

*Reeson Studio*

*Get Yours*

6 DAY

TRAINING  
PROGRAM

# TOOLS WORTH USING

## Notes In Your Phone

Keeping track of the amount of weight that you’re lifting for each workout is massive. You’ll be able to see your steady progression of weight life and there’s no guessing on what weights you’ll be lifting each day. The goal will be to slowly increase the weight, even if it’s by minuscule amounts. When I switched over to this, I quickly realized just how random I was at picking the weight.

### Example:

Monday Pull:				
Pull Ups	Bent Over Dumbbell Row (single arm)	Dumbbell Curl (alternating)	Unilateral Row	Preacher Bar (single arm)
(4 sets)	(4 sets of 10)	(4 sets of 8 each arm)	(4 sets of 12)	(4 sets of 10)
8,8,8,8	55,55,55,55	27.5,27.5,27.5,27.5	120,125,120,120	30,40,30,40
9,9,9,9	55,55,55,60	27.5,27.5,30,30	120,140,140,140	30,40,30,40
9,9,9,7	55,55,60,60	27.5,30,30,32.5	140,140,140,140	40,40,40,40
9,9,9,7	55,60,60,60	30,32.5,32.5,35	140,140,140,140	40,40,40,40
9,9,6,6	60,60,60,60	32.5,32.5,32.5,32.5	140,140,140,140	40,40,40,40

