



MAXX RAW HYPERTROPHY PROTOCOL

5-WEEK MESOCYCLE BLUEPRINT • COACH AJAY RAWAT

EXECUTIVE PROTOCOL
Hypertrophy Standard

Athlete: Athlete	Biometrics: Male, 28y, 175.0cm, 75.0kg	Phase: Building	Nutrition: 2450 kcal/day
Environment: Commercial Gym	Focus: Balanced Hypertrophy	Methodology: MAXX RAW Hypertrophy	Coach: Ajay Rawat

5-WEEK PERIODIZED FATIGUE & INTENSITY ROADMAP

Week	Phase / Objective	Target RIR	Volume & Load Action
Week 1	Accumulation Baseline	3–4 RIR	Start at MEV (prescribed baseline sets). Establish working loads. 3s eccentric stretch pause.
Week 2	Progressive Overload	2–3 RIR	Aim for +1 rep per set or add +1.25–2.5 kg load. Maintain identical technique & ROM.
Week 3	Adaptive Hypertrophy	1–2 RIR	Add +1 set to first 2 compound lifts. Every working set stops strictly 1-2 reps before failure.
Week 4	Peak Overreach	0–1 RIR	Take final set of each exercise to true technical failure (0 RIR). Maximum pump & tension.
Week 5	Strategic Deload	4–5 RIR	CUT SETS BY 50% (1-2 sets/exercise). Drop load 10-15%. Clear systemic fatigue & joints.

DAY 1: UPPER BODY A (INCLINE PRESS & HORIZONTAL PULLING FOCUS)

#	Exercise & Technique Cue	Sets x Reps	Rest	Log: Load x Reps @ RIR
1	Incline Dumbbell Press (30° Bench) Target: Chest (Clavicular Head) <i>Slow 3-second eccentric stretch, deep bottom pause with elbows flared slightly under 45°, explosive press.</i>	3 sets x 8–10 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
2	Chest-Supported T-Bar Row Target: Upper Back & Lats <i>Chest glued to pad, pull elbows back toward hips, hold peak contraction for 1 second.</i>	3 sets x 8–10 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
3	Seated Overhead Dumbbell Press Target: Anterior & Side Delts <i>Press straight up tracking ears, lower under control until elbows drop parallel to shoulders.</i>	3 sets x 8–12 reps	2 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
4	Neutral-Grip Lat Pulldown Target: Latissimus Dorsi <i>Slight backward lean, drive elbows down into ribs, stretch lats fully at the top.</i>	3 sets x 10–12 reps	90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
5	Standing Cable Lateral Raise Target: Side Delts <i>Lead with elbows, slight outward rotation at top, 2-second negative on every rep.</i>	3 sets x 12–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
6	EZ-Bar Preacher Curl Target: Biceps <i>Armpit locked into pad, full extension at the bottom, squeeze hard at the top.</i>	3 sets x 10–12 reps	60–90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR

DAY 2: LOWER BODY A (QUAD-DOMINANT & POSTERIOR CHAIN FOUNDATION)

#	Exercise & Technique Cue	Sets x Reps	Rest	Log: Load x Reps @ RIR
1	Barbell High-Bar Back Squat Target: Quads <i>Upright torso, break at knees and hips simultaneously, hit parallel depth with control.</i>	3 sets x 6–8 reps	3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
2	Romanian Deadlift (RDL) Target: Hamstrings & Glutes <i>Push hips back against resistance, maintain neutral spine, feel deep hamstring stretch before driving hips forward.</i>	3 sets x 8–10 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
3	Leg Press (Feet Low & Wide on Sled) Target: Quads <i>Lower sled until thighs graze torso, push through mid-foot without locking knees completely.</i>	3 sets x 10–12 reps	2 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
4	Seated Leg Curl Target: Hamstrings <i>Pad locked against lower calves, curl smoothly, control the eccentric return.</i>	3 sets x 12–15 reps	90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
5	Standing Calf Raise (Machine) Target: Calves <i>Full bottom stretch for 2 seconds, explosive rise onto big toes, peak squeeze.</i>	4 sets x 10–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR S4: ____ kg x ____ @ ____ RIR
6	Hanging Knee Raise Target: Abdominals <i>Posterior pelvic tilt, curl knees up toward chest without swinging.</i>	3 sets x 12–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR

DAY 3: UPPER BODY B (VERTICAL PRESS & VERTICAL PULLING FOCUS)

