

MARK OTTOBRE

PROGRAM: UPPER/LOWER

PHASE: 1; SEASON A 2025

COACH: TYRONE FOLINO

DATE: 12/1/2025

NOTES:

WEEK 1

UPPER BODY (1)

LOWER BODY (1)

REST

UPPER BODY (2)

LOWER BODY (2)

UPPER BODY (3)

REST

WEEK 2

UPPER BODY (1)

LOWER BODY (1)

REST

UPPER BODY (2)

LOWER BODY (2)

UPPER BODY (3)

REST

WEEK 3

UPPER BODY (1)

LOWER BODY (1)

REST

UPPER BODY (2)

LOWER BODY (2)

UPPER BODY (3)

REST

WEEK 4

UPPER BODY (1)

LOWER BODY (1)

REST

UPPER BODY (2)

LOWER BODY (2)

UPPER BODY (3)

REST

ENTERPRISE

FITNESS

ORDER

BODY PART

BODY PART

EXERCISE

SESSION

SETS

REPS

TEMPO

REST

DATE

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6

TOTAL TONNAGE

DAY 1: UPPER BODY (1) [CHEST BIAS]

A1

UPPER PEC (CLAVICULAR)

Incline Barbell Chest Press; mid grip

1

4

8,8,6,6

3010

120

0

2

4

8,8,6,6

3010

120

0

3

4

8,8,6,6

3010

120

0

4

4

8,8,6,6

3010

120

0

A2

LATS

Chin Up; mid supinated grip

1

4

8,8,6,6

3111

120

0

2

4

8,8,6,6

3111

120

0

3

4

8,8,6,6

3111

120

0

4

4

8,8,6,6

3111

120

0

B1

MID PEC (STERNAL)

Flat Dumbbell Chest Press; neutral grip

1

3

8 - 10

3010

90-120

0

2

3

8 - 10

3010

90-120

0

3

3

8 - 10

3010

90-120

0

4

3

8 - 10

3010

90-120

0

B2

MID BACK

T Bar Row; prime handles; from blocks; semi pronated grip

1

3

8 - 10

3111

90-120

0

2

3

8 - 10

3111

90-120

0

3

3

8 - 10

3111

90-120

0

4

3

8 - 10

3111

90-120

0

C

MID PEC (STERNAL)

Seated Cable Chest Flies; paused at the bottom

1

3

8 - 12

3110

90-120

0

2

3

8 - 12

3110

90-120

0

3

3

8 - 12

3110

90-120

0

4

3

8 - 12

3110

90-120

0

D1

MEDIAL DELTS

Seated Dumbbell Lateral Raise

1

3

8 - 12

3010

90

0

2

3

8 - 12

3010

90

0

3

3

8 - 12

3010

90

0

4

3

8 - 12

3010

90

0

D2

BICEPS

Standing EZ Bar Bicep Curls; semi supinated grip; fat bar

1

3

8 - 12

3110

90

0

2

3

8 - 12

3110

90

0

3

3

8 - 12

3110

90

0

4

3

8 - 12

3110

90

0

D3

TRICEPS

Flat EZ Bar Skull Crusher; fat bar

1

3

8 - 12

3110

90

0

2

3

8 - 12

3110

90

0

3

3

8 - 12

3110

90

0

4

3

8 - 12

3110

90

0

ORDER

BODY PART

BODY PART

EXERCISE

SESSION

SETS

REPS

TEMPO

REST

DATE

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6

TOTAL TONNAGE

DAY 2: LOWER BODY (1)

A

GLUTES

Trap Bar Deadlift; high handles; reset every rep

1

4

8,8,6,6

3210

120-150

0

2

4

8,8,6,6

3210

120-150

0

3

4

8,8,6,6

3210

120-150

0

4

4

8,8,6,6

3210

120-150

0

B1

QUADS

Dumbbell Split Squat

1

4

8 - 10 ea

3010

90-120

0

2

4

8 - 10 ea

3010

90-120

0

3

4

8 - 10 ea

3010

90-120

0

4

4

8 - 10 ea

3010

90-120

0

B2

HAM

Lying Leg Curl; dorsi flexed

1

4

8,8,6,6

3010

90-120

0

2

4

8,8,6,6

3010

90-120

0

3

4

8,8,6,6

3010

90-120

0

4

4

8,8,6,6

3010

90-120

0

C1

QUADS

Leg Extension; paused at the top

1

3

8 - 10

4032

90-120

0

2

3

8 - 10

4032

90-120

0

3

3

8 - 10

4032

90-120

0

4

3

8 - 10

4032

90-120

0

C2

GLUTES

45° Barbell Hyper Extension; paused at the top

1

3

8 - 10

3012

90-120

0

2

3

8 - 10

3012

90-120

0

3

3

8 - 10

3012

90-120

0

4

3

8 - 10

3012

90-120

0

D1

CALVES

Standing Calf Raise

1

3

10 - 12

2121

90

0

2

3

10 - 12

2121

90

0

3

3

10 - 12

2121

90

0

4

3

10 - 12

2121

90

0

D2

ABS

Cable Crunch

1

3

10 - 12

3010

90

0

2

3

10 - 12

3010

90

0

3

3

10 - 12

3010

90

0

4

3

10 - 12

3010

90

0

1

0

2

0

0

0

0

3

0

0

0

0

4

0

0

0

0

ORDER

BODY PART

BODY PART

EXERCISE

SESSION

SETS

REPS

TEMPO

REST

DATE

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6

TOTAL TONNAGE

DAY 3: UPPER BODY (2) [SHOULDER BIAS]

A1

FRONT DELTS

60° Incline Barbell Shoulder Press

1

4

8,8,6,6

3010

120

0

2

4

8,8,6,6

3010

120

0

3

4

8,8,6,6

3010

120

0

4

4

8,8,6,6

3010

120

0

A2

MID BACK

Chin Up; wide pronated grip

1

4

8,8,6,6

3111

120

0

2

4

8,8,6,6

3111

120

0

3

4

8,8,6,6

3111

120

0

4

4

8,8,6,6

3111

120

0

B1

LOWER PEC

Standing Cable Decline Chest Press; kas

1

3

8 - 10

3010

90-120

0

2

3

8 - 10

3010

90-120

0

Week

QUADS

GLUTES

HAM

UPPER

MID PEC

LOWER

LATS

MID 0

UPPER

FRONT

MEDIAL

REAR 0

BICEPS

1

0

0

0

0

0

0

0

0

0

0

0

0

2

0

0

0

0

0

0

0

0

0

0

0

0

3

0

0

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0

0

4

0

0

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0

0

0

0

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0

0

0

					2	0	0	0	0												0
					3	0	0	0	0												0
					4	0	0	0	0												0
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					4	0		0	0												0
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					4	0		0	0												0
					1																0
					2	0		0	0												0
					3	0		0	0												0
					4	0		0	0												0

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
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Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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Weeks	13	14	15	16	17	18	19
-------	----	----	----	----	----	----	----

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
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Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
--------	-----	-----	-----	-----	-----	-----	-----

Weeks	39	40	41	42	43	44	45
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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	47.08	1.1	22	360.8	
Carbs	Sprouted Loaf (1 slice, 66g)	66	3.036	16.764	3.498	114.84	
Carbs			0	0	0	0	
Carbs	-	-	0	0	0	0	
Veggies/Fruits	-	-	0	0	0	0	
Veggies/Fruits	-	-	0	0	0	0	
			50.116	17.864	25.498	475.64	
Meal 2	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	Beef Mince (10% Fat)	220	47.08	1.1	22	360.8	
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	4.8	9.4	0	35.2	
Veggies/Fruits	-	-	0	0	0	0	
			51.88	10.5	22	396	
Meal 3	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	Chicken Breast; skinless	220	49.5	0	5.72	264	
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	4.8	9.4	0	35.2	
Veggies	-	-	0	0	0	0	
			54.3	9.4	5.72	299.2	
Meal 4	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	True Protein, WPI (30g serve)	30	25.29	1.32	0.51	111	
Carbs			0	0	0	0	
Carbs			0	0	0	0	
Carbs	-	-	0	0	0	0	
Fats			0	0	0	0	
Veggies/Fruits	Blueberries	150	1.5	21	0	85.5	
Veggies/Fruits	-	-	0	0	0	0	
			26.79	22.32	0.51	196.5	

