



**REDEFINED**  
FITNESS

Day 7	REST/RECOVER/GROW
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PROGRAM TEN  
PHASE OPTIMAL MOB : POSTURE/UPPER BACK FOCUS  
DATE 24th April 2023  
BY Phoebe Adams  
FOR Army Filter  
NOTES Stick to the tempo to the "T"  
*Projected weights are exactly that just projections as a guide for you*  
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DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST

Aerobic capacity work  
Week 1 - 38 mins x 3  
Week 2 - 38 mins x 3  
Week 3 - 38 mins x 3  
Week 4 - 38 mins x 3  
Week 5 - 38 mins x 3  
Week 6 - 38 mins x 3



Day 1					Reps						
Order	Exercise	Reps	Set	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clasp	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	25 each side	2	Controlled		20,20		20,20		20,20	
A1 - Practice	Golden squat without heel elevation 3s down 2s pause @ bottom and 5s up focus on brace and finding your centre of gravity	3	2	5220	30	10,10	10,10	10,10	10,10	10,10	10,10
A2 - Practice	88 Front Squats without heel elevation 3s down w/2s pause @ bottom	5	2	3210	90	50"3,3	55 (5,5)	50"5,50"5	55 (5,5) 55 (5,5)	55 (5,5)	55 (5,5)
B	88 Squat - Full squat - slight heel elevation - green plate - 4s DOWN	2"6 to 8"1"10 to 12	3	4010	120 to 180	90 (8,8) 75 (10)	90 (8,8) 75 (12)	92"8,8, 77"5 (10)	90"8,8, 77"5 (12+)	92"8, 8, 80 (10+)	100 (8) 100 (8)
C	Revised Leg curls, Clasp Reveal - D and M	2"6 to 8"1"10 to 12	3	3020	90 to 120	lying at midline 60"4, 64"6, 50"12	PRICORAR 62 (8) 67 (8) 77 (12)	64"6, 2, 50"12	PRICORAR 62 (10) 66 (10) 84 (10)	68"8, 6, 67"12	100"8, 81"12
D	100 Front squats lying on the bench 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10	10 to 12 each side	3	3020	90	7"10, 6"12	6"12, 7"12, 12	7"12, 12, 12	7"12, 6"12, 12	6"12, 14, 7"	7"12, 8"8
E	Single Leg Calf raises on wall - Goal is to reach lowest 30 reps	25 to 30 each side	3	Smooth	60 to 90	25, 25, 25	26,26	21, 21, 21	27, 26, 26	26, 26, 26	29 to 30

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	REMARKS	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	Walking only		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	Walk in nature 10S		
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm			

Day 3					Reps						
Order	Exercise	Reps	Set	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clasp	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	25 each side	2	Controlled				20, 20			
A	Flat 88 Bench Press	2"6 to 8"1"10 to 12	3	3010	120 to 180	80 (8) 70 (12)	82"8, 6, 72"5"12	82"8, 60"8, 75"	80"8, 67"8, 77"5"12	90"8, 6, 80"12	92"8, 62"5"12
B	88 or Glute Drive Hip Thrust - 2s pause @ top	2"6 to 8"1"10 to 12	3	3012	120 to 180	210 (8,8) 180 (12)	210"8, 217"8	220"8, 8, 162"5"12	230"8, 8, 200"12	240"8, 8, 207"5"12	250"10, 210"12
C	80 Dip Incline DB Shoulder Press	10 to 12	3	3010	90	17"5 (12) 20 (12, 12)	20"12, 22"5"12, 25"12	25"12, 21, 9	29"11, 12, 12	26"12, 12, 27"8"12	27"5"10, 10
D	Revised Adductor machine - inner thigh not glutes - important to include thighs for correct hip hinge. 2s up and 2s down. 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10	2"10 to 12"1"15 to 20	3	2022,3020	90	PRICORAR 62"12, 60"12, 60"20	65 (10) 65 (10)	67"12, 12, 68"12	72"12, 12, 69"20	72"12, 12, 16	72"20, 20
E	Single Leg Calf raises on wall - Goal is to reach lowest 30 reps	25 to 30 each side	3	Smooth	60 to 90	25	26, 26, 26	21, 21, 21	26, 26, 26	26 to 29	30, 30

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	REMARKS	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	Walking only		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	6S, 6 French walkout		
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm	21S straight 120s		

Day 5					Reps						
Order	Exercise	Reps	Set	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clasp	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	25 each side	2	Controlled		20, 20		20, 20		20, 20	
A	88 Dislocates - Reveal each leg - Square stance to your body then in the bar to put the "feet" from 6 then 8 - Keep technique 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10, 10"10	8 to 10	3	3110	120 to 180	80"10, 10, 70"12... My assumption would be somewhere around 80 to 75g	70"10, 70"10, 80"10	80 (10) 85 (10) 90 (10)	90"10, 100"10, 100"100	100"10, 100"10, 107"5"10	110"10,
B1 - Practice	Golden squat without heel elevation 3s down 2s pause @ bottom and 5s up focus on brace and finding your centre of gravity	3	2	5220	30	10"1, 3	10"3,3	10 (3,3)	10"3,3	10"3,3	10"3, 3
B2	88 Front Squats without heel elevation 3s down w/2s pause @ bottom	5	2	3210	90	50"3, 5	50"5,5	55 (5,5) 60 (5)	60"5s, 60"5s	55"5,5	55"5, 5
C	Cycled Leg curl, Clasp Reveal - Alternating legs each rep 5 to 8 reps alternating legs each rep then reduce weight by 20% for 10 to 12 reps double leg	2"6 to 8"1"10 to 12	3	3020	90	27"8, 8, 40"12	27"8, 10, 50"12	30"10, 32"10, 55"5"12	27"10, 32"10, 50"12	32"10, 30"8, 34"12	30"8, 8
D	Lat PullDown Mid Neutral Grip	8 to 12	3	3020	90	68"12, 77"10, 7s (8)s	77"10, 9, 10	80"10, 84"8, 7	77"10, 10, 80"	80"8, 9, 10	80"10,
E	Single Leg Calf raises on wall - Goal is to reach lowest 30 reps	25 to 30 each side	3	Smooth	60 to 90	25, 25, 25	26,26,27	21, 21, 21	26, 26, 26	26, 26, 26	30,

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	REMARKS	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	30s cross trainer		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	5S, walking 6, 50m		
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	14S,		
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm			

Day 7	REST/RECOVER/GROW
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Squat 1RM = 130kg		105kg x 8 reps 29th May 2023	
75%	6	97.5 to 100	6
80%	5	105 to 107.5	5
85%	4	110 to 112.5	4
80%	5	105 to 107.5	5
85%	4	110 to 112.5	4
90%	3	117.5 to 120	3
85%	4	110 to 112.5	4
90%	3	117.5 to 120	3
95%	2	122.5 to 125	2
90%	3	117.5 to 120	4
95%	2 to 3	122.5 to 125	3
100%	2	130	2

Bench Press 1RM = 115kg		92.5 x 8 reps	
75%	6	85 to 87.5	6
80%	5	92.5 to 95	5
85%	4	97.5 to 100	4
80%	5	92.5 to 95	5
85%	4	97.5 to 100	4
90%	3	102.5 to 105	3
85%	4	97.5 to 100	4
90%	3	102.5 to 105	3
95%	2	107.5 to 110	2
90%	3	102.5 to 105	4
95%	2 to 3	107.5 to 110	3
100%	2	112.5 to 115	2

Hip thrust 1RM = 340kg		255 x 10 reps	
75%	6	255 to 260	6
80%	5	272.5 to 277.5	5
85%	4	287.5 to 292.5	4
80%	5	272.5 to 277.5	5
85%	4	287.5 to 292.5	4
90%	3	305 to 310	3
85%	4	287.5 to 292.5	4
90%	3	305 to 310	3
95%	2	320 to 325	2
90%	3	305 to 310	4
95%	2 to 3	320 to 325	3
100%	2	335 to 340	2

PROGRAM NINE  
PHASE OPTIMAL MOD - POSTURE/UPPER BACK FOCUS  
DATE 13th March 2023  
BY Neve Adams  
FOR Along Filter  
NOTES Stick to the Tempo to the "T"  
*Projected weights are exactly that just projections as a guide for you*  
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DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST

Aerobic capacity work  
Week 1 - 30 mins x 3  
Week 2 - 30 mins x 3  
Week 3 - 30 mins x 3  
Week 4 - 30 mins x 3  
Week 5 - 30 mins x 3  
Week 6 - 15 mins x 3



Day 1	WHOLE BODY A					DAY 1 DATE: 13th	DAY 2 DATE: 14th	DAY 3 DATE: 15th	DAY 4 DATE:	DAY 5 DATE: 16th	DAY 6 DATE:
Order	Exercises	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Chalkcates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20.20		20.20, 20	20.20
A1 - Practice	Coolest squat without heel elevation 15s down 1s pause @ bottom and 15s up (focus on stance)	1	2	101100	45	10kg	10kg	10kg	10kg	10	10
A2 - Practice	80 Front Squats without heel elevation 5s down w/2s pause @ bottom - Potentially front squats	3	2	5210	90	45kg	45kg	45kg (3.3)	50 (3.3)	50*3.3	50 (3.3)
B	BB Squat - Full squat - Slight heel elevation - green plate - 4x DOWN	2*5 1*8 to 10	3	4010	120 to 180	87.5 (5.5) 72.5 (10)	90 (5.5) 75 (10)	92.5 (5.5) 77.5 (12)	95 (5.5) 80 (10)	97.5*5.5, 82.5*10	97.5 (5) 100 (5)
C	Seated Leg curls, Clams flexed - D and M	2*8 to 10 1*12 to 15	3	3020	90 to 120	58*10, 43.5*10, 58	65 (10,11)	70.5 (10) 75 (10) 66 (14)	80 (10,12) 84*12	84*10, 80*10, 85, 85*12	84.5 (13) 75 (16)
D	Seated Don Crabbe Box Walk on heels (heels supported) 2s hold @ contraction - Use wrist straps if needed	10 to 12 each side	3	3012	90	15 (10,20 (12), 20*12	20*12, 20*12, 20*12	30*12, 40*12, 12	40*12, 40*12, 50*12b	(none) 40*12, 12, 12	50*12, 55*12
E	Single Leg Calf raises on walk - Goal to be work towards 30 reps	21 to 25 each side	3	Smooth	60 to 90	21	21,22	22	23, 23, 23	23, 24, 24	25, 25, 25

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY DATE:	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	13th	30 mins walk in park	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	20th	30 mins walk in park	
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	27th	Yarra River walk and dip	
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm			

DAY 3	WHOLE BODY B					DAY DATE:	DAY DATE: 22th	DAY DATE:	DAY DATE:	DAY DATE: 14th	DAY DATE:
Order	Exercises	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Chalkcates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled							
A	30 Deg Incline Bench Press (22 on cage)	8 to 10	3	4010	120 to 180	50*10, 50*10, 60*10, 65*10	70*10, 10, 10	72.5*10, 9, 10	72.5*10, 10, 10	75*10, 9, 10	77.5*10, 10
B	BB or Glute Drive Hip thrust - 1 1/4 @ top	2*8 to 10 1*12 to 15	3	3011	120 to 180	180*10, 6, 150*12	180*10, 10, 150*12	200*10, 10, 160*12	210*10, 10, 167.5*12	220*10, 10, 170*12	
C1	Standing DB Lateral raises - 2s up and 2s down - Smooth	10 to 15	3	2020	90	7*12, 12, 15	7*15, 15, 15	8*15, 15, 9*12	8*15, 9*15, 14	9*15, 15, 10*11*12	10*15, 15
C2	Seated Abductor machine - lower thigh not glued - important to include these for overall leg health - 2s up and 2s down SMOOTH	12 to 15	3	2020	90	30*15, 40.5*15, 40*15			58.5*15, 60*15, 15	60*15	60*15, 67.5*20
D	Single Leg Calf raises on walk - Goal to be work towards 30 reps	21 to 25 each side	3	Smooth	60 to 90	21,21,21	21, 21, 21	22	23, 23, 23	24	25,25,25

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY DATE:	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		30mins, 130+	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	22th	30 mins walk Fawcater park	
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	29th	walk around chapel	
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm			

DAY 5	WHOLE BODY C					DAY DATE:	DAY DATE: 29th	DAY DATE: 31st	DAY DATE: 04	DAY DATE: 10th	DAY DATE:
Order	Exercises	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Chalkcates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20.20,20	20.20		20.20	20.20	20.20
A1 - Practice	Coolest squat without heel elevation 15s down 1s pause @ bottom and 15s up (focus on stance)	1	2	101100	30	10	10, 10	10, 10	10, 10	10, 10	10, 10
A2 - Practice	80 Squats without heel elevation 5s down w/2s pause @ bottom - Potentially front squats	3	2	5210	90	45*3, 3	50*3.3		50*	50*3	50*3.3
B	BB Squat - Full squat - Slight heel elevation - green plate - 4x DOWN- 80% of weight used on WHOLE BODY A DAY	5	3	4010	120 to 180	70*5.5,5	72.5*5	75*5, 5, 5	77.5*5.5,5	80*5.5,5	82.5*5.5
C	lying Leg curl, Clams flexed - 2s up and 2s down	2*8 to 10 1*12 to 15	3	3020	90	50*10, 10, 41*12	50*10,54*10,40*12	54*10, 10, 40*12	54*11, 50*10, 45*13	50*10, 10, 40*15	64*10, 50*15
D	Seated Don Crabbe Box Walk on heels - 2s hold @ contraction - Use wrist straps if needed - Use ankle if needed to support the weight's intent	10 to 12	3	3012	90	41*12, 12, 12	41*12, 12, 50*12	50*12, 12, 50*12	50*12, 12, 12	50*12, 13, 14	50*13, 15
E	Single Leg Calf raises on walk - Goal to be work towards 30 reps	21 to 25 each side	3	Smooth	60 to 90	21	22,22,22	21,23,22	23,23,23	24, 24, 25	25, 25

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY DATE:	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		30mins, 130+	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	26th	a day on road bike	
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	14	walk around with Madiba	
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm			

Day 7	REST/RECOVER/GROW
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PROGRAM EIGHT V2  
PHASE OPTIMAL MOG - POSTURE/UPPER BACK FOCUS  
DATE 10th February 2023  
BT Ruxia Adams  
FTR Jimmy Fitter  
NOTES Stick to the Tempo to the "T"  
Projected weights are exactly that just projections as a guide for you  
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DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST

Aerobic capacity work  
Week 1 - 30 mins x 3  
Week 2 - 30 mins x 3  
Week 3 - 30 mins x 3  
Week 4 - 30 mins x 3  
Week 5 - 30 mins x 3  
Week 6 - 15 mins x 3



Day 1	WHOLE BODY A	Reps	Sets	Tempo	Rest	Date: Week 1 (3 sets ALL)	Date: Week 2 (43 sets )	Date: Week 3 (4 sets ALL)	Date: Week 4 (4 sets ALL)	Date: Week 5 (4 sets ALL)	Date: Week 6 (2 sets ALL)
Order	Exercise										
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20,20		20,20			
A1	BB Deadlifts - Raise each rep - Build tension in your body then in the last 2 pull the "lead" from 8 then 10" - Keep technique TIGHT no jerking - Record each set to maximise your technique - Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar passes over feet. Leg press 11 then leg press 12 for up movement.	2*5 1-2*9 to 10	3 to 4	3110	120	127.5 (5.5), 102.5 (10)	130 (5.5) 105 (10,10)	132*5.5, 107.5	135 110	137.5 112.5	140 x 2 sets or 1 and 1 of 115
A2	5 reps then reduce weight by 20% for 8 to 10 reps Pistol Leg curl, Dorsi Row - Alternating legs each rep 5 reps then reduce weight by 20% for 8 to 10 reps	2*5 1-2*9 to 10 each side	3 to 4	4010	120 to 180	32*5, 36*5, 27*10	35 (5.5) 30 (5)	36*5, 5, 27*10, 10			
B1	Seated Row, Sit Trunk press w/ 1's pause @ contraction where you feel it most	10 to 12	3 to 4	3011	90	(24/75) 50*12, 13, 12	(PROGRAD) 80*9a, 80*12	50*12, 12, 15, 15			
B2	Seated Addition machine w/ 1's pause @ contraction or Seated Dip 30 reps @ 100% w/ 1's pause @ contraction	12 to 15	3 to 4	2013	90	31.5*15, 40.5*15, 15	(PROGRAD) 45*15, 45.5*15, 54*	54*15b, 49.5*15, 15			
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 20, 20			

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 3	WHOLE BODY B	Reps	Sets	Tempo	Rest	Date: Week 1 (3 sets ALL)	Date: Week 2 (43 sets )	Date: Week 3 (4 sets ALL)	Date: Week 4 (4 sets ALL)	Date: Week 5 (4 sets ALL)	Date: Week 6 (2 sets ALL)
Order	Exercise										
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20,20		20,20			
A1	Flat DB Press 7 to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2*7 to 9 1-2*12 to 15	3 to 4	3010	120 to 180	30 (8,12) 25 (5)	32.5*9, 9, 27.5*12, 15	38*9, 9, 30*14	37.5 30-32.5	40 32.5, 35	40x2.5 x 2 sets or 1 set heavy 1 light
A2	Balance BB Hip Thrust on Glute pad w/ 1's hold @ top - 7 to 10 reps then reduce weight by 15-20% for 12 to 15 reps	2*7 to 9 1-2*12 to 15 each side	3 to 4	3012	120 to 180	140 (8,9), 120 (15) (hard AF)	150*9, 9, 110*12, 12 (super hard)	110*9, 110*10, 92.5*15, 15			
B1	Smith machine DB Dags Incline DB Press to just below chin - focus on keeping tension in deltoids or Machine Shoulder Press - 10 reps then reduce weight by 15-20% for 12 to 15 reps	10 to 12	3 to 4	3010	90	40 (12) 35 (12, 12)	40*12, 12	40*12, 12, 42.5*12, 45*10			
B2	Seated Row, Sit Trunk press w/ 1's pause @ contraction where you feel it most - 10 reps then reduce weight by 15-20% for 12 to 15 reps	8 to 12 each side	3 to 4	3003	90	10 (12.8) orange band	10*10, 10	10*10, 12, 12, 12	Do leg ext	Leg ext	Leg ext
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 20, (18-2)			

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	25 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 5	WHOLE BODY C	Reps	Sets	Tempo	Rest	Date: Week 1 (3 sets ALL)	Date: Week 2 (43 sets )	Date: Week 3 (4 sets)	Date: Week 4 (4 sets)	Date: Week 5 (4 sets)	Date: Week 6 (2 sets ALL)
Order	Exercise										
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20,20		30, 30, 30	
A1 - Practice	Control squat without heel elevation 10s down 1's pause @ bottom and 10s up 10s on knees	1	2	101100	30			1,1,1	Done		
A2 - Practice	BB Squats without heel elevation 5s down w/ 1's pause @ bottom - Properly front squats	3	2	5210	90			40kg			
B	BB Squat - Full squat - Single foot elevation - green plate - to improve depth on wall to 20s @ 20s pause @ bottom	6 to 8	3 to 4	5210	120 to 180	70*6, 6	70*6a, 72.5*6a, 6a, 6	75 (8,8,8)			
C	BB Deadlifts - use 80% of weight you used on Day 1 for 5 reps - 8a to be well equipped at 8 feels away your shins in front - focus your effort into optimizing your technique. Pull the slack with 40s but then push with LEGS. Hips level then shoulder. Every set - hips (down), right (back), pull (back), push with legs (8 leg press). Make sure weight is balanced on 3 points of feet.	5	3	3110	120	102.5	105	107.5*5.5	110*5.5, 5	112.5	115
D	2*5 Single leg squat on knee 2*5 1's hold @ top - 7 to 10 reps then reduce weight by 15-20% for 12 to 15 reps	12 to 15 each side	3 to 4	2020	90	5*15, 15, 15	6*15, 12, 12	5*15, 15, 6*15	6*15, 15, 12, 11		
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 18+2, 18+4			

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 7	REST/RECOVER/GROW
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Notes:  
Always be mindful of your form and rest when advised.

