|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | Morning hour | Morning | Morning | Morning | Morning | Morning | Rest day |
|  | run (2 ½ | hour run (2 | hour run (2 | hour run(2 | hour | Hour run |  |
|  | miles) | ½ miles) | ½ miles) | ½ miles) | run(2 ½ | (2 ½ miles) |  |
|  | (60-75% of 1 | (60-75% OF | (60-75% | (50-65% | miles) | (60-75% |  |
|  | RM) | 1 RM) | OF 1 RM) | OF 1 RM) | (60-75% | OF 1 RM) |  |
|  | Bench Press | Front squats | Landmine | Reserves | OF 1 RM) | Squats |  |
|  | 5x20 | 10x10 | Punches | leg lunges | Dumbbell | 5x20 |  |
|  | Lateral raises | Leg curls | 5x20 | 5x20 | shoulder | Jump |  |
|  | 5x20 | 5x20 | Overhead | Deadlifts | press | Squats |  |
|  | Weighted | Leg press | cable pulls | 5x20 | 5x20 | 5x25 |  |
|  | Dips | 5x10 | 5x20 | Calf raises | Dumbbell | Romanian |  |
|  | 5x10 | Romanian | Overhead | 5x25 | flys | split squats |  |
|  | Bent over | deadlift | barbell | Cable leg | 5x20 | 5x10 (each |  |
|  | rows | 5x10 | press | extinction | Dumbbell | leg) |  |
|  | 5x10 | Scissors | 5x10 | 5x25 | curls | Dumbbell |  |
|  | Russian | kicks 2 sets | Cable Pulls | Weighted | 5x15 | Step ups |  |
|  | twists | of 2 min | 5x10 | Sit ups | Cable | 5x10 (each |  |
|  | 2 sets 2 min |  | Cable | 5x30 | lateral Fly | leg) |  |
|  |  |  | crunches |  | 5x12 | Bicycle |  |
|  |  |  | 6x25 |  | Cable | crunches |  |
|  |  |  |  |  | chops | 2 sets of 2 |  |
|  |  |  |  |  | 6x25 | min |  |
| Week 2 | Morning hour | Morning | Morning | Morning | Morning | Morning | Rest day |
|  | run | hour run | hour run | hour run | hour run | Hour run |  |
|  | (3 Miles) | (3 Miles) | (3 Miles) | (3 Miles) | (3 Miles) | (3 Miles) |  |
|  | (65-70% of 1 | (65-70% OF | (65-70% | (65-70% | (65-70% | (65-70% |  |
|  | RM) | 1 RM) | OF 1 RM) | OF 1 RM) | OF 1 RM) | OF 1 RM) |  |
|  | Bench Press | Front squats | Landmine | Reserves | Dumbbell | Squats |  |
|  | 5x10 | 10x10 | Punches | leg lunges | shoulder | 5x15 |  |
|  | Lateral raises | Leg curls | 5x20 | 5x15 | press | Jump |  |
|  | 5x10 | 5x10 | Overhead | Deadlifts | 5x15 | Squats |  |
|  | Weighted | Leg press | cable pulls | 5x15 | Dumbbell | 5x20 |  |
|  | Dips | 5x9 | 5x20 | Calf raises | flys | Romanian |  |
|  | 5x9 | Romanian | Overhead | 5x20 | 5x15 | split squats |  |
|  | Bent over | deadlift | barbell | Cable leg | Dumbbell | 5x10 (each |  |
|  | rows | 5x9 | press | extinction | curls | leg) |  |
|  | 5x9 | Scissors | 5x8 | 5x20 | 5x15 | Dumbbell |  |
|  | Russian | kicks 2 sets | Cable Pulls | Weighted | Cable | Step ups |  |
|  | twists | of 2 min | 5x8 | Sit ups | lateral Fly | 5x10 (each |  |
|  | 2 sets 2 min |  | Cable | 5x25 | 5x12 | leg) |  |
|  |  |  | crunches |  | Cable | Bicycle |  |
|  |  |  | 6x20 |  | chops | crunches |  |
|  |  |  |  |  | 6x25 | 2 sets of 2 |  |