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

				4	0		0	0													0
				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
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				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 4

WARM-UPS

				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
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				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 5

WARM-UPS

				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
				1																	0
				2	0		0	0													0
				3	0		0	0													0
				4	0		0	0													0
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				4	0		0	0													0
ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 6																					
WARM-UPS																					
				1																	
				2	0		0	0													
				3	0		0	0													
				4	0		0	0													
				1																	
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				4	0			0	0										0
				5	0			0	0										0
				6	0			0	0										0

ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 3:

WARM-UPS

				1																0
				2	0			0	0											0
				3	0			0	0											0
				4	0			0	0											0
				5	0			0	0											0
				6	0			0	0											0
				1																0
				2	0	6		0	0											0
				3	0	7		0	0											0
				4	0	5		0	0											0
				5	0	6		0	0											0
				6	0	7		0	0											0
				1																0
				2	0			0	0											0
				3	0			0	0											0
				4	0			0	0											0
				5	0			0	0											0
				6	0			0	0											0
				1																0
				2	0	9		0	0											0
				3	0	10		0	0											0
				4	0	8		0	0											0
				5	0	9		0	0											0
				6	0	10		0	0											0
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				5	0			0	0											0
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ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 4: FULL BODY PULL [EF] low

WARM-UPS

				1																0
				2	0			0	0											0
				3	0			0	0											0
				4	0			0	0											0
				5	0			0	0											0
				6	0			0	0											0
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				6	0			0											0		
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				6	0			0											0		
ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 5																					
WARM-UPS																					
				1																	0
				2	0			0													0
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ORDER		BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
										LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS
DAY 6																					
WARM-UPS																					
				1																	
				2	0		0	0													
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				4	0		0	0													
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ORDER		BODY PART	BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
											LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 3:

WARM-UPS

					1																	0
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ORDER		BODY PART	BODY PART	EXERCISE	SESSION	SETS	REPS	TEMPO	REST	DATE	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6	
											LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS

DAY 4: FULL BODY PULL [EF] low

WARM-UPS

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EXERCISE VIDEO LINKS				
45° Hyper Extension				
45° 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				

CLIENT:

COACH: TYRONE FOLINO

Overall Performance Tracking

DATE	DAY	TRAINING TYPE	WEIGHT	ADHERENCE 10/10	T A R G E T
5/16/23	T				0
5/17/23	W				
5/18/23	T				
5/19/23	F				
5/20/23	S				
5/21/23	S				
5/22/23	M				
5/23/23	T				
5/24/23	W				
5/25/23	T				
5/26/23	F				
5/27/23	S				
5/28/23	S				
5/29/23	M				
5/30/23	T				
5/31/23	W				
6/1/23	T				
6/2/23	F				
6/3/23	S				

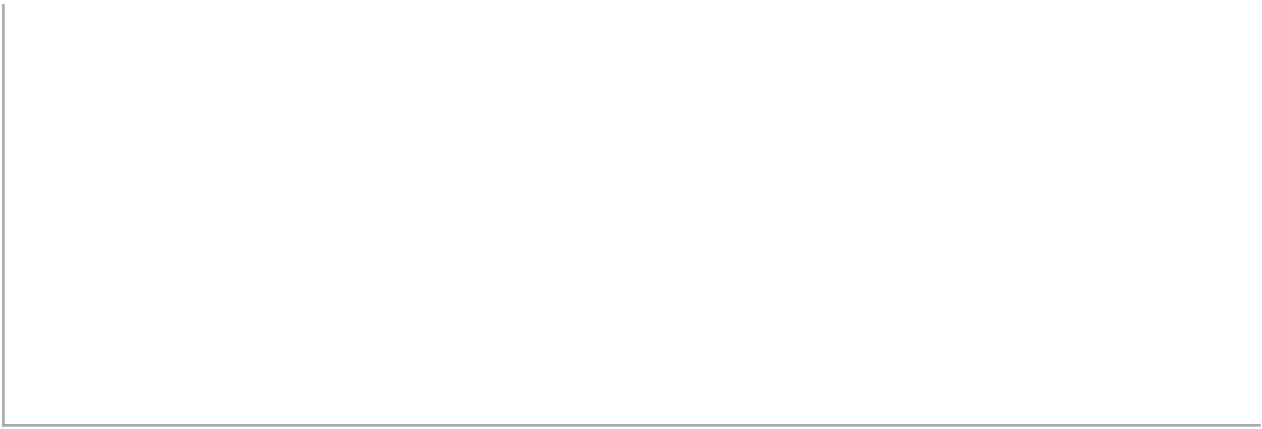
6/4/23	S			
6/5/23	M			
6/6/23	T			
6/7/23	W			
6/8/23	T			
6/9/23	F			
6/10/23	S			
6/11/23	S			
6/12/23	M			
6/13/23	T			
6/14/23	W			
6/15/23	T			
6/16/23	F			
6/17/23	S			
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6/29/23	T			
6/30/23	F			

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7/2/23	S			
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9/30/23	S				
10/1/23	S				
10/2/23	M				



PERFORMANCE TRA

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23

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DAILY CHECK IN
(Client Comments)

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Comments/Notes

NUTRITION TARGETS / WEEKLY SUMMARY
(Trainer Use Only)

INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00	-	0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0

AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
EDIT FROM INITIAL PLAN (MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			

WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			

Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			

Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN

Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0

ARY		
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0

AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL

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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0

TRAINER COMMENTS (WEEKLY OVERVIEW)	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	

WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW

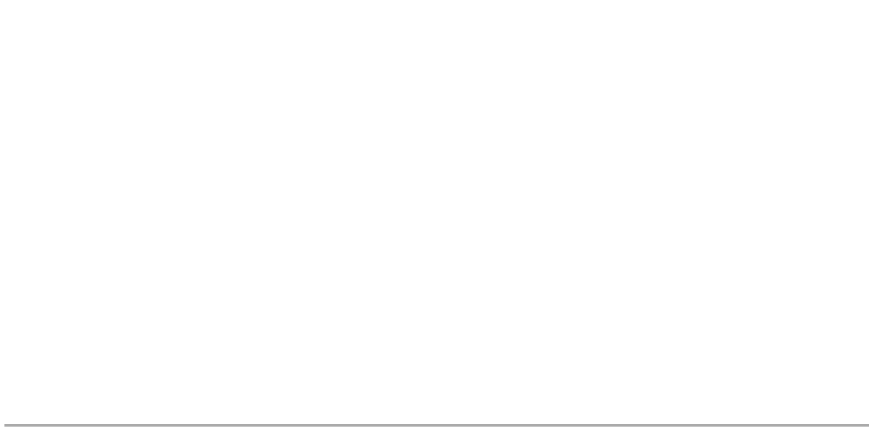
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW

WEEKLY OVERVIEW

Supplements

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NAME

Weeks into Pre-Prep	1	2	3	4	5
Weeks out from first show	52 weeks out	51 weeks out	50 weeks out	49 weeks out	48 weeks out
Monday	10-Apr	17-Apr	24-Apr	1-May	8-May
Tuesday	11-Apr	18-Apr	25-Apr	2-May	9-May
Wednesday	12-Apr	19-Apr	26-Apr	3-May	10-May
Thursday	13-Apr	20-Apr	27-Apr	4-May	11-May
Friday	14-Apr	21-Apr	28-Apr	5-May	12-May
Saturday	15-Apr	22-Apr	29-Apr	6-May	13-May
Sunday	16-Apr	23-Apr	30-Apr	7-May	14-May
Prep Phase					
Weekly Avg. Weight					
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					

Baseline	0	0	0	0	0
Calories					
Surplus/Deficit					

Protein					
Carbs					
Fats					
Steps					
Cardio					

Weeks into Prep	1	2	3	4	5
Weeks out from first show	30 weeks out	29 weeks out	28 weeks out	27 weeks out	26 weeks out
Monday	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct
Tuesday	12-Sep	19-Sep	26-Sep	3-Oct	10-Oct
Wednesday	13-Sep	20-Sep	27-Sep	4-Oct	11-Oct
Thursday	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct
Friday	15-Sep	22-Sep	29-Sep	6-Oct	13-Oct
Saturday	16-Sep	23-Sep	30-Sep	7-Oct	14-Oct
Sunday	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct
Prep Phase	GAINING		MAINTENANCE		
Goal					
Weekly Avg. Weight					
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					

