



EVOLVED & BALANCED

HYBRID TRAINING PROGRAM

Personalized for Everybody

Designed by DR. Eyad Bassem

This bespoke hybrid training program is engineered to develop strength, power, and race-ready endurance in parallel through four periodized cycles—Accumulation, Intensification, Strength-Power, and Peak-Realize. Built on evidence-based methods and progressive overload, it fuses a heavy Push-Pull-Legs foundation with dedicated power and Hyrox conditioning work. Structured for the dedicated hybrid athlete, it delivers precision, intensity, and measurable results—elevating you toward peak physique and athletic performance.



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Program structure

- The program runs as 4 cycles, each a 12-day rotation, taken in order: Accumulation → Intensification → Strength-Power → Peak-Realize.
- Each cycle is four 3-day training blocks, each followed by a rest day:
 - Block 1: Day 01 Push strength · Day 02 Pull strength · Day 03 Power → Rest
 - Block 2: Day 04 Push hypertrophy · Day 05 Pull hypertrophy · Day 06 Leg (Squat) → Rest
 - Block 3: Day 07 Push strength · Day 08 Pull strength · Day 09 Hyrox simulation → Rest
 - Block 4: Day 10 Push hypertrophy · Day 11 Pull hypertrophy · Day 12 Leg (Hinge) → Rest
- The split blends heavy PPL work with two dedicated engine days per cycle: Day 03 (Power/plyometrics) and Day 09 (Hyrox simulation).

The four cycles (what changes)

- Cycle 1 · Accumulation — build volume and work capacity. Main lifts 4×8–10, secondary 3×10–12, accessories 3×12–15.
- Cycle 2 · Intensification — load creeps up, reps drop. Main lifts 4×6–8, secondary 3×8–10, accessories 3×12–15.
- Cycle 3 · Strength-Power — heavier, more top sets. Main lifts 5×4–6, secondary 4×6–8, accessories 3×10–12.
- Cycle 4 · Peak-Realize — express strength, taper volume. Main lifts 5×3–5, secondary 3×5–6, accessories 3×8–10.

Dynamic warm-up (every session)

- Never skip it — it protects joint health and mobility.
- Do the full dynamic routine before touching a working weight.

Get warm (ramp-up sets)

- Begin every workout with two sets of low-weight reps on the first movement.
- Keep warm-up sets easy — do not fatigue the working muscle before your work sets.

Load selection

- Pick a challenging weight you can hit roughly for the prescribed reps.
- If you miss the last few reps, use rest-pause: rack/lower the weight, rest 10–15 s, then finish the remaining reps at the same load.
- Match your loading to the cycle: higher reps = moderate load (Cycle 1), lower reps = heavier load (Cycles 3–4).

Tempo

- Read tempo as four numbers: Eccentric (lowering) : Isometric (pause at bottom) : Concentric (lifting) : Isometric (pause at top), in seconds.
- Example: 3:1:1:0 = 3 s down, 1 s pause at bottom, 1 s up, no pause at top.
- "exp." on Power-day lifts means move explosively — max intent on the concentric.

Rest periods

- Heavy main/secondary lifts: 2–3 min.
- Accessory work: 1–2 min.
- Core/finisher supersets (marked "+"): minimal rest, then 1–2 min after the last movement.

Progression across the program

- Add small load each cycle as reps drop; aim to keep every work set challenging.
- On strength days, prioritize adding weight; on hypertrophy days, prioritize reps and time-under-tension before load.
- Log every set (weight × reps) so each cycle beats the last.

Cardiorespiratory training (4×/week)

- HIIT reference: 2 min low intensity (Zone 1, HR 97–116) then 1 min high intensity (Zone 3, HR 137–155). Progression by cycle:
- Cycle 1: 8 rounds — 20 s high / 60 s low
- Cycle 2: 8 rounds — 30 s high / 60 s low
- Cycle 3: 10 rounds — 30 s max / 60 s low
- Cycle 4: 6 rounds (15 s max, full rest) + 4 rounds (30 s max, 30 s low)
- Rotate the tool: Air Runner / Air Bike / SkiErg.
- AMRAP (Hyrox stations): on pull/hypertrophy conditioning days. Duration climbs across cycles (roughly 12 → 14 → 16 → 16–18 min). Move continuously, count rounds.
- Zone 2 (recovery): on leg days — 20–30 min easy on bike, incline walk, or row.

Power day (Day 03)

- Explosive triple-extension lifts first (DB snatch, box jump, push press, speed deadlift, med-ball throw) — low reps, full rest, max intent.
- Then the power circuit (sled push, broad jump, KB swing, med-ball slam, hanging toes-to-bar): 6 sets in Cycles 1–2, 7 sets in Cycles 3–4; rest 90 s → 75 s as cycles advance.

Static cooldown (every session)

- Always finish with the static cooldown to restore range of motion and bring heart rate back to baseline.

Cycle 1 • Accumulation

Day 01 - Push strength

Focus: Heavy horizontal & vertical press. Low reps, long rest.

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Rest	Tempo	Load
Warm-up BB bench press	1	10	-	3:1:1:0	
BB bench press	4	8-10	2-3 m	3:1:1:0	
Standing BB overhead press	3	10-12	2-3 m	3:0:1:0	
Weighted dips	3	10-12	2-3 m	3:1:1:0	
DB lateral raise	3	12-15	1-2 m	2:0:1:1	
Close-grip triceps pushdown	3	12-15	1-2 m	2:0:1:0	
Overhead triceps ext. machine	3	12-15	1-2 m	2:0:2:0	

CARDIO-RESPIRATORY TRAINING

HIIT sprints
 8 rounds: (20s high pace, 60s low pace)

- Air Runner
- Air Bike
- SkiErg

STATIC COOLDOWN ROUTINE

Cycle 1 • Accumulation

Day 02 - Pull strength

Focus: Heavy vertical & horizontal pull. Build the back & grip.