#	Exercise & Technique Cue	Sets x Reps	Rest	Log: Load x Reps @ RIR
1	Barbell Flat Bench Press Target: Pectorals & Triceps <i>Arch upper back, retract scapula, touch bar smoothly to lower sternum, press explosively.</i>	3 sets x 6–8 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
2	Weighted Pull-Up (Pronated Grip) Target: Lats & Upper Back <i>Dead hang start, pull chest to bar, drive elbows down and back.</i>	3 sets x 6–8 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
3	Seated Cable Row (Wide Bar) Target: Mid-Back & Rear Delts <i>Allow slight forward stretch of shoulders on the eccentric, pull into lower sternum.</i>	3 sets x 10–12 reps	90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
4	Dumbbell Lateral Raise Target: Side Delts <i>Controlled momentum, raise dumbbells slightly in front of the frontal plane, constant tension.</i>	4 sets x 12–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR S4: ____ kg x ____ @ ____ RIR
5	Overhead Cable Tricep Extension (Rope) Target: Triceps (Long Head) <i>Elbows locked in place pointing forward, full stretch overhead, contract triceps hard.</i>	3 sets x 10–12 reps	60–90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
6	Incline Dumbbell Hammer Curl Target: Brachialis & Biceps <i>Seated back on 45° bench, let arms hang to fully stretch long head, curl without swinging elbows.</i>	3 sets x 10–12 reps	60–90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR

DAY 4: LOWER BODY B (GLUTE-DOMINANT & SINGLE-LEG FOCUS)

#	Exercise & Technique Cue	Sets x Reps	Rest	Log: Load x Reps @ RIR
1	Bulgarian Split Squat (Dumbbell) Target: Quads & Glutes <i>Torso hinged slightly forward for glute/quad balance, descend until back knee kisses floor.</i>	3 sets x 8–10 reps per leg	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
2	Lying Leg Curl Target: Hamstrings <i>Keep hips pinned flat to bench, curl heels to glutes with an intense peak contraction.</i>	3 sets x 10–12 reps	90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
3	Leg Extension Machine Target: Quads <i>Kick up smoothly, pause 1 second at full knee lockout, control 3-second descent.</i>	3 sets x 12–15 reps	90 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
4	Barbell Hip Thrust Target: Gluteus Maximus <i>Upper back anchored on bench, chin tucked, drive through heels, posterior pelvic tilt at lockout.</i>	3 sets x 8–10 reps	2–3 minutes	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR
5	Seated Calf Raise Target: Calves (Soleus Focus) <i>Deep bottom stretch, powerful press through balls of feet, 1-second pause at top.</i>	4 sets x 12–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR S4: ____ kg x ____ @ ____ RIR
6	Cable Woodchopper / Decline Crunch Target: Abdominals & Obliques <i>Spine flexion focus, breathe out completely on contraction.</i>	3 sets x 12–15 reps	60 seconds	S1: ____ kg x ____ @ ____ RIR S2: ____ kg x ____ @ ____ RIR S3: ____ kg x ____ @ ____ RIR

WEEKLY VOLUME LANDMARK AUDIT & TARGET MAV

Muscle Group	MV (Maint.)	MEV (Min. Eff.)	MAV (Optimal Hypertrophy)	MRV (Max Ceiling)
Chest	2–4 sets	4–6 sets	6–16 sets/wk	16–24 sets
Back	2–6 sets	6–8 sets	8–20 sets/wk	20–26 sets
Quads	2–4 sets	4–6 sets	6–14 sets/wk	14–18 sets
Hamstrings	0–2 sets	2–4 sets	2–8 sets/wk	8–14 sets
Glutes	2–6 sets	6–8 sets	8–24 sets/wk	24–30 sets
Side Delts	2–6 sets	6–8 sets	8–24 sets/wk	24–30 sets
Triceps	0–4 sets	4–6 sets	6–16 sets/wk	16–20 sets
Biceps	6–8 sets	8–10 sets	14–20 sets/wk	20–26 sets
Calves	2–4 sets	4–6 sets	6–16 sets/wk	16–24 sets
Abs	0–4 sets	0–4 sets	4–12 sets/wk	12–20 sets

COACH AJAY'S NON-NEGOTIABLE EXECUTION RULES & DELOAD PROTOCOL

#	Core Directive	Scientific Hypertrophy Standard & Execution
1	3s Stretch Control	Control the eccentric for 3 seconds with a 1-second pause at the deep stretch where mechanical tension triggers optimal growth. Zero bouncing or momentum.
2	Progressive Overload	Log every working set, rep, and load. Strive for +1 rep or +1–2 kg each week while maintaining identical, pristine range of motion.
3	RIR Proximity	Respect target RIR: Week 1 starts at 3–4 RIR to build work capacity; Week 4 reaches peak overreach (0–1 RIR). Never train to failure prematurely.
4	Mandatory Deload	Week 5 volume is cut by 50% (1–2 sets at 4–5 RIR). Dissipates joint and central fatigue to prime muscle receptors for the next mass phase.