This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Goal Setting		
	Table 1	Goal Setting
Values Template		
	Table 1	Values Template
Video Links		
	Table 1	Video Links
Cover Page		
	Table 1	Cover Page
System Guide		
	Table 1	System Guide

Goal Weight Calculator	
Weight	
Body Fat %	
Fat Mass	0.0
LBM	0.0
Goal Body Fat Percentage	
Goal Weight	

Timeframe Calculator	
Weight	0.0

Weeks	0	1	2	3	4	5	6
Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weeks	13	14	15	16	17	18	19

1

Goal Weight	0.0
Required Weight loss	0.0
Percentage drop per week	0.5%

Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Weeks	26	27	28	29	30	31	32

Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Weeks	39	40	41	42	43	44	45

Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0

7	8	9	10	11	12

0.0	0.0	0.0	0.0	0.0	0.0

20	21	22	23	24	25

0.0	0.0	0.0	0.0	0.0	0.0

33	34	35	36	37	38

0.0	0.0	0.0	0.0	0.0	0.0

46	47	48	49	50	51

0.0	0.0	0.0	0.0	0.0	0.0

Client Name;						Male	
				Percentage (%)	10	20	30
	Male	**Female**		Deficit	0	0	0
Weight (kg)				Surplus	0	0	0
Height (cm)							
Age						Female	
BMR	0	0		Percentage (%)	10	20	30
Baseline (+40%)	0	0		Deficit	0	0	0
				Surplus	0	0	0

Meal 1	Food	Amount	Protein	Carbs	Fats	Calories
Protein	Beef Mince (10% Fat)	220	0	0	0	0
Carbs	Sprouted Loaf (1 slice, 66g)	66	0	0	0	0
Carbs			0	0	0	0
Carbs	-	-	0	0	0	0
Veggies/Fruits	-	-	0	0	0	0
Veggies/Fruits	-	-	0	0	0	0
			0	0	0	0

Meal 2	Food	Amount	Protein	Carbs	Fats	Calories
Protein	Beef Mince (10% Fat)	220	0	0	0	0
Carbs			0	0	0	0
Carbs	-	-	0	0	0	0
Carbs	-	-	0	0	0	0
Fats	-	-	0	0	0	0
Veggies/Fruits	Mixed Baby Greens	200	0	0	0	0
Veggies/Fruits	-	-	0	0	0	0
			0	0	0	0

Meal 3	Food	Amount	Protein	Carbs	Fats	Calories
Protein	Chicken Breast; skinless	220	0	0	0	0
Carbs			0	0	0	0
Carbs	-	-	0	0	0	0
Carbs	-	-	0	0	0	0
Fats			0	0	0	0
Veggies	Mixed Baby Greens	200	0	0	0	0
Veggies	-	-	0	0	0	0
			0	0	0	0

Meal 4	Food	Amount	Protein	Carbs	Fats	Calories
Protein	True Protein, WPI (30g serve)	30	0	0	0	0
Carbs			0	0	0	0
Carbs			0	0	0	0
Carbs	-	-	0	0	0	0
Fats			0	0	0	0
Veggies/Fruits	Blueberries	150	0	0	0	0
Veggies/Fruits	-	-	0	0	0	0
			0	0	0	0

Meal 5	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	YoPro, Vanilla	150	0	0	0	0	
Carbs			0	0	0	0	
Carbs			0	0	0	0	
Carbs			0	0	0	0	
Fats	-	-	0	0	0	0	
Veggies/Fruits	-	-	0	0	0	0	
Veggies/Fruits	-	-	0	0	0	0	
			0	0	0	0	

Meal 6	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	True Protein, WPI (30g serve)	30	0	0	0	0	
Carbs			0	0	0	0	
Carbs			0	0	0	0	
Carbs	-	-	0	0	0	0	
Fats			0	0	0	0	Baseline
Veggies/Fruits			0	0	0	0	
Veggies/Fruits	-	-	0	0	0	0	
			0	0	0	0	Targets

		Training Day
Protein (macro)	0	216
Carbs (macro)	0	71
Fats (macro)	0	50
Total Daily Calorie	0	1600