Coach's notes  
Notes  
Notes  
Coach's notes



PROGRAM EIGHT  
PHASE OPTIMAL MOD - POSTURE/UPPER BACK FOCUS  
DATE 28th December 2022  
BY Rance Adams  
FOR Alanya Fitness  
NOTES Stick to the Tempo to the "T"  
*Projected weights are exactly that just projections as a guide for you*  
[Click to view the video library, click here >>>](#)

DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST
SUNDAY	REST



Day 1	WHOLE BODY A				Date:	Date:	Date:	Date:	Date:	
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Skip Diagonals	10	1							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s	1	Controlled						
M3	Side lying Clams	20 each side	1	Controlled						
M4	Prone/face Glute Kick back	10 each side	1	Controlled						
M5	DB Forearm Flexion (Isometric) and Extension (Isometric) 100g METRIC ROLLOVER	1715 to 20 each 1730 to 60s each	2	Controlled						
A1	BB Squat - "Reset each rep - Split weight in your body then in the bar to put the "back" from 8 then 10 - Keep technique TIGHT no jerky - Repeat each set to maximum your technique. Shoulder above and over bar. On way down straight knees then bend them forward past the knee. Mid foot. Leg press (1) then hip thrust (2) for up movement.  5 reps then reduce weight by 20% for 8 to 10 reps	275 275 to 10	4	3110	120	115°S, 5s, 92.5°10, 10	117.5°S, 5, 90°10,	120 (5,5) 97.5 (10,10)	122.5 (5,5) 100 (10,10)	120°S, 5
A2	BB Bench Press - 5 reps then reduce weight by 20%, 8 to 10 reps	275 275 to 10	4	4010	120	54°S, 50°S, 40°11, 50°10	48°S, 5, 50°10, 10	47 (0) 48.5 (1) 55.5 (10,12)	49.74 (5) 78.5 (6) 60°10, 62.5°10	Mini 50°S, 54°S
B1	DB Bulgarian Split Squat - 10 focused - 20 pause @ bottom	6 to 8 each side	3 to 4	3210	90	10°10, 8, 8	10°10, 8, 8	10°10, 8, 9, 9	10°10, 8, 9	10°S,
B2	90 deg Incline DB Shoulder Press - Semi Pronated Grip	8 to 10	3 to 4	3020	90	20°10, 20°10, 27.5°10	27.5°10, 30°10, 32.5°10	27.5°10, 30°10, 10, 12	30°10, 10, 10,	32.5°

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm	level 12, incline 20 elliptical	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	level 12, incline 20 elliptical	
Week 3	Cross Trainer or Treadmill or Bike	35 mins	120-140 bpm	level 12, incline 20 elliptical	
Week 4	Cross Trainer or Treadmill or Bike	40 mins	120-140 bpm	level 10, incline 20 elliptical	
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 3	WHOLE BODY B		Date:					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)	
M1	Sick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s	1	Controlled							
M3	Side lying Clams	20 each side	1	Controlled							
M4	Face-down Glute Kick back	10 each side	1	Controlled							
M5	DB Forearm Flexion (Isometric) and Extension (Isometric) 100g METRIC ROLLOVER	1715 to 20 each 1730 to 60s each	2	Controlled							
A1	Mid Grip Flat BB Bench Press (thumbs from edge of knuckles) - <a href="#">Click to view the video library, click here &gt;&gt;&gt;</a> TIGHT ALL THE WAY! 5 reps then reduce weight by 20% for 8 to 10 reps	275 275 to 10	4	4010	120 to 180	92.5 (5,5) 75 (10,10)	95°S, 5, 77.5°10, 10	97.5°S, 5, 80°10,	97.5°S, 100°S, 92.5°10, 80°10	102.5 (4) 87.5 (5)	
A2	BB Hip Thrust on bench w/td hold @ top - 5 reps then reduce weight by 20% for 8 to 10 reps	275 275 to 10	4	2013	120 to 180	170 (5) 180 (5) 140 (10,10)	185°S, 180°S, 180°10, 10	200°S, 210°S, 170°10, 10	220°S, 230°S, 180°10, 10	240 (5) 250 (5)	
B1	Single Arm DB Row or Cable - Let me check first	8 to 10 each side	3 to 4	3010	90	22.5°10, 27.5°10, 10	27.5°10, 30°10, 32.5°10	33.5°10, 35°10, 35°10, 10	34 machine out elbow) 33°10, 10, 10	36 (10)	
B2	<a href="#">Click to view the video library, click here &gt;&gt;&gt;</a>	10 to 12 each side	3 to 4	3011	90	15°10, 17.5°10, 21.25°10	17°10, 10	17°10, 40°10, 30, 30	40°10, 12, 12, 40°10	10 (10,12)	

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm	level 10 elliptical (PROGRAM)	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	level 10 elliptical (PROGRAM)	
Week 3	Cross Trainer or Treadmill or Bike	35 mins	120-140 bpm	level 10 elliptical (PROGRAM)	
Week 4	Cross Trainer or Treadmill or Bike	40 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 5	WHOLE BODY C				Date:	Date:	Date:	Date:	Date:	
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Sack Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M3	Side lying Clams	20 each side	1	Controlled						
M4	Face-down Glute Kick back	10 each side	1	Controlled						
M5	DB Forearm Flexion (isometric) and Extension (isometric) 100g METRIC ROLLOVER	1715 to 20 each 1730 to 60s each	2	Controlled						
A1	BB BACK DB Single Leg Deadlift w/td pause @ bottom back leg as you get more confident can start to extend it a bit more, keep foot down and knee	1 each side	4	22010	90	8, 8, 8, 8	4,4,4,4 better posture	4,4,4,4	5, 5, 5, 5	5, 5 (hand...)
A2	BB Squat - Full squat - Slight heel elevation - 1 think it was given	275 275 to 10	4	4010	120 to 180	80°S, 60°10,	82.5 (5) 80 (5) 87.5 (10) 70 (10)	87°S, 90°S, 72.5°10, 10	92°S, 90°S, 70°10, 10	97°S, 100°S
B	BB Deadlift - use 80% of weight you used on Day 1 for 6 reps - This is for skill acquisition so if it feels easy your doing it right - focus your effort into extending your technique. Pull the stick with ARMS but then push with LEGS. Hips lower than shoulder. Every set - knee (front), right (side/back), pull (back), push (with legs all hip thrust). Make sure weight is balanced on 3 points of feet.	5	3	3110	120	92.5 (5)	95 (5, 5, 5)	97.5 (5, 5, 5)	100 (5, 5, 5)	102.5 (5)
C	DB Lunge Straddle on 30 deg incline Bench - No hold @ top - Promoted to neutral as you arise	8 to 10	3 to 4	2013	90	10°10, 20°10, 20°10	20°10, 27.5°10, 10	27.5°10, 30°	20°10, 27.5°	

Day 6	REST/RECOVER/ROW
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Day 7	REST/RECOVER/ROW
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Notes:  
Always to include gaffer for knee and ankle motion recovery



Exercise	Weight	Reps	Date	Weight	Reps	Date
Bench press	102.5	4	23rd Jan 23	87.5	9	23rd Jan 23
Glute drive	250	5	23rd Jan 23			
HB BB Squat Heels elevated w/knee sleeves	95	5	23rd Jan 23			
Deadlifts						
Squat heel ele 10kg green	100kg	5	17th Apr 23	105kg	8	29th May 23

Downloaded from <http://www.jstor.org/>

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
<b>Week 1</b>	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	Treadmill	7% incline/6.5kmph
<b>Week 2</b>	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Elliptical	h12, incl 25
<b>Week 3</b>	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
<b>Week 4</b>	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
<b>Week 5</b>	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
<b>Week 1</b>	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	Treadmill	10% incline/7mph
<b>Week 2</b>	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Elliptical	14/11, and 25
<b>Week 3</b>	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
<b>Week 4</b>	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
<b>Week 5</b>	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 6	REST/RECOVER/GROW
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Day 7	REST/RECOVER/GROW
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DAY	TRAINING SESSION	
MONDAY	WHOLE BODY A	Aerobic capacity work
TUESDAY	REST AND AEROBIC CAPACITY CARDIO	Week 1 - 15 mins x 2
WEDNESDAY	WHOLE BODY B	Week 2 - 20 mins x 2
THURSDAY	REST AND AEROBIC CAPACITY CARDIO	Week 4 - 25 mins x 2
FRIDAY	WHOLE BODY C	Week 4 - 30 mins x 2
SATURDAY	REST	Week 5 - 15 mins x 2
SUNDAY	REST	

**Aerobic capacity work**  
**Week 1 - 15 mins x 2**  
**Week 2 - 20 mins x 2**  
**Week 3 - 25 mins x 2**  
**Week 4 - 30 mins x 2**  
**Week 5 - 15 mins x 2**

4	4
4	4
3	4
3	4
3	3
3	3

3	4
3	4
3	3
3	3

4	4
4	4
3	4
3	4
3	3
3	3

Day 7	REST/RECOVER/GROW
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Single Arm DB Powell raises

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST

4	
	4
4	4
2	4
3	4
3	3
3	3

3	4
3	4
3	4
3	3
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3	3

4	4
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3	4
3	4
3	3
3	3

4	4
3	4
3	4
3	3
3	3
3	3



Wants arms to grow - in particular biceps

<b>PROGRAM</b>	FIVE
<b>PHASE</b>	OPTIMAL MOG - POSTURE/UPPER BACK FOCUS
<b>DATE</b>	18th July 2022
<b>BY</b>	Reece Adams
<b>FOR</b>	Almog Filter
<b>NOTES</b>	Stick to the Tempo to the "T"

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST

[illegible][illegible][illegible][illegible]



Give trap 3 raises 6 reps with 6s pauses

DB Single Leg Deadlift w/10s pause  
@ bottom- back leg 90 deg bent,  
tripod foot brace and hinge

3 reps











PROGRAM	ONE	DAY	TRAINING SESSION
PHASE	SHREDDING MOG	MONDAY	LOWER BODY A
DATE	22nd January 2022	TUESDAY	UPPER BODY A
BY	Reece Adams	WEDNESDAY	REST
FOR	Almog Flitter	THURSDAY	LOWER BODY B
NOTES	Stick to the Tempo to the "T"	FRIDAY	UPPER BODY B
		SATURDAY	REST
		SUNDAY	REST



<<< To view the video library, click here >>>

Day 1	LOWER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Deadlifts - Reset each rep - Build tension in your body then in the bar to pull the "slack" from it then lift - Keep technique TIGHT no jerking - Record each set to maximise your technique. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.	5	5	3110	120	85 (5,5,5,5,5)	90 (5,5,5,5,5)	95 (5,5) 100 (5,	100 (5, 5, 5) 105 (5,	105*5, 5, 5
A2	Lying Leg curl, Dorsi flexed 1 1/4 @ top (keep hips stable)	5	5	3010	120	46 (5,5) 51 (6) 55 (6) 60 (7)	55 (5) 60 (5) 62.5 (5) 65 (5,5)	62.5 (5) 67 (5,6) 69.5 (6,8)	(sitting)5*15, 7*6, 7x (6), 7, 7x (6)	(sitting) 7*(7+RP1), 8*5, 5
B1*	Leg Extensions; Keep tension in quads - hips locked (torque)	2*6 to 8 1-2*(6/6/6)	3 to 4	3020	90	68*8, 70.5*8, 73*8	73*8.8, (73.59.45)*6	75*8, 77.5*8, (82/68/54)*(6/6/6)*2	79*8, 8, 11, (89, 79.70)*(16/6/6)	89*10, 98*9, (107.98.79)*(6,4,4)
B2	45 Deg Back extensions w/5s Hold @ top	6 to 8	3 to 4	2015	90	35*8, 8, 40*	42.5*8, 45*8, 8	47.5*8, 8, 8, 8	(90*) 40*8, 8, 42.5*8, 8	42.5*8, 47.5*8, 50*
C	Captains chair or Hanging bent knee raises - Stay above 90 deg and keep toes turned inward to minimise hip flexor involvement. Lats slightly on and control from abs on way down to avoid swing. Chalk hands.	8 to 15	3	2020	60	10,8, 10	10, 10, 10	12, 12, 15	12, 12, 11	12, 13, 15
D	Tibialis raises on wall - all the way down! (no partial range if tired, stop) - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion - leave 3-5 reps in tank	15 to 25	3	2010	60	15, (long pause) 18, 18	20, 15, 12	18, 14, 11	16, 14, 12	19, 16, 12

\*Drop sets decrease weight by roughly 20% each drop

DAY 2	UPPER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Bench Press	5	5	4010	120	90*5, 5, 5, 92.5*5, 5H	90*5, 5, 92.5*5, 95*5, 97.5*5	95*5, 97.5*5, 5, 5, 100*4	100*5, 5, 5, 3, 3	100*5, 102.5*4, 5
A2	Chin Ups; Mid Supinated Grip - initiate from lats always	3 to 5	5	4010	120	5, 5, 5, 5, 5 (pronated)	5, 5, 5, 5, 5 (pronated)	5.5, 5, 6, 7 (pronated)	(supinated) 6, 6, 6, 6, 6	6, 6, 7
B1	30 Deg Incline DB Press	6 to 8	3 to 4	3010	90	30*8, 32.5*8, 35*8H	32.5*8, 35*8, 8	35*8, 8, 6, 6	35*8, 8, 7, 7	37.5*8, 8, 7
B2*	Angled Lat Pulldown Narrow neutral grip; Squeeze @ body	2*6 to 8 1-2*(6/6/6)	3 to 4	3011	90	77*7,68*8, (50,41,59)*8	68*8, 11, (59,50,41)*8	65*10, 10, 10, 10	68*10, 77*8, (77.59,50)*(5/6/6)*2	77*8, 8, (77/68/59)*(6/6/6)
C1	Seated DB L to extend lateral raises; Keep elbows inline with shoulders as you extend out. Half hammer curl, lat raise, straighten arm, down	10 to 12	3	2021	60	7*12, 12, 7.5*12(h?)	7*12, 8*12, 9*12(h)	8*12, 9*12, 12	9*12, 10*12,	10*13, 12, 12 (shoulder raises)
C2	Seated Row; Wide pronated Grip 2s Hold w/Elbows @ 45 deg angle from body	10 to 12	3	2012	60	41*12, 12, 15	41*15, 50*12, 12,	50*12, 59*12x (11),12x (11)	(1s hold) 59*12, 12, (2s) 50*12	50*12, 12, 12
D	Single arm Seated on Preacher bench or standing incline DB External rotations - Keep shoulder stable throughout 2nd hole seat height, armpit to leather, 45° to 135°, keep tension.	10 to 15	3	2121	60	5*?	4*15, 15, 15	4*15,5*15,6*11	o fast), 6*8x (armpit off at end), 5*10 (strict)	

\*Drop sets decrease weight by roughly 20% each drop

DAY 3	LOWER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	5 each side	1	Controlled						
M3	Facedown Glute kick back	10 each side	1	Controlled						
A1	BB Hip thrust on bench; Each rep touch ground or if ground is too low put plates under each end of the bar so its in a range you can do safely and 5s Hold @ top - Top position is the hardest position so we are going to be holding there with quality to give your glutes no choice but to work - Be smart with your weight choice - pick a weight you can hold with quality for duration allocated	6	4	2015	15	120*6, 6, 6,	120*6, 140*6, 6, 6			150*6, 155*6, 160*6
A2	Sumo KB or DB Straddle lift for adductors/glutes w/1s Pause @ bottom - focus on pushing knees out and rotating heels in before pressing back up - Think of it like your screwing your feet into the ground from your hips. Stand on plates to increase range. Maybe hold barbell sideways to increase range.	10 to 12	3 to 4	3110	120	16*12, 20*12, 24*12*	30*8, 40*8, 50*8			47.5*12, 50*12, 12
B1	Leg curl; Plantar flexed 1 1/4 @ top (keep hips stable)	6	4	4010	15	6*6, 6, 6, 6x(4)	6*6, 6, 6, 6, 7	5*6, 6*4, 5*6x(5), 5*7(or 8)	5*8, 9, 7, 5	5*10, 6*7, 7
B2	90 Deg Back Extensions - 2s hold as of week 3	10 to 12	3 to 4	3012	120	45*12x, 12, 12	47.5*12, 50*12 mm	(2s pause) 40*12, 12, 45*10, a	(2s pause) 42.5*10, 10, 45*	45*12, 50*12, 15
C*	Keeping cable crunches w/weight. Use abs to initiate, AND DO THE WHOLE movement(not arms) all the way to body or lower shoulder!	2*12 to 15 1*12-15+RP	3	2011	60	47*12, 68*12	68*15(x?), 75*15, 12x (+10x)	68*15, 74*15, (15,10,7)	74*15, 15, 74 (15,9,7)	74*15, 81*15,(15/10,8)
D	Tibialis raises on wall - all the way down! - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion	15 to 25	3	2010	60	18, 18x, 15	17, 17, 18	17, 20, 18	20,19,	18, 17, 16

\*Week 1 and 2 RP = Do 12 to 15 reps then rest 15 secs keeping same weight you'll likely get 30% less reps 8 to 10+ reps

\*Week 3 and 4 RP = Do 12 to 15 reps then rest 15 secs keeping same weight you'll likely get 30% less reps 8 to 10+ reps then rest 15s and do a final as many reps as possible like 30% less again 5 to 7+ reps

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Seated Military Press Smith Machine or Machine Shoulder Press whichever you feel more	6	4	4010	15	54*6 (machine), 61*6, 6, 6	68*6, 75*6, 8, 82*6	(3rd hole) 75*6, 82*4, 75*5, 68*8H	(3rd) 68*8, 9, 8, 7	68*10, 75*7, 7H
A2*	Standing DB Lateral raises	3*10 to 12 1*10-12+RP	3 to 4	3010	120	9*12, 10*12, 12	10*12x(11),12x(11), 10	10*12, 12, 12h, (12,5,3)	10*12, 12.5*8, 10*16, 10(12,7x(6),3	10*15, 14, (12,
B1	Lat Pulldown Mid Pronated Grip	6	4	4010	15	68*6, 7x(6), 6, 7x(6)	68*8, 77*6, 6, 5	77*8, 8, 6, 6	77*8, 8, 7, 5	77*9, 8, 6
B2*	Bent over Low Pulley Cable Row w/weight. Try lowering weight so you can bend down and even reach forward. Much shorter range if upright.	3*10 to 12 1*10-12+RP	3 to 4	3010	120	53*12, 12*, 60*12	60*12, 67*12, 74*12???	39*15, 53*15, 60*12, RRP	60*12, 67*12, 12, (12/7/6)	67*12, 74*12, (12,7,4)
C	Seated Single Arm Semi Pronated Row - Think upper back/rear delts. Elbow at 45 deg from body. Centre your arm with the pulley. Rear delt focus - no need to pull all way to body or lower shoulder!	10 to 12	3	3011	60	23*12,12, 32*12	32*12, 12, 12	o 23*12, (cable machine) 32*12, 35	cable machine) 46*12, 53*12, 60*11	60*12, 12, 67*10
D1	Standing Ez Bar curls	2*8 to 12 1*(8/8/8)	3	3010	60	Bar+25*12,	Bar+25*12, 27.5*12, (8,6,3,2)	+27.5*12, 12, (+25/22.5/20)*(8/8/12)	30*12, 32.5*12, (30,27.5,25)*(8/8/8)	5*12, 35*12, (32.5/30/27.5)*(8/8/8)
D2	Standing Cable Tricep pushdowns; Straight bar or Ez bar	2*8 to 12 1*(8/8/8)	3	3010	60	86*12,	95*12, 12,	102*8, 8, (88/74/60)*(8/10/12)	102*8, 95*14, (95/81/74)*(8/11/9)	12*10, 12, (102/88/81)*(10/10/10)

\*Week 3 and 4 RP = Do 10 to 12 reps then rest 15 secs keeping same weight you'll likely get 30% less reps 6 to 8+ reps then rest 15s and do a final as many reps as possible like 30% less again 4 to 6+ reps

PROGRAM ONE - V2  
 PHASE RETURN TO GYM  
 DATE 6 December 2021  
 BY Reece Adams  
 FOR Almog Flitter  
 NOTES Stick to the Tempo to the "T"

