



EVOLVED & BALANCED

HYBRID TRAINING PROGRAM

Personalized for Everybody

Designed by DR. Eyad Bassem

This Hybrid Program is engineered to build a body that performs as well as it looks. It pairs three focused strength days — chest with back, legs, and shoulders with arms — with a dedicated conditioning day and a rotational power day built around the demands of the mats. The strength work drives hypertrophy and progressive overload through controlled tempo and rising intensity; the conditioning day sharpens repeat-effort work capacity; and the rotational day develops the explosive trunk rotation, grip, and hip drive that translate directly to passing, sweeps, and scrambles.



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Program design — Hybrid (hypertrophy strength + conditioning + rotational power)

Training days — 3 strength days + 1 conditioning day + 1 rotational power day per week

Rest days — 1–2 rest days per week

Weekly structure —

- Chest + Back, Full-body explosive (conditioning), Legs, Rotational strength & power, Shoulders + Arms. Keep the conditioning and rotational days spaced away from the strength day that shares the same movers (e.g. don't stack the rotational day directly on chest + back).

Dynamic warm-up — Never skip. Performed at 1 set × 12 reps to maintain joint health and mobility before loading.

Warm-up sets

- Begin every workout with two warm-up sets of the first exercise to activate the targeted muscle.
- Done at low intensity (~50% of your first working-set load).

Selecting the right weight

- Choose a challenging weight that allows you to complete the target reps.
- If you can't finish the last few reps, use the rest-pause technique: rest briefly (10–15 s), then complete the remaining reps.

Reps

- Each exercise lists a target rep range; work within it. Note the rep ranges drop across the program (higher reps in early weeks, lower/heavier by Weeks 5–6) as intensity climbs.
- Time-based core/holds (e.g. side plank) list seconds instead of reps.

Tempo — On strength days, each exercise lists a 4-digit tempo: Eccentric (lowering) : Isometric (pause at bottom) : Concentric (lifting) : Isometric (pause at top), in seconds. Control every phase — tempo is part of the prescription, not optional.

Supersets —

- Exercises marked "(superset w/)" or paired with a "+" are performed back-to-back with no rest between the two, then rest after the pair.

Rest between sets

- Strength training: 1–2 minutes between sets.

Conditioning day (Full-body explosive)

- Two circuits, A and B. Perform each in circuit format: one set of each exercise back-to-back with no rest between exercises.
- One full pass through all exercises = one round. Rest as listed (≈ 2 min) after each round, then repeat for the prescribed number of rounds.
- Work is prescribed as reps, distance, or time — move with intent and keep transitions tight; the goal is repeat-effort capacity, not a max lift.
- Volume climbs across the program (reps, distance, and hold times rise week to week) — match the load to the prescribed output.

Rotational strength & power day

- Main block: performed as straight sets — complete all sets of an exercise, resting as listed (60–90 s), before moving on. Chase throw velocity and distance over grinding reps; explosive intent is the whole point.
- Circuit block: one set of each exercise back-to-back = one round; complete the prescribed rounds. Reps and distances rise across the program.
- This day builds the rotational power, anti-rotation trunk control, and grip endurance that carry over to the mats.

Cardio-respiratory training (on strength days)

- Zone 2 aerobic: steady, continuous effort at roughly 60–70% of max heart rate (Max HR ≈ 220 – your age). Conversational pace, for the prescribed duration (e.g. incline treadmill walk, StairMaster).
- HIIT (3:1 interval): 90 s at a low, controlled pace followed by 30 s at high intensity, repeating the 90s–30s cycle for the total time listed.

Static cooldown — 1 set $\times$ 20–40 sec per stretch. Increase range of motion and restore heart rate to resting level.