PA Plan

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | min |  |
| Week 3 | Morning hour run  (3 ½ Miles)  (65-70% of 1 RM)  Bench Press 5x10  Lateral raises 5x10  Weighted Dips  5x9  Bent over rows  5x9 Russian twists  2 sets 2 min | Morning hour run  (3 ½ Miles)  (65-70% OF  1 RM)  Front squats 10x10  Leg curls 5x10  Leg press 5x9 Romanian deadlift 5x9 Scissors  kicks 2 sets  of 2 min | Morning hour run  (3 ½ Miles)  (65-70%  OF 1 RM)  Landmine Punches 5x20  Overhead cable pulls 5x20  Overhead barbell press  5x8  Cable Pulls 5x8  Cable crunches 6x20 | Morning hour run  (3 ½ miles)  (65-70%  OF 1 RM)  Reserves leg lunges 5x15  Deadlifts 5x15  Calf raises 5x20  Cable leg extinction 5x20  Weighted Sit ups 5x25 | Morning hour run (3 ½ Miles) (65-70%  OF 1 RM)  Dumbbell shoulder press 5x15  Dumbbell flys  5x15  Dumbbell curls 5x15  Cable lateral Fly 5x12  Cable chops 6x25 | Morning hour run (3  ½ Miles) (65-70%  OF 1 RM)  Squats 5x15  Jump Squats 5x20  Romanian split squats 5x10 (each leg) Dumbbell Step ups 5x10 (each leg) Bicycle crunches  2 sets of 2 min | Rest day |
| Week 4 | Morning hour run  (4 miles)  (70-76% of 1 RM)  Bench Press 5x8  Lateral raises 5x8 Weighted Dips  5x6  Bent over rows  5x6 Russian twists  2 sets 2 min | Morning hour run (4 Miles)  (70-76% OF  1 RM)  Front squats 10x8  Leg curls 5x8  Leg press 5x7 Romanian deadlift 5x7 Scissors  kicks 2 sets  of 2 min | Morning hour run (4 Miles)  (70-76%  OF 1 RM)  Landmine Punches 5x12  Overhead cable pulls 5x15  Overhead barbell press  5x7  Cable Pulls 5x7  Cable crunches 6x20 | Morning hour run (4 Miles)  (70-76%  OF 1 RM)  Reserves leg lunges 5x13  Deadlifts 5x10  Calf raises 5x15  Cable leg extinction 5x16  Weighted Sit ups 5x25 | Morning hour run (4 Miles)  (70-76%  OF 1 RM)  Dumbbell shoulder press 5x13  Dumbbell flys  5x14  Dumbbell curls 5x15  Cable lateral Fly 5x12  Cable chops 6x25 | Morning Hour run (4 Miles)  (70-76%  OF 1 RM)  Squats 5x10  Jump Squats 5x13  Romanian split squats 5x8 (each leg) Dumbbell Step ups 5x8 (each leg) Bicycle crunches  2 sets of 2 min | Rest Day |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 5 | Morning hour run  (4 ½ Miles)  (74-80% of 1 RM)  Bench Press 4x8  Lateral raises 5x8 Weighted Dips  4x6  Bent over rows  4x6 Russian twists  2 sets 2 min | Morning hour run  (4 ½ Miles)  (74-80% OF  1 RM)  Front squats 8x8  Leg curls 5x8  Leg press 5x7 Romanian deadlift 5x7 Scissors  kicks 2 sets  of 2 min | Morning hour run  (4 ½ Miles)  (74-80%  OF 1 RM)  Landmine Punches 4x10  Overhead cable pulls 5x12  Overhead barbell press  4x6  Cable Pulls 5x7  Cable crunches 6x20 | Morning hour run  (4 ½ Miles)  (74-80%  OF 1 RM)  Reserves leg lunges 5x10  Deadlifts 5x10  Calf raises 5x12  Cable leg extinction 5x13  Weighted Sit ups 5x25 | Morning hour run (4 ½ Miles) (74-80%  OF 1 RM)  Dumbbell shoulder press 5x9 Dumbbell flys  5x10  Dumbbell curls 5x10  Cable lateral Fly 5x10  Cable chops 6x25 | Morning Hour run (4 ½ Miles)  (74-80%  OF 1 RM)  Squats 5x10  Jump Squats 5x13  Romanian split squats 5x8 (each leg) Dumbbell Step ups 5x8 (each leg) Bicycle crunches  2 sets of 2 min | Rest Day |