<<< To view the video library, click here >>>

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



**REDEFINED**  
FITNESS

Day 1	LOWER BODY A	Reps	Sets	Tempo	Rest		Date;	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled								
M2	Side lying Clams	25 each side	1	Controlled								
M3	Facedown Glute kick back	15 each side	1	Controlled								
A1	BB Hip thrust on bench; Deadstop @ bottom with 5s Hold @ top - Top position is the hardest position so we are going to be holding there with quality to give your glutes no choice but to work - Be smart with your weight choice - pick a weight you can hold with quality for duration allocated	6 to 8	4	2015	90	12.5 mins		95*8, 8, 8, 8	100*8, 8, 8, 8	105*8, 8, 8, 8	110*6, 7, 7, 8	hip thrust) 90*8, 100*8, 8, 110*8
A2	Lying Leg curl; Dorsi flexed (2,4,4)	6 to 8	4	3010	120	12.5 mins		52.5*8, 55*8, 65*8, 70*8	70*7, 65*8, 67.5*8, 8	(BB stiffles) 85*8, 8, 90*8, 8	8*10, 9*9, 9x(8), 8x (6)	8*7, 7*6, 6*9, 9
B1	Leg Extensions	8 to 10	3 to 4	3010	75	10 mins		5*8, 8, 8*8	6*8, 8*7*8	6*8, 7*8, 8, 8*8	7*8, 8*8, 8, 9*8	61*10, 70*11, 79*11, 11
B2	45 Deg Back extensions w/3s Hold @ top	8 to 10	3 to 4	2013	90	10 mins		30*10, 10, 32*10	32*10, 34*10, 36*10	35*10, 10, 10, 10	35*10, 37.5*10, 40*10,	40*10, 42.5*10, 45*10
C	Copenhagen side plank on bench for adductors - Start with bent knees and holding position	15 to 60s	3	HOLD	60	10 mins		30, 30, 30	30, 40, 40		40, 40, 40	
D	Tibialis raises on wall - all the way down! - If any discomfort just skip it	15 to 25	3	22X0	60	10 mins		(smith) 60*18 / 22,	(smith)	(itting) 35*15, 40*15, 45*13 / 25, 24, 1	45*15, 50*10, 12 / 25, 20,	25, 20, 15

DAY 2	UPPER BODY A	Reps	Sets	Tempo	Rest	Duration	Date;	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	Flat BB Bench Press	6 to 8	4	4010	90	12.5 mins			80*8, 8, 8,	80*10, 85*8, 8, 5	80*8, 82.5*8, 8, 8H	82.5*8, 85*8, 87.5*8H
A2	Chin Ups; Mid Pronated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins			6, 6, 6, 6	6, 6, 6x, 6x	6, 6, 6x (5),	7, 8, 8
B1	Dips; Keep tension and control	8 to 10	3 to 4	3010	75	10 mins			10, 10, 10	10, 10, 10	10, 10, 10, 10	10*10, 15*10,
B2	Seated Row; Mid neutral grip; Squeeze @ body	8 to 10	3 to 4	3011	90	10 mins			60*10, 75*10, 80*10	68*10, 77*10, 10	68*10, 77*10, 10, 10	77*10, 86*8, 77*10
C1	Standing DB Lateral raises - 2s Up focus on using side delts to lift and avoiding momentum	2*8 to 10 1*(8/8/8)	3	3020	60	10 mins			10*12, (12*6+10*4),(8.7x.5)*8	10*12, 12, (8.7.5)*8	10*12, 10H, (8.7.5)*8	10*12x, 9*12, (8.7.6)*8
C2	Rear delt machine or Cable rear delts - straight back!	2*12 to 15 1*(12/12)	3	2021	60	10 mins			5*10, 6*9, (4.2*12.3.7*11)	achine) 45*12, 55*12x, (45*12, 40*1	45*12, 12, (32.23)*12	45*12, 50*15, (41,
D	Standing Single Arm Cable Elbow by side external rotations - 45 degrees in and 45 degrees out and try to rock elbow down lat down	10 to 15	3	2121	60	10 mins				12*15,	12*15x, 19*12x, 5*12	5*15

DAY 3	LOWER BODY B	Reps	Sets	Tempo	Rest		Date	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled								
M2	Side lying Clams	5 each side	1	Controlled								
M3	Facedown Glute kick back	10 each side	1	Controlled								
A1	BB Deadlifts - Reset each rep - Build tension in your body then in the bar to pull the "slack" from it then lift - Focus on technique go tight even if its 40-50kg then slowly increase only if technique remains BEAUTIFUL - Please send video each week when you do these. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.	6 to 8	4	3110	90	12.5 mins			60*8, 8, 8, 65*8			80 (8.8.8)
A2	Lying leg curls plantar flexed - SEATED: tense glutes and push down with hands to anchor yourself in, and then curl and on all the range. Don't just throw. LYING: It's better to lift the knees than to lift the hips. Keep the hips down and set with hips pushing into the mat. And think like a bicep curl. On the way down.	6 to 8	4	4010	120	12.5 mins			67.5*8, 8, 8, 70*7x			32 (8) 39 (8) 44 (8)
B1	BB Hip thrust on Bench or Glute drive machine 1 1/4 @ top	8 to 10	3 to 4	3011	75	10 mins			120*15, 140*10, 150*10		Machine 120 (10, 10, 10	Machine 125 (10) 130*10, 135*
B2	DB Squats; Heels elevated - calfs and thighs touch but NO REST at bottom (straight up), initiate with knees (not hips) for a straight line descent. feet shoulder width apart not too close knees drive a bit outward at the bottom brace hard and hip neutral go straight down hamstringing covers calves and continuous movement no resting at bottom don't be shy about creating lactic acid it's supposed to be hard	10 to 12	3 to 4	3010	90	10 mins			20*12, 22*12, 24*12		22.5 (12, 12) 17.5 (Changed technique)*	17.5 (12) 20*12,
C	Copenhagen side plank on bench for adductors - Start with bent knees and holding position	15 to 60s	3	HOLD	60	10 mins			40, 40, 40		40, 40, 40	40, 40, 40
D	Seated Calf raises and Tibialis raises on wall	12 to 15/15 to 25	3	2121	60	10 mins					(standing machine) 130?	130*

DAY 4	UPPER BODY B	Reps	Sets	Tempo	Rest		Date;	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	Standing DB Arnie Press; be sensible with the weight because by alternating arms each rep makes it alot harder	4 to 6	4	4010	90	12.5 mins			20*6, 6, 22*8,		22.5*8, 8, 8, 8	25*6, 27.5*4, 5
A2	Chin Ups; Supinated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins			6, 6, 8, 8		(to chest!) 7, 7, 6, 5	7, 6, 6
B1	15 Deg incline DB Wide Neutral press - focus pace - only go down as much as the body so elbow doesn't go past the body on the way down	8 to 10	3 to 4	3010	75	10 mins			26*10, 28*10, 32*10H		27.5*10, 10, 10, 30*10	30*10, 32.5*10, 10
B2	Seated Row; Mid pronated grip w/pause @ body	8 to 10	3 to 4	3011	90	10 mins			45*12, 55*12, 65*12		59*12, 68*10, 10, 77*10	77*10, 10, 10
C	Single Arm DB Trap 3 raises	10 to 12	3	4010	60	10 mins			3*12, 4*12, 5*12		(3rd) 5*12x, 4*12, 12	4*12, 12, 5*12
D1*	Incline DB Curls	2*10 to 15 1*10-15+RP	3	3011	60	10 mins			18*10, 10, 12*(15.5,5.5)		17.5*12, 12, 12.5*(15.5,4.4)	17.5*15, 15, 15*(15.4,2,2.2)
D2*	Lying Flat Tricep extensions	2*10 to 15 1*10-15+RP	3	3020	60	10 mins			18*15, 15, 14*(15.5,5.5)		20*15, 15,	22.5*11, 15, 17.5*(15,5.3)

\*RP = Do 10 to 15 reps then rest 10s then do 3 to 5 more rest 10s then 3 to 5 more rest 10s final 3 to 5 reps.



PROGRAM ONE  
 PHASE RETURN TO GYM  
 DATE 6 December 2021  
 BY Reece Adams  
 FOR Almog Flitter  
 NOTES Stick to the Tempo to the "T"

<<< To view the video library, click here >>>

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



**REDEFINED**  
 FITNESS

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squats: to box - keep to the weight numbers - can do more reps if able but always leave at least 2 reps in the tank to ensure quality is high	6 to 8	4	Smooth	90	12.5 mins	95*8, 8, 8, 8	100*8, 8, 8, 8	105*8, 8, 8, 8	110*6, 7, 7, 8	115
A2	Lying Leg curl, Dorsi flexed (2,4,4)	6 to 8	4	3010	120	12.5 mins	52.5*8, 55*8, 65*8, 70*8	70*7, 65*8, 67.5*8, 8	(BB stiffles) 85*8, 8, 90*8, 8	8*10, 9*9, 9x(8), 8x (6)	
B1	DB Reverse Lunges: Same leg - let me know how these are with your ankle - watch that whole vid you'll get alot from it - I want you to match your shie angle with your knee to grow both quads and glutes	8 to 10	3 to 4	3010	75	10 mins	5*8, 8, 8*8				
B2	45 Deg Back extensions w/3s Hold @ top	8 to 10	3 to 4	2013	90	10 mins	30*10, 10, 32*10	32*10,34*10,36*10	35*10, 10, 10, 10	35*10, 37.5*10, 40*10,	
C	Copenhagen side plank on bench for adductors - Start with bent knees and holding position	15 to 60s	3	HOLD	60	10 mins	30,30,30	30, 40, 40		40,40,40	
D	Standing Calf raises and Tibialis raises on wall - all the way down!	10 to 12/15 to 25	3	22X0	60	10 mins	(smith) 60*18 / 22,	(smith)	(sitting) 35*15, 40*15, 45*13 / 25,24, 1	45*15, 50*10, 12 / 25, 20,	

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Bench Press	6 to 8	4	4010	90	12.5 mins		80*8, 8, 8,	80*10, 85*8, 8, 5	80*8, 82.5*8, 8, 8H	82.5*8, 85*8, 87.5*8H
A2	Chin Ups, Mid Pronated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins		6, 6, 6, 6	6, 6, 6x, 6x	6, 6, 6x (5),	7, 8, 6
B1	Dips; Keep tension and control	8 to 10	3 to 4	3010	75	10 mins		10, 10, 10	10, 10, 10	10, 10, 10, 10	10*10, 15*10,
B2	Seated Row, Mid neutral grip; Squeeze @ body	8 to 10	3 to 4	3011	90	10 mins		60*10, 75*10, 80*10	68*10, 77*10, 10	68*10, 77*10, 10, 10	77*10, 86*6, 77*10
C1	Standing DB Lateral raises - 2s Up focus on using side, delts to lift and avoiding momentum	2*8 to 10 1*(8/8/8)	3	3020	60	10 mins		10*12, (12*6+10*4),(8.7x.5)*8	10*12, 12, (8.7,5)*8	10*12, 10H, (8.7,5)*8	10*12x, 9*12, (8.7,6)*8
C2	Rear delt machine or Cable rear delts - straight back!	2*12 to 15 1*(12/12)	3	2021	60	10 mins		5*10, 6*9, (4.2*12,3.7*11)	achine) 45*12, 55*12x, (45*12,40*1	45*12, 12, (32.23)*12	45*12, 50*15, (41,
D	Standing Single Arm Cable Elbow by side external rotations - 45 degrees in and 45 degrees out and try to lock elbow down lat down	10 to 15	3	2121	60	10 mins			12*15,	12*15x, 19*12x, 5*12	

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
M3	Facedown Glute kick back	10 each side	1	Controlled							
A1	BB Deadlifts - Reset each rep - Build tension in your body then in the bar to pull the "slack" from it then lift - Focus on technique go light even if its 40-60kg then slowly increase only if technique remains BEAUTIFUL - Please send video each week when you do these. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.	6 to 8	4	3110	90	12.5 mins		60*8, 8, 8, 65*8		70 (8.8) 75 (8.8)	80 (8.8,8)
A2	Lying leg curls plantar flexed - SEATED: tense glutes and push down with hands to anchor yourself in, and then curl and on all the range. Don't just throw. LYING: it's better to lift the knees than to lift the hips. Keep the hips down and set with hips pushing into the mat. And think like a bicep curl On the way down	6 to 8	4	4010	120	12.5 mins		67.5*8, 8, 8, 70*7x		39 (8.6)	32 (8) 39 (8) 44 (8)
B1	BB Hip thrust on Bench or Glute drive machine 1 1/4 @ top	8 to 10	3 to 4	3011	75	10 mins		120*15, 140*10, 150*10		Machine 120 (10,10,10)	Machine 125 (10) 130*10,135*
B2	DB Squats; Heels elevated - calls and thighs touch but NO REST at bottom (straight up), initiate with knees (not hips) for a straight line descent. feet shoulder width apart not too close knees drive a bit outward at the bottom. brace hard and hip neutral go straight down hamstring covers calves and continuous movement no resting at bottom don't be shy about creating lactic acid it's supposed to be hard	10 to 12	3 to 4	3010	90	10 mins		20*12, 22*12, 24*12		22.5 (12,12) 17.5 (Changed technique)*	17.5 (12) 20*12,
C	Copenhagen side plank on bench for adductors - Start with bent knees and holding position <a href="https://www.youtube.com/watch?v=HRYTvez2e4k">https://www.youtube.com/watch?v=HRYTvez2e4k</a>	15 to 60s	3	HOLD	60	10 mins		40, 40, 40		40, 40, 40	40,40,40
D	Seated Calf raises and Tibialis raises on wall	12 to 15/15 to 25	3	2121	60	10 mins				(standing machine) 130?	130*

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing DB Arnie Press; be sensible with the weight because by alternating arms each rep makes it alot harder	4 to 6	4	4010	90	12.5 mins	20*6, 6, 22*8,			22.5*8, 8, 8, 8	
A2	Chin Ups; Supinated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins	6, 6, 8, 8			(to chest!) 7, 7, 6, 5	
B1	15 Deg Incline DB Wide Neutral press - focus pecs - only go down as much as the body so elbow doesn't go past the body on the way down	8 to 10	3 to 4	3010	75	10 mins	26*10, 28*10, 32*10H			27.5*10, 10, 10, 30*10	
B2	Seated Row, Mid pronated grip w/pause @ body	8 to 10	3 to 4	3011	90	10 mins	45*12, 55*12, 65*12			59*12, 68*10, 10, 77*10	
C	Single Arm DB Trap 3 raises	10 to 12	3	4010	60	10 mins	3*12, 4*12, 5*12			(3rd) 5*12x, 4*12, 12	
D1*	Incline DB Curls	2*10 to 15 1*10-15+RP	3	3011	60	10 mins	18*10, 10, 12*(15,5,5,5)			17.5*12, 12, 12.5*(15,5,4,4)	
D2*	Lying Flat Tricep extensions	2*10 to 15 1*10-15+RP	3	3020	60	10 mins	18*15, 15, 14*(15,5,5,5)			20*15, 15,	

\*RP = Do 10 to 15 reps then rest 10s then do 3 to 5 more rest 10s then 3 to 5 more rest 10s final 3 to 5 reps.

**PROGRAM** FIVE (HOME EDITION)  
**PHASE** CONTINUING TO OPTIMISE MR MOG  
**DATE** 19th July 2021  
**BY** Reece Adams  
**FOR** Almog Flitter  
**NOTES** Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



**REDEFINED**  
FITNESS

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins				PNF, 60s, 60s
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins				15*4, 4, 18*4
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins				29*10, 8, 8, 9,
B2	Banded Girona Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins				8 reps
C	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins				40*10, 10, 10
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins				40*15, 15, 15

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	34*12, 36*10, 38*8, 8			34*12, 36*10, 38*8, 7
A2	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	6,7,6,6			7, 8, 8, 6
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	36*10, 10, 38*9			36*10, 10, 38*7H
B2	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	34*10, 36*12, 38*12			32*10, 34*10, 36*10
C1	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	20*10, 10, 10			18*10, 20*10, 10
C2	Seated DB Overhead Tricep extensions (bottom behind bench)	10 to 15	3	3010	75	10 mins	20*10, 10, 22*			18*15, 20*12, 12

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins			PNF, 60s, 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins			15*4, 4, 4	
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins			32*8,	
B2	Banded Girona Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins			8 reps	10 reps
C	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins			40*10,	
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins				

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins				23.5*12, 26*10, 27*8, 8
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins				8,8,8,8
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins				36*10, 10,
B2	DB 30 Deg Incline Chest Supported Double arm DB row, 1s Pause @ top	8 to 10	3	3011	75	10 mins				20*12, 27*12,
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins				15*8x, 8x
C2	DB Hang and Swings on Incline Bench - For Rear Delt	25 to 30	3	Smooth	75	10 mins				9*45, 45

PROGRAM ONE  
PHASE QUARANTINE  
DATE 4th December 2021  
BY Reece Adams  
FOR Almog Flitter  
NOTES Stick to the Tempo to the "T"

<<< To view the video library, click here >>>

DAY	TRAINING SESSION
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



Day 1	LOWER BODY							Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest			Workout 1	Workout 3
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
M3	Facedown Glute kick back	15 each side	1	Controlled					
A	DB Lunges	10 to 15	4	3010	90	12.5 mins			
B	Towel or Sock hamstring curls	10 to 15	4	3010	90	12.5 mins			
C	DB Squats; Heels elevated	10 to 15	4	3010	75	10 mins			
D	DB Romanian Deadlifts	10 to 15	4	3010	75	10 mins			
E	Jackknifes on floor	10 to 20	3	Smooth	60	10 mins			
F	DB Standing Calf raises on floor and Tibialis raises leaning on wall	20 to 30/15 to 25	3	Smooth	60	10 mins			

DAY 2	UPPER BODY							Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Workout 2	Workout 4
M1	Stick Dislocates or Arm circles	10	1	Controlled					
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled					
M3	Andrew Lock big 3 for shoulders <a href="https://drive.google.com/file/d/1GkFbWaJqca_7Z0HFEksuM3DE6IDBHSN/view">https://drive.google.com/file/d/1GkFbWaJqca_7Z0HFEksuM3DE6IDBHSN/view</a>	15 each postion	1	Controlled					
A	Standing DB Shoulder Press or Handstand Push up	10 to 15	4	3010	90	12.5 mins			
B	Bent Over DB Row; Semi pronated grip - Elbow out to side touching just under chest	10 to 15	4	3010	90	12.5 mins			
C	Flat DB Semi Pronated Wide Press on floor - initiate movement with pec; Add 1s pause @ bottom if too easy	10 to 15	4	3010	75	10 mins			
D	Single Arm DB Row; 1s Squeeze @ top	10 to 15	4	3011	75	10 mins			
E	Seated DB Curls	10 to 15	3	3010	60	10 mins			
F	Lying Flat on ground DB Tricep Extensions	10 to 15	3	3010	60	10 mins			

DAY 3	REPEAT
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Day 1	LOWER BODY A						Date:		Date:		Date:		Date:	
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)		Week 4 (4 sets)		Week 5 (3 sets ALL)	
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled										
M2	Side lying Clams	25 each side	1	Controlled										
M3	Face-down Glute kick back	15 each side	1	Controlled										
A1	BB Squats: to box	8 to 10	4	Smooth	90	12.5 mins	60 (10,10) 70 (10) 75 (10)	70 (10) 75 (10) 80 (10) 85 (12)	80 (10) 85 (10) 90 (10,12)		85 (10) 90 (10) 95 (10) 100		95 100 105 (10)	
A2	Lying Leg curl, Dorsi flexed	8 to 10	4	30:10	90	12.5 mins	32 (10) 39 (10) 44 (10) 46 (10)	39 (10) 46 (10) 53 (10) 55.5 (11)	53 (10) 58 (10) 60 (8,8)		58 (10) 62 (10) 65 (8,10)		62 (10) 67 (9,9)	
B1	DB Goblet Bulgarian Split squats	8 to 12	3 to 4	30:10	75	10 mins	12.5 (12) 15 (12,12)	15 (12) 17.5 (12,12)	17.5 (12) 19 (12,12)		2 dumbbells - 9*12, 10*12, 12, 12		10 (12,12)	
B2	45 Deg Back extensions 1 s Pause @ top	8 to 15	3 to 4	30:11	75	10 mins	25 (12) 30 (12, 12)	30 (15) 32.5 (15) 35	35* 15, 15, 15, 15		35*15, 37.5*15, 15, 40*15		35 (15) 40 (15)	
C	Side Plank crunches - Same set up as the side plank but imagine there a string on your top oblique that's pulling you to the ceiling - Focus on as you raise exhaling and shortening the distance between your arm pit and hip to get the working oblique to contract as much as possible then return to starting position ex neutral spine - dont let hips sag down <a href="https://www.youtube.com/watch?v=yuu38CYBqT4">https://www.youtube.com/watch?v=yuu38CYBqT4</a>	8 to 10	3	30:30	60	10 mins	8,8,8	10, 10, 10	10, 10, 10		*3)*3 sets of side plank hold feet flat		3s*15	
D	Standing Calf raises and all the way down on wall - all the way down	12 to 15/10 to 20	3	2:21	60	10 mins	10s (15), 10s (15, 15)	140*15s, 150*15s, 120*12H			120*15, 13, 13		120*15, 15, 13	

