

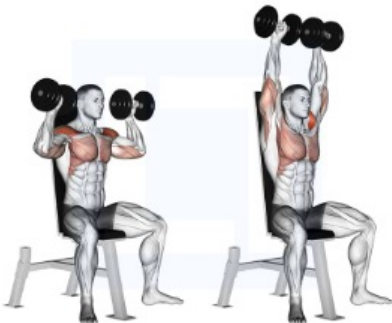
12-Week Intermediate Hypertrophy Program

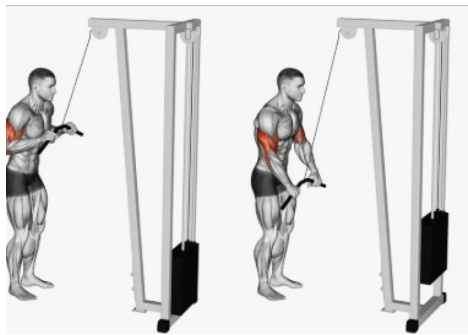
Welcome to your next step in physical transformation. This comprehensive **12-Week Intermediate Hypertrophy Program**, crafted by BulkRoutine.com, is a structured approach to maximizing muscle size and strength. Over three focused phases :**Volume Accumulation**, **Progressive Overload**, and **Intensification**—you'll follow a proven Upper/Lower/Push/Pull/Legs split to systematically build training volume and intensity. This is where commitment meets results. For advanced program variations, personalized planning, and dedicated tracking tools, unlock your potential at.

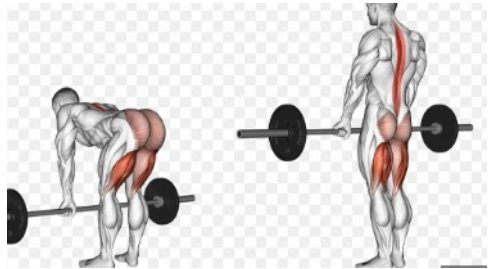
Weekly Structure

Day	Focus
Monday	Upper (Chest, Back, Shoulders, Arms)
Tuesday	Lower (Quads, Hamstrings, Glutes, Calves)
Wednesday	Rest / Active Recovery
Thursday	Push (Chest, Shoulders, Triceps)
Friday	Pull (Back, Biceps)
Saturday	Legs (Strength Emphasis)
Sunday	Rest

Workout Details

Day 1 – Upper (Hypertrophy)			
Exercise	Sets	Reps	Image
Barbell Bench Press	4	6–8	
Bent-Over Barbell Row	4	8–10	
Seated Dumbbell Shoulder Press	3	10–12	
Lat Pulldown or Pull-Ups	3	10–12	

Dumbbell Incline Press	3	12–15	
Barbell Biceps Curl	3	12–15	
Cable Triceps Pushdown	3	12–15	

Day 2 – Lower (Hypertrophy)			
Exercise	Sets	Reps	Image
Back Squat	4	6–8	
Romanian Deadlift	4	8–10	
Leg Press	3	10–12	
Bulgarian Split Squat	3	12–15	

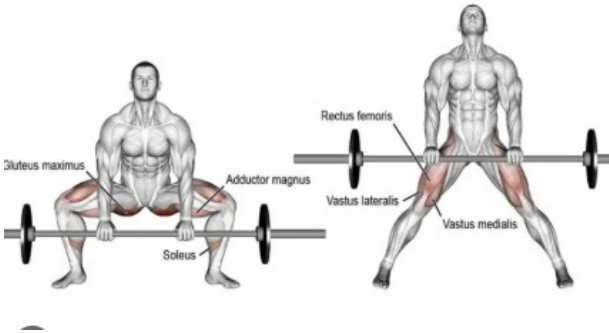
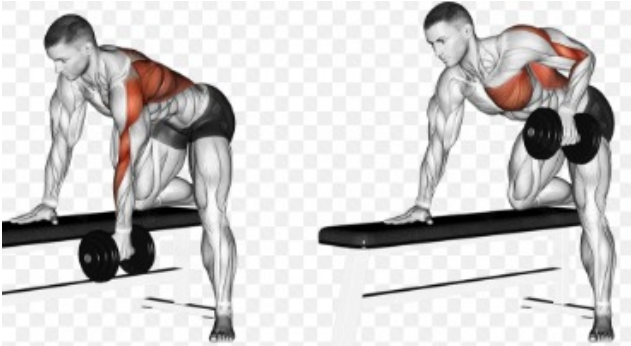
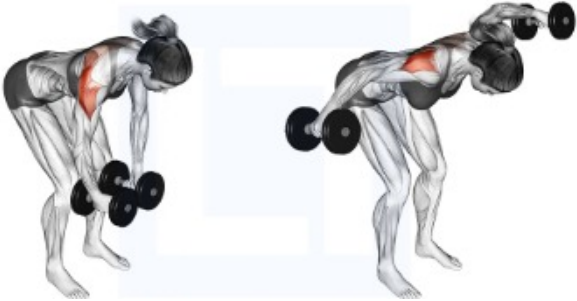
Seated or Standing Calf Raise	4	12–20	
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Day 4 – Push (Chest, Shoulders, Triceps)