Baseline	0	0	0	0	0
Calories					

Surplus/Deficit					
Protein					
Carbs					
Fats					
Steps					
Cardio		N/A			



6	7	8	9	10	11
47 weeks out	46 weeks out	45 weeks out	44 weeks out	43 weeks out	42 weeks out
15-May	22-May	29-May	5-Jun	12-Jun	19-Jun
16-May	23-May	30-May	6-Jun	13-Jun	20-Jun
17-May	24-May	31-May	7-Jun	14-Jun	21-Jun
18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun
19-May	26-May	2-Jun	9-Jun	16-Jun	23-Jun
20-May	27-May	3-Jun	10-Jun	17-Jun	24-Jun
21-May	28-May	4-Jun	11-Jun	18-Jun	25-Jun

PRE - PREP FAT LOSS

0	0	0	0	0	0

10,000					
	5 x per week; 20 minutes HR 130-140			5 x per week; 30 minutes HR	

6	7	8	9	10	11
25 weeks out	24 weeks out	23 weeks out	22 weeks out	21 weeks out	20 weeks out
16-Oct	23-Oct	30-Oct	6-Nov	13-Nov	20-Nov
17-Oct	24-Oct	31-Oct	7-Nov	14-Nov	21-Nov
18-Oct	25-Oct	1-Nov	8-Nov	15-Nov	22-Nov
19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov
20-Oct	27-Oct	3-Nov	10-Nov	17-Nov	24-Nov
21-Oct	28-Oct	4-Nov	11-Nov	18-Nov	25-Nov
22-Oct	29-Oct	5-Nov	12-Nov	19-Nov	26-Nov

AGGRESSIVE FAT LOSS

0	0	0	0	0	0

18	19	20	21	22	START PREP
35 weeks out	34 weeks out	33 weeks out	32 weeks out	31 weeks out	30 weeks out
7-Aug	14-Aug	21-Aug	28-Aug	4-Sep	
8-Aug	15-Aug	22-Aug	29-Aug	5-Sep	
9-Aug	16-Aug	23-Aug	30-Aug	6-Sep	
10-Aug	17-Aug	24-Aug	31-Aug	7-Sep	
11-Aug	18-Aug	25-Aug	1-Sep	8-Sep	
12-Aug	19-Aug	26-Aug	2-Sep	9-Sep	
13-Aug	20-Aug	27-Aug	3-Sep	10-Sep	

GAINING

0	0	0	0	0	0

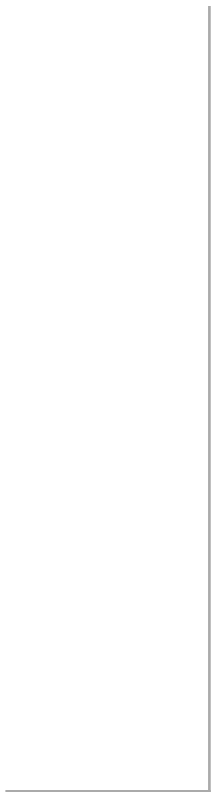
000					
s; HR 130-140					

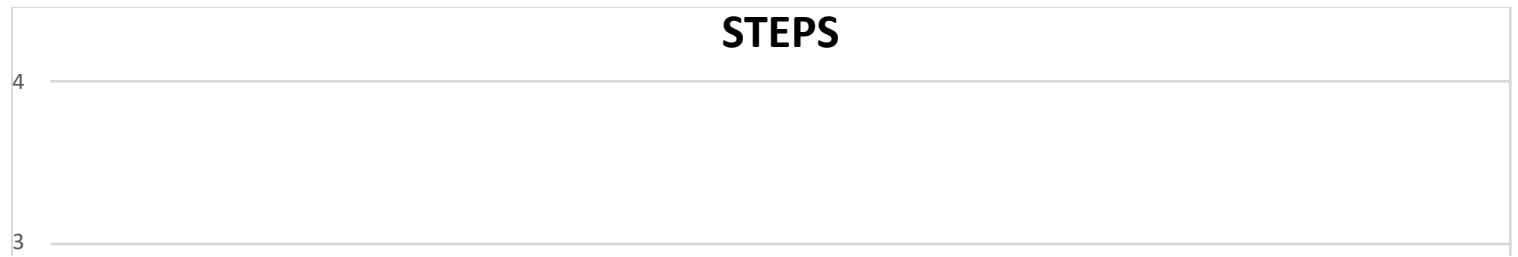
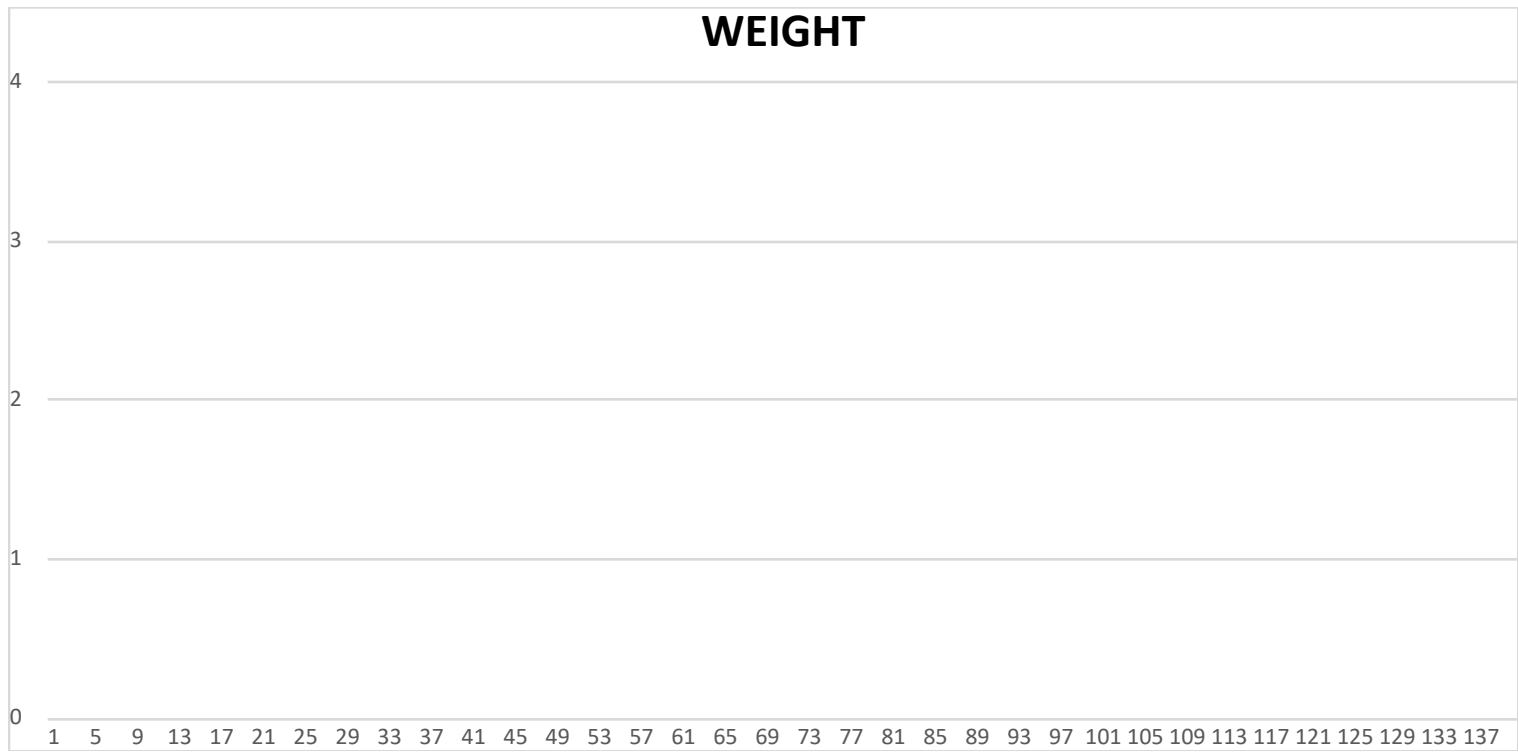
18	19	20	21	22	23
13 weeks out	12 weeks out	11 weeks out	10 weeks out	9 weeks out	8 weeks out
8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb
9-Jan	16-Jan	23-Jan	30-Jan	6-Feb	13-Feb
10-Jan	17-Jan	24-Jan	31-Jan	7-Feb	14-Feb
11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb
12-Jan	19-Jan	26-Jan	2-Feb	9-Feb	16-Feb
13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb
14-Jan	21-Jan	28-Jan	4-Feb	11-Feb	18-Feb

