

2-3 Day Per Week “Busy Man” Hypertrophy Plan

This program can be used for either 2 (such as Monday and Thursday) or 3 non-consecutive days per week (such as Monday, Wednesday, and Friday). It is meant to be a time-efficient program for people who have limited training time.

There is an A and a B workout. If you do this 3 days per week, you can do ABA the first week, then BAB the next week, and so on.

This program involves drop sets on isolation movements. You do a set of 12-15 reps to failure, then immediately drop the weight 20% and do as many reps as possible (AMRAP). Then drop 20% again and AMRAP. Then a third 20% drop and AMRAP. For more info on drop sets, check out [my evidence-based guide](#).

Each muscle group is trained 2-3 times per week. If we [count each drop set as 3 regular sets](#), then weekly volume per muscle group is 8 - 15 sets depending upon which volume and frequency combination you choose. These volume and frequency combinations are in line with the guidelines established by my [Volume Bible](#) and [Frequency Bible](#).

Feel free to substitute similar exercises based on your preference.

Workout A

Exercise	Sets * Reps @ RPE
Barbell Back Squat	1-2 * 10-12 @ 8-9
Romanian Deadlift	1-2 * 10-12 @ 8-9
Leg Extension	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Lying Leg Curl	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS

Standing Calf Raise	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Incline Dumbbell Bench Press	1-2 * 10-12 @ 8-9
Machine Fly	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Rope Pushdown	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Lat Pulldown (Slightly wider than shoulder width grip)	1-2 * 10-12 @ 8-9
One Arm Dumbbell Row	1-2 * 10-12 @ 8-9
Dumbbell Bicep Curl	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS

Workout B

Exercise	Sets * Reps @ RPE
Leg Press	1-2 * 10-12 @ 8-9
Barbell Hip Thrust	1-2 * 10-12 @ 8-9
Leg Extension	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Standing Leg Curl	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Standing Calf Raise	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Flat Dumbbell Bench Press	1-2 * 10-12 @ 8-9
Machine Fly	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Skullcrusher	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS
Close Grip Lat Pulldown	1-2 * 10-12 @ 8-9

Exercise	Sets * Reps @ RPE
Cable Row	1-2 * 10-12 @ 8-9
Cable Curl	DROP SET 1 * 12-15 @ 10 + THREE 20% DROPS