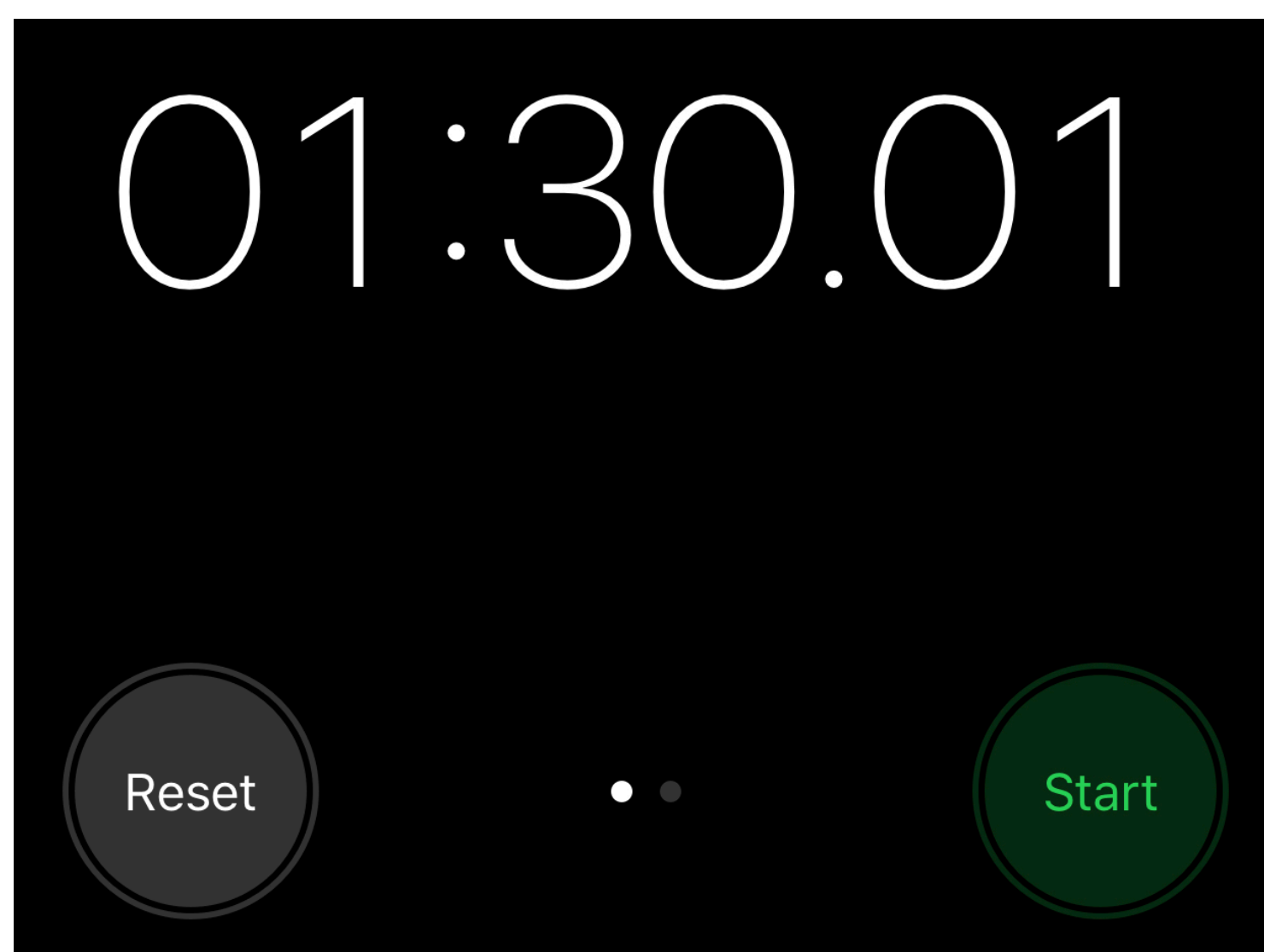


# Key Notes

## TOOLS WORTH USING

### Stop Watch

The next important tool for your everyday use within the gym, is the stop watch on your phone or watch. It's important to stick to about 1:30-2:00 minutes between sets. For compound, heavy weight workouts, 2:00-3:00 minutes is a bit more appropriate. For some that may seem like a long time, if that's the case then you're in the same boat I was. I used to keep breaks to about 30-60 seconds between sets. Taking a larger break allowed me to come into each set with a greater amount of energy to continue at a higher weight. This should be just enough time to feel ready and confident going into each set.