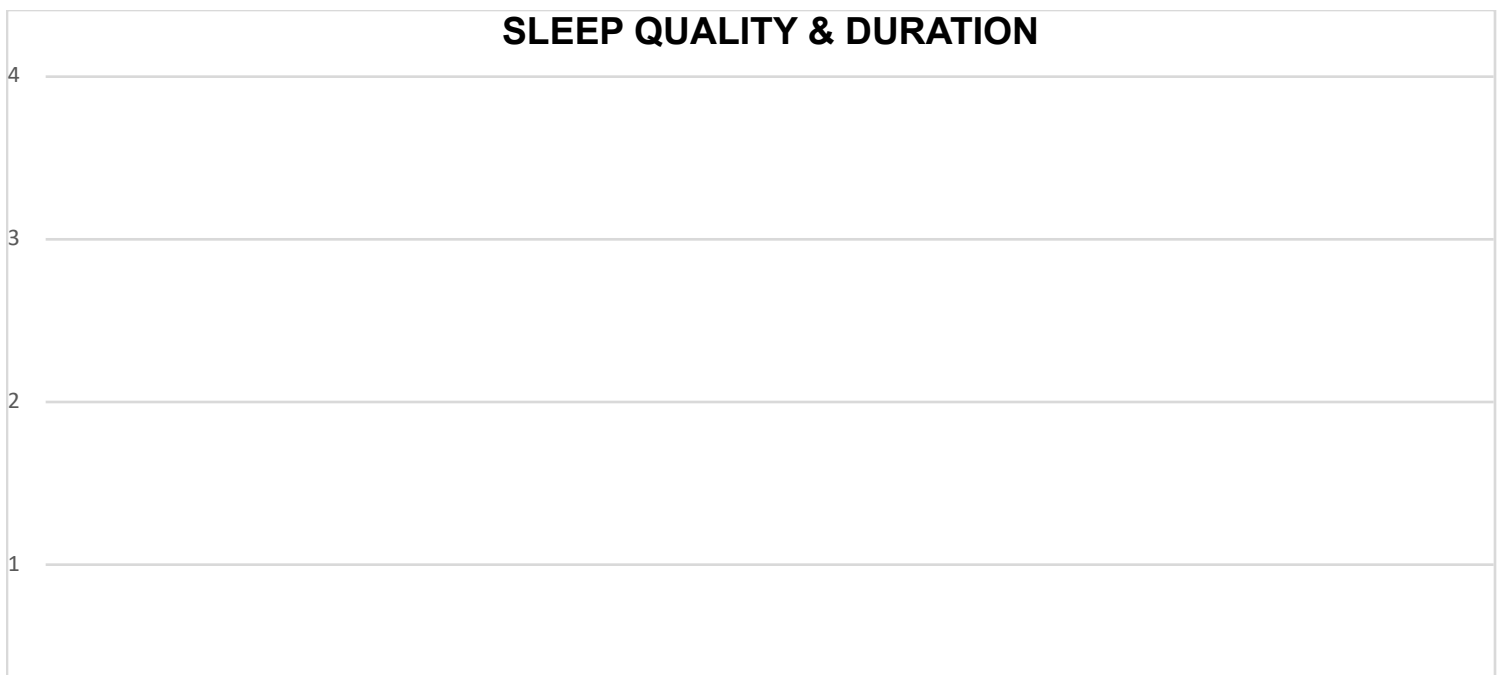
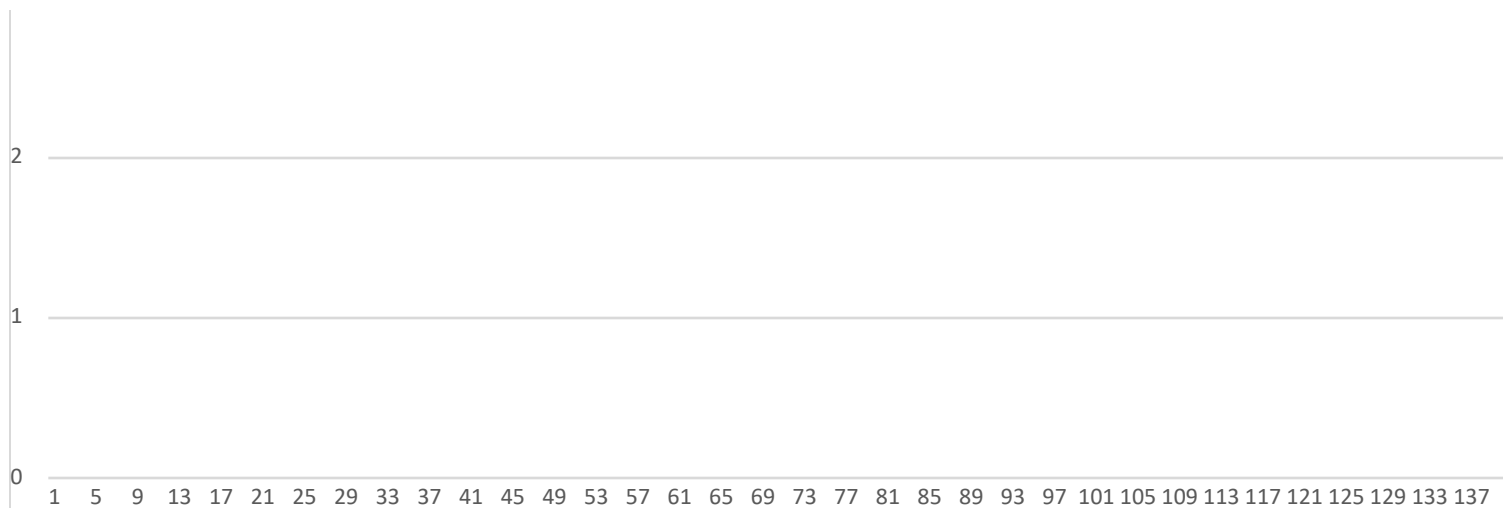
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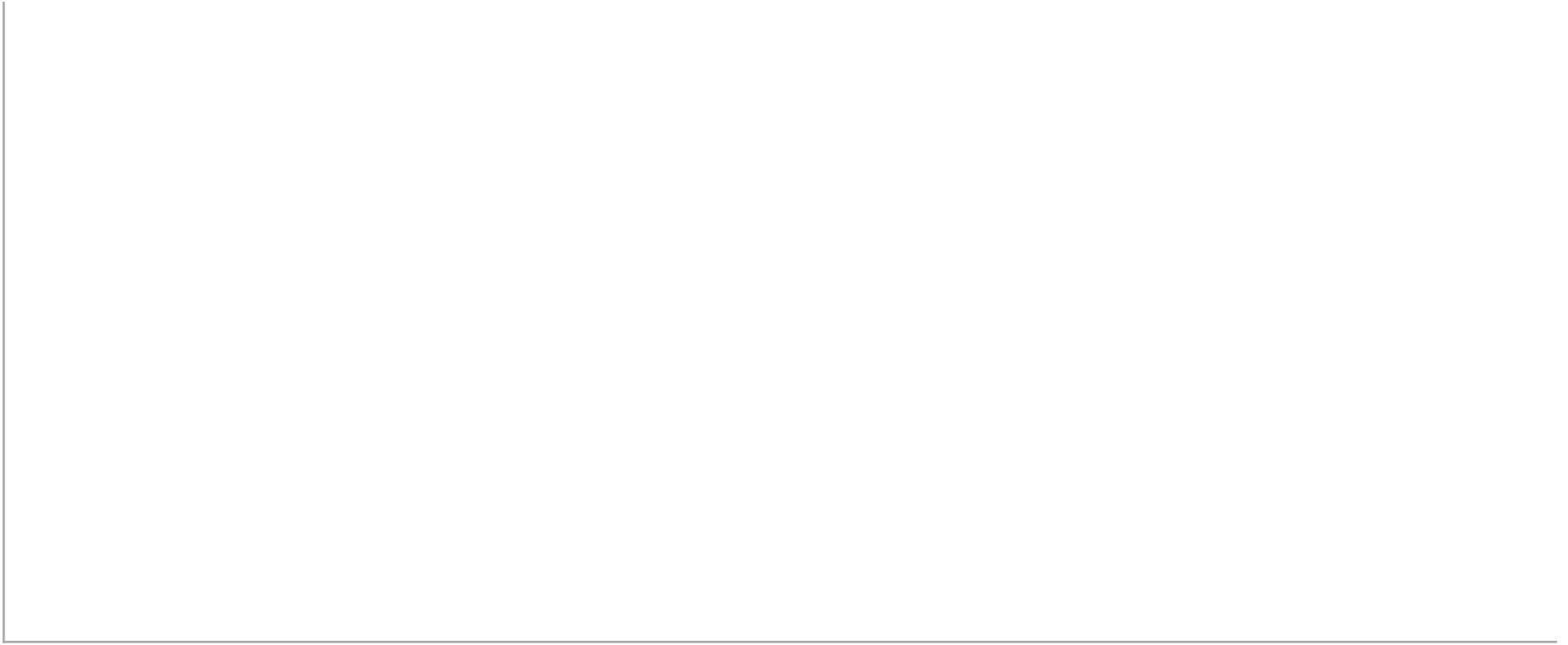
24	25	26	27	28	29
7 weeks out	6 weeks out	5 weeks out	4 weeks out	3 weeks out	2 weeks out
19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar
20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar
21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar
22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar
23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar
24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar
25-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar
			PRACTICE PEAK WEEK		
0	0	0	0	0	0

