

How do you practice self-care? What could you do to improve your self-care routine?

6

What are your core values? How do they influence your daily life?

7

Write a letter to your younger self. What advice and encouragement would you give?

8

What does self-love mean to you? How do you show it to yourself?

Journal Prompts

9

Identify a limiting belief you have about yourself. How can you reframe it into a positive affirmation?

10

Describe a person who inspires you. What qualities do they have that you admire?

11

What are three things you're proud of accomplishing in the past year?

12

How do you handle negative self-talk? What strategies help you stay positive?

13

Write about a time when you felt truly confident. What contributed to that feeling?

14

What are your biggest dreams and aspirations? How can you take steps toward achieving them?

15

How do you define success for yourself? What steps can you take to achieve it?

16

What activities make you feel most alive and connected to yourself?

Journal Prompts

17

Describe a perfect day for you. What activities and people would be involved?

18

What are your strengths? How can you use them to your advantage?

19

Write about a fear you have. How can you work to overcome it?

20

What does it mean to live authentically? How can you be more true to yourself?

21

Who are your biggest supporters? How have they impacted your self-confidence?

22

How do you react to failure? What can you learn from past failures?

23

What are three goals you want to achieve in the next six months? Why are they important to you?

24

How do you handle criticism? What constructive feedback have you received that helped you grow?

Journal Prompts

25

Write about a time you took a risk. What was the outcome, and what did you learn?

26

What boundaries do you need to set in your life to protect your well-being?

27

How do you celebrate your successes, big or small?

28

What positive habits do you want to cultivate in your daily routine?

29

How can you show more compassion and kindness to yourself?

30

Write about a time you felt loved and appreciated. How did that experience affect your self-esteem?