DAY 2	UPPER BODY A						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Ssec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	McKenzie chin tuck holds, foam block or yoga mat w/15s Hold	4	3	15s Hold	15	10 mins	4,4,4	4,4,4	4,4,4,4	4,4,4	4,4,4
A2	45 Deg Incline DB Trap 3 raises 4s Hold @ top	6 to 8	3	20:14	15	10 mins	3x8, 2'8,8	2'8, 8,8	2'8, 3'8,8,4'4X	3'8, 8, 4'8	4'8, 8, 8
A3	Lat Pulldown Wide Pronated Grip: Squeeze @ bottom	10 to 12	3	30:11	90	10 mins	59'12, 68'12, 12	68'12, 12, 77'9	77'10, 10, 10, 8	77'10, 12, 12	77'12, 12, 12
B1	DB Seated Shoulder Press: Back supported	8 to 10	4	40:10	90	12.5 mins	27'5'10, 10, 9	27'5'10, 10, 8, 7	27'5'10, 9, 8, 8	27'5'10, 10, 8, 9	27'5'10, 10, 10
B2	Seated Row, Mid neutral grip: Squeeze @ body	8 to 12	4	30:11	90	12.5 mins	59'10, 68'10, 77'10	77'10, 12, 86'9, 9	(Done C2) 86'6, 77'10, 6,	86'9, 77'12x, 12x (no squeeze), 9	77'10, 12, 11
C1	Standing DB Lateral raises - 2s Up focus on using side delts to lift and avoiding momentum	10 to 12	3 to 4	30:20	75	10 mins	6'12, 7'12, 9'12	9'12, 12, 10"	10'12, 13,	10'12, 11, 11, 9	10'12, 12,
C2	Half Kneeling single arm Cable Row, High pulley	10 to 12	3 to 4	30:11	75	10 mins	25'12, 32'12,	32'12, 39'12, 46"	46'12, 53'12, 12, 12 (done B2)	46'12, 12, 12,	46'12, 53"

DAY 3	LOWER BODY B						Date	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
M3	Facedown Glute kick back	10 each side	1	Controlled							
A1	Rack Pulls below knee	8 to 10	4	3010	90	12.5 mins	110*10, 130*10, 140*10, 10	140*10, 15, 150*10, 10	140*10, 150*10, 160, 10	150*10, 160*10, 10, 10	Right knee, push back hips 120*10, 140*12x, 120*12
A2	Lying leg curls plantar flexed	8 to 10	4	4010	90	12.5 mins	6*12, 7*11, 11, 11	7*12, 12, 8*12, 12	8*12, 12, 12, 12	8*12, 12, 9*10, 10	8*12, 9*12, 12
B1	90 Deg Back extensions 1s Pause @ top	10 to 12	3 to 4	3011	75	10 mins	32.5*12, 35*12, 37.5*12	37.5*12, 40*12,	40*12, 12, 42.5*12, 12	42.5*12, 12, 12, 45*12	45*12, 12, 12
B2	BB Hip thrust on Bench or Glute drive machine	12 to 15	3 to 4	3010	75	10 mins	130*15, 150*15, 170*15	170*15, 180*15X, 15x	160*15, 15, 15, 170*15x	160*15, 170*15, 15, 15	170*15, 15, 15
C	Side Plank crunches - Same set up as the side plank but imagine there's a string on your top oblique that's pulling you to the ceiling - Focus on as you raise exhaling and shortening the distance between your arm pit and hip to get the working oblique to contract as much as possible then return to starting position ex neutral spine - don't let hips sag down <a href="https://www.youtube.com/watch?v=yu38GY9noT4">https://www.youtube.com/watch?v=yu38GY9noT4</a>	8 to 10	3	3030	60	10 mins	10, 10, 10	10, 10, 10		15s*3	
D	Seated Calf raises and Tibialis raises on wall	15 to 20/10 to 20	3	2121	60	10 mins	25*20, 30*20, 35*20H	30*20, 20, 20	30*20, 20, 20, 20, 19	30*20, 32.5*20, 15, 15	32.5*20, 20, 18*20, 17

DAY 4	UPPER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	McKenzie chin tuck holds, foam block or yoga mat w/15s Hold	4	3	15s Hold	15	10 mins	4,4,4	4,4,4	4,4,4	4, 4, 2004	4,4,4
A2	45 Deg Incline Chest supported DB External rotations 3s UP and 3s DOWN - don't put back scap, just engage <a href="https://www.youtube.com/watch?v=yu35JmJ_ZR0c">https://www.youtube.com/watch?v=yu35JmJ_ZR0c</a>	8 to 10	3	3030	15	10 mins	2*10, 3*10, 4*10	3*10, 4*10, 10	4*10, 5*8, 4*10	4*10, 5*10, 10	5*10, 12, 12
A3	Seated row, Wide supinated grip	10 to 12	3	3011	90	10 mins	68*12, 12, 12	68*12, 12, 77*12	77*12, 12, 86*10	86*10, 10, 10	86*10, 12, 10
B1	30 Deg Incline DB Press	8 to 10	4	4010	90	12.5 mins	25*10, 30*10, 10	30*10, 32.5*10, 35*	32.5*10, 35*8, 32.5*10	32.5*10, 10, 9, 9	5*10, 12, 35*10 (long pause last set)
B2	Lat Pulldown Mid Neutral grip (lat and shoulders back!)	8 to 12	4	3011	90	12.5 mins	68*12, 12, 12	68*12, 77*12, 12	10x, 10x, 5-3x (shoulders collapse)	68*12, 77*10, 10, 7	77*10, 11, 12 (long pause last set)
C1	Standing Ez Bar curls	2*8 to 12-1-2*(8/8/8)	3 to 4	3010	75	10 mins	Straight 30*12, 12, (20, 10.5)*12	40*12, 12, (30*8, 25*8, 20*10)	53*8, 40*12, (30, 25, 20)*10, 12	45*7, 40*11, (30, 25, 20)*12, 12	45*10, 10, (30, 25, 20)*12
C2	Standing Cable Tricep pushdowns, Straight bar or Ez bar	2*10 to 12-1-2*(8/8/8)	3 to 4	3010	75	10 mins	74*12, 81*12	87*12, 95*12, (81, 67, 67)*10	95*10, 12, (89, 82, 75)*10	95*11, 12, (88, 81, 74)*10	96*12, 12, (88, 81, 74)

B1	<a href="#">Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom</a>	8 to 10	3	3110	75	10 mins	36*10, 10, 10	36*10, 10, 10		
PROGRAM	FIVE (HOME EDITION)		DAY		TRAINING SESSION		 <div>REDEFINED FITNESS</div>			
PHASE	CONTINUING TO OPTIMISE MR MOG		MONDAY		LOWER BODY A					
DATE	19th July 2021		TUESDAY		UPPER BODY A					
BY	Reece Adams		WEDNESDAY		REST					
FOR	Almog Flitter		THURSDAY		LOWER BODY B					
NOTES	Stick to the Tempo to the "T"		FRIDAY		UPPER BODY B					
			SATURDAY		REST					
			SUNDAY		REST					
With A's if you need longer rest thats fine as its important you are fully recovered :)										

With A's if you need longer rest thats fine as its important you are fully recovered :)

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
<b>M1</b>	<b>Rolling Plank Front, Side, Front, Side</b>	<b>30s 15s 15s 15s</b>	<b>1</b>	<b>Controlled</b>						
<b>M2</b>	<b>Side lying Clams</b>	<b>25 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>M3</b>	<b>Facedown Glute kick back</b>	<b>15 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>A1</b>	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s	PNF, 60s, 60s	PNF, 60,60	PNF, 60s, 60s
<b>A2</b>	DB Goblet Bulgarian Split Squats 3s down w/1s Pause @ bottom	8 to 10	3	3110	90	12.5 mins	18*4,4,4	15*8, 8, 8		
<b>B1</b>	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	27*10	27*10	27*10, 10, 10, 10,	27*10, 10, 29*10, 10, 10,
<b>B2</b>	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	8 reps	8 reps		
<b>C</b>	DB Stiff legged Deadlifts (slow and steady)	10 to 20	5	3-4010	60 to 90	10 mins	40*12, 12, 12	29*15, 34*12, 12, 12, 15	34,36 40*20,20,20	36*12,12,12,12,11
<b>D</b>	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	40*15			

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
<b>M1</b>	<b>Stick Dislocates</b>	<b>10</b>	<b>1</b>	<b>Controlled</b>						
<b>M2</b>	<b>Bird Dogs with 5sec Hold @ top</b>	<b>5 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>M3</b>	<b>Banded Lat Activation</b>	<b>10 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>A1</b>	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	34*12, 36*10, 38*8, 8	36*12, 34*10, 38*8, 40*8	36*12, 38*10, 40*7,	36*12, 38*10, 40*7, 4
<b>A2</b>	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	8, 8, 8, 8	8, 9, 8, 8	8, 8, 8, 8	8, 10, 8, 10
<b>B1</b>	<a href="#">Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom</a>	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10	36*10, 9, 10	36*10, 38*10, 7	36*10, 10, 10
<b>B2</b>	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	36*10, 10, 10	36*10, 10, 10	36*10, 38*10, 10	36*10, 10, 10
<b>C1</b>	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	20*10, 10, 9	20*10, 10, 10	22*10x, 8, 8	22*10, 10, 8
<b>C2</b>	Seated DB Overhead Tricep extensions (bottom behind bench)	10 to 15	3	3010	75	10 mins	20*10,	20*15, 11,	20*15, 13, 13	20*15, 15,

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
<b>M1</b>	<b>Stick Dislocates</b>	<b>10</b>	<b>1</b>	<b>Controlled</b>						
<b>M2</b>	<b>Bird Dogs with 5sec Hold @ top</b>	<b>5 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>M3</b>	<b>Banded Lat Activation</b>	<b>10 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>A1</b>	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s	PNF,	PNF, 60, 60	
<b>A2</b>	DB Goblet Bulgarian Split Squats 3s down w/1s Pause @ bottom	8 to 10	3	3110	90	12.5 mins	18*4,4, 20*4		18*8, 8, 20*8	
<b>B1</b>	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	27*10, 29*8, 8, 10, 10		27*10	
<b>B2</b>	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	8 reps	6 reps	8 reps	10 reps
<b>C</b>	DB Stiff legged Deadlifts (slow and steady)	10 to 20	5	3-4010	60 to 90	10 mins	40*10, 10, 10, 8, 10	36*		
<b>D</b>	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	40*15, 20, 20			

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
<b>M1</b>	<b>Stick Dislocates</b>	<b>10</b>	<b>1</b>	<b>Controlled</b>						
<b>M2</b>	<b>Bird Dogs with 5sec Hold @ top</b>	<b>5 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>M3</b>	<b>Banded Lat Activation</b>	<b>10 each side</b>	<b>1</b>	<b>Controlled</b>						
<b>A1</b>	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 26*10, 27*8,8	25*12, 26*10, 27*8, 7	25*12, 26*10, 27*8,	25*12, 26*9, 27*7, 8
<b>A2</b>	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	9, 9, 8x(7), 8	9, 9, 9, 9	9, 9, 9,	(pro) 8, 8, 8,
<b>B1</b>	30 Deg Incline Wide DB Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	36*10, 10, 38*8	36*10, 38*10, 9	38*10, 10, 10	38*10, 10, 10
<b>B2</b>	DB 30 Deg Incline Chest Supported Double arm DB row.. 1s Pause @ top	8 to 10	3	3011	75	10 mins	27*10, 29*10, 10	29*10, 32*10, 10	32*10, 10, 10	32*10, 10, 10
<b>C1</b>	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	15*8, 8	15*8,8, (13, 11, 9)*8	15*8, 8, (13,12,11)*(8,8x,8x)	15x*8, 13*8, (13,11,9)*8
<b>C2</b>	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins	9*45, 50,	9*40, 50,	9*50, 50, 10*50	10*50, 60,50

PROGRAM FIVE (HOME EDITION)  
PHASE CONTINUING TO OPTIMISE MR MOG  
DATE 19th July 2021  
BY Reece Adams  
FOR Almog Flitter  
NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



REDEFINED  
FITNESS

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s	PNF, 60s, 60s
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	BW*4, 5*4, 3/4X		13*4, 15*4, 4	15*4, 4, 18*4
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	22*5, 27*5, 5, 34*5,		25*10, 10, 8, 8, 8	29*10, 8, 8, 9,
B2	Banded Girona Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	5, 5, 5, 5, 5		6 reps	8 reps
C	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins	20*10, 9*10, 11*10		20*10, 36*10, 40*10	40*10, 10, 10
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	10/15*15, 15/22*15, 15/22*15		20*15, 40*15, 15	40*15, 15, 15

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	27*12, 32*12, 36X*6, 34*8	29*12, 32*10, 34*8, 30*	32*12, 34*10, 30*8, 8	34*12, 36*10, 38*8, 7
A2	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	5X, 6X, 6X, 7X	To chin (not chest) - 6, 7, 7	8X(sup), 6, 7, 5	7, 8, 8, 6
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10	36*10, 10, 10		36*10, 10, 38*7H
B2	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	25*12X, 25*12, 29*12H	27*10, 29*10, 32*10		32*10, 34*10, 36*10
C1	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	15*12, 18*10, 10	18*10, 10, 20*9		18*10, 20*10, 10
C2	Seated DB Overhead Tricep extenstions (bottom behind bench)	10 to 15	3	3010	75	10 mins	13*20, 15*15, 18*13X	18*15, 15, 11		18*15, 20*12, 12

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	5*4, 4, 4		15*4, 4, 4	
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	34*5, 5, 40*5, 5,		32*8,	
B2	Banded Girona Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	5, 5, 5, 5	6 reps	8 reps	10 reps
C	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins	11*5!, 7*10, 11*10?		40*10,	
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	15/15*15, 15/20*15, 15/32*15			

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 27*10, 29*(7R, 4L), 27*8	22*12, 25*10, 27*8	23.5*12, 26*10, 28*6, 7	23.5*12, 26*10, 27*8, 8
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	6, 6, 7, 7	7, 7, 7, 7	8, 8, 8, 8 (chin over)	8, 8, 8, 8
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	27*12, 29*10, 32*10	32*10, 12, 34*	34*10, 36*10, 9	36*10, 10,
B2	DB 30 Deg Incline Chest Supported Double arm DB row, 1s Pause @ top	8 to 10	3	3011	75	10 mins	13*12, 15*17, 20*12	20*10, 25*10	25*10, 27*12, 29*10	20*12, 27*12,
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	11*12, 13* 8+2,( 11*8, 8*12, 5*12+8)	13*8, 15*8, (12, 10, 8)*8	15*7, 7, (13*8, 11*8, 9*7)	15*8x, 8x
C2	DB Hang and Swings on Incline Bench - For Rear Deltis	25 to 30	3	Smooth	75	10 mins	2.5*40, 3.75*30	7*50, 9*40, 40	7*50, 9*40	9*45, 45

PROGRAM FIVE  
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DATE 19th July 2021 (Updated 27th July 2021)  
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With A's if you need longer rest thats fine as its important you are fully recovered ;)

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A									Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest					Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled									
M2	Side lying Clams	25 each side	1	Controlled									
M3	Facedown Glute kick back	15 each side	1	Controlled									
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s			60	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	8W*4, 5*4, 3*4X		5*4, 6*4, 7*4			7.4 10 (4,4)	
B1	BB Hip Thrusts on Floor 3s Up and w/5s Hold @ top - Feet as close as you can get to your bum to enable you to lengthen quad at the top.	5 to 7	5	2033	30	10 mins	22*5,27*5.5, 34*5,		Thrust 2s hold @top- 160*15,170*15		(machine) 50*5, 80*5, 100*5,5, 10		
B2	Seated Leg curl - 3 sec lifting and 3s contraction	7 to 9	5	2033	90	10 mins	5.5,5, 5, 5		Leg curl-7*12,8*12,12			25*9,5, 10, 10, 27,3*9	
C	BB Squats, Heels elevated 5s down 2s Pause @ bottom - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	5	5	5210	60 to 90	10 mins	20*10, 9*10,11*10		22.5*10, 25*10,27.5*			40*5,50*5, 5, 55*5, 5	
D	Tissais raises leaning on wall into Standing Machine Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	40*15, 45*15, 45*15		both control off heel-50*15,60*15			130*15, 140*	

Place foot on with ankle, heel to ball, hips tucked, pull in position - ribs down

Keep under shoulder xms (stay left)

Open hips at top (not back extend)

Only push under heels, depth is dictated by tightness and pelvic row tucked (steal range horizontal to calves), 2\*15 lying on back from roller abductor squats, knees and setup every rep

DAY 2	UPPER BODY A									Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Duration				Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled									
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled									
M3	Banded Lat Activation	10 each side	1	Controlled									
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	27*12, 32*12, 38X*6, 34*8		29*12, 32*10, 34*8, 36*8		30*12, 32.5*10, 32*8, 8		
A2	Lat Pulldown Pronated Grip	12 10 8 8	4	4010	120	12.5 mins						68*12, 14, 77*7.5, 7.5	
B1	Flat DB Wide Press Semi pronated - Think eye focus - 1s, Single 8s lockout	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10		36*10,10, 38*9		35*10, 10,		
B2	Seated Row, Mid neutral grip	10 to 12	3	3011	75	10 mins	28*12X,29*12,29*12H		leaning ab row-27*12,12, 29*12		77*9, 8.5, 8		
C1	Seated DB Hammer curls w/Pause @ 50 deg on way down	8 to 10	3	3/10/10	75	10 mins	15*12, 18*10, 10		18*10, 10,10		17.5*10, 20*8, 8		
C2	Seated DB Overhead Tricep extensions (bottom behind bench)	10 to 15	3	3010	75	10 mins	13*20, 15*15, 18*13X		15*15,		17.5*15, 15, 20*12		

Don't touch the center, a little out of shoulder (same position at top)

Push on line with ear and not flared out

DAY 3	LOWER BODY B									Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest					Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled									
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled									
M3	Banded Lat Activation	10 each side	1	Controlled									
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s			PNF, 60s, 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	5*4,4, 4		7*4, 9*4,10*4			10*4, 12,5*4,4	
B1	BB KAS Hip Thrusts on bench and w/5s Hold @ top - Feet as close as you can get to your bum to enable you to lengthen quads at the top	10 to 12	5	2013	30	10 mins	34*5,5, 40*5, 5,		120*12,140*12, 12, 160*12,180*12			170*12,12, 12, 12, 12	
B2	Seated Leg curl - 3 sec lifting and 3s contraction	10 to 12	5	2033	90	10 mins	5.5,5,5, 5		6*12,12, 12, 12, 15			6*12, 7*12, 12, 12, 8*8	
C	Wide Grip Rack pull above knee	10 to 12	5	3010	60 to 90	10 mins	11*5L, 7*10, 11*10?		140*12,			140*12,160*12,	
D	Tissais raises leaning on wall into Standing Machine Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	15/15*15,15/20*15,15/32*15		(sitting) 40*15		(sitting) 40*15, 45*15		

DAY 4	UPPER BODY B									Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest					Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled									
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled									
M3	Banded Lat Activation	10 each side	1	Controlled									
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 27*10, 29*(7R,4L),27*8		25*11, (10x5L), 25*(9x,7L)				
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	6.6,7.7		.7 (first reps to chest Just to collarbone)				
B1	30 Deg Incline Wide DB Press Semi pronated - Think eye focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	27*12,29*10, 32*10		30*10, 32.5*10X, 9				
B2	Seated row, Single Arm, 1s Pause @ body	10 to 12	3	3011	75	10 mins			32*12,12, 15				
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	11*12,13* 8+2,( 11*8,8*12,5*12+8)		12*11, 11, (10*8,8*10,7*8)				
C2	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins	2.5*40, 3.75*30		5*40, 7*40,				

PROGRAM FOUR (HOME EDITION)  
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FOR Almost Filter  
NOTES Stick to the Tempo to the "1"  
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DAY	TRAINING SESSION
MONDAY	LOWER BODY
TUESDAY	REST
WEDNESDAY	UPPER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above parallel	8 to 10	3	4010	90	12.5 mins	80°10, 80°10, 85°10	85 (10,10,10)	80°10, 10, 90°10	90°10, 95°10, 100°10X(H)	95°10, 100°10, 102.5°9(10X)
A2	Lying Leg curl, Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6°12, 7°10, 10	39 (10) 39+5 (10) 46+2.5 (10)	1°10, 8°10, 100°	6°14, 7°14, 8°10	8°10,12, 10
B1	DB Squats, Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5°12, 20°12, 12	20 (12, 12, 12)	20°10,20°10,20°10	25°12, 12, 12	25°12
B2	45 Deg Back Extensions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	60°10,10,10, 1°10,10,10	37.5°12, 40°15,	40°15X, 45°12X, 30°12
C	Hip thrust BB or Machine on bench	10 to 12	3	3012	75	10 mins			100°10, 130°10, 12	170°12, 180°12, 200°12	
D	Standing Calves	10 to 12	3	2121	75	10 mins			Seated - 20°10, 30°10, 15	Seated - 30°16, 32.5°16, 35°16	

Knees turn out to create torque, rotate not separate - more stable. Stay low if too hard.

