

12-WEEK PHAT WORKOUT ROUTINE FOR ULTIMATE GROWTH

Created by: [Murshid Akram](#)
Check out [article](#) for more info

I've designed a complete, easy-to-follow, and unique 12-week PHAT workout routine that can help you build strength and mass in an organized and efficient way.

Power Hypertrophy Adaptive Training (PHAT) is a popular training split involving gym and [powerlifting workouts](#). It is a great way to put on mass and increase your lifting ability.

The PHAT term was used by [Dr. Layne Norton](#), a natural powerlifter and bodybuilder. However, I've created a different workout plan than what he shared on his website or app.

Who Can Do Power Hypertrophy Adaptive Training?

Anyone who has been working out for a while and wants to maximize his/her strength and muscle growth simultaneously can do Power Hypertrophy Adaptive Training (PHAT).

It's not recommended for new lifters or people with health issues because of its intensity and volume of training.

I highly recommend you consult a professional around you who can analyze your fitness level and tell you whether PHAT split is for you.

PHAT Workout Plan Description

About Program

- **Program Duration:** 12 Weeks
- **Split Type:** [Upper/Lower Split](#)
- **Sessions/Week:** Five (Two Upper and Three Lower Body Days)
- **Workout Goal:** Promote Strength and Hypertrophy
- **Target Gender:** Male and Female
- **Difficulty Level:** Intermediate to Advanced

PHAT Workout Split

- **Monday:** Upper Body (Power Training)
- **Tuesday:** Legs and Glutes (Hypertrophy)
- **Wednesday:** Back and Delts (Hypertrophy)
- **Thursday:** OFF
- **Friday:** Lower Body (Power Training)
- **Saturday:** Chest, Triceps, and Biceps (Hypertrophy)
- **Sunday:** Rest

Workout Instructions

- **Warm-up:** It is best to start your workout with 5-10 minutes of dynamic warm-up exercises to increase your body temperature and prepare your muscles for heavy lifts.
- **Rest between sets:** Take 3-5 minutes between power sets and 1-3 minutes of rest during hypertrophy training.
- **Load During Power Sets:** [Calculate your one-rep max](#) (1RM) and lift the load mentioned in this program.
- **Number of reps per set:** Keep the rep ranges 2-8 for power lifts and 8-15 for hypertrophy sets.

12-Week PHAT Workout Routine for Strength and Mass

This PHAT workout schedule includes training five days a week, two power training and three hypertrophy workout sessions, two lower body and three upper body days.

Power training includes big lifts like deadlifts, squats, and bench presses, while the other days involve mostly **isolation exercises**, such as biceps curl, lat pulldown, chest fly, leg extension, and leg curl.

The combination of power lifts and hypertrophy exercises will help you build a firm, aesthetic, and defined physique and take your fitness to the next level.

Here's the program.

Week 1-3

Monday – Upper Body

Sets	Deadlift	Bench	Pull-up	Overhead Press
1	8 reps @70%	8 reps @65%	6 reps @70%	8 reps @65%
2	6 reps @75%	6 reps @70%	5 reps @75%	6 reps @70%
3	5 reps @80%	5 reps @75%	4 reps @75%	5 reps @75%
4	4 reps @85%	4 reps @80%	3 reps @75%	4 reps @80%
5	4 reps @85%	4 reps @85%	2 reps @80%	4 reps @80%

Tuesday – Lower Body

Exercise	Muscle	Sets	Reps
Hack Squat	Quad	3	12-15
Leg Extension	Quad	4	12-15
Leg Curl	Hamstring	4	12-15
Step-up	Legs	3	10-12
Hip Thrust	Glute	3	12-15
Calf Raises	Calves	3	20-25
Hanging Knee Raises	Abs	3	10-20

Wednesday/Thursday- Back and Delts

Exercise	Muscle	Sets	Reps
Front Lat Pull Down	Back	2	12-15
V-Grip Lat Pull Down	Back	2	12-15
Seated Cable Row	Back	4	12-15
One-arm DB Row	Back	3	10-12
Front Raises	Anterior Delt	3	12-15
Lateral Raises	Side Delt	3	10-12
Bent-Over Lateral Raises	Rear Delt	3	10-12
Shrug	Upper Trap	3	10-12