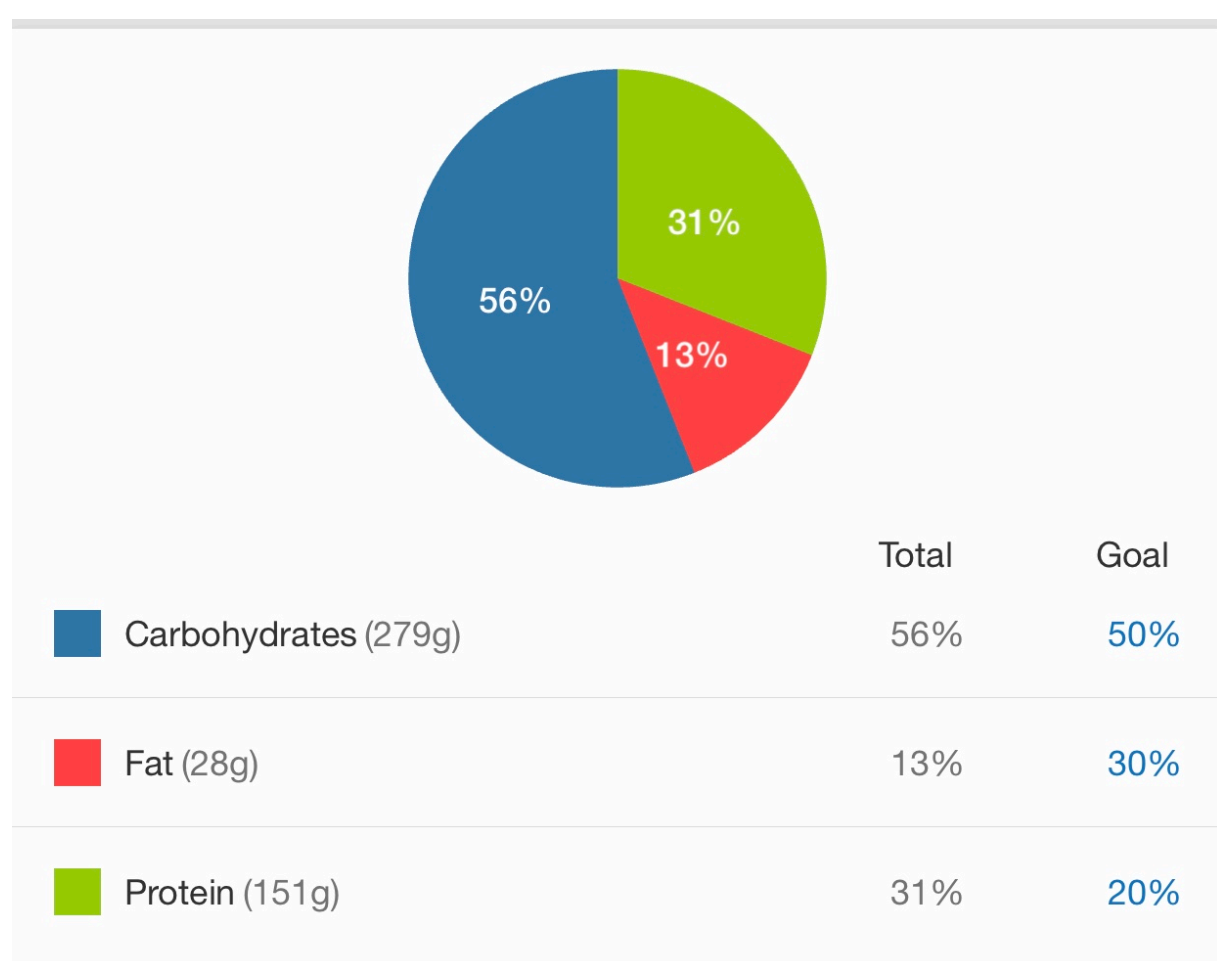


# Key Notes

## TOOLS WORTH USING

### My Fitness Pal: Macros

- 1 This should be a goal to get good at over a very long period of time. Tracking macros is going to allow you to both gain strength and weight, but stay lean. There are a few things that you're going to have to do before this is a smooth part of your lifestyle.
- 2 Figure out what macros you should be eating, this can be done with a simple youtube search or refer to the links I have at the end.
- 3 Start tracking what you have already been eating, getting used to scanning food and the concept of macros is a feat in itself.
- 3 Start manipulating the meals that you make so that you can start working towards the goal of hitting your correct macros.



#### Breakfast

Add Breakfast from 3 days ago, 665 calories  
Swipe right to add meal

[ADD FOOD](#)

...

#### Lunch

[ADD FOOD](#)

...

#### Dinner

[ADD FOOD](#)

...

# Warm-Up

## SET THE TONE:

### Everyday:

This warm up is meant to be done every single day that you go to the gym. It takes about 10-15 minutes to complete and works on your mobility, which is massively important to avoid injury as much as possible. One of my biggest fears is getting injured and having to sit out for a long period of time, mobility is key. Take this time to set the tone for the workout as well, you should be mentally engaged and ready to work.

- ☐ Did you have a good pre workout snack?  
(Mine is a Thomas cinnamon and raisin bagel ››50g of carbs is the goal‹‹)
- ☐ Have you had enough water today? Are you currently drinking water?
- ☐ Are you getting in the zone? Pre-workout? HYPE music??

