JoelScottFitness

Personal / Programme Information

Name	Age	Starting Weight	Programme Type	Start / End Date
Ian Beal	51 Years	145lbs	Lean Bulk Power/Hypertrophy 5 Days per week	09/09/17 - 09/12/17

Macronutrients

	Carbohydrates	Fats	Protein	Total
Grams	300	60	150	-
Calories	1200	540	500	2,340

The following sheets will have your programme week by week 1-12.

Please read through your information pack/macro counting guide before begining your programme.

Personal Goal Tracker

Goal	Lose 20 pounds 145ls - 125lbs
Week 1	Weight =
Week 2	Weight =
Week 3	Weight =
Week 4	Weight =
Week 5	Weight =
Week 6	Weight =
Week 7	Weight =
Week 8	Weight =
Week 9	Weight =
Week 10	Weight =
Week 11	Weight =
Week 12	Weight =

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Key
Super set - Perform both exercises one after the other withoutresting in between. rest only at the end.

Week 1, Day 1 Lower Body Power

Exercise	Reps and Sets	Instruction
Barbell Squat	3 sets of 7 reps	Squatting to parallel or below. Squat in a flat soled pair of shoe or barefoot.
Leg Press	4 sets of 8 reps	Pressing to a 90 degree or below, controlled on the way down, power on the way up. Ensuring not to lock legs out at the top of the movement.
Leg Extension	3 sets of 12-15 reps	Slow motion, both on the way up and down. Squeezing the muscle as hard as possible at the top. Stretching as far back as possible at the bottom
Leg Curl	3 sets of 12-15 reps	Slow motion, on the way up and down. Pulling the legs in as far back as possible at the bottom and squeezing the muscle.
Calf Raise	5 sets of 10 reps (30 second rest inbetween sets)	Stretch the calf as far as possible at the bottom of the movement, coming all the way up into a tip toe like position at the top. Keep the motion slow and controlled in both directions, squeezing the muscle at the top.

Weight Tracker

	Set 1	Set 2	Set 3	Set 4	Set 4
Weight / Reps	E.g 100kg x 7				
Weight / Reps					
Weight / Reps					
Weight / Reps					
Weight / Reps					

Week 1, Day 2 Upper Body Power

Exercise	Reps and Sets	Instruction
Dumbbell Chest Press	3 sets of 7 reps	
Incline Smith Machine Chest Press	4 sets of 8 reps	
Lat Pulldown	3 sets of 12-15 reps	
Dumbbell Row	3 sets of 12-15 reps	
Dumbbell Shoulder Press	5 sets of 10 reps (30 second rest inbetween sets)	

Weight Tracker

	Set 1	Set 2	Set 3	Set 4	Set 4
Weight / Reps	E.g 100kg x 7				
Weight / Reps					
Weight / Reps					
Weight / Reps					
Weight / Reps					

Week 1, Day 3 Rest

Take today as a complete rest day from the gym. Daily activity is fine, so don't worry about going out and enjoying your day.

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Exercise	Reps and Sets	Instruction

Weight Tracker					
	Set 1	Set 2	Set 3	Set 4	Set 4
Weight / Reps	E.g 100kg x 7				
Weight / Reps					
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Exercise	Reps and Sets	Instruction

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