Neutral pelvis - parallel to floor, no heel lean

DAY 2	UPPER BODY A						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75°10, 80°10, 80°9	80°8,9	85 (9,4,7)	80°10, 10,9	80°10, 87°9,9
A2	Lat Pulldown Mid Pronated Grip, Pause @ body	8 to 10	3	3011	120	12.5 mins	45°10, 55°8, 55°10	59°10, 68°10, 10	62.5 (10) 65 (12) 70 (11)	69°12, 13, 13	69°(12+2), 13, (12+2°3/4)
B1	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25°10, 32°12, 32°10	32°10, 10, 8	32 (7) 27.5 (12,10)	27.5°12,12, 30°7+20°6	25°14, 27.5°14
B2	Seated Row, Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curts - 18kg	68°10+2,12,12	64 (12) 70 (15) 72.5 (12)	77°8, 68°12,12	68°12, 14, 12
C1	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5°12, 12,	17.5°14, 20°11X, 11	20°10X, 17.5°12, 12	17.5°12, 20°10X (elbow not str8)
C2	Lying DB Triceps Extensions	10 to 12	3	3010	75	10 mins		17.5°12,12,	20°12, 22.5°11, 11	22.5°11,10,20°12	20°12,12,

Waist down, elbows in, stay tight

Lock hips down when sitting 90° before leaning back. Elbows in, hands in, hands with shoulders at top (not head)

Slow down enough to experience

On down lat elbow straight

DAY 3	LOWER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	BB Rack Pull, Just below knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120°10, 130°10, 10	130°10,140°10+3,130°10	130°10, 140°10, 150°10	130°10, 130°10, 140°10	140°10, 150°10, 160°10
A2	Single Leg Leg curl, Dorsi flexed	8 to 10	3	4010	120	12.5 mins				25 (10,16R) 22.5 (L,R10)	25 (10,1 10 R 8, 10)
B1	DB Step Ups, Mid Shin	10 to 12	3	2010	75	10 mins				5kg 12°3	5 (13) 8 (12) 10 (12)
B2	90 Deg Back extensions w/No pause just keep it controlled	12 to 15	3	3010	75	10 mins			68°12,12, 12	25 (15) 30 (15) 35 (15)	35 (15) 40 (15) 45(15)
C	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130°15, 150°15, 15	150°15, 160°16,16	(machine) 160°15,15, 15	160°15, 15, 170°15
D	Standing Calves	12 to 15	3	3020	75	10 mins				100°(15+5), 130°15, 140°15	140°15, 15, 150°

Bar touches body all times,hip comes thru at end, feet out, Front rep pull slack out of bar and keep pulling into rep

Keep leg out and flexed, knee up, front knee sliding, push floor away > hips flex, slight knee feet at bottom upright at top, knee to stay out

DAY 3	UPPER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Seated DB Shoulder Press, Back Supported	8 to 10	3	4010	90	12.5 mins	25°12,10, 10	25°12,12, 11		25°12, 27.5°10, 10	
A2	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59°10, 68°10, 77°8	77°10, (9+1), (7+1+3°0.75)		77°10, 10, 12	
B1	Flat DB Press	8 to 12	3	3010	75	10 mins				30°12, 32.5°12, 11	
B2	Seated Row, Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59°12, 12, 12	59°12, 68°12, 12		68°12, 77°12, 10	
C1	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8°15, 9°15, 10°15	10°15,16,12	10°14, 13,	
C2	30 Deg Incline Floor DB Rear Delt Flys	12 to 15	3	3020	75	10 mins				45°12, 50°15, 54°13X	

Stick knee down



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DAY	TRAINING SESSION
MONDAY	LOWER BODY
TUESDAY	REST
WEDNESDAY	UPPER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above parallel	8 to 10	3	4010	90	12.5 mins	80"10, 80"10, 85"10	85 (10,10,10)	80"10, 10, 90"10	90"10, 95"10, 100"10X(H)	95"10, 100"10, 102.5"9(10X)
A2	Lying Leg curl, Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6"12, 7"10, 10	39 (10) 39+5 (10) 46+2.5 (10)	1"10, 8"10, 100s	6"14, 7"14, 8"10	8"10,12, 10
B1	DB Squats, Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5"12, 20"12, 12	20 (12, 12, 12)	20"10,20"10,20"10	25"12, 12, 12	25"12
B2	45 Deg Back Extensions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	90"10,10,10, 1"10,10,10, 1"10,10,10	37.5"12, 40"15,	40"15X, 45"12X, 30"12
C	Hip thrust BB or Machine on bench	10 to 12	3	3012	75	10 mins			100"10, 130"10, 12	170"12, 180"12, 200"12	200"12, 12,
D	Standing Calves	10 to 12	3	2121	75	10 mins			Seated - 30"16, 30"16, 35	Seated - 30"16, 32.5"16, 35"16	35"18,40"18,

Knees turn out to create torque, rotate not separate - more stable. Stay low if too hard.

Neutral pelvis - parallel to floor, no heel lean

DAY 2	UPPER BODY A						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75"10, 80"10, 80"9	80"8,9,9	85 (9,9,7)	80"10, 10,9	80"10, 87.5"9,9
A2	Lat Pulldown Mid Pronated Grip; Pause @ body	8 to 10	3	3011	120	12.5 mins	45"10, 55"8, 55"10	59"10, 68"10, 10	62.5 (10) 65 (12) 70 (11)	69"12, 13, 13	69"(12+2), 13, (12+2"3/4)
B1	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25"10, 32"12, 32"10	32"10, 10, 8	32 (7) 27.5 (12,10)	27.5"12,12, 30"7+20"6	25"14, 27.5"14
B2	Seated Row; Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curls - 18kg	68"10+2,12,12	64 (12) 70 (15) 72.5 (12)	77"8, 68"12,12	68"12, 14, 12
C1	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5"12, 12,	17.5"14, 20"11X, 11	20"10X, 17.5"12, 12	17.5"12, 20"10X (elbow not str8)
C2	Lying DB Triceps Extensions	10 to 12	3	3010	75	10 mins		17.5"12,12,	20"12, 22.5"11, 11	22.5"11,10,20"12	20"12,12,

Waist down, elbows in, stay tight

Lock hips down when sitting 90° before leaning back. Elbows in, hands in line with shoulders at top (not head)

Sit down enough to equate

On down lat elbow straight

DAY 3	LOWER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	BB Rack Pull; Just below knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120"10, 130"10, 10	130"10,140"10+3,130"10	130"10, 140"10, 150"10	130"10, 130"10, 140"10	140"10, 150"10, 160"10
A2	Single Leg Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins				25 (10,6(RB) 22.5 (L,R)10)	25 (10,1 10 R 8, 10)
B1	DB Step Ups; Mid Shin	10 to 12	3	2010	75	10 mins				5kg 12"3	5 (13) 8 (12) 10 (12)
B2	90 Deg Back extensions w/No pause just keep it controlled	12 to 15	3	3010	75	10 mins			68"12,12, 12	25 (15) 30 (15) 35 (15)	35 (15) 40 (15) 45(15)
C	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130"15, 150"15, 15	150"15, 160"16, 16	(machine) 160"15,15, 15	160"15, 15, 170"15
D	Standing Calves	12 to 15	3	3020	75	10 mins				100"(15+5), 130"15, 140"15	140"15, 15, 150"

Bar touches body all times;hip comes thru at end, feet out. First rep pull slack out of bar and keep pulling into rep

Keep leg out and flexed, knee up, front knee sliding, push floor away - hips flex, slight knee flex at bottom upright at top, knee to stay out

DAY 3	UPPER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Seated DB Shoulder Press; Back Supported	8 to 10	3	4010	90	12.5 mins	25"12, 10, 10	25"12, 12, 11		25"12, 27.5"10, 10	27"10, 13, 32"10
A2	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59"10, 68"10, 77"8	77"10, (9+1), (7+1+3"0.75)		77"10, 10, 12	Pull up (86kg/7)(6+1X), 7, 8
B1	Flat DB Press	8 to 12	3	3010	75	10 mins				30"12, 32.5"12, 11	32"12, 12, 12
B2	Seated Row; Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59"12, 12, 12	59"12, 68"12, 12		68"12, 77"12, 10	(bent over row) 32X"12, 25"12, 29"12
C1	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8"15, 9"15, 10"15	10"15,16,12	10"14, 13,	9"15, 15, 11"15H
C2	Machine or Cable Rear delt flys	12 to 15	3	3020	75	10 mins				45"12, 50"15, 54"13X	(seated bent dB fly) 5"15,6"15

Lock knee down

PROGRAM FOUR

PHASE OPTIMISING MR MOG

DATE 17th June 2021

BY Reece Adams

FOR Almog Fitter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered ;)

DAY	TRAINING SESSION
MONDAY	LOWER BODY
TUESDAY	REST
WEDNESDAY	UPPER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST
SUNDAY	REST



REDEFINED  
FITNESS

Day 1	LOWER BODY							Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest			Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled								
M2	Side lying Clams	25 each side	1	Controlled								
M3	Facedown Glute kick back	15 each side	1	Controlled								
A	BB Squat to Box - Slightly above parallel	8 to 10	3	4010	90	12.5 mins	60"10, 80"10, 85"10	85 (10,10,10)	80"10, 10, 80"10			
B	Lying Leg curl, Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6"12, 7"10, 10	39 (10) 39+5 (10) 46+2.5 (10)	7"10, 8"10, 10(8)			
C	DB Squats; Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5"12, 20"12, 12	20 (12, 12, 12)	20"10, 22.5"10, 20"10			
D	45 Deg Back Extensions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	80"10, 7"10, 8.5, 7"10, 10"10			
E	Hip thrust BB or Machine on bench	10 to 12	3	3012(	75	10 mins			130"10, 130"10, 12			
F	Standing Calves	10 to 12	3	2121	75	10 mins			Seated - 20"10, 30"10, 15			

Knees turn out to create torque, rotate not separate - more stable, Big toe 1st toe head.

Neutral pelvis - parallel to floor, no heel lean

DAY 2	UPPER BODY							Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75"10, 80"10, 80"9	80"9,9,9	80"9,9,9			
B	Lat Pulldown Mid Pronated Grip; Pause @ body	8 to 10	3	3011	120	12.5 mins	45"10, 55"8, 55"10	59"10, 68"10, 10	62.5 (10) 65 (12) 70 (11)			
C	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25"10, 32"12, 32"10	32"10, 10, 8	32 (7) 27.5 (12,10)			
D	Seated Row, Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curls - 18kg	68"10+2,12,12	64 (12) 70 (15) 72.5 (12)			
E	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5"12, 12,	17.5"14, 20"11X, 11			
F	Lying DB Tricep Extensions	10 to 12	3	3010	75	10 mins		17.5"12,12,	20"12, 22.5"11, 11			

Feet down, elbows in

Lock legs down when sitting 90° before leaning back. Elbows in line with shoulders at top (2nd head)

DAY 3	WHOLE BODY							Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest			Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A	BB Rack Pull; Just above knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120"10, 130"10, 10	130"10, 140"10, 130"10	130"10, 140"10, 130"10			
B	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59"10, 68"10, 77"8	77"10, (8+1), (7+1+3"0.75)	77"10, 10, (8+2"0.75)			
C	DB Shoulder Press, Back supported	8 to 12	3	3010	75	10 mins	25"12,10, 10	25"12,12, 11	25"12, 12, 12			
D	Seated Row, Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59"12, 12, 12	59"12, 68"12, 12	68"12,12,12			
E	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130"15, 150"15, 15	150"15, 160"16, 16			
F	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8"15, 9"15, 10"15	10"15, 16, 12			

PROGRAM THREE

PHASE STRENGTH AND HYPERTROPHY

DATE 17th May 2021

BY Reece Adams

FOR Almog Flitter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



REDEFINED  
FITNESS

DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	3 to 5	3	4010	60	25 mins	80	80 to 85	85 to 90	90 to 95	95 to 100
A2	Chin Ups, Mid Pronated Grip	3 to 5	3	4010	120						
B1	80 Deg Incline DB w/Pause @ bottom	6 to 8	3	3110	75	20 mins					
B2	Seated Row, Mid Supinated Grip; Squeeze @ body	8 to 10	3	3011	75						
C	DB 30 deg Pec Fly Pause @ stretch and contracted position...	10 to 15	3	3111	60	15 mins					
D	Single Arm DB Row; Elbow out to side	10 to 15	3	3021	60						

Week 1	2	3	4
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above parallel	3 to 5	3	4010	60	25 mins	85 to 90	90 to 95	95 to 100	100 to 105	105 to 110
A2	Lying Leg curl; Dorsi flexed	3 to 5	3	4010	120						
B1	DB Squats; Heels elevated - Banded around ankles if needed w/ 1 1/4 @ bottom	6 to 8	3	3010	75	20 mins					
B2	DB Split legged deadlifts	8 to 10	3	3010	75						
C	DB Poliquin Step Ups; Heel Elevated	12 to 20	3	2121	60	15 mins					
D	Standing BB Calf Raises on floor Toes inward then toes outward	8 to 10/8 to 10	3	2121	60						

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	3 to 5	3	4010	60	25 mins	47.5	47.5 to 50	50 to 52.5	52.5 to 55	55 to 57.5
A2	Chin Ups Supinated Grip	3 to 5	3	4010	120						
B1	Flat DB Press	6 to 8	3	3010	75	20 mins					
B2	Seated Row; Mid pronated grip Pause @ body think upper back/rear delts	8 to 10	3	3011	75						
C1	Seated DB Hammer curls	8 to 10	3	3010	60	15 mins					
C2	Standing Cable Pushdowns; Straight bar or Ez bar	8 to 12	3	3010	60						

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	10 to 15	3	3010	60	25 mins					
A2*	Nordic curls to bench or Leg curl plantar flexed	5	3	4010	120						
B1	Banded BB Hip thrust on Bench; 1 1/4 @ top	6 to 8	3	3011	75	20 mins					
B2	DB Step ups, Medium size step - next height up from the last one	8 to 10	3	2010	75						
C1**	Hanging Knee raises; Do it with toes turned in - Tuck from pelvis and only go down to 90 deg angle then back	10 to 15+	3	2121	60	15 mins					
C2	Single Leg Calf raises; Can hold DB on working leg side	10 to 15	3	2121	60						

\*Yes I know its less reps but the intent is for you to go out further and to put more effort into each rep - So whilst theres less of them they are harder reps

\*\*If can do more than 15 awesome but make sure they are under control and of high quality before pushing the reps.

**PROGRAM** Shoulders, Back and Arms focus  
**PHASE** Hypertrophy  
**DATE** 9th December 2019  
**BY** Reece Adams  
**FOR** Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER BODY A	Reps	Sets	Tempo	Rest	Date;	Date;	Date;	Date;
Order	Exercise					Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	Flat BB Press	See beside	4	40X0	75				
A2	BB Bent over row; Pronated Grip	8 to 12	4	40X0	90				
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	60				
B2	Lat Pulldown; Neutral narrow grip	8 to 12	3	30X1	60				
C*	Standing Cable Single Arm Lateral raises	12 to 15	3	3020	45				
D1	Standing Cable Ext rotations elbow by side	15 to 20	3	3010	30				
D2	Incline Bench Trap 3 Raises 10s hold @ top	3	3	30110	60				

**\*Its short rest keep it controlled and stick to the short rest - Pick appropriate weight**

Day 2	LOWER BODY A	Reps	Sets	Tempo	Rest	Date;	Date;	Date;	Date;
Order	Exercise					Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	BB Squat; Heels elevated	See beside	4	40X0	75				
A2	Leg curl; Dorsi flexed	See beside	4	40X0	90				
B1	DB Forward Lunges Same leg then swap	8 to 12	3	30X0	60				
B2	90 Deg Hypers 2s pause @ top	10 to 15	3	30X2	60				
C*	Leg extensions focus on keeping tension in quads and DEADSTOP @ TOP & BOTTOM	12 to 15	3	3121	45				
D1	Seated DB Curls	8 to 12	3	3020	60				
D2	Lying Ez Bar Skull crushers	8 to 12	3	3020	60				

**\*Its short rest keep it controlled and stick to the short rest - Pick appropriate weight**

DAY 3	UPPER BODY B	Reps	Sets	Tempo	Rest	Date;	Date;	Date;	Date;
Order	Exercise					Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	30 Deg Incline BB Press	See beside	4	40X0	75				
A2	Lat Pulldown; Supinated Grip	8 to 12	4	30X1	90				
B1	Decline DB Press; Rotating grip	8 to 12	3	30X0	60				
B2	Seated row; Narrow pronated grip	8 to 12	3	30X1	60				
C*	Lying DB Pullovers	12 to 15	3	3020	45				
D1	Single Arm DB Lean away lateral raises	12 to 15	3	3020	30				
D2	Seated Single Arm Cable Elbow out to side row	12 to 15	3	3020	60				

**\*Its short rest keep it controlled and stick to the short rest - Pick appropriate weight**

Day 4	LOWER BODY B	Reps	Sets	Tempo	Rest	Date;	Date;	Date;	Date;
Order	Exercise					Week 1 4 sets	Week 2 4 sets	Week 3 4 sets	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench No bounce @ top	15 12 10 10	4	3011	75				
B1	DB Squats; Heels elevated	8 to 12	3	3010	60				
B2	Lying Leg Curls dorsi flexed	8 to 12	3	3010	60				
C*	DB Stiff legged deads focus on hammies	12 to 15	3	3010	45				
D1	Reverse Crunches on floor or bench	10 to 15	3	2121	30				
D2	Seated calf raises Pause @ top and bottom	12 to 15	3	2111	60				

**\*Its short rest keep it controlled and stick to the short rest - Pick appropriate weight**

DAY 5	ARMS	Reps	Sets	Tempo	Rest	Date;	Date;	Date;	Date;
Order	Exercise					Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	Ez bar or DB Spider curls on Incline Bench	See beside	4	40X0	75				
A2	Standing Cable Pushdowns; Straight bar	See beside	4	40X0	90				
B1	Seated DB Hammer Curls	8 to 12	3	3010	60				
B2	Standing Cable Rope Overhead Tricep Extensions	8 to 12	3	3010	60				
C	Single Arm Cable Curls	10 to 15	3	3020	30				
D	Single Arm Cable Tricep pushdowns supinated	10 to 15	3	3020	30				
E	Standing Cable Ext rotations elbow by side	15 to 20	3	3010	60				

**PROGRAM** Shoulders/Back and Arms Focus  
**PHASE** Hypertrophy - With 30/15/15/15 this will HURT  
**DATE** 6th January 2020  
**BY** Reece Adams  
**FOR** Almog Flitter  
**TAKE LONGER REST IF NEEDED ESPECIALLY ON PRIMARY LIFTS**

DAY	TRAINING SESSION
MONDAY	UPPER A
TUESDAY	LOWER A
WEDNESDAY	REST
THURSDAY	UPPER B
FRIDAY	LOWER B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Flat BB Press	See Beside	4	40X0	75				
A2	T-Bar row	8 to 12	4	40X0	90 to 120				
B1	30 deg Incline DB Press	8 to 12	3	30X0	60				
B2	Lat Pulldown; Pronated Grip	8 to 12	3	30X1	75				
C*	Standing DB Lateral raises focus on keep tension in delts	30/15/15/15	1	Pump	75				
D1	Single Arm DB Extenal rotation elbow on knee	10 to 12	3	4010	45				
D2	Incline Bench Trap 3 Raises 8s hold @ top	4 to 5	3	3018	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

Day 2	LOWER A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Banded BB Hip Thrust on Bench	12 10 8 8	4	3021	75				
A2	Leg curf; Dorsi flexed	See Beside	4	40X0	90 to 120				
B1	DB Poliquin Step Ups; Heels elevated	12 to 17	3	2121	60				
B2	BB Stiff legged deads w/Deadstop @ bottom	8 to 10	3	31X0	75				
C*	Leg extentions focus on keeping tension in quads	30/15/15/15	1	Pump	75				
D1	Standing Ez Bar or BB wall curls	8 to 12	3	3020	60				
D2	Standing Cable Pushdowns Straight bar	8 to 12	3	3020	60				

\*Use about 40-50% of what you would do 10 reps with. Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15.