# Warm-Up

## Warm-Up:

Exercise	Sets	Reps	Notes
Resistance Band Splitter	1	20	
Side Steps	1	20	w/ Resistance Band
Reverse Lunge	1	10 each side alternating	90° Twist w/ resistance band
Slow Deep Squat	1	5	Wide stance, heels facing each other, focus on hips
Normal Squats	1	10	
Walk Out Burpee	1	5	w/ Superman stretch, focus on hamstring stretch
Deep Lunge	1	10 each side	Tap elbow to the floor, then twist and raise your hand to the ceiling



# Day 1

## Pull 1:

Exercise	Sets	Reps	Notes
Pull Ups	4	1 before failure	
Bent Over Dumbbell Row	4	10 each side	
Dumbbell Curls	4	8 each side alternating	Alternating
Unilateral Row	4	12	Squeeze your upper back as if there was a tennis ball in between your shoulder blades
Preacher Curl	4	10	With EZ bar - focus on negatives
Neutral Grip Lat Pull Down	4	12	

# Day 2

## Legs 1:

Exercise	Sets	Reps	Notes
Front Bar Squat	4	6	
Reverse Lunges	4	8 each side	Full reverse lunge, focus on squeezing the hips. This is a great exercise for increasing squat weight.
RDLs	4	8	
Laying Hamstring Curl Machine	4	12	Focus on working the negatives a bit
Standing Calve Machine	4	10	
Side Leg Lifts	2	30	Focus on keeping your toes facing down, this is a butt and hip workout.



# Day 3

## Push 1:

Exercise	Sets	Reps	Notes
Bench	4	6	Get some arch in your back and feel planted to the ground with your feet. Butt needs to be on the bench
Overhead Shoulder Press	4	6	Squeeze the butt and push your head forward towards the top of the lift.
Incline Dumbbell Press	4	8	Hands shouldn't come close to each other at the top, focus on engaging the back & pulling your shoulder blades
Cable Flys	4	15	
Lateral Dumbbell Raises	4	12	
Cable Rope Push Down	4	12	Step back, bend a bit at the hips, and pull your shoulders back before starting.
Single Arm Kickbacks	2	20	Slow and steady
Dips	2	1 before failure	

# Day 4

## Pull 2:

Exercise	Sets	Reps	Notes
Pull Ups	4	1 before failure	
Deadlifts	5	5	Technical move, make sure to do research on proper form.
Dumbbell Curls	4	8 each arm	Pull your pinky in at the top
Unilateral Row	4	12	Squeeze your upper back
Incline Dumbbell Curl	4	10 each arm	This will be a much lighter weight compared to normal curls
Neutral Grip Lat Pull Down	4	12	
Bicep Machine of Choice	3	15	

# Day 5

## Legs 2:

Exercise	Sets	Reps	Notes
Squat	5	5	Technical move, make sure to research proper form
Walking Lunges	4	10 each leg	Weighted with dumbbells
Leg Press	4	8	Heavy
Quad Extension Machine	4	12	
Laying Hamstring Curl Machine	4	12	
Standing Calve Machine	4	10	
Side Leg Raises	2	30	Toes pointed down, focus on butt and hips



# Day 6

## Push 2:

Exercise	Sets	Reps	Notes
Bench	4	6	Get some arch in your back and feel planted to the ground with your feet. Butt needs to be on the bench
Overhead Shoulder Press	4	6	Squeeze the butt and push your head forward towards the top of the lift.
Incline Dumbbell Press	4	8	
Shrugs	4	8	
Cable Flys	4	15	
Cable Rope Push Down	4	12	Step back, bend a bit at the hips, and pull your shoulders back before starting.
Single Arm Kick Back	2	20	Slow and steady
Dips	2	9 RPE	

# Abs

## Abs: (once a week)

Exercise	Sets	Reps	Notes
Toe to Bar	3	9 RPE	
Planks	3		1 Minute front - 30 seconds each side - 30 second break
Front Plank Reaches	3	10	Put your water bottle in front of you by about a foot or two, then reach your hand out in front of you to tap it
Hanging Leg Raises	3	9 RPE	
Side Cable Twists	3	10 each side	

# Stretches

## Good Post Stretch:

Exercise	Sets	Reps	Notes
Pirifarmis Muscle Stretch			
Straight Leg Raise			
Repeat the two above			
Pigeon Yoga Stretch			(Hands fully extended out, chest towards the floor)
Foam Roll Out			(Focus on entire back/ shoulders to calves)