Friday – Legs and Glutes

Sets	Back Squat	Leg Press	SM Lunges
1	8 reps @70%	8 reps @65%	6 reps/leg @70%
2	6 reps @75%	6 reps @70%	6 reps @75%
3	5 reps @80%	5 reps @75%	4 reps @75%
4	4 reps @85%	4 reps @80%	4 reps @75%
5	4 reps @90%	4 reps @85%	4 reps @80%

Saturday – Chest, Triceps, and Biceps

Exercise	Muscle	Sets	Reps
Incline DB Bench Press	Chest	4	12-15
Seated Pec Deck Fly	Chest	3	12-15
High-to-Low Cable Fly	Chest	3	10-12
Close-grip Bench press + Barbell Curl (Superset)	Arms	3	10-12
Bar Dips + Preacher Curl (Superset)	Arms	3	10-12
1-arm OH Cable Extension + Incline DB Curl (Superset)	Arms	3	10-12

Week 4-6

Monday – Upper Body

Sets	Deadlift	Bench	Pull-up	Overhead Press
1	8 reps @70%	8 reps @70%	6 reps @70%	8 reps @65%
2	6 reps @75%	6 reps @75%	5 reps @75%	6 reps @70%

3	5 reps @80%	5 reps @80%	4 reps @75%	6 reps @75%
4	4 reps @85%	4 reps @85%	4 reps @75%	5 reps @80%
5	3 reps @90%	3 reps @90%	3 reps @80%	5 reps @80%

Tuesday – Legs and Glutes

Exercise	Muscle	Sets	Reps
Sumo Squat	Leg and Glute	4	12-15
Bulgarian Squat	Quad and Glute	3	8-10
Romanian Deadlift	Hamstring	3	8-10
Leg Curl	Hamstring	4	12-15
Seated Hip Adduction	Adductors	3	15-20
Calf Raises	Calves	3	20-25

Wednesday/Thursday – Back and Delts

Exercise	Muscle	Sets	Reps
Pull-up	Back	3	Failure
T-Bar Row	Back	3	12-15
Close Grip Pulldown	Back	3	12-15
Machine Row	Back	3	12-15
Arnold Press	Shoulder	3	10-12
Lateral Raises	Side Delt	3	10-12
Rear Delt Fly	Rear Delt	3	10-12
Upright Row	Upper Trap	3	10-12

Friday – Lower Body

Sets	Back Squat	Leg Press	SM Lunges
1	8 reps @70%	8 reps @65%	6 reps/leg @70%
2	6 reps @75%	6 reps @70%	6 reps @75%
3	5 reps @80%	5 reps @75%	4 reps @75%
4	4 reps @85%	4 reps @80%	4 reps @75%
5	4 reps @90%	4 reps @85%	4 reps @80%

Saturday – Chest, Triceps, and Biceps

Exercise	Muscle	Sets	Reps
Smith Machine Incline Bench Press	Chest	4	12-15
DB Flat Bench Press	Chest	3	12-15

High-to-Low Cable Fly	Chest	3	10-12
Diamond Pushups + Chin-ups (Superset)	Arms	3	10-20
Bar Dips + Spider Curl	Arms	3	10-15
Overhead Cable Extension + Hammer Curl	Arms	3	10-12

Week 7-9

Monday – Upper Body

Sets	Deadlift	Bench	Pull-up	Overhead Press
1	8 reps @70%	8 reps @65%	6 reps @65%	8 reps @65%
2	6 reps @75%	6 reps @70%	6 reps @70%	6 reps @70%
3	5 reps @80%	5 reps @75%	6 reps @75%	5 reps @75%
4	4 reps @85%	4 reps @80%	5 reps @80%	4 reps @80%
5	3 reps @90%	3 reps @85%	4 reps @80%	4 reps @80%

Tuesday – Legs and Glutes

Exercise	Muscle	Sets	Reps
Landmine Squat	Quad	4	12-15
Leg Extension	Quad	3	8-10
Leg Curl	Hamstring	4	8-10
Hip Thrust	Glute	3	12-15
Hip Abduction	Adductors	3	15-20
Calf Raises	Calves	3	20-25

Wednesday/Thursday – Back and Delts

Exercise	Muscle	Sets	Reps
Bent-Over Row	Back	3-4	12-15
Front Lat Pulldown	Back	3-4	12-15
T-Bar Row	Back	3-4	12-15
Seated Row	Back	3-4	12-15
Lateral Raises	Side Delt	3-4	10-12
Rear Delt Raise	Posterior Delt	3-4	10-12
Barbell Front Raises	Anterior Delt	3-4	10-12
Behind The Back Shrug	Upper Trap	3-4	10-12