| Week 6 | Morning hour run  (5 Miles)  (74-84% of 1 RM)  Bench Press 4x8  Lateral raises 5x8 Weighted Dips  4x6  Bent over rows  4x6 Russian twists  2 sets 2 min | Morning hour run (5 Miles)  (74-84% OF  1 RM)  Front squats 8x8  Leg curls 5x8  Leg press 5x7 Romanian deadlift 5x7 Scissors  kicks 2 sets  of 2 min | Morning hour run (5 Miles)  (74-84%  OF 1 RM)  Landmine Punches 4x8 Overhead cable pulls 5x9 Overhead barbell press  4x6  Cable Pulls 5x7  Cable crunches 6x20 | Morning hour run (5 Miles)  (74-84%  OF 1 RM)  Reserves leg lunges 5x8 Deadlifts 5x8  Calf raises 5x10  Cable leg extinction 5x9 Weighted Sit ups 5x25 | Morning hour run (5 Miles)  (74-84%  OF 1 RM)  Dumbbell shoulder press 5x8 Dumbbell flys  5x9 Dumbbell curls  5x9 Cable lateral Fly 5x10  Cable chops 6x25 | Morning Hour run (5 Miles)  (74-84%  OF 1 RM)  Squats 5x6 Jump Squats 5x10  Romanian split squats 5x6 (each leg) Dumbbell Step ups 5x6 (each leg) Bicycle crunches  2 sets of 2 min | Rest day |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 7 | Morning hour run  (5 ½ Miles)  (84-90% of 1 RM)  Bench Press 4x6  Lateral raises 4x7 Weighted Dips  4x6  Bent over rows  4x6 Russian twists  2 sets 2 min | Morning hour run  (5 ½ Miles)  (84-90% OF  1 RM)  Front squats 7x8  Leg curls 5x8  Leg press 4x6 Romanian deadlift 4x6 Scissors  kicks 2 sets  of 2 min | Morning hour run  (5 ½ Miles)  (84-90%  OF 1 RM)  Landmine Punches 5x7 Overhead cable pulls 5x8 Overhead barbell press  4x6  Cable Pulls 5x7  Cable crunches 6x20 | Morning hour run  (5 ½ Miles)  (84-90%  OF 1 RM)  Reserves leg lunges 5x13  Deadlifts 5x10  Calf raises 5x15  Cable leg extinction 5x16  Weighted Sit ups 5x25 | Morning hour run (5 ½ Miles) (84-90%  OF 1 RM)  Dumbbell shoulder press 5x13  Dumbbell flys  5x14  Dumbbell curls 5x15  Cable lateral Fly 5x12  Cable chops 6x25 | Morning Hour run (5 ½ Miles)  (84-90%  OF 1 RM)  Squats 5x6 Jump Squats 5x9  Romanian split squats 5x6 (each leg) Dumbbell Step ups 5x6 (each leg) Bicycle crunches  2 sets of 2 min | Rest day |
| Week 8 | Morning hour run  (6 Miles)  (90-95% of 1 RM)  Bench Press 3x6  Lateral raises 4x6 Weighted Dips  3x6  Bent over rows  3x6 Russian twists  2 sets 2 min | Morning hour run (6 Miles)  (90-95% OF  1 RM)  Front squats 5x6  Leg curls 5x6  Leg press 4x6 Romanian deadlift 4x6 Scissors  kicks 2 sets  of 2 min | Morning hour run (6 Miles)  (90-95%  OF 1 RM)  Landmine Punches 6x6 Overhead cable pulls 4x7 Overhead barbell press  4x6  Cable Pulls 4x6  Cable crunches 6x20 | Morning hour run (6 Miles)  (90-95%  OF 1 RM)  Reserves leg lunges 5x7 Deadlifts 5x6  Calf raises 5x8  Cable leg extinction 5x9 Weighted Sit ups 5x25 | Morning hour run (6 Miles)  (90-95%  OF 1 RM)  Dumbbell shoulder press 4x6 Dumbbell flys  4x7 Dumbbell curls  5x8 Cable lateral Fly 5x12  Cable chops 6x25 | Morning Hour run (6 Miles)  (74-84%  OF 1 RM)  Squats 4x6 Jump Squats 4x9  Romanian split squats 4x6 (each leg) Dumbbell Step ups 4x6 (each leg) Bicycle crunches  2 sets of 2 min | Rest Day |