DAY 3	UPPER B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 - 3 sets ALL
A1	Standing BB Military Press	8 to 10	4	40X0	75				
A2	Angled Lat Pulldown Supinated Grip	8 to 10	4	40X0	90 to 120				
B1	Dips	8 to 10	3	30X0	60				
B2	Seated row; Neutral Narrow grip	8 to 12	3	30X1	75				
C1	DB L to extend Lateral raises Pause @ top before lower	10 to 12	3	3010	60				
C2	Cable Lat Pullovers Narrow grip straight bar Hard squeeze @ bottom	10 to 12	3	3021	60				
D*	Rear delt flys Machine or DB Hang an swings	30/15/15/15	1	Pump	75				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

Day 4	LOWER B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Banded BB Hip Thrust on Bench	25 20 15 15	4	3021	75				
A2	Leg curf; Plantar flexed	See Beside	4	40X0	90 to 120				
B1	DB Poliquin Step Ups; Heels elevated	15 to 25	3	2121	60				
B2	45 Deg Hypers	10 to 12	3	30X4	75				
C*	Seated Leg Curf; Dorsi flexed keep tension in hammies	30/15/15/15	1	Pump	75				
D1	Hanging Knee raises	8 to 15	3	3020	60				
D2	Calf raises Pause @ top and bottom	10 to 12	3	3111	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

DAY 5	ARMS					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 to 10 reps	Week 2 - 8 to 10 reps	Week 3 - 6 to 8 reps	Week 4 - 6 to 8 reps - 3 sets ALL
A1	Seated DB Curls	See Beside	4	40X0	75				
A2	Lying Ez Bar Skull Crushers	See Beside	4	40X0	75 to 90				
B1	Incline DB Zottman Curls	8 to 12	3	3010	60				
B2	Decline DB Tricep extentions	8 to 12	3	3010	75				
C*	Ideally Machine Preacher Curls or Single Arm DB Curls on Incline bench	30/15/15/15	1	Pump	75				
D*	Standing Cable Rope pushdown	30/15/15/15	1	Pump	75				
E	Traffic Cop - Add DB's when able	10 to 15	3	2121	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

**PROGRAM** Shoulders, Back and Arms focus  
**PHASE** Hypertrophy  
**DATE** 3rd February 2020  
**BY** Reece Adams  
**FOR** Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B W/ARMS
SATURDAY	REST
SUNDAY	REST

Can adjust days based on bodyweight days



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Flat BB Press	12 10 8 8	4	40X0	75				
A2	BB Bent over row; Pronated Grip	8 to 12	4	40X0	90				
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	60				
B2	Lat Pulldown; Neutral narrow grip	8 to 12	3	30X1	60				
C*	DB L to extend Lateral raises	15/3-5/3-5/3-5	1	Smooth	75				
D1	Lying on Side DB External rotations	10 to 15	3	3010	30				
D2	Incline Bench Trap 3 Raises 6s hold @ top	6	3	3016	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench w/Abduction @ top	10 to 12	4	3011	75				
B1	DB Poliquin Step Ups Higher step Heel elevated	10 to 15	3	2121	60				
B2	45 Deg Hypers 6s pause @ top	10	3	30X6	60				
C*	Leg extentions focus on keeping tension in quads	15/3-5/3-5/3-5	1	Smooth	75				
D1	Seated DB Curls	8 to 12	3	3020	60				
D2	Lying Ez Bar Skull crushers	8 to 12	3	3020	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	30 Deg Incline BB Press	12 10 8 8	4	40X0	75				
A2	Lat Pulldown; Supinated Grip	8 to 12	4	30X1	90				
B1	Decline DB Press; Rotating grip	8 to 12	3	30X0	60				
B2	Seated row; Narrow pronated grip	8 to 12	3	30X1	60				
C*	Cable Lat Pullovers	15/3-5/3-5/3-5	1	Smooth	75				
D1	Single Arm DB Lean away lateral raises	12 to 15	3	3020	30				
D2	Single Arm DB row Elbow out to side	12 to 15	3	3020	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

Day 4	LOWER BODY B W/ARMS					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench w/Abduction @ top	15 to 20	4	3011	75				
B1	BB Step Ups; Mid shin	8 to 12	3	3010	60				
B2	90 Deg Hypers	10 to 15	3	3010	60				
C*	Seated Leg curl	15/3-5/3-5/3-5	1	Smooth	75				
D1	Ez bar or DB Spider curls on Incline Bench	8 to 12	4	3020	60				
D2	Standing Cable Pushdowns; Straight bar	8 to 12	4	3020	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

**PROGRAM** Shoulders/Back and Arms Focus  
**PHASE** Hypertrophy - With Drop-sets  
**DATE** 2nd March 2020  
**BY** Reece Adams  
**FOR** Almog Flitter  
**TAKE LONGER REST IF NEEDED ESPECIALLY ON PRIMARY LIFTS**

DAY	TRAINING SESSION
MONDAY	UPPER A
TUESDAY	LOWER A
WEDNESDAY	REST
THURSDAY	UPPER B
FRIDAY	LOWER B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
A1	Flat BB Press	10 8 6 6	4	40X0	75	80 85 90	82.5 87.5 92.5	85 90 95	87.5 92.5 97.5	85 92.5 100
A2	T-Bar row	6 to 12	4	40X0	90 to 120					
B1	30 deg Incline DB Press	8 to 12	3	30X0	60					
B2	Lat Pulldown; Supinated Grip	8 to 12	3	30X0	75					
C1	Rear delt flys Machine or Cable	15 to 20	3	3020	45					
C2	Seated Row Pronated Wide Grip Pause @ upper ribs - Think rear delts	10 to 12	3	3011	75					
D	Standing DB Lateral raises focus on keep tension in delts	(10/10/10)	1 to 2	Pump	75					

Day 2	LOWER A w/Arms					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
A1	Seated Banded abductions	20	4	2020	30					
A2	BB Squats to Box	5	4	5010	90 to 150	70 to 80	75 to 85	80 to 90	85 to 95	90 to 100
B1	BB Somersault Squats Heels elevated	10 to 15	3	3020	60					
B2	BB Stiff legged deads w/Deadstop @ bottom	8 to 10	3	31X0	75					
C	Leg extentions focus on keeping tension in quads	(10/10/10)	1 to 2	Pump	75					
D1	Standing Ez Bar or BB wall curls	8 to 12	3	3020	60					
D2	Standing Cable Pushdowns Straight bar	8 to 12	3	3020	60					

DAY 3	UPPER B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 2 sets	Week 2 2 sets	Week 3 3 sets	Week 4 3 sets	Week 5 2 sets DELOAD 3 sets ALL
A1	Standing BB Military Press	8 to 10	4	40X0	75					
A2	Lat Pulldown Pronated Grip	8 to 10	4	40X0	90 to 120					
B1	Dips	8 to 10	3	30X0	60					
B2	Seated row; Neutral Narrow grip	8 to 12	3	30X1	75					
C1	DB L to extend Lateral raises Pause @ top before lower	10 to 12	3	3010	60					
C2	Cable Lat Pullovers Narrow grip straight bar Hard squeeze @ bottom	10 to 12	3	3021	60					
D	Rear delt flys Machine or Cable	(15/15)	2 to 3	Pump	75					

Day 4	LOWER B w/Arms					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
A	Deadlifts off Blocks or Pins mid shin - Reset each rep	8 to 10	4	3110	90 to 120					
B1	Seated Banded abductions	20	3	2020	30					
B2	BB Hip thrust 1 1/4 @ top	8 to 10	3	3011	75 to 90					
C	Seated Leg Curl; Dorsi flexed keep tension in hammies	(10/10/10)	1 to 2	Pump	75					
E1	Incline DB Hammer curls	8 to 12	3	3020	60					
E2	Seated Single Arm DB Overhead Tricep Extentions	10 to 12	3	3111	60					
D	Hanging Knee raises	8 to 15	3	3020	60					

PROGRAM LOCKDOWN V1  
PHASE Hypertrophy  
DATE 14th April 2020  
BY Reece Adams  
FOR Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A W/ARMS
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B W/ARMS
SATURDAY	REST
SUNDAY	REST

Can adjust days based on bodyweight days

117

114



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A1	Flat BB Press	7 5 3 3	4	30X0	75	85 (9) 90 (7) 95 (5)	90 (7) 95 (5) 100 (3-5)	95 (7) 100 (5) 105 (3)	85 (5) 100 (5-7) 105 (4-5)	90 (7) 100 (5) 110 (2-3)
A2	Single arm DB row elbow normal Squeeze hard @ top. If too easy do 1 1/4 @ top	8 to 10	4	30X0	120 to 180					
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	75					
B2	Bent Over BB Row Pronated Grip	8 to 12	3	30X0	75					
C1*	Standing DB Lateral raises	10 to 15	3	3010	45					
C2*	DB Lat Pullovers w/Deadstop @ bottom on Decline bench	10 to 15	3	3010	45					
D	Lying on Side DB External rotations	10 to 15	3	3010	60					

\*Keep rest short to keep pump large and incharge.

Day 2	LOWER BODY A W/ARMS					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15					
A2	BB Squats to Box	8 to 10	4	4010	90 to 150	70 to 75 (8)	70 to 75 (10)	75 to 80 (8)	75 to 80 (10)	80 to 85 (8-10)
B	DB or BB Step ups Mid shin	10 to 12	3	2010	75					
C1	Banded leg curls 1 1/4 @ top	8 to 10	3	3010	15					
C2	DB or BB Stiff legged Deadlifts	12 to 15	3	3010	75 to 90					
D1	Incline DB Curls	8 to 12	3	3020	60					
D2	Lying Flat DB Tricep Extentions	8 to 12	3	3020	60					

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A1	30 Deg Incline DB Press	8 to 10	4	40X0	75					
A2	Chin Ups; Supinated Grip - Put Rack up high and bend legs	4 to 8	4	40X0	90 to 120					
B1	Decline BB Press; Rotating grip	8 to 12	3	30X0	75					
B2	Seated row; Narrow pronated grip - Attach a stick to band(s)	8 to 15	3	30X1	75					
C	Seated DB Lateral raises	15 to 20	3	3010	45					
D1	Jackknives	10 to 15	3	3020	30					
D2	Hollow body hold	30 to 60s	3	Hold	60					

Day 4	LOWER BODY B W/ARMS					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A	Deadlifts off pins mid shin	6 to 8	4	3110	120 to 150					
B1	Seated Banded Abductions Upright then forward w/5 sec hold	20/15	4	2020	15					
B2	BB Banded Hip Thrust on ground 1 1/2 @ top	15 to 20	3	3010	90					
C*	Banded Leg extentions Attach band low and behind legs -do one leg at a time if feel more	10 to 15	3	3020	45					
D1	Standing Ez bar curls Narrow grip	8 to 12	3	3020	60					
D2	Single Arm DB Tricep kickbacks	10 to 15	3	3020	60					
E	Standing BB Calf raises on floor	15 to 20	3	2121	45					



**PROGRAM** PROGRAM SHREDDED V1

**PHASE** Density Training

**DATE** 18th May 2020

**BY** Reece Adams

**FOR** Almog Flitter

**NOTES** Use 12RM not 6 RM and try get as many sets as possible in allocated time

Aim is 10 sets in 30 mins - if can do that increase weight if only 8 sets then keep weight same and aim to get more sets - once 10 sets increase weight.

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B
SATURDAY	REST
SUNDAY	REST

Can adjust days based on bodyweight days



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	BB Floor press	6	30 mins	40X0	N/A	70	80	80	85
A2	Bent Over DB row	6 to 8	30 mins	40X0	N/A				
B1	Seated DB Hammer Curls	8 to 12	3	3010	75				
B2	Ez Bar Tricep Extentions slight incline	8 to 12	3	3010	75				
C	Banded Clock Drill on Floor	5 to 10	3	Controlled	60				

10  
10  
3  
3  
3

Deload if still feeling low libido

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions	15	30 mins	2020	N/A				
A2	B Stance Hip Thrust on Bench; Alternate leg you start with	6 to 8	30 mins	3012	N/A		60 to 80		
B1	BB Somersault squats	10 to 12	3	30X0	75				
B2	BB Stiff legged Deadlifts	10 to 12	3	3010	75				
C	Standing BB Calf raises on Floor	12 to 15	3	3111	60				

DAY 3	UPPER BODY B - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	Push Ups with Protraction @ top; if too easy pause @ bottom	8 to 10	30 mins	4010	N/A		80 or Add pause if too easy	paused or add weight if needed	Add weight if needed
A2	Banded Lat Pulldown focus mostly on activation/contraction	8 to 10	30 mins	3011	N/A				
B1	Standing Ez bar Wall curls	8 to 12	3	3010	75				
B2	DB Flat Tricep Extentions	8 to 12	3	3010	75				
C	Banded Clock Drill on Floor	5 to 10	3	Controlled	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin	6	30 mins	40X0	N/A	105	110	115	120
A2	Banded Leg Curls ideally double leg focus mostly on contraction	8 to 10	30 mins	3011	N/A				
B1	Banded BB Hip thrust on Ground 1 1/2 @ top	12 to 15	3	30X1	75				
B2	DB Stiff legged Deadlifts	12 to 15	3	3010	75				
C	Ab Rollouts on knees with Barbell Deadstop @ bottom	8 to 10	3	3210	60				

**PROGRAM** PROGRAM SHREDDED V2  
**PHASE** Density Training  
**DATE** 15th June 2020  
**BY** Reece Adams  
**FOR** Almog Fitter  
**NOTES** See under

Aim is 5 sets in 30 mins - if can do that increase weight if only 4 sets then keep weight  
same and aim to get more sets - once 5 sets increase weight.

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B
SATURDAY	REST
SUNDAY	REST

Can adjust days based on bodyweight days



DAY 1	UPPER BODY A - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	BB Bench Press	6 to 8	30 mins	40X0	N/A				
A2	Banded Lat Pulldown focus mostly on activation/contraction	6 to 8	30 mins	40X0	N/A				
A3	Push Ups with Protraction @ top; If too easy pause @ bottom	10 to 12	30 mins	3010	N/A				
A4	Single Arm DB Row; Deadstop @ top	10 to 12	30 mins	3011	N/A				
B1	30 Deg Incline DB Tricep Extensions	12 to 15	3	3010	60				
B2	Seated DB Curls	12 to 15	3	3010	60				
C	Single arm DB Lean away Lateral raises	10 to 15	3	3020	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	105	110	115	120
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
C	Jackknifes	12 to 15	3	Smooth	60				

DAY 3	UPPER BODY B - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	30 Deg Incline BB Press	6 to 8	30 mins	4010	N/A				
A2	Standing Reverse Grip Ez Bar curls	6 to 8	30 mins	3011	N/A				
A3	Flat Ez Bar skull crushers to Back of head	10 to 12	30 mins	3010	N/A				
A4	Bent Over DB row	10 to 12	30 mins	3010	N/A				
B1	Ez Bar 30 Deg Incline Spider Curls	12 to 15	3	3010	60				
B2	BB Floor Press	12 to 15	3	3010	60				
C	Banded Pull aparts think upper back/rear delts	20 to 30	3	Controlled	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions	20	30 mins	2020	N/A				
A2	BB Hip Thrust on ground 3 1/4 @ top eg thrust to the top then its an extra 2 1/4s = 1 rep	6 to 8	30 mins	40X0	N/A				
A3	BB Ab Roll outs on Knees	10 to 12	30 mins	3010	N/A				
A4	DB Step Ups; Height you can keep knee stable with	10 to 12	30 mins	3010	N/A				
B1	BB Somersault squats	12 to 15	3	30X0	60				
B2	BB Stiff legged Deadlifts	12 to 15	3	3010	60				
C	Standing BB Calf raises on Floor	15 to 20	3	3111	60				

PROGRAM PROGRAM SHREDDED V3

PHASE Density Training

DATE 14th July 2020

BY Renee Adams

FOR Aliang Filter

NOTES Aim is 5 sets in 45 mins - if can do that increase weight if only 4 sets then heavy weight same and aim to get more sets - once 5 sets increase weight. If splitting it in A1-3 and B1-3 aim to get it done in 25 mins

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Incline BB Press	4 to 6	45 mins	40X0	N/A	55	60	65	65 to 70
A2	Single Arm DB Row 1 1/4 @ top	4 to 6	45 mins	40X0	N/A				
A3	45 Deg Incline DB Flye, Doubleleg @ bottom	6 to 12	45 mins	30X0	N/A				
A4 or B1	Seated Lat Pulldown Wide Pronated Grip (walk back to where you to be assigned)	6 to 12	45 mins	30X0	N/A				
A5 or B2	Push Ups with Protection @ top, if too easy pause @ bottom	10 to 15	45 mins	3010	N/A				
A6 or B3	Seated Seated Row, Neutral	12 to 15	45 mins	3010	N/A				
B1	Incline DB Curls	10 to 12	3	3010	60				
B2	Lying BB or EZ Skull crushers	10 to 12	3	3010	60				

\*Be sensible with the weight start around 10-12.5kg until you get familiar with it and Focus on keeping muscle working

DAY 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Walkout from floor kneeling @ bottom hold each time - SEND ME VIDEO FOR ASSESSING YOUR POSTURE IN THIS MOVEMENT	8 to 10	45 mins	40X0	N/A	60ish			
A2	Seated Banded Abductions, Upright	25	45 mins	2020	N/A				
A3	Single Leg Hip Thrust on bench add DB to hips if too easy but don't bounce @ top use glute	8 to 10	45 mins	3021	N/A				
A4 or B1	ALL GROUND SQUATS DEADSTOP @ BOTTOM Heels apart, 1 split heels and	8 to 10	45 mins	3010	N/A				
A5 or B2	Banded Leg extensions Attach band low and behind legs equally do double leg	12 to 15	45 mins	3020	N/A				
A6 or B3	Standard Lying Leg curls	12 to 15	45 mins	3020	N/A				
B1	Flow to knee crunches Left then right = 1 rep	8 to 10	3	2121	30				
B2	Hollow body hold	30 to 60	3	1666	75 to 90				

Day 4	UPPER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Flat BB Bench Press	4 to 6	45 mins	40X0	N/A	75	80	85	85 to 90
A2	Bent Over Double arm DB Row	6 to 8	45 mins	40X0	N/A				
A3	50 Deg Incline DB Press (go lightish bc aiming to SCARS TOP & BOTTOM, let me know if this is ok first)	8 to 10	45 mins	31X0	N/A				
A4 or B1	Banded Seated Row Wide Pronated DEADSTOP @ head only	8 to 10	45 mins	30X1	N/A				
A5 or B2	Plate or DB Lateral raises	12 to 20	45 mins	3020	N/A				
A6 or B3	Banded Facepulls	12 to 20	45 mins	3021	N/A				
B1	Bounding DB curls	10 to 12	3	3010	60				
B2	Lying Flat DB Triceps Extensions	10 to 12	3	3010	60				

Day 6	LOWER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions, Upright	25	45 mins	2020	N/A				
A2	BB Hip Thrust on ground 3 1/4 @ top eg Thrust to the leg then to an angle 2 1/4 x 1 1/4	4 to 6	45 mins	40X0	N/A				
A3	Standard Lying Leg curls Hold for 2sec @ contraction	8 to 10	45 mins	3020	N/A				
A4 or B1	20 or 40 Step Ups, Mid step	8 to 10	45 mins	3010	N/A				
A5 or B2	Banded Leg extensions Attach band low and behind legs equally do double leg	15 to 20	45 mins	20X0	N/A				
A6 or B3	Mountain Fing touchbacks on end of Bench/ think glutes	15 to 20	45 mins	Smooth	N/A				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body hold	30 to 60s	3	1666	75 to 90				

Day 7	Rest Day/Recover/Grow
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Day 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	85	88	90	90
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip Thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
C	Jackknives	12 to 15	3	Smooth	60				

PROGRAM PROGRAM SHREDDED V3 - EDITED HOME EDITION

PHASE Density Training

DATE 20th July 2020

BY Raice Adams

FOR Almg Filter

NOTES Aim is 5 sets in 45 mins - If can do that increase weight if only 4 sets then heavy weight same and sets to get more sets - once 5 sets increase weight. If splitting it in A1-3 and B1-3 aim to be get 5 done in 25 mins

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Handstand push ups	4 to 6	45 mins	40X0	N/A				
A2	Bent Over Double arm DB Row	4 to 6	45 mins	40X0	N/A				
A3*	45 Deg Incline DB Flys, Deadstop @ bottom or (Single Arm DB Row) (2x10-15 reps) (use both to allow sets to be completed "if possible")	8 to 12	45 mins	30X0	N/A				
A4 or B1	Push Ups with Protraction @ top, if too easy pause @ bottom	8 to 12	45 mins	30X0	N/A				
A5 or B2	Banded Seated Row- Neutral	10 to 15	45 mins	3010	N/A				
A6 or B3	Banded Seated Row- Neutral	12 to 15	45 mins	3010	N/A				
B1	Inverse DB Curls or normal DB curls or Banded curls	10 to 12	3	3010	60				
B2	Lying DB Triceps extensions on ground or Banded (pushdowns 10 to 15)	10 to 12	3	3010	60				