2850											
864	54%										
284	18%										
450	28%										
1598											

EXERCISE VIDEO LINKS

45º Hyper Extension				
45º Leg Press; mid stance				
Barbell Bent Over Row				
Barbell Hack Squat				
Big 3 Upper Back				
Cable Split Squat				
Cable Step Up				
Dumbbell External Rotation; on knee				
Dumbbell Press & Variations				
Dumbbell Reverse Lunge				
Dumbbell Shoulder Press				
Dumbbell Tricep Extension				
Dumbbell Walking Lunge				
Front Foot Elevated Split Squat				
Goblet Box Squat				
Incline Dumbbell Bicep Curl				
Lat Pulldown				
Lying Leg Curl; dorsi flexed				
Lying Leg Curl; plantar flexed				
Machine Hack Squat				
Plank				
Prone Hip Extension				
Seated Calf Raise				
Shoulder Dislocates				
Side Lying Dumbbell External Rotation				
Side Lying Glute Clam				
Standing Cable Rear Delt Fly				
Trap Bar Deadlift				
Wall Angels				
Y Raise				

ENTERPRISE FITNESS NOTES PAGE

Please take the time to read and understand all of the information below. This will be applicable to all of your training programs. Any questions please ask your coach.

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F I T N E S S
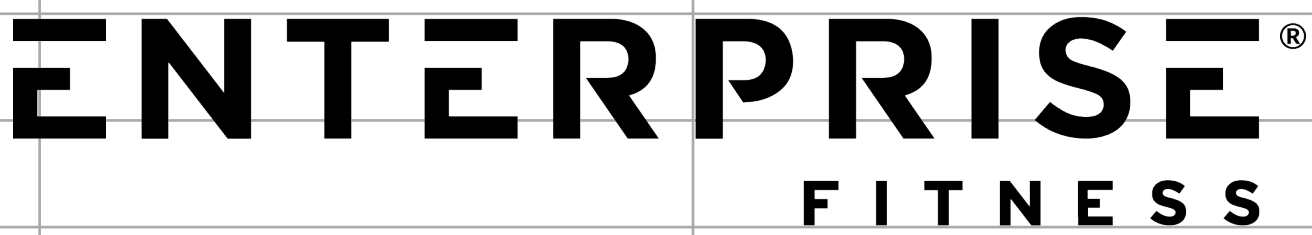
DAY 1	LOWER BODY (1)				Date;	Date;	Date;	Date;
Order	Exercise	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Lying Glute Clams	2	20ea	control	0				
A1	DB Split Squats; front foot elevated	5	8 to 10ea	4010	60	5kg (10 reps)	7.5kg (10 reps)	10kg (9 reps)	12.5kg (8 reps)
A2	Lying Leg Curls; planta flexed	5	8 to 10	4010	60				

COLOUR KEY

** This refers to the 'activation' exercises you **MUST** perform before starting your session e.g M1 - Lying Glute Clams. **Note;** Walking to the gym **DOES NOT** mean you are warmed up to train

** This refers to the exercise that you will perform e.g **A1-A2** This particular setup is what we call a **PAIRING**. Perform A1 (rest) Perform A2 (rest) Go back to A1

** This refers to the amount of **SETS** you will perform of an exercise. Be aware this isn't necessarily the same for everything.

** This is the amount of **REPS** you will perform for each set of the exercise. This will often be given as a range e.g **8 to 10**

** This refers to the **SPEED** at which the exercise will be performed at **(please see below for further explanation)**

** This refers to the total amount of **REST** you will take between each exercise **(the time written is a MINIMUM unless advised oterhwise**

** This is where you record your **WEIGHTS**. It is important that you do this so your coach can see the progress you are making and when you are due a new program also

	HAND / FOOT POSITIONS
Neutral Grip (hand)	Palms facing towards one another
Pronated Grip (hand)	Palms facing towards the ground
Supinated Grip (hand)	Palms facing towards the roof
Unilateral Grip (hand)	Two separate handles (not joined together)
Dorsi Flexed (foot)	Toes pulled up towards you
Planta Flexed (foot)	Toes pointed away from you

	TEMPO EXPLAINED - 4010
4	The 1st number is the **ECCENTRIC**. This is the lowering phase (lengthening of the muscle) e.g DB Split Squat = **4 second LOWER** from the top to the bottom
0	The 2nd number is the isometric pause in the **STRETCHED** position. This immediately follows the eccentric e.g DB Split Squat = 4s down **0 second PAUSE**
1	The 3rd Number is the **CONCENTRIC**. This is the lifting phase (shortening of the muscle) e.g DB Split Squat = 4s down 0s pause **1 second LIFT**
0	The 4th number is the isometric pause in the **SHORTENED** position. This is a squeeze of the active muscle. e.g DB Split Squat = 4s down 0s pause 1s lift **0 second PAUSE**

