OLYMPUS
FITNESS

THE TITAN PROTOCOL

4-DAY A/B SPECIALIZATION & HYPERTROPHY PROTOCOL

PROGRAM OVERVIEW & ARCHITECTURE

The Titan Protocol is an advanced 4-day A/B rotation split engineered for balanced muscular hypertrophy, progressive tension overload, and joint longevity. The protocol utilizes dual exercise variations across consecutive microcycles: Workout 1 prioritizes compound mechanical tension and primary biomechanical angles, while Workout 2 targets lengthened-state overload and peak metabolic fatigue.

Structure & Frequency:
Train 4 days per week using either an alternating schedule (e.g. Mon/Tue/Thu/Fri with Wed/Sat/Sun for recovery) or rotate Cycle A (Workouts 1) and Cycle B (Workouts 2) every 7–10 days. Always warm up with 2–3 ramp-up sets before the first heavy compound lift.

CORE EXECUTION PRINCIPLES

• Progressive Tension: Double progression model. Work within prescribed rep ranges; add load only when all sets hit top-end reps.
• Effort & Proximity to Failure: Finish most working sets with 1 to 2 reps in reserve (RIR). Never sacrifice pristine form for load.
• Rest Intervals: Rest 2–3 minutes on primary barbell/compound movements, 90 seconds on secondary dumbbells/ machines, and 60 seconds on isolations.
• Muscle Balance: Dual variations ensure complete stimulus across all muscle heads (e.g. clavicular vs sternal chest, biceps long head vs brachialis).

CYCLE A: WORKOUTS 01–04

DAY 01 CHEST & TRICEPS (WORKOUT 1 - INCLINE FOCUS)

- **Incline BB Chest Press:** 4 sets × 5–10 reps | Rest: 2–3 mins
- **Incline DB Chest Press:** 3 sets × 8–12 reps | Rest: 90 secs
- **Pec Deck Flys:** 3 sets × 10–15 reps | Rest: 60 secs
- **Incline Skullcrushers:** 4 sets × 8–12 reps | Rest: 90 secs
- **Overhead Rope Pushaway:** 3 sets × 10–15 reps | Rest: 60 secs
- **Straight Bar Pushdown:** 3 sets × 10–15 reps | Rest: 60 secs

DAY 02 BACK & BICEPS (WORKOUT 1 - VERTICAL PULL FOCUS)

- **Lat Pulldown:** 4 sets × 5–10 reps | Rest: 2 mins
- **Supinated Grip Lat Pulldown:** 3 sets × 8–12 reps | Rest: 90 secs
- **Seated Cable Row:** 3 sets × 10–15 reps | Rest: 90 secs
- **Barbell Bicep Curl:** 3 sets × 8–12 reps | Rest: 60 secs
- **Machine Preacher Curl:** 3 sets × 10–15 reps | Rest: 60 secs
- **Incline DB Curl:** 3 sets × 10–15 reps | Rest: 60 secs

DAY 03 SHOULDERS & FOREARMS (WORKOUT 1 - OVERHEAD FOCUS)

- **Seated DB Overhead Press:** 3 sets × 5–10 reps | Rest: 2 mins
- **Reverse Pec Deck Flys:** 3 sets × 10–15 reps | Rest: 60 secs
- **Chest Supported DB Lateral Raises:** 3 sets × 10–15 reps | Rest: 60 secs
- **Rope Front Raises:** 3 sets × 10–15 reps | Rest: 60 secs
- **Hammer Curl:** 4 sets × 8–12 reps | Rest: 60 secs
- **Reverse EZ Bar Curl:** 4 sets × 10–15 reps | Rest: 60 secs

DAY 04 LEGS (WORKOUT 1 - QUAD DOMINANT)

- **Deep BB Back Squat:** 4 sets × 5–10 reps | Rest: 2–3 mins
- **Bulgarian Split Squat:** 3 sets × 8–12 reps | Rest: 90 secs
- **Leg Press:** 3 sets × 10–15 reps | Rest: 90 secs
- **Lying Hamstring Curl:** 3 sets × 10–15 reps | Rest: 60 secs
- **Leg Press Calf Raises (Toes Straight):** 4 sets × 10–15 reps | Rest: 60 secs
- **Leg Press Calf Raises (Toes Outward):** 4 sets × 10–15 reps | Rest: 60 secs

CYCLE B: WORKOUTS 05–08

DAY 05 CHEST & TRICEPS (WORKOUT 2 - FLAT BENCH FOCUS)

- **Flat BB Bench Press:** 4 sets × 5–10 reps | Rest: 2–3 mins
- **Flat DB Chest Press:** 3 sets × 8–12 reps | Rest: 90 secs
- **Incline DB Flys:** 3 sets × 10–15 reps | Rest: 60 secs
- **V-Bar Pushdown:** 3 sets × 8–12 reps | Rest: 60 secs
- **Rope Pushdown:** 3 sets × 10–15 reps | Rest: 60 secs
- **Overhead EZ Bar Tricep Extension:** 3 sets × 10–15 reps | Rest: 60 secs

DAY 06 BACK & BICEPS (WORKOUT 2 - ROWING FOCUS)

- **Bent-Over BB Row:** 4 sets × 5–10 reps | Rest: 2 mins
- **Chest Supported DB Row:** 3 sets × 8–12 reps | Rest: 90 secs
- **Rope Pullover:** 3 sets × 10–15 reps | Rest: 60 secs
- **DB Bicep Curl:** 3 sets × 8–12 reps | Rest: 60 secs
- **Spider Curl:** 3 sets × 10–15 reps | Rest: 60 secs
- **Bayesian Curl:** 3 sets × 10–15 reps | Rest: 60 secs

DAY 07 SHOULDERS & FOREARMS (WORKOUT 2 - DELT ISOLATION FOCUS)

- **Hammer Strength Shoulder Press:** 3 sets × 5–10 reps | Rest: 2 mins
- **Seated DB Rear Delt Flys:** 3 sets × 10–15 reps | Rest: 60 secs
- **One-Arm Cable Lateral Raises:** 3 sets × 10–15 reps | Rest: 60 secs
- **DB Front Raises:** 3 sets × 10–15 reps | Rest: 60 secs
- **Hammer Curl:** 4 sets × 8–12 reps | Rest: 60 secs
- **Reverse EZ Bar Curl:** 4 sets × 10–15 reps | Rest: 60 secs

DAY 08 LEGS (WORKOUT 2 - POSTERIOR CHAIN & RDL)

- **Barbell RDL:** 4 sets × 5–10 reps | Rest: 2–3 mins
- **Cable Pull-Through:** 3 sets × 8–12 reps | Rest: 90 secs
- **DB Sumo Squat:** 3 sets × 10–15 reps | Rest: 90 secs
- **Leg Extension:** 3 sets × 10–15 reps | Rest: 60 secs
- **Leg Press Calf Raises (Toes Straight):** 4 sets × 10–15 reps | Rest: 60 secs
- **Leg Press Calf Raises (Toes Inward):** 4 sets × 10–15 reps | Rest: 60 secs

NUTRITION, RECOVERY & LONGEVITY

• Protein Target: Aim for 1.6–2.2g of protein per kg of bodyweight per day to support myofibrillar protein synthesis.
• Hydration: Consume 3–4 liters of water daily, especially around high-volume leg and back sessions.
• Sleep & Recovery: Minimum 7–9 hours of quality sleep. Muscle tissue is stimulated in the gym but constructed during deep rest.
• Active De-load: Take an active recovery week every 6–8 weeks where volume is halved to allow systemic nervous system reset.