\*Be sensible with the weight start around 16-12 kg until you get familiar with it and Focus on keeping muscles working

DAY 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Banded Deadlift from floor Cautions @ bottom - SEND NO SIGNALS (NO ASSESSMENT, LOCK PROTRUSION, TUCK)	8 to 10	45 mins	40X0	N/A				
A2	Banded Banded Abductions, Upright	25	45 mins	2020	N/A				
A3	Single Leg Hip Thrust on bench add DB or weight of some sort to this from bench (use B1) (Reverse @ top use same) (Squat Squats out)	8 to 10	45 mins	3021	N/A				
A4 or B1	Banded Squats DEADSTOP @ BOTTOM (Heels elevated)	8 to 10	45 mins	3210	N/A				
A5 or B2	Banded Leg extensions Attach band low and behind legs ideally on floor on leg	12 to 15	45 mins	3020	N/A				
A6 or B3	Banded Lying Leg curls	12 to 15	45 mins	3020	N/A				
B1	Elbow to knee crunches Left then right + 1 rep	8 to 10	3	2121	30				
B2	Hollow body hold	30 to 60	3	Hold	75 to 90				

Day 4	UPPER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Handstand wall walks	4 to 6	45 mins	Controlled	N/A				
A2	Chair Upns: Neutral or supinated whichever you "feel" more	7 to 9	45 mins	40X0	N/A				
A3	Banded Push ups 1 1/4 @ bottom	8 to 10	45 mins	30X0	N/A				
A4 or B1	Banded Seated Row With Protracted DEADSTOP @	8 to 10	45 mins	30X1	N/A				
A5 or B2	Push ups DB Lateral raises or Band partial range lateral raises	12 to 20	45 mins	3020	N/A				
A6 or B3	Banded Facepulls	12 to 20	45 mins	3021	N/A				
B1	Standing DB curls or (Single arm Banded Curls 10 to 15)	10 to 12	3	3010	60				
B2	Standing Overhead Double arm or Single Arm Banded Triceps ext. (Squat and Lunge) (3 to 4 sets)	10 to 15	3	3010	60				

Day 6	LOWER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Banded Banded Abductions, Upright	25	45 mins	2020	N/A				
A2	Single leg hip Thrust on bench 3 1/4 @ top eg Thrust to the top then to an extra 2 1/4s + 1 rep	4 to 6	45 mins	40X0	N/A				
A3	Banded Lying Leg curls Hold for 2sec @ contraction	8 to 10	45 mins	30X0	N/A				
A4 or B1	DB Step Ups, Mid shin or Banded Lunges	8 to 10	45 mins	3010	N/A				
A5 or B2	Banded Leg extensions Attach band low and behind legs ideally do double leg	15 to 20	45 mins	20X0	N/A				
A6 or B3	Modified Frog kickbacks on end of bench or table (think push)	15 to 20	45 mins	Smooth	N/A				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body Hold	30 to 60s	3	Hold	75 to 90				

Day 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	8 to 8	30 mins	40X0	N/A	100	100	100	100
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	8 to 8	30 mins	3011	N/A				
A3	Single Leg Hip Thrust on bench add DB to hips if too easy but don't bounce @ top use guide	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
C	Jackknives	12 to 15	3	Smooth	60				

Day 7	Rest Day/Recover/Row
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PROGRAM PROGRAM SHREDDED V3

PHASE Density Training

DATE 8th August 2020

BY Renee Adams

FOR Almg Filter

NOTES Aim is 5 sets in 45 mins - if can do that increase weight if only 4 sets then keep weight same and do just more sets - once 5 sets increase weight. If splitting it in A1-3 and B1-3 aim is to get it done in 25 mins

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Incline DB Press	4 to 6	45 mins	40X0	N/A		50 to 60	60 to 65	65 to 70
A2	Single Arm DB Row 1 1/4 @ top	4 to 6	45 mins	40X0	N/A				
A3	45 Deg Incline DB Flys Overhead @ bottom	6 to 12	45 mins	31X0	N/A				
A4 or B1	Lat PullDown Wide Promoted Grip	6 to 12	45 mins	30X1	N/A				
A5 or B2	Push Ups With Protection @ Top: if too easy pause @ bottom	10 to 15	45 mins	3010	N/A				
A6 or B3	Seated Row: Narrow Neutral grip	12 to 15	45 mins	3011	N/A				
B1	Incline DB Curls	10 to 12	3	3010	60				
B2	Lying BB or EZ Skull crushers	10 to 12	3	3010	60				

\*Be sensible with the weight start around 10-12.5kg until you get familiar with it and Focus on keeping muscle working

DAY 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlift from floor Overlap @ bottom heel each time - <b>BEING ME: VIDEO FOR ASSISTANCE YOUR POSTURE</b>	6 to 10	45 mins	40X0	N/A		60kg		
A2	Seated Barbell Abductions: Upright	25	45 mins	2020	N/A				
A3	Single Leg Hip Thrust on bench add DB to legs if too easy but don't bounce @ top use glute	8 to 10	45 mins	3021	N/A				
A4 or B1	DB Curls: Incline: OVERLAP @ BOTTOM Heels raised - <b>Beats knees out</b>	8 to 10	45 mins	3010	N/A				
A5 or B2	Lying Leg curls: Dorsi flexed	12 to 15	45 mins	3020	N/A				
A6 or B3	Leg extensions	12 to 15	45 mins	3020	N/A				
B1	Elbow to knee crunches Left then right + 1 rep	8 to 15	3	2121	30				
B2	Hollow body hold	30 to 60	3	Hold	75 to 90				

DAY 4	UPPER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Flat BB Bench Press	4 to 6	45 mins	40X0	N/A		75 to 80	80 to 85	85 to 90
A2	Lat PullDown: Supinated Grip	6 to 8	45 mins	30X1	N/A				
A3	60 Deg Incline DB Press (go lightish be sensible)	6 to 10	45 mins	31X0	N/A				
A4 or B1	Seated Row: Wide Promoted DECASTOP @ 90 DEGREE	6 to 10	45 mins	30X1	N/A				
A5 or B2	DB Lateral raises	12 to 15	45 mins	3020	N/A				
A6 or B3	Cable Rope Facepulls	12 to 15	45 mins	3021	N/A				
B1	Standing BB curls	10 to 15	3	3010	60				
B2	Lying Flat DB Tricep Extensions	10 to 15	3	3010	60				

DAY 5	LOWER BODY B					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Barbell Abductions: Upright	25	45 mins	2020	N/A				
A2	BB Hip Thrust on ground 3 1/4 @ top sq thrust to the top then to an extra 2 1/4s + 1 rep	4 to 6	45 mins	40X0	N/A				
A3	Lying Leg curls: Omni - Dorsi LP and Plantar DOWN	8 to 10	45 mins	30X0	N/A				
A4 or B1	DB or KB Step Ups: Mid shin	8 to 10	45 mins	3010	N/A				
A5 or B2	Leg extensions	15 to 20	45 mins	20X0	N/A				
A6 or B3	Midband Frog kickbacks on end of Bench think glutes or Cables: Overlap: 90 DEGREE: 90 DEGREE	15 to 20	45 mins	Smooth	N/A				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body hold	30 to 60s	3	Hold	75 to 90				

Day 7	Rest Day/RecoverGrow
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Day 2	LOWER BODY A					Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Squats off pins mid shin - Same weight as last program but 2 more reps	6 to 8	20 mins	40X0	N/A	85	85	85	85
A2	Barbell Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	20 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to legs if too easy but don't bounce @ top use glute	10 to 12	20 mins	3021	N/A				
A4	Barbell Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	20 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Barbell Kneeling Crunches	12 to 15	3	3011	60				
C	Jackknives	12 to 15	3	Smooth	60				

PROGRAM PROGRAM SHREDDED V4  
PHASE Strength and Modified Heavy/Light  
DATE 31st August 2020  
BY Raissa Adams  
FOR Almg Filter

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date:	Date:	Date:	Date:				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)				
A1	Incline DB Press: slightly 13deg difference between incline and Flat DB	9 7 7 5 5	20 mins		40X0	N/A	10 10 10 10	10 10 10 10	10 10 10 10	1	1	1	1
A2	Chan Uppr: Narrow neutral grip Use band if needed Squatly hips only	4 to 8			40X0	90 to 120			10 mins				
B1	Banded across body flys - use muscle no momentum	15 to 20			3011	N/A	1 mins	1 mins	1 mins	1	1	1	1
B2	30 Deg Incline DB Wide Press (if feel more or can use machine) - Squatly @ bottom and use seat muscle in	8 to 10			3110	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
C1	Cable Lat Pulldowns Straight bar	10 to 15			3010	N/A	1 mins	1 mins	1 mins	1	1	1	1
C2	Seated Row: Mid to wide Neutral grip or Supinated	8 to 10	10-20 mins		3011	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
D	Lower ab exercise you feel	12 to 15	8 mins		2121	60				1	1		

DAY 2	LOWER BODY A					Date:	Date:	Date:	Date:				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)				
A	Deadlift from floor Deadstop @ bottom rest each time	6 to 8	18 mins		41X0	90 to 150			1 1 1	1	1	1	1
B1	DB Goblet Squats: DEADSTOP @ BOTTOM Heels elevated - Keep knees out	8 to 10			4010	N/A	1 mins	1 mins	1 mins	1	1	1	1
B2	Any Extensions: Deadstop @ top and bottom this is gonna burn like MAD	12 to 15	10-20 mins		3111	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
C1	lying Leg curls: Diarr Rest	8 to 10			4010	N/A	1 mins	1 mins	1 mins	1	1	1	1
C2	45 Deg Back Extensions Deadstop @ top	12 to 15			3011	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
D1	Seated DB Hammer Curls	10 to 12	10 mins		3010	60				1	1	1	1
D2	Standing Cable Pushdowns: Straight bar	10 to 12			3010	60				1	1	1	1

Day 5	UPPER BODY B					Date:	Date:	Date:	Date:				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)				
A1	Flat DB Press	9 7 7 5 5	20 mins		40X0	N/A	10 10 10 10	10 10 10 10	10 10 10 10	1	1	1	1
A2	Bent over DB Row: Prowided	8 to 10			30X1	90 to 120			1 mins	1	1	1	1
B1	30 Deg Incline DB Press: Be variable with weight if any @ bottom let me know Chan for squats squats arm etc	8 to 10	10-20 mins		4010	N/A	1 mins	1 mins	1 mins	1	1	1	1
B2	DB Lateral raises	12 to 15			3010	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
C1*	Lat Pulldown: Neutral grip - leaning to side	8 to 10			3011	N/A	1 mins	1 mins	1 mins	1	1	1	1
C2*	Single Arm DB row	12 to 15	10-20 mins		3010	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
D	Upper Ab exercise you feel	12 to 15	8 mins		2121	60				1	1	1	1

Do 1 arm then go to next exercise and do same arm then go back and repeat same on opposite side

Day 6	LOWER BODY B					Date:	Date:	Date:	Date:				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)				
A	BB Squats: to bench or box	5	18 mins		5010	90 to 150	1 min		1 mins	1	1	1	1
B1	20 or KB Step Ups: Mid shin	8 to 10			2010	N/A	1 mins	1 mins	1 mins	1	1	1	1
B2	BB Hip Thrust on Bench: 1 14 @ top	12 to 15	10-20 mins		3011	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
C1	lying Leg Curl Planter Rest	8 to 10			40X0	N/A	1 mins	1 mins	1 mins	1	1	1	1
C2	90 Deg Back extension or BB DBF legged deads	12 to 15	10-20 mins		30X0	90 to 120	1 mins	1 mins	1 mins	1	1	1	1
D1	62 Bar preacher Curls	12 to 15	10 mins		3010	60				1	1	1	1
D2	Bent over Overhead Cable Rope Tricap Extensions	12 to 15			3010	60				1	1	1	1

Day 2	LOWER BODY A					Date:	Date:	Date:	Date:				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4				
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	100	100	100	100	1	1	1	1
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 14 @ top	8 to 8	30 mins	3011	N/A					1	1	1	1
A3	Single Leg Hip Thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A					1	1	1	1
A4	Banded Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A					1	1	1	1
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60					1	1	1	1
B2	Banded Kneeling Crunches	12 to 15	3	3011	60					1	1	1	1
C	Jackkiles	12 to 15	3	Smooth	60					1	1	1	1

Day 7	Rest Day/Recover/Grow
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PROGRAM PROGRAM 9-SHREDDED V4 - HOME VERSION  
PHASE TIMED SETS - DENSITY TRAINING  
DATE 21st September 2020  
BY Rance Adams  
FOR Almost Fitter

Apply the 20% rule: as soon as you can increase the total number of reps by 20% or more, start the next workout with 5% more weight and start over.

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1		UPPER BODY A				Date:		Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)	
A1	Push Ups - If needed Add weight to a backpack or Exercise Ball	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75)	4 x 40s (17.5 to 18.75)	4 x 40s	4 x 40s	1 1 1 1
A2	Chin Ups, Supinated Grip	2 to 6		SO10	90 to 120	4 x 40s (18.75 to 20)	4 x 40s (18.75 to 20)	4 x 40s	4 x 40s	1 1 1 1
B1	Seated DB Ankle Press	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (18.75 to 19.5 to 20)	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	1 1 1 1
B2	Inverted Rows or Banded rows	30 to 40s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	1 1 1 1
C1	Single Arm DB Row	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	1 1 1 1
C2	Jackknifes	30 to 40s		Smooth	90 to 120	4 x 40s (17.5 to 18.75 to 19)	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	1 1 1 1

DAY 2		LOWER BODY A				Date:		Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)	
A1	DB Squats, Heels elevated (stand on books)	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	1 1 1 1
A2	Lying Leg curls, Drome flexed or Nordic curls	30 to 40s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	1 1 1 1
B1	DB Static Lunges	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19.5 to 20)	4 x 40s (17.5 to 18.75 to 19.5 to 20)	4 x 40s	4 x 40s	1 1 1 1
B2	Seated Abductions	30 to 40s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	1 1 1 1
C1	Seated DB Curls	30 to 40s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
C2	Lying DB Tricep Extensions	30 to 40s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1

Day 3		UPPER BODY B				Date:		Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)	
A1	Push Ups - If needed Add weight to a backpack or Exercise Ball	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
A2	Chin Ups, Supinated Grip	2 to 6		SO10	90 to 120	4 x 40s (18.75 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
B1	Standing DB Ankle Press	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
B2	Inverted Rows or Banded rows	50 to 60s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
C1	Seated DB Row	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
C2	Jackknifes	50 to 60s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1

Day 4		LOWER BODY B				Date:		Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (5 sets ALL)	
A1	DB Squats, Heels elevated (stand on books)	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
A2	Lying Leg curls, Drome flexed or Nordic curls	50 to 60s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
B1	DB Static Lunges or Slissy Squats	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
B2	Seated Abductions	50 to 60s		Smooth	90 to 120	4 x 40s	4 x 40s	4 x 40s	4 x 40s	1 1 1 1
C1	Seated DB Curls	50 to 60s	16-20 mins	Smooth	N/A	4 x 40s (17.5 to 18.75 to 19.5 to 20)	10	4 x 40s	4 x 40s	1 1 1 1
C2	Lying DB Tricep Extensions	50 to 60s		Smooth	90 to 120	4 x 40s (18.75 to 19.5 to 20)	4 x 40s	4 x 40s	4 x 40s	1 1 1 1

Day 5		LOWER BODY A				Date:		Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	
A1	Squats off your mind when - Same weight as last program but 2 more reps	6 to 6	30 mins	4000	N/A	100	100	100	100	1 1 1 1
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1/4 @ top	6 to 6	30 mins	3011	N/A					1 1 1 1
A3	Single Leg Hip Thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A					1 1 1 1
A4	Banded Leg extensions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A					1 1 1 1
B1	Reverse Crunches holding onto a pole behind head	10 to 10	3	3020	60					1 1 1 1
B2	Banded Kneeling Crunches	12 to 10	3	3011	60					1 1 1 1
C	Jackknifes	12 to 10	3	Smooth	60					1 1 1 1

Day 7	Rest Day/Recover/Grow
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Going back into lockdown

Has 2 x DB's

4 x 5kg

6 x 2.5kg

Chin Up bar

Potentially do 1 exercise w/short rest or pair with body weight exercise

5 Olympic platforms  
Power Rack  
Rings  
Comp Benches  
Cable Tower

Cambered Bar  
Competition Rack  
Big Rig  
Texas Bars  
Dumbbells

Kettlebells  
Yoke  
WL Bars  
Farmer's Walk  
Bumpers



PROGRAM Back to the Gym - Berlin  
PHASE Strength and Modified Heavy/Light  
DATE 14th October 2020  
BY Reece Adams  
FOR Almog Fitter

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Flat BB Press	12 10 8 8	20 mins	40X0	N/A	60 60 70	60 70 75	70 70 80	70 80 85
A2	Chin Ups Neutral Grip	4 to 8		40X0	90 to 120	4 sets	4 sets	4 sets	3 sets
B1	DB Seated Shoulder Press; No back support	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
B2	DB Lateral raises; Kneeling on High incline Bench	10 to 12		3010	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Bent Over BB Row; Pronated Grip	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
C2	Single Arm DB row; Normal Grip and Alt starting side	10 to 12		3011	90 to 120	4 sets	5 sets	5 sets	3 sets

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4 5 3

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	BB Squats; to bench or box	5	20 mins	5010	N/A	40 to 55kg (4 sets)	(4 sets)	(4 sets)	3 sets
A2	Seated Banded Abductions	20		2010	90 to 150	4 sets	4 sets	4 sets	3 sets
B1	DB Lunges; Static - Alt starting side	8 to 10	16-20 mins	4010	N/A	4 sets	5 sets	5 sets	3 sets
B2	BB Stiff legged deadlifts or Back extension depending what they have and you prefer	10 to 12		3010	90 to 150	4 sets	5 sets	5 sets	3 sets
C1	Standing Ez Bar Curls	10 to 12	16-20 mins	3010	75	4 sets	5 sets	5 sets	3 sets
C2	Standing Overhead Cable Rope Tricep Extensions or Seated DB overhead Extensions	12 to 15		3010	75	4 sets	5 sets	5 sets	3 sets

5  
5

Day 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	30 Deg Incline BB Press; Roughly 10kg lighter than Flat BB Press	12 10 8 8	20 mins	40X0	N/A	50 55 60	55 60 65	60 65 70	65 70 75
A2	Lat Pulldown Pronated; Squeeze @ bottom	8 to 12		30X1	90 to 120	4 sets	4 sets	4 sets	3 sets
B1	Dips	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
B2	30 Deg Incline DB Flys	10 to 12		3010	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Bent over BB Row; Supinated Grip	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
C2	DB Pullovers on bench	10 to 12		3010	90 to 120	4 sets	5 sets	5 sets	3 sets

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4 5 3

DAY 5	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Deadlift from floor Deadstop @ bottom reset each time	8 to 10	20 mins	41X0	N/A	60 to 65 (4 sets)	65 to 70 (4 sets)	70 to 75 (4 sets)	75 to 80 (3 sets)
A2	Seated Banded Abductions	20		2020	90 to 150	4 sets	4 sets	4 sets	3 sets
B1	DB Squats; Heels elevated	8 to 10	16-20 mins	4010	N/A	4 sets	5 sets	5 sets	3 sets
B2	BB Hip thrust on bench ideally 1 1/4 @ top	10 to 12		3011	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Incline DB Bicep Curls	10 to 12	16-20 mins	3010	75	4 sets	5 sets	5 sets	3 sets
C2	Lying Ez Bar Skull crushers	10 to 12		3010	75	4 sets	5 sets	5 sets	3 sets

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3 3 3

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Day 7	Rest Day/Recover/Grow
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**PROGRAM** RESET - Whilst in Quarantine  
**PHASE** WHOLE BODY  
**DATE** 15th November 2020  
**BY** Reece Adams  
**FOR** Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY
TUESDAY	REST
WEDNESDAY	LOWER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST
SUNDAY	REST



DAY 1	UPPER BODY					Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3
A1	Push Ups; Can add resistance band or elevate feet to make it more difficult	10 to 12	3	40X0	90			
A2	Seated Banded Row	12 to 15	3	3011	90			
B1	Standing Banded Bicep Curls	10 to 15	3	3010	75			
B2	Standing Overhead Banded Tricep extentions	10 to 15	3	3010	75			