Exercise	Sets	Reps	Image
Overhead Press	4	6–8	
Dumbbell Flat Bench Press	4	8–10	
Dumbbell Lateral Raises	4	12–15	
Cable Fly or Pec Deck	3	12–15	

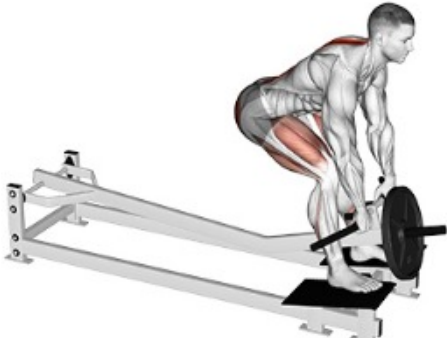
Skull Crushers / Overhead Triceps Extension	3	12–15	
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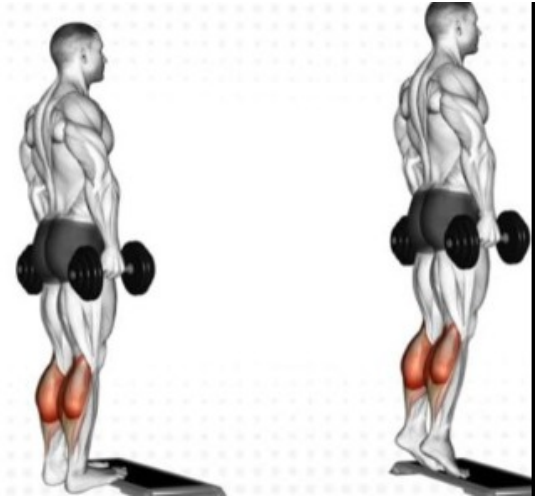
Day 5 – Pull (Back, Biceps)

Exercise	Sets	Reps	Image
Deadlift (Conventional or Sumo)	4	5–6	
Pull-Ups or Weighted Pull-Ups	4	6–8	
Barbell or Dumbbell Row	3	8–10	
Rear Delt Fly	3	12–15	
Hammer Curls	3	12–15	

Incline Dumbbell Curls	3	12–15	 An anatomical illustration of a male figure lying on an incline bench. On the left, the figure is in a starting position with two dumbbells on the floor, arms extended. On the right, the figure is in the middle of a curl, lifting the dumbbells towards his chest. The biceps and forearms are highlighted in orange to show the primary muscles worked.
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Day 6 – Legs (Strength Emphasis)

Exercise	Sets	Reps	Image
Front Squat or Back Squat	5	4–6	FRONT SQUAT  BACK SQUAT 
Romanian Deadlift	4	6–8	
Walking Lunges	3	24-30	

Leg Extensions	3	15–20	
Calf Raises	4	12–20	

12-Week Progression Plan

Phase	Weeks	Focus	Volume	Intensity
1	1–4	Accumulate	Moderate	Moderate
2	5–8	Overload	High	Increasing
3	9–12	Intensify	Slightly Lower	High (heavier weights)

- **Weeks 1–4:** Nail form, build baseline volume.
- **Weeks 5–8:** Gradually increase weight or reps each week.
- **Weeks 9–12:** Shift to slightly lower reps (6–8 for most lifts), focus on progressive overload and quality sets.

Additional Tips

- **Nutrition:** Slight calorie surplus ($\approx +250\text{--}500$ kcal/day) + 1.6–2.2 g protein/kg body weight.
- **Sleep:** 7–9 hours per night for optimal recovery.
- **Tracking:** Log every session → weight, reps, RPE.
- **Optional Cardio:** 1–2 light sessions/week for general health, avoid excessive HIIT.