

Weekly Training Sheet

Strength & Conditioning Program

NAME:

Marcus Thompson

WEEK:

Week 4 - October 2025

TRAINER:

Coach Sarah Martinez

GOAL:

Build Strength & Muscle Mass

Monday - Upper Body

EXERCISE	SETS	REPS	WEIGHT	✓
Bench Press	4	8-10	85 kg	✓
Dumbbell Rows	3	10-12	32 kg	✓
Shoulder Press	3	8-10	52 kg	✓
Bicep Curls	3	12-15	16 kg	✓

Wednesday - Lower Body

EXERCISE	SETS	REPS	WEIGHT	✓
Squats	4	8-10	102 kg	✓
Romanian Deadlifts	3	10-12	84 kg	✓
Leg Press	3	12-15	154 kg	✓
Calf Raises	3	15-20	41 kg	✓

Friday - Full Body

EXERCISE	SETS	REPS	WEIGHT	✓
Deadlifts	4	6-8	125 kg	✓
Pull-ups	3	Max	BW (12 reps)	✓
Lunges	3	10/leg	23 kg	✓
Planks	3	60s	—	✓