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5 5 3 5  
4 5 3 5  
4 5 3 5

Day 2	LOWER BODY					Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3
A1	Lunges; Can add resistance band under front foot if needed	10 to 12	3	4010	90			
A2	Seated Banded Abdcutions	20	3	2020	90			
B1	Jackknifes on floor	10 to 15	3	2121	75			
B2	Standing Calf raises can add resistance band if needed	15 to 20	3	2121	75			

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5 5 3 5  
4 5 3 5  
4 5 3 5

DAY 3	WHOLE BODY					Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3
A1	Single arm Banded Shoulder Press or Hand stand push ups 4 to 6	10 to 12	3	4010	75			
A2	Kneeling Banded Lat Pulldown	12 to 15	3	3011	90			
B1	Lying Banded leg curls 1 1/4 @ top	8 to 10	3	4010	75			
B2	Stiff legged deadlifts can band resistance under feet	10 to 15	3	3010	90			

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	W1	W2	
Mon	Upper	Lower	UP
T			
W	Lower	Upper	Low
Th			
Fr	Upper	Lower	Up
Sat			
Sun			

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**PROGRAM** ONE - Building a strong base

**PHASE** GPP - WELCOME HOME :) - BACK TO IT NOW SIR!!

**DATE** 8th December 2020

**BY** Reece Adams

**FOR** Almog Flitter

**NOTES** Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled					
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled					
M3	Banded Lat Activation	10 each side	1	Controlled					
A1	Incline DB Press Rotating	8 to 12	4	4010	75				
A2	Lat Pulldown Pronated Grip	8 to 12	4	3011	75				
B1	Single Arm DB Shoulder Press	8 to 12	4	3010	60				
B2	Seated Row; Narrow neutral grip pause @ ribs	10 to 12	4	3011	60				
C1	Single Arm Half Kneeling Cable Row; Pulling from high	10 to 12	3	3011	30				
C2	T-raises on floor	12 to 15	3	2121	60				

Week 1	2	3	4
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
M3	Facedown Glute kick back	15 each side	1	Controlled					
A1	DB Split Squats; Front Foot elevated	8 to 10	4	4010	75				
A2	Lying Leg curl; Dorsi flexed	8 to 10	4	4010	75				
B1	DB Squats; Heels elevated - Banded just below knee	8 to 12	4	3010	60				
B2	45 deg Back Extension w/2s Hold @ top	10 to 15	4	3012	60				
C1	Banded BB Hip thrust on floor with Abduction @ top no bounce	12 to 15	3	3012	30				
C2	Standing Calf Raise Machine	12 to 15	3	2121	60				

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled					
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled					
M3	Banded Lat Activation	10 each side	1	Controlled					
A1	Seated DB Shoulder Press No back support -	8 to 12	4	4010	75				
A2	Lat Pulldown; Mid Supinated Grip; pause @ Bottom	10 to 12	4	3011	75				
B1	30 Deg Incline DB Press; Rotating - Start Neutral at Bottom then Pronated @ top	8 to 12	4	3010	60				
B2	Seated Row; Narrow Pronated grip; pause @ ribs	10 to 12	4	3011	60				
C1	Seated DB Curls no back support	10 to 12	3	3010	30				
C2	Lying Flat DB Tricep Extensions	10 to 12	3	3010	60				

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
M3	Facedown Glute kick back	15 each side	1	Controlled					
A1	DB Split Squats; Front Foot elevated	8 to 12	4	4010	75				
A2	BB Romanian Deadlifts; Keep bar close to body and controlled	10 to 12	4	4010	75				
B1	DB Squats; Heels elevated	10 to 15	4	3010	60				
B2	Banded BB Hip thrust on floor with Abduction @ top no bounce	12 to 15	4	3012	60				
C1	Bicycle Crunches	8 to 15 each side	3	Smooth	30				
C2	Plank - Can do 3 point plank if regular one is too easy -	30 to 60s	3	Hold	60				

\*3 point plank is on 2 elbow with 1 foot lifted. At half way point swap leg to keep it as even as possible.

PROGRAM TWO

PHASE Strength and Hypertrophy Focus

DATE 4th January 2021

BY Reece Adams

FOR Almog Flitter

NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	6 to 8	5	4010	90	25 mins				
A2	Chin Ups; Pronated Grip - Use assisted machine or bands	6 to 8	5	4010	90					
B1	Seated DB Shoulder Press no back support	8 to 10	3	3010	75	20 mins				
B2	Seated Row; Supinated grip pause @ ribs	8 to 10	3	3011	75					
C1	DB Lateral raises	10 to 12	3	3011	60	15 mins				
C2	Single Arm DB Row	10 to 12	3	3011	60					

Week 1	2	3	4
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box; 5s Down	6 to 8	5	5010	90	25 mins				
A2	Lying Leg curl; Dorsi flexed	6 to 8	5	4010	90					
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 10	3	3010	75	20 mins				
B2	90 deg Back Extension w/Is Hold @ top	8 to 10	3	3016	75					
C1	Banded BB Hip thrust on bench with 1 1/4 @ top	10 to 12	3	3011	60	15 mins				
C2	Standing Calf Raise Machine w/2s Hold @ top	10 to 12	3	2121	60					

Doesn't have a 45 back ext

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline BB Press	6	4	4010	15	20 mins				
A2	Flat DB Press	10 to 12	4	3010	90 to 120					
B1	Lat Pulldown; Supinated Grip	6	4	4010	15	20 mins				
B2	Seated Row; Narrow neutral grip; pause @ ribs	10 to 12	4	3011	90 to 120					
C1	Incline DB Curls	10 to 12	3	3010	60	15 mins				
C2	Standing Cable Pushdowns	10 to 12	3	3010	60					

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Romanian Deadlifts; Keep bar close to body and controlled	6	4	5010	15	20 mins				
A2	Lying leg Curls; Dorsi flexed	10 to 12	4	3010	90 to 120					
B1	DB Squats; Heels elevated - Banded just below knee	6 to 8	4	4010	15	20 mins				
B2	DB Static Lunges - Alt starting leg - Remember to stay braced before lowering	10 to 12	4	3010	90 to 120					
C1	Hanging Knee raises; Keep feet turned in	8 to 15	3	Hold	60	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top	15 to 20	3	Smooth	60					

**PROGRAM** THREE - 5x5 and PUMP Focus  
**PHASE** Strength and Hypertrophy  
**DATE** 1st February 2021  
**BY** Reece Adams  
**FOR** Almog Flitter  
**NOTES** Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	5	5	4010	60	25 mins				
A2	Chin Ups; Semi Supinated Grip - Use assisted machine or bands if needed	5	5	4010	120					
B1	Standing Single Arm DB Shoulder Press w/Deadstop @ bottom	6 to 8	3	3110	60	20 mins				
B2	Seated Row; Mid Pronated Grip 1 1/4 @ upper ribs - think upper back	6 to 8	3	3011	90					
C1	Single Arm DB Lean away lateral raises	10 to 15	3	3011	45	15 mins				
C2	Rear delt flys machine or cable	10 to 15	3	3011	75					

Week 1                      2                      3                      4  
Upper                      Lower                      Upper                      Lower  
Lower                      Upper                      Lower                      Upper  
Upper                      Lower                      Upper                      Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box; 5s Down	5	5	5010	60	25 mins				
A2	Lying Leg curl; Dorsi flexed	5	5	5010	120					
B1	DB Squats; 1 1/4 @ bottom Heels elevated	6 to 8	3	3010	60	20 mins				
B2	90 deg Back Extention w/1s Hold @ top	6 to 8	3	3018	90					
C1	Leg Extentions; Keep tension in quads Pause @ top and bottom avoid momentum	10 to 15	3	3111	45	15 mins				
C2	Seated if access otherwise Standing Calf Raise Machine is fine w/1s Hold @ top	12 to 15	3	2121	75					

DAY 3	UPPER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	45 Deg Incline BB Press	8	6	4010	45	25 mins				
A2	Lat Pulldown; Pronated Grip	8	6	4010	45					
B1	15 Deg Incline DB Wide Press; Stay neutral	8 to 12	4	3010	45	20 mins				
B2	T-Bar Row	8 to 12	4	3011	45					
C1	Seated DB Hammer Curls w/Pause @ 90deg on way down	8 to 10	3	3010	45	15 mins				
C2	Lying Flat EZ Bar skullcrushers or DBs if no ez bar	8 to 12	3	3010	45					

Day 4	LOWER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Trap Bar Deadlifts High Handle	8	6	4010	45	25 mins				
A2	Single Leg Lying leg Curls	8	6	4010	45					
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 12	4	3010	45	20 mins				
B2	90 Deg Back extentions	10 to 12	4	3010	45					
C1	Bicycle crunches	8 to 15 each side	3	Smooth	45	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top	12 to 15	3	Smooth	45					

**PROGRAM** THREE - 5x5 and PUMP Focus - HOME GYM  
**PHASE** Strength and Hypertrophy  
**DATE** 13th February 2021  
**BY** Reece Adams  
**FOR** Almog Flitter  
**NOTES** Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	5	5	4010	60	25 mins				
A2	Chin Ups; Semi Supinated Grip - Use assisted machine or bands if needed	5	5	4010	120					
B1	Standing Single Arm DB Shoulder Press w/Deadstop @ bottom	6 to 8	3	3110	60	20 mins				
B2	Seated Row; Mid Pronated Grip 1 1/4 @ upper ribs - think upper back	6 to 8	3	3011	90					
C1	Single Arm DB Lean away lateral raises	10 to 15	3	3011	45	15 mins				
C2	Rear delt flys Plates or Band pullaparts 15 to 30 reps	10 to 15	3	3011	75					

Week 1                      2                      3                      4  
Upper                      Lower                      Upper                      Lower  
Lower                      Upper                      Lower                      Upper  
Upper                      Lower                      Upper                      Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box; 5s Down	5	5	5010	60	25 mins				
A2	Nordic Curls	5	5	5010	120					
B1	DB Squats; 1 1/4 @ bottom Heels elevated	6 to 8	3	3010	60	20 mins				
B2	BB Romanian Deadlifts	6 to 8	3	3018	90					
C1	Jackknifes	10 to 20	3	Smooth	45	15 mins				
C2	Standing Calf Raise w/1s Hold @ top	12 to 15	3	2121	75					

DAY 3	UPPER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Ssec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	45 Deg Incline BB Press	8	6	4010	45	25 mins				
A2	Lat Pulldown; Pronated Grip	8	6	4010	45					
B1	15 Deg Incline DB Wide Press; Stay neutral	8 to 12	4	3010	45	20 mins				
B2	T-Bar Row or Bent over BB row Supinated Grip	8 to 12	4	3011	45					
C1	Seated DB Hammer Curls w/Pause @ 90deg on way down	8 to 10	3	3010	45	15 mins				
C2	Lying Flat EZ Bar skullcrushers or DBs if no ez bar	8 to 12	3	3010	45					

Day 4	LOWER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Trap Bar Deadlifts High Handle	8	6	4010	45	25 mins				
A2	Single Leg Banded leg Curls	8	6	4010	45					
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 12	4	3010	45	20 mins				
B2	Cable or Banded Pullthroughs	10 to 15	4	3010	45					
C1	Bicycle crunches	8 to 15 each side	3	Smooth	45	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top or Single Leg Hip thrust	12 to 15	3	Smooth	45					

PROGRAM ONE

PHASE HYPERTROPHY

DATE 9th March 2021

BY Reece Adams

FOR Almog Flitter

NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A							Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	8 to 10	4	4010	90	25 mins		72.5	72.5 to 77.5	77.5 to 82.5	82.5 to 87.5
A2	Lat Pulldown Mid Pronated Grip	8 to 10	4	3011	90						
B1	30 Deg Incline DB Wide Press - Pec Focus	10 to 12	4	3010	75	20 mins					
B2	Seated Row; Narrow neutral grip	10 to 12	4	3011	75						
C*	Standing Cable Pec Flies - height	10 to 15	3	3011	60	15 mins					
D*	Standing Cable Lat Pullover; Long Rope or Straight bar - Whichever you feel more	10 to 15	3	3011	60						

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

Week 1 2 3 4

Upper Lower Upper Lower

Lower Upper Lower Upper

Upper Lower Upper Lower

Day 2	LOWER BODY A							Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box	8 to 10	4	4010	90	25 mins		72.5	72.5 to 77.5	77.5 to 82.5	82.5 to 87.5
A2	Lying Leg curl; Plantar flexed	8 to 10	4	4010	90						
B1	DB Squats; Heels elevated - Banded around ankles if needed	10 to 12	4	3010	75	20 mins					
B2	90 deg Back extensions; Squeeze @ top	10 to 12	4	3011	75						
C1*	Leg Extensions; Keep tension in quads Pause @ top and bottom avoid momentum	10 to 12	3	3111	60	15 mins					
C2*	Standing Calf Raise Machine is fine w/Squeeze @ top	10 to 12	3	2121	60						

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

DAY 3	UPPER BODY B							Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Seated DB Shoulder Press; Back Supported and Rotating grip	8 to 10	4	4010	90	25 mins					
A2	Lat Pulldown Mid Supinated Grip	8 to 10	4	3011	90						
B1	Flat DB Press; Neutral Grip	8 to 12	4	3010	75	20 mins					
B2	Seated Row; Wide Pronated Grip	10 to 12	4	3011	75						
C1*	Standing DB Curls	10 to 12	3	3010	60	15 mins					
C2*	Standing Cable Pushdowns; Straight bar	10 to 12	3	3010	60						

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

Day 4	LOWER BODY B							Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	8 to 10	4	4010	90	25 mins					
A2	Nordic curls to bench or Leg curl dorsl flexed	8 to 10	4	4010	90						
B1	Banded BB Hip thrust on Bench; Squeeze @ top	10 to 12	4	3010	75	20 mins					
B2	DB Stiff legged deadlifts	10 to 12	4	3010	75						
C1	Hanging knee raises	10 to 15+	3	Smooth	60	15 mins					
C2	Single Leg calf raises	8 to 15	3	2121	60						

PROGRAM TWO

PHASE HYPERTROPHY

DATE 12th April 2021

BY Reece Adams

FOR Almog Flitter

NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	5 to 7	4	4010	60	25 mins	77.5 to 82.5	80 to 85	82.5 to 87.5	85 to 90	87.5 to 92.5
A2*	Lat Pulldown Mid Pronated Grip 1 1/4 @ bottom	5 to 7	4	4010	120						
B1**	45 Deg Incline DB Wide Press w/Pause @ bottom	8 to 10	4	3110	75	20 mins					
B2**	Seated Row; Mid Neutral Grip; Squeeze @ body	8 to 10	4	3011	75						
C	Seated Pec Fly machine Pause @ stretch and controlled position	10 to 12	3	3111	60	15 mins					
D	Single Arm DB Trap 3 Raises on Incline bench	10 to 12	3	4010	60						

\*Keep Chest out and quality movement by focusing on using your back to do the 1/4 part no bouncing

\*\*Week 3 and 4 - Do Drop set on last set (8/8)

Week 1	2	3	4
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box	5 to 7	4	4010	60	25 mins	80 to 85	82.5 to 87.5	85 to 90	87.5 to 92.5	90 to 95
A2	Lying Leg curl; Plantar flexed	5 to 7	4	4010	120						
B1*	DB Squats; Heels elevated - Banded around ankles if needed w/2s Pause @ bottom	8 to 10	4	3210	75	20 mins					
B2*	Leg Extensions; keep tension in quads	8 to 12	4	3010	75						
C1	DB Stiff legged deadlifts	10 to 12	3	3010	60	15 mins					
C2	Standing Calf Raise Machine is fine w/Squeeze @ top	12 to 15	3	2121	60						

\*Week 3 and 4 - Do Drop set on last set (8/8)

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	5 to 7	4	4010	60	25 mins					
A2*	Lat Pulldown Mid Supinated Grip 1 1/4 @ bottom	5 to 7	4	4010	120						
B1	Dips	8 to 10	4	3010	75	20 mins					
B2	Single Arm DB Row	10 to 12	4	3011	75						
C1**	Standing Ez Bar curls	8 to 12	3	3010	60	15 mins					
C2**	Lying Flat DB Tricep extensions	8 to 12	3	3010	60						

\*Keep Chest out and quality movement by focusing on using your back to do the 1/4 part no bouncing

\*\*Week 3 and 4 - Do Drop set on last set (8/8)

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Puff; Just below knee	5 to 7	4	4010	60	25 mins	100	100 to 105	100 to 105	100 to 105	100 to 105
A2	Nordic curls to bench or Leg curl dorsl flexed	5 to 7	4	4010	120						
B1	Banded BB Hip thrust on Bench; 3s Squeeze @ top	8 to 10	4	3013	75	20 mins					
B2	DB Step ups; Mid shin	10 to 12	4	3110	75						
C1	Kneeling Cable Crunches w/Rope	10 to 15	3	Smooth	60	15 mins					
C2	Single leg calves on leg press	12 to 15	3	2121	60						



PROGRAM THREE

PHASE STRENGTH AND HYPERTROPHY

DATE 17th May 2021

BY Reece Adams

FOR Almog Flitter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest that's fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	3 to 5	4	4010	60	25 mins	80	80 to 85	85 to 90	90 to 95	95 to 100
A2	Chin Ups Mid Pronated Grip	3 to 5	4	4010	120						
B1	80 Deg Incline DB w/Pause @ bottom	6 to 8	4	3110	75	20 mins					
B2	Seated Row; Mid Supinated Grip; Squeeze @ body	8 to 10	4	3011	75						
C	DB 30 deg Pec Fly Pause @ stretch and contracted position...	10 to 15	3	3111	60	15 mins					
D	Seated Rear delt flys - Pause @ contractions	10 to 15	3	3021	60						

Week 1	2	3	4
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above parallel	3 to 5	4	4010	60	25 mins	85 to 90	90 to 95	95 to 100	100 to 105	105 to 110
A2	Lying Leg curl; Dorsi flexed	3 to 5	4	4010	120						
B1	DB Squats; Heels elevated - Banded around ankles if needed w/1 1/4 @ bottom	6 to 8	4	3010	75	20 mins					
B2	DB Stiff legged deadlifts	8 to 10	4	3010	75						
C	Leg Extensions; Keep tension in quads Pause @ top and bottom	10 to 15	3	3111	60	15 mins					
D	Standing Calf Raise Machine Toes inward then toes outward	8 to 10/8 to 10	3	2121	60						

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	3 to 5	4	4010	60	25 mins	47.5	47.5 to 50	50 to 52.5	52.5 to 55	55 to 57.5
A2	Chin Ups Narrow Neutral Grip	3 to 5	4	4010	120						
B1	Flat DB Press	6 to 8	4	3010	75	20 mins					
B2	Seated Row; Mid pronated grip Pause @ body think upper back/rear delts	8 to 10	4	3011	75						
C1	Seated DB Hammer curls	8 to 10	3	3010	60	15 mins					
C2	Standing Cable Pushdowns; Straight bar or Ez bar	8 to 12	3	3010	60						

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	5	4	4010	60	25 mins	130 to 135	135 to 135	135 to 140	135 to 145	140 to 150
A2*	Nordic curls to bench or Leg curl plantar flexed	5	4	4010	120						
B1	Banded BB Hip thrust on Bench; 1 1/4 @ top	6 to 8	4	3011	75	20 mins					
B2	DB Step ups; Medium size step - next height up from the last one	8 to 10	4	2010	75						
C1**	Hanging Knee raises; Do it with toes turned in - Tuck from pelvis and only go down to 90 deg angle then back	10 to 15+	3	2121	60	15 mins					
C2	Calf raises on leg press	12 to 15	3	2121	60						

\*Yes I know its less reps but the intent is for you to go out further and to put more effort into each rep - So whilst theres less of them they are harder reps

\*\*If can do more than 15 awesome but make sure they are under control and of high quality before pushing the reps.

Do Charles Staley EDT training next phase

Work up to using this method with shorter rest

<https://www.t-nation.com/training/the-new-40-30-5-method>

Next program - OCT

Tri-set

6

8 to 10

12 to 15

Bands  
Occlusion Straps  
Pull up bar  
DB's

Almog 3 months away

Can do plenty steps

Aim is to retain muscle whilst still improving body comp

6	6 to 8	4 to 6
P1	P2	P3
P4	P5	P6

Upper Pecs

Deadlifts from ground

Trap 3 raises

Rear delt emphasis

Upper pec (give flys)

Hanging knee raises

GIGANTIC BICEPS (a personal goal)

147/87 Blood pressure.

Cant do decline DB press cause cant get up without hurting the DB's

Take pull ups out

Discomfort in right shoulder (pec minor region) restriction

Give floor press option