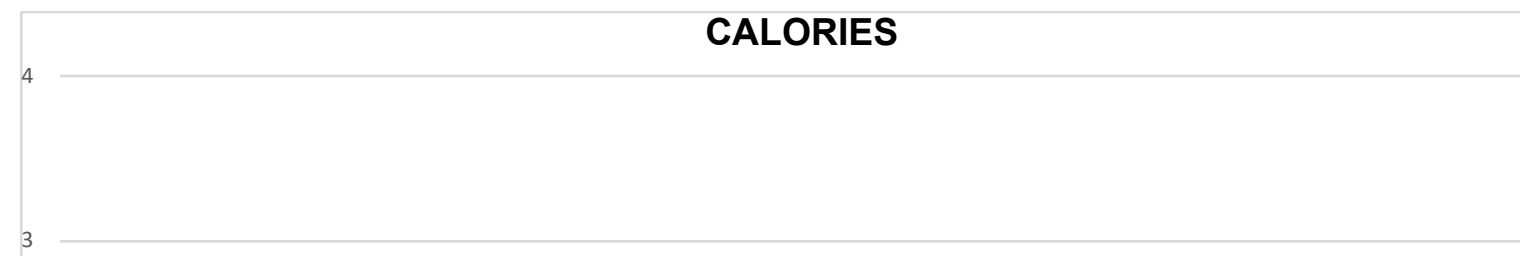
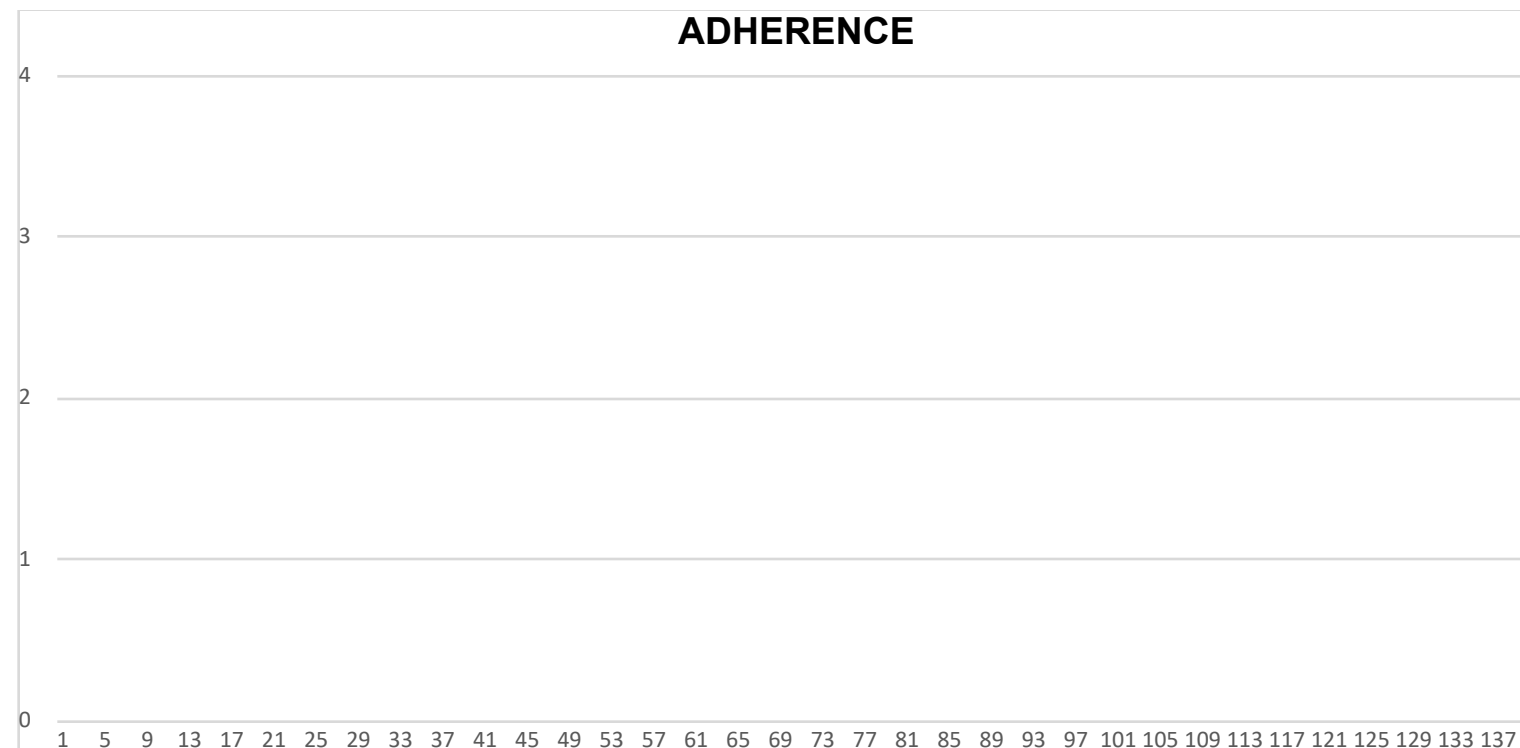
30
1 weeks out
1-Apr
2-Apr
3-Apr
4-Apr
5-Apr
6-Apr
7-Apr
PEAK WEEK
MAINTAIN
0