DYNAMIC WARM-UP ROUTINE

	Exercise	Sets	Reps	Rest	Tempo	Load
	Warm-up Pull-up	1	10	-	3:0:1:2	
	Weighted pull-up	4	8-10	2-3 m	3:0:1:2	
	BB bent-over row	3	10-12	2-3 m	2:1:1:1	
	Chest-supported DB row	3	10-12	2-3 m	2:0:2:1	
	Rope face pull	3	12-15	1-2 m	2:0:2:2	
	EZ-bar preacher curl	3	12-15	1-2 m	3:0:1:0	
	Reverse-grip BB biceps curl	3	12-15	1-2 m	2:1:2:0	

	Exercise	Sets	Reps	Rest	Tempo	Load
	Back extension (weighted)	3	12-15	1 m	2:1:2:0	

CARDIO-RESPIRATORY TRAINING	AMRAP (Hyrox stations) 12 min • 200m Run • 10 Burpee broad jump • 15 Wall ball
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STATIC COOLDOWN ROUTINE

Cycle 1 • Accumulation

Day 03 - Power

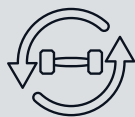
Focus: Rate of force development. Explosive triple-extension work.

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Rest	Tempo	Load
DB snatch	4	5	2-3 m	exp.	
Seated power box jump (<u>max height</u>)	4	4	2-3 m	exp.	
Push press	4	4	2-3 m	exp.	
Speed deadlift	6	3	2-3 m	exp.	
Med. ball rotational throw	3	5	2-3 m	exp.	

Power circuit - main conditioning



Exercise	Sets	Work	Rest	Load
Sled push	6	20m	-	
Broad jump	6	5	-	
KB swing	6	10	-	
Medicine ball slam	6	8	-	
Hanging toes-to-bar	6	10	90 s	

STATIC COOLDOWN ROUTINE

Rest day



Day 04 - Push hypertrophy

Focus: Volume & time-under-tension for the pressing muscles.

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Rest	Tempo	Load
Warm-up Incline DB press	1	10	-	3:1:2:1	
Incline DB press	4	12	1-2 m	3:1:2:1	
Seated DB shoulder press	3	10-12	1-2 m	3:0:2:1	
Cable fly	3	12-15	1-2 m	2:1:2:1	
DB lateral raise (drop set)	3	12-15	1-2 m	2:0:2:1	
Rope triceps push + overhead ext.	3	12-15	1-2 m	2:0:2:0	
DB skullcrusher	3	12-15	1-2 m	3:1:1:0	

CARDIO-RESPIRATORY TRAINING

HIIT sprints

8 rounds: (20s high pace, 60s low pace)

- Air Runner
- Air Bike
- SkiErg

STATIC COOLDOWN ROUTINE

Day 05 - Pull hypertrophy

Focus: Volume & TUT for lats, upper back and arms.

DYNAMIC WARM-UP ROUTINE

	Exercise	Sets	Reps	Rest	Tempo	Load
	Warm-up Pull-up	1	10	-	2:0:1:2	
	Lat pulldown (<u>wide-grip</u>)	4	12	1-2 m	2:0:1:2	
	Seated cable row (<u>narrow-grip</u>)	3	10-12	1-2 m	2:1:2:1	
	Straight-arm pulldown	3	12-15	1-2 m	2:0:2:1	
	Machine rear delt fly	3	12-15	1-2 m	2:0:2:2	
	Incline DB curl + DB hammer curl	3	12-15	1-2 m	3:0:2:1	
	SA wrist cable curl	3	12-15	1-2 m	2:1:2:0	

	Exercise	Sets	Reps	Rest	Tempo	Load
	Back extension (weighted)	3	12-15	1 m	2:1:2:0	

CARDIO-RESPIRATORY TRAINING

AMRAP (Hyrox stations)

12 min

- 250m SkiErg
- 10 Box get-overs
- 200m Run

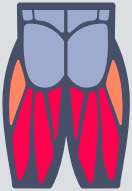
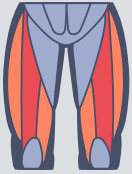
STATIC COOLDOWN ROUTINE

Cycle 1 • Accumulation

Day 06 - Leg - Squat

Focus: Squat-dominant. Quads, knee drive, single-leg strength.

DYNAMIC WARM-UP ROUTINE



Exercise	Sets	Reps	Rest	Tempo	Load
Warm-up Back squat	1	10	-	3:1:1:0	
Back squat	4	8-10	2-3 m	3:1:1:0	
Bulgarian split squat	3	10-12	2-3 m	2:1:1:0	
DB RDL (single-leg)	3	10-12	2-3 m	3:1:1:0	
Leg extension	3	12-15	1-2 m	2:0:1:2	
Leg curl (single-leg)	3	12-15	1-2 m	2:1:2:0	
Standing calf raise	3	12-15	1-2 m	2:1:1:1	

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Exercise	Sets	Reps	Rest	Tempo	Load
Kneeling cable crunch +	3	12-15	-	-	
Pallof press with rotation +	3	12-15	-	-	
Dragon fly	3	12-15	1-2 m	-	

CARDIO-RESPIRATORY TRAINING

Zone 2 (Recovery)

20-30 min easy

- Bike
- Incline walk
- Row

STATIC COOLDOWN ROUTINE

Rest day

