



Dr. John Rusin's 12-Week FHT Program: Functional Hypertrophy Training

Dr. John Rusin

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Dr. John Rusin's 12-Week FHT Program: Functional Hypertrophy Training Dr. John Rusin Functional Hypertrophy Training (FHT) is a system of developing extraordinary muscular strength and hypertrophy that has been built off of the six foundational movement patterns: Squat, Hip Hinge, Lunge, Upper Body Press, Upper Body Pull & Loaded Carry.

FHT 12 Week Program will only use the tools that have been proven gold standard over the last hundred years.

Focusing on maximizing big compound movements with your bodyweight, bells, bands and balls, it will give you the opportunity to become as functional and athletic as you become stronger and more muscular.

Don't be fooled into thinking you need fancy equipment and chromed out machines to achieve the body of your dreams. Results are derived from your actions, not the equipment you have at your training disposal.

Based on my specific methods, this program has been formulated in a very special manner to yield optimal hypertrophy and strength gains without the aches and pains that are commonly associated with more hardcore style programs.

WHO IS THIS PROGRAM FOR?

Functional Hypertrophy Training (FHT) program has been developed specifically for people who want to redefine their bodies from a strength, hypertrophy and fat-loss standpoint. Get brutally strong, get staggeringly ripped, and keep your functionality and performance at a very high level with the FHT!

INTERMEDIATE & ADVANCED

No matter if you are an intermediate lifter who is looking to continue on training in an intelligent manner, or are a serious strength athlete who is battle tested in the iron game, this program is ready for you and your gains.

BREAK THE PLATEAU WITH FHT!

NOVICE & BEGINNER

For all of you novices out there, if you are proficient at the big movements such as the barbell squat, bench press and deadlift, this program could really bring you through to that intermediate range of training and set you apart.

WHAT KIND OF EQUIPMENT IS NEEDED?

One of the primary features of this 12-week Functional Hypertrophy Training program is the simplicity of equipment that is required. Building a strong and sexy body backed by science doesn't need to involve the latest technologies or shiny equipment.

I wanted to keep equipment limitations to a minimum with this program, and as accessible to people as possible.

The plan was to avoid complex modifications and variations of movements that are based off of niche machines that are anything but prevalent in the gym sectors across the world.

Less focus on equipment, more focus on dominating your training and getting into a rhythm of training execution that will yield maximal benefit and set you up for success for the rest of your life.

Basic tools will continue to create the most impact. Here's a list of exactly what you need for this program:

- Bodyweight (so, YOU!)
- Barbell
- Weight Plates
- Adjustable Exercise Bench
- Multi-Purpose Rack
- Dumbbells
- Physioball
- Medicine Ball
- Bands
- Kettlebells (Optional)

WHAT'S INSIDE THE BOX?

This program includes up to five days a week of custom build training, complete with detailed video tutorials and coaching notes in addition to conditioning, cardio, and dynamic warm-up and regeneration based sessions to complement the strength and hypertrophy based sessions perfectly.

Along with the most complete training program in the industry, you will be guided step by step through how to build your individualized nutritional program based on your goals, your body and your training.

Finally, relevant noticeable articles I have written in the past two years throughout print and online publications in the health and fitness industry will be referenced within the program, so you can further educate yourself on the training methodology that you will be executing on a daily basis.

I have featured 15 of my most game changing methods into the Functional Hypertrophy Training program to make the difference in your body, but also your knowledge base.

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Curtis Miller:

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