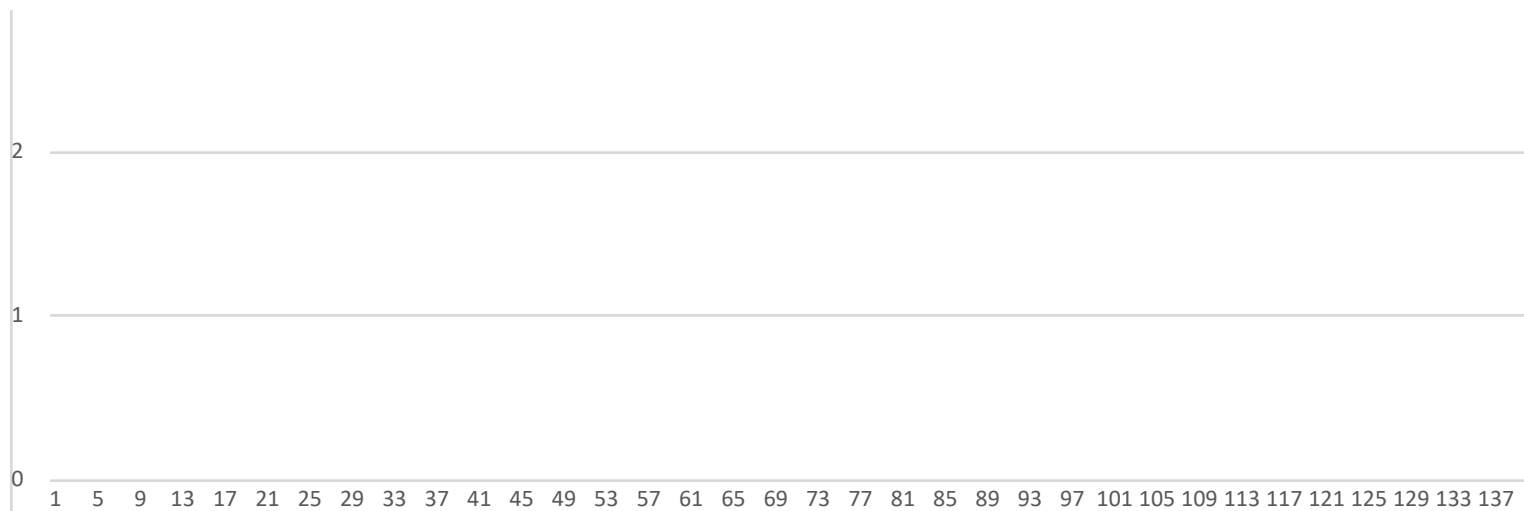


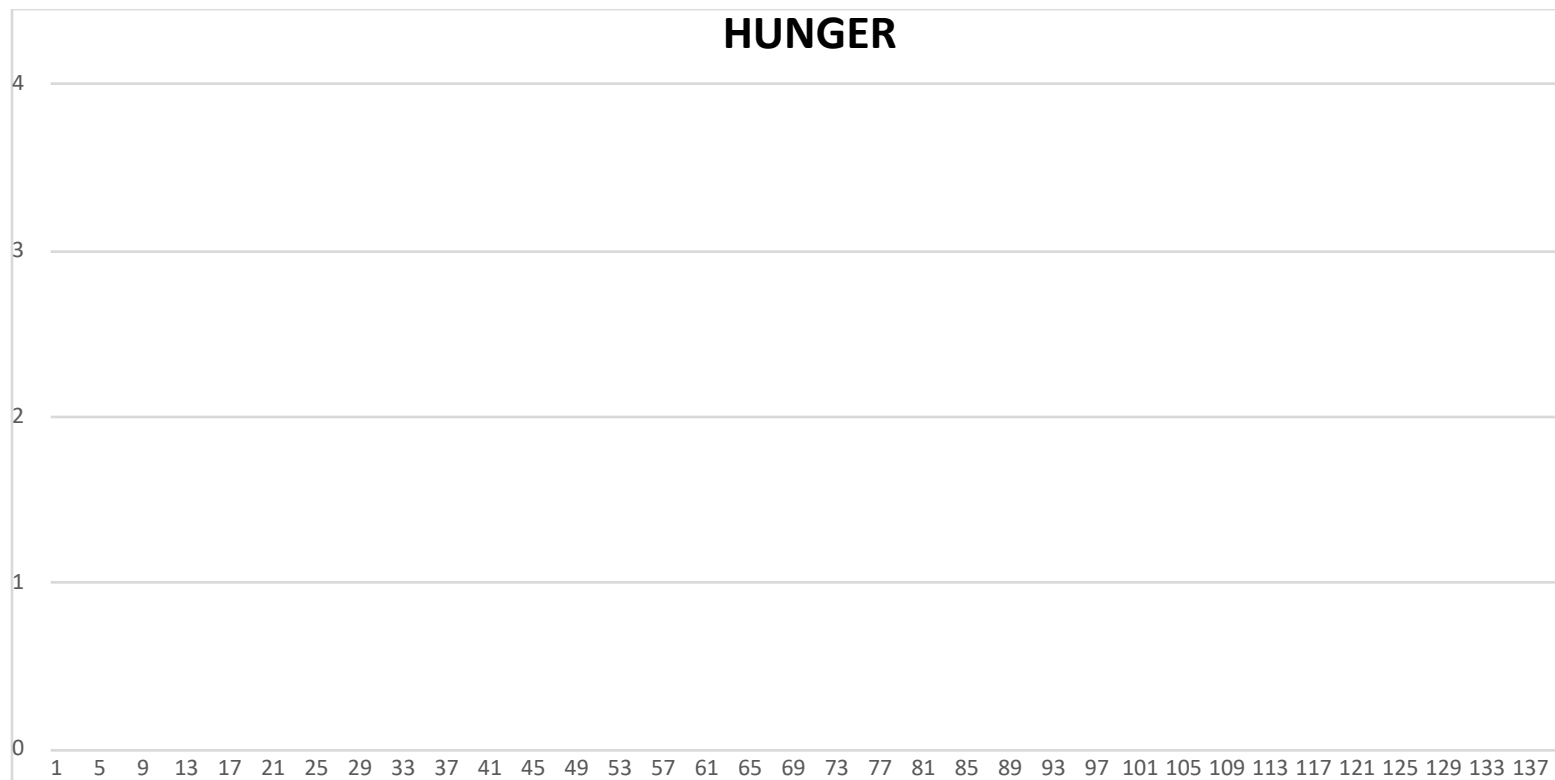


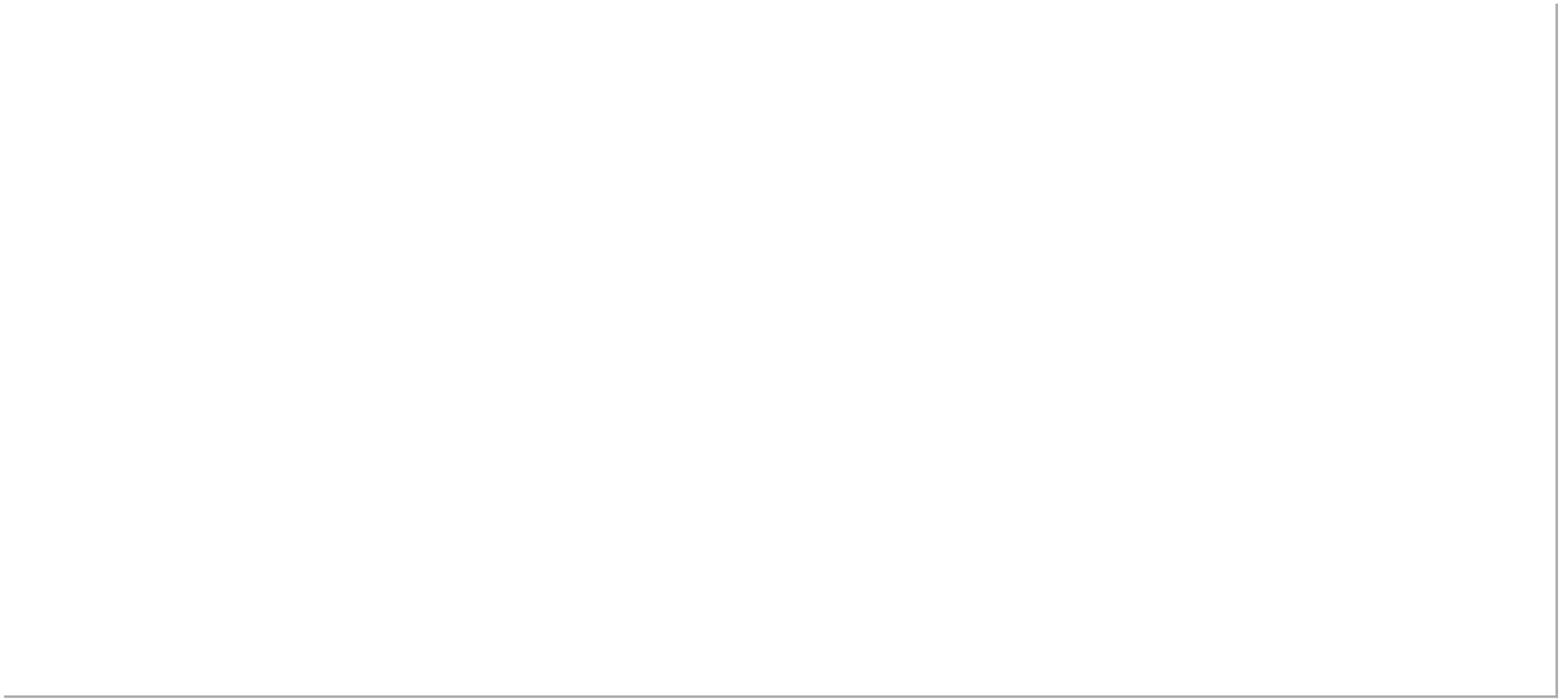












PROTEIN (100g uncooked)		
BEEF	CALORIES	PROTEIN
-	-	-
Beef Mince (10% Fat)	164	21.4
Beef Rib Eye (Visible Fat)	250	26.7
Beef Rib Eye (No Visible Fat)	204	30.7
Beef Eye Fillet (No Visible Fat)	204	30.7
Beef Eye Fillet (Visible Fat)	250	26.7
Beef Porterhouse (Visible Fat)	291	25.9
Beef Porterhouse (No Visible Fat)	160	29.9
Beef Brisket (Visible Fat)	330	23.1
Beef Brisket (No Visible Fat)	204	30.7
POULTRY	CALORIES	PROTEIN
-	-	-
Chicken Breast; skinless	120	22.5
Chicken Thigh; skinless	173	27.7
Chicken Mince (Coles)	106.4	22.48
Chicken Tenders (Lilydale)	98	23.1
Duck Breast; with skin	201	26.1
Turkey Mince (Steggles)	132	19.5
Turkey Breast; skinless	147	30.13
OTHER MEAT	CALORIES	PROTEIN
-	-	-
Kangaroo; loin	135	30.7
Kangaroo mince	104	20.8
Kangaroo Burgers	94	18
Lamb Mince (Woolworths)	210	17.8
Lamb; chop; visible fat	276	22.5
Lamb (Leg)	232	26.2
Pork Mince; regular (Coles)	211	17.8
Bacon Rashers; middle	238	15.2
Bacon Rashers; streaky	272	15.8
Ham (Roasted)	145	21
Pork (Chop)	123	21
Pork (Ribs)	152	22
Rabbit	114	22
Veal	112	20
Venison	157	22
Eggs (raw)	143	13

CARBS	FATS
-	-
0.5	10
0	15.1
0	9
0	9
0	15.1
0	20
0	4.5
0	25.63
0	9
CARBS	FATS
-	-
0	2.6
0	6
0.4	1.6
0.8	0.1
0	10
0.2	6.08
0	2.08
CARBS	FATS
-	-
0	1.2
0.2	2
2.1	1.8
0.5	15
0	20
0	13.3
0.5	15
0	20
0	23.6
1.5	6
0	4
0	6
0	2
0	3
0	7
0.7	10

CARBOHYDRATES (100g)			
-	-	-	-
STARCHY	CALORIES	PROTEIN	CARBS
-	-	-	-
Sweet Potato (Golden/White)	90	2	21
Sweet Potato (Purple)	140	2	32
Butternut Pumpkin	45	1	11.7
Pumpkin	26	1	6.5
Brown Rice	111	2.6	23
Red Rice (uncooked)	345	9.4	68.3
Black Rice (uncooked)	339	8.9	70.8
White Long Grain (cooked)	130	2.7	28.2
Basmati Rice (raw)	238	5.8	50.8
Basmati Rice (cooked)	108	2.6	23.1
Brown Basmati (cooked)	145	3.9	27.4
White Potato	66	1.4	15.4
Pasta; la molisana; regular	365	14.1	72.9
Pasta; Barilla; gluten free	368	6.9	81.3
Quinoa	368	14	64
Buckwheat	335	13	71
4 Bean Mix; canned; drained	131	6.9	22.3
Chickpeas; canned; drained	124	5.8	15.7
Kidney Beans; canned; drained	124	8	21.5
Brekky Rice (Forbidden)	139	2.3	34.4
Swede	37	1.1	8.6
Turnip	28	0.9	6.4
Carisma Potato (Spudlite)	47	2	10