	RATE OF PERCEIVED EXERTION
RPE - 6	Fairly easy, like a warm up
RPE - 7	You can perform 4-6 more reps
RPE - 8	You can perform 2-3 more reps
RPE - 9	You have 1 more rep left in the tank
RPE -10	You went to failure with perfect form
RPE - 11	You went to failure with partial reps, after completing perfect reps

1

	PROGRESSIVE OVERLOAD EXPLAINED							**RPE - 12**	You used a high intesnity technique to push beyond failure	
WHAT?	This is the gradual progression of **<u>WEIGHT</u>** over the duration of a program. Your aim is to continue challenging your body to adapt							**RPE - 13**	You used multiple high intensity techniques to go all out	
HOW?	You want to use the RPE scale (>) to determine the true demand of the weight you are using. Let's use an 8 to 10 rep range as an example. Week 1 could be an RPE 7 for the 10 reps. By week 4 you want to be **<u>CLOSE</u>** to RPE10 for 8 reps. Still working within the rep range given									

RELATIVE STRENGTH (5-12 SETS)		FUNCTIONAL HYPERTROPHY
REP SCHEMES/SYSTEMS	SYSTEM %	FUNCTIONAL HYPERTROPH
-		-
Linear (3 - 5)	**85%**	Linear (6 - 8)
Descending (7 7 5 5 3 3)	**85%**	Descending (11 9 7 5)
Wave Load (7 5 3 7 5 3)	**85%**	Descending (10 10 8 8 6 6)
Pyramid (7 5 3 3 5 7)	**85%**	Wave Load (10 8 6 10 8 6)
Ascending (3 3 5 5 7 7)	**85%**	Pyramid (10 8 6 6 8 10)
Linear (2 - 4)	**88%**	Descending (9 8 7 6)
Wave Load (5 4 3 5 4 3)	**88%**	Ascending (6 7 8 9)
5 3 5 3 5	**88%**	Descending (10 8 6 6 6)
Descending (6 6 4 4 2 2)	**88%**	Descending (10 10 6 6 6)
Wave Load (6 4 2 6 4 2)	**88%**	Ascending (6 6 8 8 10)
5 5 5 3 3 3	**88%**	Ascending (6 6 6 10)
Pyramid (5 4 3 3 4 5)	**88%**	Linear (5 - 7)
Ascending (2 2 4 4 6 6)	**88%**	Descending (8 8 6 6)
1 6 1 6 1 6	**89%**	Descending (8 8 8 6 6)
Linear (2 - 3)	**90%**	Descending Jump (7 7 5 5 12)
Descending (5 4 3 2 1)	**90%**	Descending (9 9 7 7 5 5)
Descending (5 3 3 2 2)	**90%**	Wave Load (9 7 5 9 7 5)
Descending (5 5 3 3 1 1)	**90%**	Pyramid (9 7 5 5 7 9)
Ascending (1 2 3 4 5)	**90%**	Ascending (5 5 7 7 9 9)
Wave Load (5 3 2 5 3 2)	**90%**	Descending (7 5 5)
Wave Load (5 3 1 5 3 1)	**90%**	Descending Jump (8 6 4 4 12)
Pyramid (5 3 1 1 3 5)	**90%**	Ascending (6 6 6 8 8)
Ascending (1 1 3 3 5 5)	**90%**	Ascending (5 5 5 9 9)
Linear (1 1 1 1 1)	**90%**	Ascending (4 4 8 8 8)
Descending (5 3 3 2 2 1)	**92%**	Linear (4 - 6)
Descending (3 3 3 2 2 2)	**92%**	Descending (8 7 6 5 4)
Linear (1 - 2)	**94%**	Ascending (4 5 6 7 8)
Descending (3 3 2 2 1 1)	**94%**	Descending (8 8 6 6 4 4)

1

Wave Load (3 2 1 3 2 1)	**94%**	Wave Laod (8 6 4 8 6 4)
Pyramid (3 2 1 1 2 3)	**94%**	Pyramid (8 6 4 4 6 8)
1 Rep Max	**100%**	Ascending (4 4 6 6 8 8)
Cluster Training	-	Linear (6 6 6)
Eccentrics	-	Descending (6 4 4)
Traditional Contrast Training	-	AGVT (3 - 5)
French Contrast Training	-	E.R.D.N.A
Energy Systems (2 reps)	-	Energy Systems (6 reps)
5 x 5	-	Isometrics