Week 1 - Chest + Back

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Tempo	Load
Warm-up DB chest press	2	5-10	2:0:2:0	
DB chest press	3	10-12	3:1:1:0	
T-bar row (neutral-grip)	3	10-12	2:1:1:1	
Weighted dips	3	10-12	3:0:2:1	
Lat pulldown (narrow-grip)	3	12-15	2:0:1:2	
Incline DB chest fly + Single-arm DB row	2	15-20	2:0:2:1	



Exercise	Sets	Reps	Tempo	Load
Weighted back extension (superset w/)	3	10-12	3:0:2:1	
DB shrug	3	12-15	2:0:1:2	

CARDIO-RESPIRATORY TRAINING

10 MIN -- HIIT TRAINING --- CURVED TREADMILL

STATIC COOLDOWN ROUTINE

Week 1 - Full body explosive

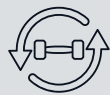
DYNAMIC WARM-UP ROUTINE

Circuit A training – complete one set of each exercise back-to-back



Exercise	Sets	Work	Rest	Load
KB swing	4	15	-	
Box jump	4	10	-	
Medicine ball wall ball	4	20	-	
Burpee broad jump	4	30 ft.	-	
Suitcase carry	4	30 ft.	2 min	

Circuit B training – complete one set of each exercise back-to-back



Exercise	Sets	Work	Rest	Load
Rower	4	200 m.	-	
SkiERG	4	200 m.	-	
Air Bike	4	300 m.	-	
GHD sit-up	4	15	-	
Dead hang	4	30 s	2 min	

STATIC COOLDOWN ROUTINE

Week 1 - Legs

DYNAMIC WARM-UP ROUTINE

 	Exercise	Sets	Reps	Tempo	Load	
	Warm-up Hack squat	2	5-10	2:0:2:0		
	Hack squat	3	10-12	3:1:2:0		
	DB Bulgarian split squat	3	12-15	3:1:1:0		
	DB romanian deadlift on smith	3	10-12	4:0:2:1		
	Leg extension + Leg curl	3	12-15	2:1:2:1		
	Seated calf raise	3	12-15	3:1:2:2		

	Exercise	Sets	Reps	Tempo	Load	
	Kneeling cable crunch (superset w/)	3	12-15	2:1:2:1		
	Hanging leg raise (superset w/)	3	12-15	2:0:2:1		
	Pallof press with rotation	3	12-15	2:0:2:1		

CARDIO-RESPIRATORY TRAINING 30 MIN -- ZONE 2 AEROBIC --- INCLINE TREADMILL WALK

STATIC COOLDOWN ROUTINE

Week 1 - Rotational strength & power

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Rest	Load		
Rotational throw to wall ball	4	12	60 s			
Landmine rotation press	4	10	60 s			
Reverse lunge to step up knee drive	4	8	90 s			
High-to-low cable woodchop	3	10	60 s			
Low-to-high cable woodchop	3	10	60 s			

Circuit training – complete one set of each exercise back-to-back



Exercise	Round	Work	Load		
KB swing +	4	15			
Side-to-side box skip +	4	12			
Plank pull-through +	4	10			
Air runner	4	200 m.			

STATIC COOLDOWN ROUTINE

Week 1 - Shoulders + Arms

DYNAMIC WARM-UP ROUTINE

	Exercise		Sets	Reps	Tempo	Load	
	Warm-up						
		Arnold press	2	5-10	2:0:2:0		
		Arnold press	3	10-12	3:0:1:1		
		DB lateral raises + BB upright row	3	12-15	3:0:2:2		
		Bent-over DB rear delt fly	3	12-15	3:0:2:2		

	Exercise		Sets	Reps	Tempo	Load	
		BB biceps curl	3	12-15	3:0:2:0		
		Rope triceps pushdown	3	12-15	2:0:1:2		
		DB hammer curl	3	12-15	3:0:2:0		
		Single-arm cable triceps extension	3	12-15	3:0:1:2		
		Single-arm cable wrist curl	2	15-20	2:0:2:1		

CARDIO-RESPIRATORY TRAINING

20 MIN -- ZONE 2 AEROBIC --- STAIRMASTER

STATIC COOLDOWN ROUTINE

Rest day / Recovery day