CEREAL	CALORIES	PROTEIN	CARBS
-	-	-	-
Almond Milk; Pure Harvest Unsweetened	29	0.6	2.9
Peter's Light & Creamy Ice Cream	156	3.7	28.9
Sorbet; Weis Summer Berries	116	0.3	27.5
Carmen's Fruit Free Muesli	473	13.3	50.6
XO Crunch (Freedom Foods)	381	7	72
Maple Crunch (Freedom Foods)	389	5.9	74.6
Cocoa Bombs (Lowman Whole Food)	420	6.3	90.6
Koala Crisp	367	6.7	83.3
GF Weet Bix (2 biscuits 30g)	370.2	10.7	77.7
GF Oats	375	12.5	67.5
Sourdough; (86g per slice)	272	10.8	51.9
GF Bread (2 slices, 83g)	231	3.6	40.9
Sprouted Loaf (1 slice, 66g)	174	4.6	25.4
INTRA WORKOUT (100g)	CALORIES	PROTEIN	CARBS
-	-	-	-

-
FATS
-
0
0.4
0.1
0.1
0.9
2.5
2
0.3
0
0.5
1.4
0.3
1.2
1.2
6
3
1.5
2.7
1.1
1.6
0.2
0.1
0
FATS
-
1.7
2.8
0
13.3
2.5
3.2
1.8
3.3
3
7.5
2.4
5
5.3
FATS
-

[illegible]

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VEGETABLES & BEANS (100g uncooked)	CALORIES	PROTEIN
-	-	-
Alfalfa Seeds	23	4
Arugula	25	3
Asparagus	26	3.4
Beets	43	2
Bok Choy	16.5	1.2
Broccoli	34	2.8
Broccolini	43	3.7
Brussels Sprouts	43	3
Cabbage	26	4
Red Cabbage	31	1.4
Carrots	24	0.6
Cauliflower	25	1.9
Celery	7	0.5
Chickpeas	164	9
Corn (Yellow)	86	3
Courgette/Zucchini	19	2
Cucumber	15	1
Egg Plant/Aubergine	15	0
Garlic	149	6
Green Beans	31	1.8
Kale	49	4.3
Kidney Beans	84	5
Lettuce (Baby Cos)	17	1.7
Mange Tout	26	3.2
Mixed Baby Greens	17.6	2.4
Mushroom (Portabello)	35	4
Mushroom (Sliced White)	22	3.1
Okra	31	2
Onion	40	1
Peas (Frozen, Boiled)	69	6
Potato (Red)	70	2
Potato (White)	77	2
Pumkin (Butternut Baked)	40	0.9
Radish	16	1
Red Bell Pepper	31	1
Spaghetti Squash	31	0.6
Spinach	23	2.9
Spring Onion	32	1.8
Squash	16	1
Tomato (Red)	19	1
White Kidney Beans	84	5

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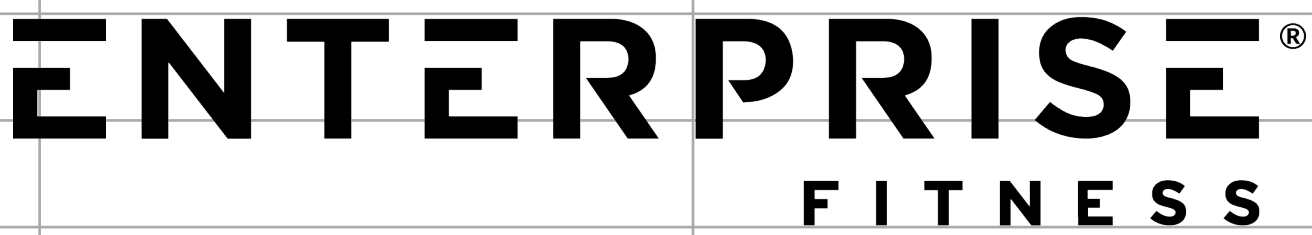
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CARBS	FATS			
-	-			
2	1			
4	1			
1.4	0.8			
10	0			
3.2	0.2			
7	0.4			
7.3	0			
9	0			
1	0			
7	0.2			
4.9	0.4			
5	0.3			
0.9	0.2			
27	3			
19	1			
2	0.4			
4	0			
2	15			
33	0			
7	0.2			
9	0.9			
16	1			
3.3	0			
3.3	0.1			
4.7	0			
5	1			
0.3	0.3			
7	0			
9	0			
9.7	0.9			
16	0			
18	0			
10.5	0.1			
3	0			
6	0.2			
7	0.6			
3.6	0.4			
7.3	0.2			
3	0			
4	0			
15	0.5			

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.