Y (4-10 SETS)	REP SCHEMES/SYSTEMS	SYSTEM %
Y (4-10 sets)	HYPERTROPHY (3-10 SETS)	
	-	
78%	Linear (10 - 12)	**70%**
78%	Descending (15 12 10)	**70%**
78%	Descending (12 10 8)	**70%**
78%	Descending (15 12 10 10)	**71%**
78%	Linear (9 - 11)	**72%**
79%	Descending Jump (12 10 8 12)	**73%**
79%	Linear (8 - 10)	**74%**
79%	Descending (12 12 10 10 8)	**74%**
79%	Descending (12 12 9 9 6 6)	**74%**
79%	Wave Load (12 9 6 12 9 6)	**74%**
79%	Pyramid (12 9 6 6 9 12)	**74%**
80%	Ascending (6 6 9 9 12 12)	**74%**
80%	Descending Jump (12 10 8 6 15)	**74%**
80%	Linear (10 10 10)	**74%**
80%	Descending (10 8 8)	**74%**
80%	Descending (10 8 6)	**74%**
80%	Ascending (8 8 8 12 12)	**75%**
80%	Linear (7 - 9)	**76%**
80%	Descending (12 10 8 8)	**76%**
80%	Descending (12 10 8 6)	**76%**
81%	Descending (12 8 8 8)	**76%**
81%	Ascending (6 8 10 12)	**76%**
81%	Descending (9 7 7)	**76%**
82%	Descending (9 7 5)	**76%**
83%	Descending (10 10 8 8 8)	**77%**
83%	German Body Comp	-
83%	German Volume Training	-
83%	Doubles Method	-

83%   Extended Tempo   **-**

83%   6 12 Method   **-**

83%   8 x 8   **-**

83%

83%

   -

   -

   -

   -

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N E S S
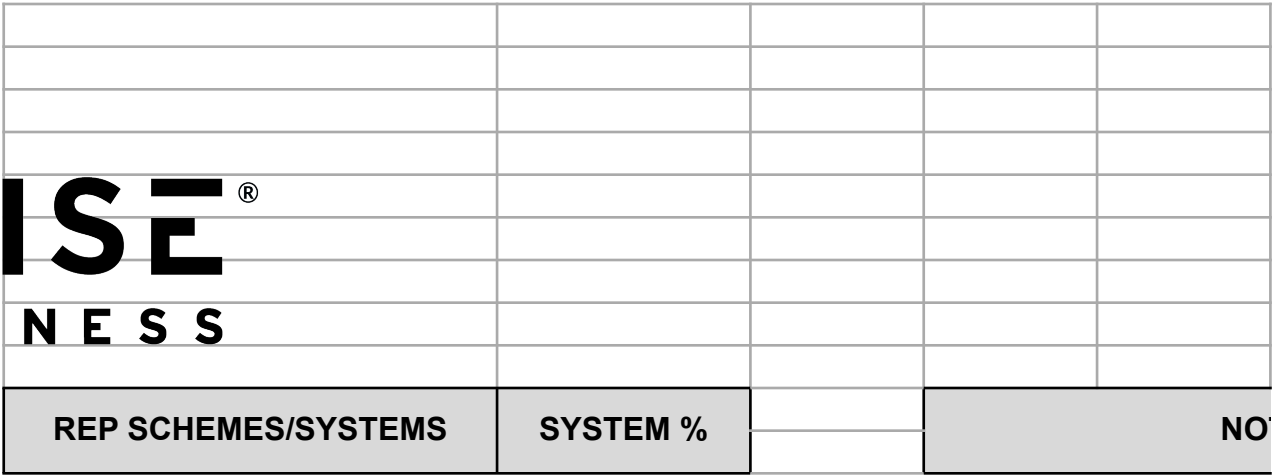
REP SCHEMES/SYSTEMS	SYSTEM %		NO
			Aim to have an 8-12% ir between accumulation a
STRENGTH ENDURANCE (3-6 SETS)			
-			Aim to have a 4-8% incr the same phase
Linear (40 - 50)	40%		
Linear (30 - 40)	45%		
Linear (20 - 30)	50%		
Descending (50 30 20)	50%		
Ascending (20 30 50)	50%		
Descending (30 15 15)	50%		
Linear (20 - 25)	55%		
Linear (15 - 20)	60%		
Ascending (15 15 30)	60%		
Linear (20 20 20)	60%		
Descending (20 10 10)	60%		
Descending (30 20 15 10)	61%		
Ascending (10 15 20 30)	61%		
Linear (12 -15)	66%		
Ascending (12 12 20)	66%		
Linear (15 15 15)	66%		
Descending (20 15 12 10)	67%		
Ascending (10 12 15 20)	67%		
6 12 25 Method	-		
Strongman	-		

TE;