Friday – Lower Body

Sets	Back Squat	Leg Press	SM Lunges
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1	8 reps @70%	8 reps @65%	6 reps/leg @70%
2	6 reps @75%	6 reps @70%	6 reps @75%
3	5 reps @80%	5 reps @75%	4 reps @75%
4	4 reps @85%	4 reps @80%	4 reps @80%
5	4 reps @90%	4 reps @85%	4 reps @85%

Saturday – Chest, Triceps, and Biceps

Exercise	Muscle	Sets	Reps
Smith Machine Incline Bench Press	Chest	3	12-15
Decline DB Bench Press	Chest	3	12-15
Seated Pec Dek Fly	Chest	3	12-15
High-to-Low Cable Fly	Chest	3	10-12
Skull Crusher	Triceps	3	10-20
Rope Pushdown	Triceps	3	10-15
Triceps Kickback	Triceps	3	10-12
Barbell Curl	Biceps	3	12-15
Incline DB Curl	Biceps	3	12-15
Wrist Curl	Forearms	3	12-15

Week 10-12

Monday – Upper Body

Sets	Deadlift	Bench	Pull-up	Overhead Press
1	8 reps @70%	8 reps @70%	6 reps @70%	8 reps @70%
2	6 reps @75%	6 reps @75%	6 reps @75%	6 reps @75%
3	6 reps @80%	6 reps @80%	5 reps @75%	6 reps @80%
4	5 reps @85%	5 reps @85%	4 reps @75%	5 reps @85%
5	4 reps @90%	4 reps @90%	4 reps @80%	4 reps @90%

Tuesday – Legs and Glutes

Exercise	Muscle	Sets	Reps
Hack Squat	Quad	4	12-15
Leg Extension	Quad	3	8-10
Leg Curl	Hamstring	4	8-10
Step-up	Glute	3	12-15
DB Single-leg DL	Posterior Chain	3	15-20
Calf Raises	Calves	3	20-25

Thursday – Back and Delts

Exercise	Muscle	Sets	Reps
Bent-Over Row	Back	3-4	12-15
Close Grip Pulldown	Back	3-4	12-15
Seated Cable Row	Back	3-4	12-15
One-arm DB Row	Back	3-4	10-12
Seated IYT Raises	Shoulder	3-4	8-10
Face Pull	Posterior Delt	3-4	10-12
Rear Delt Fly	Anterior Delt	3-4	10-12
Shrug	Upper Trap	3-4	10-12

Friday – Lower Body

Sets	Back Squat	Leg Press	SM Lunges
1	8 reps @70%	8 reps @65%	6 reps/leg @70%
2	6 reps @75%	6 reps @70%	6 reps @75%
3	6 reps @80%	6 reps @75%	5 reps @75%
4	5 reps @85%	5 reps @85%	4 reps @80%
5	5 reps @90%	4 reps @90%	4 reps @85%

Saturday – Chest, Triceps, and Biceps

Exercise	Muscle	Sets	Reps
Incline Bench Press	Chest	3	12-15
Flat DB Bench Press	Chest	3	12-15
Incline Cable Fly	Chest	3	12-15
Bar Dips	Triceps	3	10-20
Rope Pushdown	Triceps	3	10-15
One-arm OH Extension	Triceps	3	10-12
Barbell Curl	Biceps	3	12-15
Incline DB Curl	Biceps	3	12-15
Wrist Curl	Forearms	3	12-15

Tips and Suggestions for Achieving Optimal Results

- Follow this program only if you are accustomed to various compound exercises.

- Listen to your body and adjust the program as needed based on your response to the training.
- PHAT is a high-volume training program that requires a decent recovery period and nutrition. So, consume enough macros to stimulate your muscle growth and allow your trained muscles 48-72 hours for recovery.
- Constantly challenge yourself by increasing the number of reps and loading more weight on the bar or machine.
- Make a habit of consuming nutritious meals before and after the workout.

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

1. [12-Week PHUL Workout Routine with Free PDF](#)
2. [Push Pull Legs 12-week Program for Muscle Building](#)
3. [8-Week Full Body Tri Set Workout Program](#)
4. [3 Day Superset Workout to Build Muscles](#)
5. [12-Week Workout Routine Inspired by Frank Zane](#)
6. [12-week Progressive Overload Strength Training Program](#)

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