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

RATE OF PERCEIVED EXERTION

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							RPE - 6	Fairly easy, like a warm up
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							RPE - 7	You can perform 4-6 more reps
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							RPE - 8	You can perform 2-3 more reps
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							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

	PROGRESSIVE OVERLOAD EXPLAINED							RPE - 12	You used a high intensnity 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 HYPERTROPH

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)

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

[illegible]

Y (4-10 sets)	HYPERTROPHY (3-10 SETS)
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83%

Extended Tempo

-

83%

6 12 Method

-

83%

8 x 8

-

83%

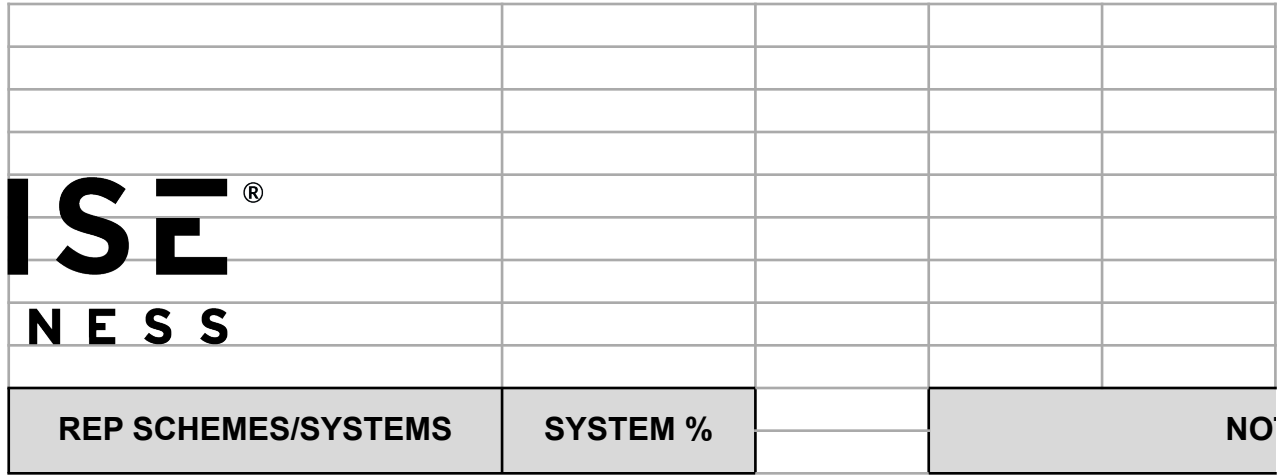
83%

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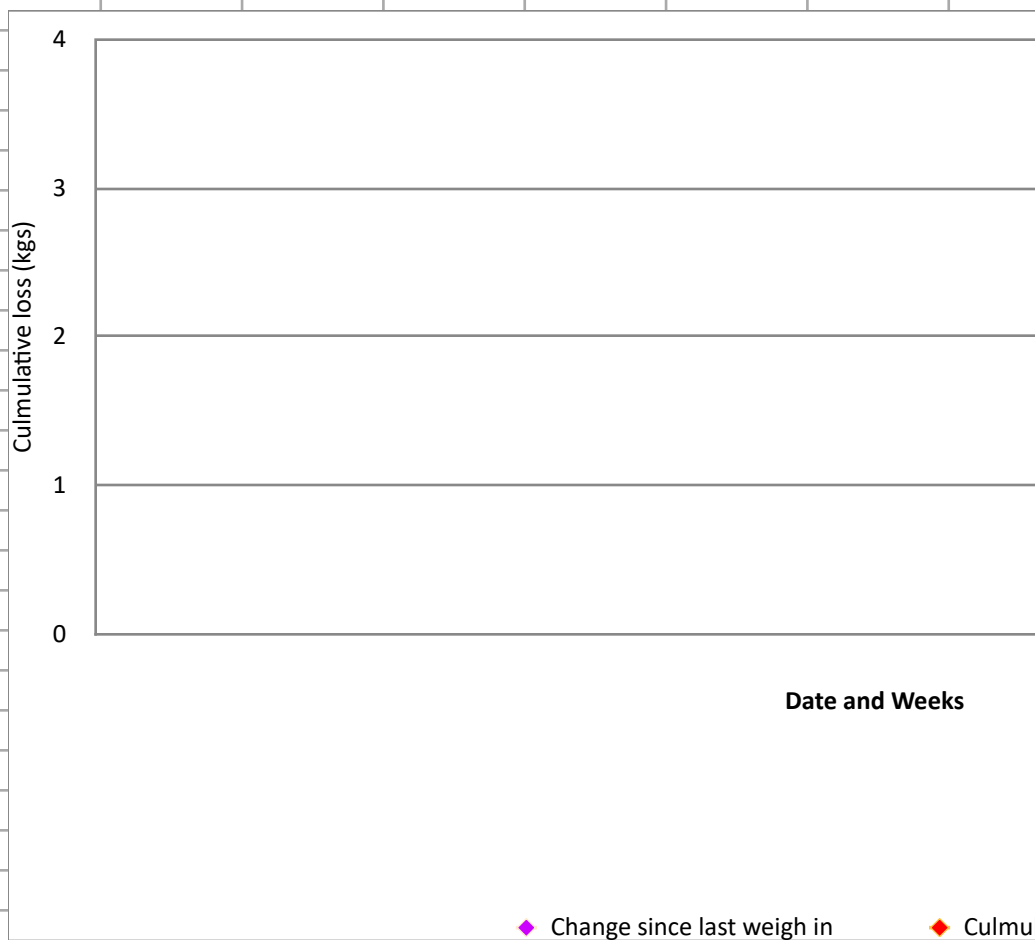
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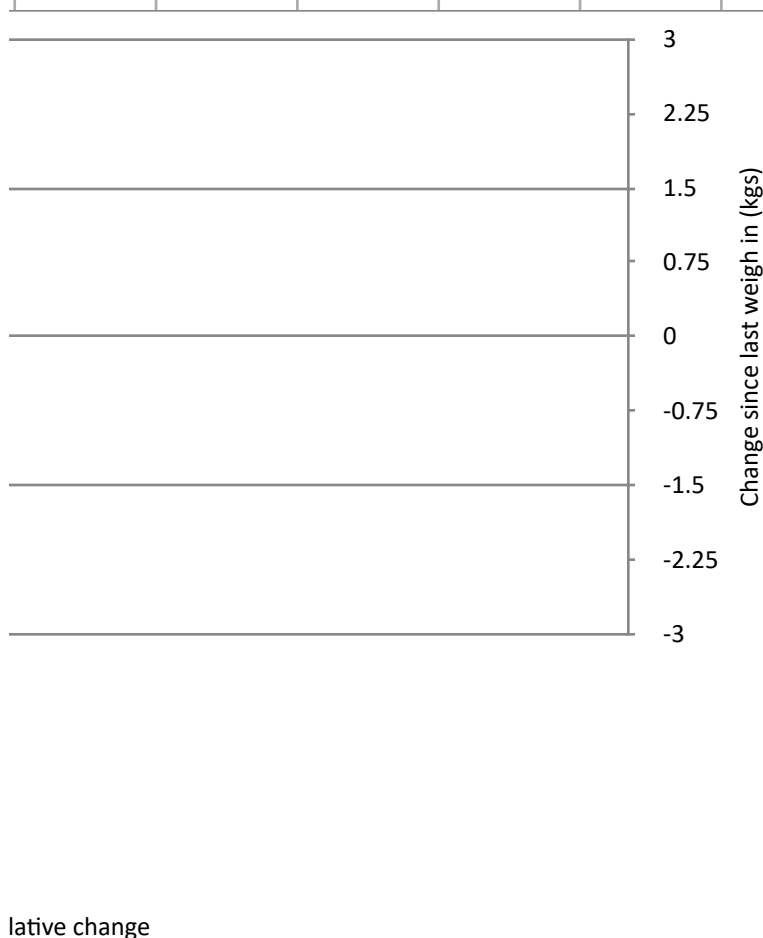
STRENGTH ENDURANCE (3-6 SETS)



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ENTERPRISE[®]

FITNESS



relative change