# FITT (Aerobic)

**Frequency:** I will run every day, making sure to hit an hour of cardio each morning, and increasing the required running distance by ½ a mile each week.

**Intensity:** I will reach up to 80% of my maximum heart rate to reach my mile goals, then I will cool down by finishing my hour with a pace that is 60% of my maximum heart rate.

**Time:** I will run for an hour each morning.

**Type:** Running (Cardio is a form of aerobic activity that stimulates the cardiovascular system)

# FITT (Muscular)

**Frequency:** I will train each day except Sunday, switching between upper and lower body, and switching between chest, arms, and back muscles as my main focus for my upper body work out.

**Intensity:** I will start out with weights that range between 60-70% of my 1RM, performing my exercises for more sets and more reps per set. As the weeks progress, I will increase the range of weight I will be lifting every two weeks, lowering the number of reps, and lowering the number of sets. I will conclude my last week using weights that are 95-100% of my 1RM, of which I will have sets that consist between the range of 4-6 reps.

**Time:** Over the next 8 weeks, I will slowly increase the weight of exercises by 10% every two weeks. To avoid serious injury, I will allow myself 10% range so that if I do feel under the weather or fatigue, I can reasonably and safely perform by exercise.

**Type:** My program's main focus is on increasing muscular strength and endurance, I have two primary focuses in my routine, upper and lower body strength. I also included core at the end of both so that I can maintain stability and strength whilst performing my other exercises.

**Exercise Explanation (\*please note this student does not list the explanation in**

**paragraph format because it was not required at the time; it is required for you to do so)**

**Bench Press**-Bench press activates many key muscles in your body, key among these being your chest. It is also useful to work your core, as stability is required to perform the movement safely. Shoulder mobility is also crucial for this exercise, and it is useful for increasing bone and heart strength.

**Lateral Raises**-Lateral Raises help to broaden and increase the size of your shoulder muscles, as well as exercising and activating your back muscles. They also encourage shoulder stability, which reduces the risk of injury while performing other exercises.

**Weighted dips**-Weighted dips target and build important muscles in the chest, the shoulders, and the triceps. Weighted dips are a closed kinetic exercise that works multiple muscle groups at once including opposing ones. It also helps with strength for other exercises and better ability to lock out on bench press or overhead press.

**Bent over rows**-Rows engage and work the muscles in your upper and lower back, pulling your shoulders back and improving your overall posture. While rows are mainly focused on the back muscles, the biceps are also engaged during this movement, which builds strength in your upper bicep.

**Russian twists**-Russian twist engage your core, obliques, glutes, hip flexor, shoulders, spin, and lower back. This exercise can help you with balance, stability, overall spin function, and rotational power. It is also a great way to burn calories in the core region.

**Front squats**-This exercise specifically targets the quadriceps, increasing the size and stability of the lower body. It can also help prevent knee injury as strong quadriceps reduce loads on the knees. Core stability is key to this exercise and it can help improve posture and prevent lower back pain.

**Leg curls**-Used to target hamstring, and glutes, which means this exercise can create a more stable base and can help with lower back pain. It can increase stability and drive power for other lifts and compound movements.

**Leg press**-Increases the muscle mass of the quadriceps, improves speed and endurance, helps raise the metabolism, and can increase the bone mineral density of the lower body.As this is a machine exercise, I can isolate, specify my quadriceps and target growth in the region.

**Romanian deadlift**-This exercise targets the core, hamstrings, lower back, glutes, and calves, its focus is on the posterior chain of muscles. This exercise is great at promoting hip mobility and helps increase your speed and trains you to keep your spin aligned.

**Scissor kicks**-This exercise helps to train and define the ab muscles, as well as the upper leg muscles and promotes hip modality. It can also train your muscles to prevent transferring energy from your lower body to your upper body risking damage to the spine.

**Landmine punches**-Promotes transfers of energy from the hips to the arms, works the muscles of the arms and the chest as well as activating the core and the hip muscles. **Overhead cable pulls**-This exercise targets the triceps, and the shoulders. It can also improve the range of motion for my joints while also increasing overall upper body strength and performance.

