



J3 UNIVERSITY
X FRAME HYPERTROPHY
TRAINING





PROGRAM OVERVIEW

The hallmark of a champion physique begins with the structure of an X frame. Whether you're in bodybuilding, classic physique, men's physique, women's bodybuilding, WPD or figure the X frame will be the base of an impressive physique.

This program is built to put priority around developing X frame that consist of a small waist, sweeping quads, wide lats and capped delts. This won't be a program you will need to discontinue after only 16 weeks as the X frame will continue to be a priority for the reminder of your competitive journey.

At J3U we bridge the gap between science and in the trench experience to drive results. You won't have to worry whether the program you follow upholds scientific principles or if this is what real competitors get results with. Being an Olympian level competitor myself this program actually mirrors very closely to how I have trained for years and continue to improve.

A full discussion on training principles is beyond the scope of this book and would recommend taking J3U Level 1 for understanding the science of programming and also the Applied Hypertrophy Optimization Course for further learning on how to set up and cue lifts to get the most stimulus from every rep.

To begin we will look at the big picture overview of the program.



THE HYPERTROPHY BLOCK EXPLAINED

This program is divided into two 16 week blocks intended for an offseason phase as this phase will allow the recovery to grow your physique.

This can be used in prep, but I have designed this to be aggressive in accumulating stimulus over weeks when you have optimized recovery will sleep, nutrition, and supplementation. Prep will require some changes to the training which I will give in recommendation at the end in the FAQ of the e-book.

The overall structure of the program is set up with daily waist training and to prioritize delts first in push sessions, lats in back sessions and quads in leg sessions, and daily waist training to develop an X frame.

PHASE 1 BLOCK OVERVIEW

An 8 week phase getting you accustomed to the new program and starting the plan off with increasing training to failure week to week.

Once at a point of training at near failure you will be held there and continue to go as hard as you can progressing lifts. Through hard training fatigue will accumulate and recovery will be pushed to the limits.

As the block closes in on the need to deload we will add in some set intensifiers for further bump in volume leading into our week 8 for a deload.

PHASE 2 BLOCK OVERVIEW

The next 8 week block you will have learned lifts that you connect well with and ones you don't, then make the changes to the program for your needs. We will progress effort up faster in this block and you will also get a 20% increase in volume to further push progress for quads, delts and lats. This block will end with set intensifiers with drop sets for light load metabolite accumulation and lead into a deload week.



PHASE 1 BEGINS

PICK YOUR VOLUME TIER TO START:

Recommend basing this close to the amount of rest days you normally take per week. You can always start at Tier 1 and progress up to another tier if recovery is going well.

X Frame Training Split

1	Chest Focused Push	Chest Focused Push	Chest Focused Push
2	Pull A	Pull A	Pull A
3	Off	Legs	Legs
4	Legs	Off	Shoulder Focused Push
5	Off	Shoulder Focused Push	Pull B
6	Shoulder Focused Push	Pull B	Hamstring Focused Legs
7	Pull B	Hamstring Focused Legs	Off
8	Off	Off	
9	Hamstring Focused Legs		
10	Off		

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Pull A				
Set Volume per Muscle: Back 10, Biceps 6				
Order	Exercise	Sets	Reps	Alternative Lift
A1	Lat Bias Pulldown	3	8-12	Single Arm Cable pulldown, Nautilus/Hammer strength high row
B1	Upper Back Bias Row	3	8-12	T bar row, DB incline bench row
C1	Lat Bias Row	3	10-15	Single arm cable row, Prime or Hammer strength row, SA landmine row
D1	Upper Back Bias Row	2	12-20	Steeper angle, Hammer strength iso row, Bent DB row
E1	DB Preacher Curl	3	10-15	Machine or DB curl
F1	Hammer Cable Curl	3	10-15	DB or Cable curl
G1	DB Wrist Extension	2	12-15	

DON'T STOP HERE

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