

Rest Days – Rest/Active Recovery (can add them in-between days or every 4th day. Never train more than 3 days without a rest)

Optional:

- **Morning:** Foam rolling, yoga, or swimming.
- **Evening:** Deep breathing exercises, stretching.

Day 1 – Chest, Shoulders, Triceps (Push Focus)

Strength + Hypertrophy (Gym)

Warm-Up (10 Minutes):

- 5 mins treadmill jog or dynamic stretches (arm circles, shoulder rolls).
- Band pull apart for rotator cuff
- Light sets of bench press (50% of working weight) x 2.

Workout:

2 minutes Rest between Heavy SETS and 5 minutes between Heavy Exercises.

1 minutes Rest between Hypertrophy SETs and 2 Minutes Rest between Hypertrophy Exercises. (These rest times are very important and must stay the same)

1. **Bench Press:** 4x4-6 (heavy).
2. **Seated Military Press:** 4x4-6 (heavy).
3. **Incline Dumbbell Press:** 3x8-10.
4. **Cable Lateral Raises:** 3x12-15.
5. **Cable Rear Delt fly's** 3x12-15.
6. **Overhead Single arm Cable Triceps Extension:** 3x 8-12.
7. **Triceps Pushdowns:** 3x8-12.

Ab workout:

1. **Smith machine crunch** 3 x 8- 12.
2. **Hanging leg raises** 3 x 8- 12. (Start with knee raises and reset at the bottom by letting go and starting again, then build up to full leg raises)

Cardio (Optional, 10-15 mins):

- Incline treadmill walk or stationary bike.

Day 2 – Back, Biceps (Pull Focus)

Strength + Hypertrophy (Gym)

Warm-Up (10 Minutes):

- 5 mins rowing machine or dynamic stretches (arm swings, light pull-ups).
- Light sets of lat pulldown x 2.
- Deadlifts 50% of working weight

Workout:

2 minutes Rest between Heavy SETS and 5 minutes between Heavy Exercises.

1 minutes Rest between Hypertrophy SETs and 2 Minutes Rest between Hypertrophy Exercises. (These rest times are very important and must stay the same)

1. **Deadlift conventional or sumo: 4x4-6 (heavy)**

2. **Pull ups (or Lat pulldown and build up to pull ups):** 4x4-6 (heavy/Body weight/weighted).
3. **Barbell Rows:** 4x4-6 (heavy).
4. **Dumbbell Rows:** 3x10-12 (each side).
5. **Chin-Ups (or underhand grip Lat pulldown):** 3x10-12. (Really focus on contracting the biceps)
6. **Bayesian Curls:** 3x 8-12.
7. **Hammer Curls:** 3x8-12.

(If you're on Lat pulldown and building to pull ups add 3 sets of 5 negative pull ups at the end of the workout before Ab training)

Ab workout:

1. **Smith machine crunch** 3x8-12.
2. **Hanging leg raises** 3 x 8-12. (Start with knee raises with and reset at the bottom by letting go and starting again, then build up to this)

Cardio (Optional, 10-15 mins):

- 15 mins rowing intervals (30 sec sprint, 30 sec rest)

Day 3 – Legs (Lower Body Strength)

Strength + Hypertrophy (Gym)

Warm-Up (10 Minutes):

- 5 mins light cycling or dynamic stretches (leg swings, bodyweight squats).
- Light sets of squats x 2.

Workout:

2 minutes Rest between Heavy SETS and 5 minutes between Heavy Exercises.

1 minutes Rest between Hypertrophy SETs and 2 Minutes Rest between Hypertrophy Exercises. (These rest times are very important and must stay the same)

1. **Back Squats:** 4x4-6 (Heavy).
2. **Romanian Deadlifts:** 3x8-10.
3. **Bulgarian Split Squats:** 3x 8-10 per leg.
4. **Leg Press:** 3x8-12.
5. **Calf Raises (Seated or Standing):** 3x15-20.

Ab workout:

1. **Smith machine crunch** 3 x 8-12.
2. **Hanging leg raises** 3 x 8-12. (Start with knee raises with and reset at the bottom by letting go and starting again, then build up to this)

Cardio (Optional, 10-15 mins):

- Hill sprints or stationary bike intervals.

Progression & Periodization

Week 1-4: Foundation Phase

- Focus on learning proper form and technique Only increase reps or weight if you feel you can maintain the same form.
- Start with moderate weights, with a focus on stability and functional movement patterns.
- For cardio, aim to increase duration slowly (starting at 10 mins and progressing to 20 mins).
- With the **Heavy** exercises start with 4 sets of 4 reps as heavy as you can manage whilst still completing the reps (if you only achieve 4,4,4,(1-4) then this is a good weight, if however, you're hitting 4,4,(1-4), (1-4) or worse 4,(1-4), (1-4),(1-4) Then you

need to drop the weight. For Week 1-4 we are aiming to increase the reps, so if you achieve 4,4,4,3 on week 1, then aim for 4,4,4,4 on week 2, and then see if you can get 5,4,4,4 then on week 3: 5,5,4,4 and so on. if you reach 6,6,6,6 before the end of week 4 then up the weight.

- On the hypertrophy movements start with the lower prescribed rep range and work towards the upper end and once you can hit all of the sets at the upper rep range then up the weight by 1-5%.

Week 5-8: Strength Development Phase

- Increase the weight on Heavy lifts progressively, go back to your 4 sets of 4 reps with a new appropriate weight for that rep range and try to add 5-10% weight each week to the heavy lifts (percentagecalculator.net if you want the calculations fast).
- With the Hypertrophy movements stay in the higher rep range and try to increase the weight each week by 1-5%

Week 9-12: Power and Hypertrophy Phase

- If you are still progressing with weight and reps stick to the previous weeks plan. If your progress has stalled Increase the rest time between Heavy Sets by 50% and decrease the rest time between Hypertrophy sets by 50% for two weeks then return it to the original rest time.
- If still struggling to progress message me to add advanced movements (e.g., pin press to overcome bench Plato).