**Overhead barbell press**-Targets the deltoids, triceps, upper pectorals, and back muscles, it also requires stabilization in the core. Locking out slightly behind the ear promotes stability, mobility, and scapulohumeral rhythm.

**Cable pulls**-This exercise targets the rear deltoids, traps, rhomboids, rotator cuffs, as well as the mid back muscles. This exercise is key to build stable shoulders which can help in heavy pushing exercises, while also increasing the ability to do other movements including pull ups.

**Cable crunches**-This exercise targets your core muscles, specifically, the erector muscles. It promotes spinal flexion and stability throughout the midsection.

Reserve leg lunges-Promotes strength and stability in your legs, hips, and core. Improves balance and coordination, increasing flexibility, and reducing stress on joints. It activates the hamstrings, glutes, and quadriceps.

**Deadlifts**-Performed correctly, this exercise is a great way to improve leg power, as it targets the leg and back muscles but also engages almost every muscle in the body. With it targeting the posterior chain of muscles, it develops a more powerful and stable base that is capable of moving more weight. It can also increase cardiovascular endurance.

**Calf raises**-This targets the lower parts of the leg, the calf and the ankles. This exercise can increase your ankle modality, increase jumping power, increasing running ability, and overall improve posture.

**Cable leg extinction**-This exercise focuses on the quadriceps, making it more effective at stimulating growth in the quadriceps than other exercises. It will increase the strength of my legs and prevent injury whilst running.

**Weighted Sit ups**-Target the core, the obliques, and lower back, creates a strong and stable core that can aid in lifting heavier weights. It will aid me in my running and help me stabilise my posture whilst running.

**Dumbbell shoulder press**-Exercise targets the deltoids, the triceps, trapezius, chest, back, and core,increasing the mass of these muscles through hypertrophy. It will help me maintain posture and correct balance issues.

**Dumbbell flys**-It helps strengthen my chest, shoulders, and triceps, improving my ability to do push exercises. Specifically targets my inner chest and allows me to get good contraction and squeeze of the inner chest muscle tissue. It will also improve my flexibility and help me with my upper back.

**Dumbbell curls**-Targets the biceps, while also improving joint mobility. This also helps to train engagement of the core, and trains the stability of my shoulders. Also helps to activate the forearm muscles, and helps to prove strength for daily activities.

**Cable lateral Fly**-It will help me target and strengthen the middle head of my deltoids, increasing the size and the roundness of my shoulders. Also improves the rotation of my shoulders by targeting the infra scapular and subscapular muscles in my rotator cuff. This exercise will increase my effectiveness when it comes to pressing and lifting exercises.

**Cable chops**-Improves the strength and size of the core and oblique muscles, aiding in stability and balance. This is a functional movement that imitates a motion used in regular activities, while also increasing rotational power for your sports and activities. Can also aid in prevention of back injuries and spinal rotation.

**Squats**-Increases the power of your lower body significantly, increases the bone density in the legs whilst also improving the modality of the hips and leg joints. It engages most of the muscles in the lower body including the core and forces correct posture and aids in functional movements, which helps aid in regular activities. Require ankle flexibility which will help prevent injury in running and lifting.

**Jump Squats**-Works the glutes, hamstrings, quadriceps, and lower back. Also works the cardiovascular system, boosting the heat rate, increasing the fitness of the heart and circulatory system. Aids in athletic abilities such as vertical jumps, range of motion, explosive

power, improving balance and stability. Aids in coordination between upper and lower body, making lifters more aware of activation in each part.

**Romanian split squats**-Targets the quadriceps, the glutes, and core stability. Isolates and increases muscle activation in each leg, helping develop unilateral movements for activities like sprinting and jumping. It also improves the flexion of the hips, counteracting imbalances in the hips.

**Dumbbell Step ups**-Targets the glutes, quadriceps, hamstrings, claves, hip flexors, and adductors. Also improve the knees joint and hip joint, while improving single leg stability and balance. The strength gain from step ups helps prevent injuries in activities including running, jumping, and sprinting. Creates more power in each leg by isolation of movement to each leg.

**Bicycle crunches**-Targets the rectus abdominis, internal and external obliques, hip flexors, and lower back. Fundamental movement that aids in activities including, climbing stairs, lifting, twisting, and reaching. Improves lifting ability and strengthens the stability of the spine, while also increasing the coordination of the hips and trunk regions.