



THE

# ULTIMATE

GUIDE TO TRAINING INTENSITY

COMPLETE WITH FULL BODY WORKOUTS

**SC-PT**  
Train smart, always.

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# **MAXIMISE** your **workouts**

**Turning up simply isn't enough. Let's maximise every area of your training and never leave results to chance.**

Regardless of the goal, who doesn't want to make every effort they make in the gym count. I know I do.

As a coach/athlete I believe in getting as much out of as little as possible which is why I have put this document together to ensure you do the same.

After all, your love of training is what brought you to my page, download this document and the very reason you are reading it right now, so why not make the thing we love as efficient and effective as possible? No brainer if you ask me.

Despite influencers' best efforts to indicate otherwise, ruthless execution of the basics are what get results, so heres how to improve your focus, intensity and approach to every session.



# Have a **PLAN**

The benefits of having a specific training programme are endless and can enhance training 10 fold.

*'If you don't measure it, how can you improve it'*

Such a simple, yet massively overlooked tool when in the gym. Winging things is cool, if progression and results mean very little to you.

Following a set programme designed around your needs/wants will enable you to measure and improve your efforts every time you go into the gym.

The body responds immensely to progressive overload aka getting stronger, so if you are jumping exercises and varying workouts constantly, you simply cannot progress in the same manner.

Whether you download one of the millions of internet plans, buy one online or hire a coach, please get a plan, **STICK WITH IT**, push it hard and apply the contents of this document to it!

This is where the log book now becomes crucial!



# Get a **LOGBOOK**

The next step to getting yourself a plan is having a place to log everything you do in every session, set and rep.

This is the only way you can truly progress.

*'I just remember what I lift'*

Cool story, but no you don't.

Honestly, one of the most annoying statements which I hear regularly. The human brain is incredible but still, there is no way you will remember all the details of every set, rep, set etc.

Now we have cleared that up, the key for me is to have a handwritten note pad. I stongly advise against using your phone.

WHY?

Because we are addicted to them. Every time we get it out, a message, instagram, twitter notification etc will be waiting for us and it's a constant source of distraction.

After all, we are here for one thing!



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Having something we can physically hold and revisit can have massive benefits. It is quick, simple, distraction free and can also give us a psychological edge.

It's like getting new lulu's or a new lifting belt. It makes you want to go train. Not to mention the programming of the nervous system into getting into the zone.

When you wake in the morning, the first thing the majority of us do or think is 'coffee'. This is a response that has been programmed into the brain through habit.

When we use the log book enough, it will become a trigger of 'focus' and 'game time'.

So,

**'What should I be recording?'**

Firstly, the logbook should have all exercise, sets, reps, tempos and notes mapped out as it looks like on your shiny new plan, so you know exactly what is on the agenda.

From here there are several details which will help you to manage every possible area of progress.



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There are several factors to consider to get the most out of your log book to accelerate progression.

## ➔ Weight

The load we use each set, this enables us to see exactly what was used and what we need to hit to progress each week.

## ➔ Reps

Knowing how many reps means we can see if we need to up the weight or increase the reps in order to progress.

## ➔ Difficulty KEY

There will be sets that are harder than others, where you hit max reps, but could improve, so having more info could be useful. I mark a set if I max out to let myself know next time (1-easy, 2-comfortable, 3-hard/revisit).

Here is a working example of what progressive overload would look like in the logbook using a squat 3x12, over 4 week progression:

	Set 1	Set 2	Set 3
Week 1:	80kg x12	80kg x12	80kg x12 (1)
Week 2:	80kg x12	90kg x10 (2)	90kg x10 (2)
Week 3:	90kg x12	90kg x12	90kg x9 (3)
Week 4:	100kg x8 (3)	90kg x12 (1)	90kg x12 (1)

We can see there is progress via total weight and/or reps each week. As long as one or more sets/reps is increased, adaptation will occur and progress will be made. The brackets indicate top set difficulty using the key to provide info for my next week

It's important to note, progress isn't always more reps or sets, it could be revisiting a weight, making it harder, slowing the tempo or squeezing harder, ergo making notes is vital.



Whilst executing the above covers the **KEY** areas and will see a huge boost in performance and progress, over time I have come across other factors that will take performance up a even further.

➔ **Training time**  
Knowing what time of the day you trained can help to see where you perform best. If you train at different times and performance varies, it may help you to hone in on 'optimal' time, where you feel most focused and prepared mentally and physically.

➔ **Duration of session**  
How long the session took can provide valuable insight to intensity levels. If one week it took you 60 minutes, then another week it was 90 minutes, we can see we lacked intensity that week OR we rushed the week prior and can make appropriate adjustments next time.

➔ **Location of session**  
Quite often we love to train in different gyms. This is epic for motivation and soaking up different atmospheres. Often the equipment or even weights can feel different. We have all been there where another gyms 20s feel like 45s. In terms of progress, knowing this next time you train in your usual gym can help you figure where to start from.

➔ **Training partner**  
Training with others can be very motivating. We often step our game up massively and most importantly, having a spotter means you can go at it as hard as you want, whereas being alone means you may not always be able to go for that big weight. This is useful info for 2 reasons: 1) we can see what we are capable of and learn to ask for a spot and 2) if we can't match the same solo it gives us an aim and we readjust back to the previous weeks weights.

➔ **Overall sessions rating (1-10)**  
A simple rating out of 10 (being best) on how the session was, so we know how to match or improve next time we revisit





# Pre-workout

## ROUTINE

Every morning, we begin our day with a routine. As I mentioned earlier, this is a crucial start to the day as it is us getting 'prepared'.

The same principle can be applied when it comes to the gym. It goes like this:

You jump in the car, blast some music, have pre workout/coffee, get to the gym, write your log book out, walk up the stairs imagining your world domination, get the blood flowing with a warm up while the pre workout takes its effect and then you're OFF!

What happens then?

You KILL your workout.

The next time you come to get in the car, blaze those tunes and begin the routine, your brain has a positive association and before you know it, your body associates the routine with killer workouts and your focus shoots up each time.

The routine can vary from person to person, but make no mistake, having one will make a huge difference.



# Warm up **SETS**

**We all love the gym don't we? well warm up sets are like foreplay. You wouldn't treat your partner this way, so don't treat your sets this way.**

All jokes aside, our routine and warm up has us mentally and physically prepared to exercise, now we need to prepare the specific body parts as much as possible for heavy loading.

In essence, warm up sets are simple; allowing the joints, muscles and nervous system to adapt to the load in a pyramid type fashion ready for the big sets to take place. Here is an example, lets use deadlifts:

My look book tells me today my first set needs to be 140kg. How I prepare will determine how psyched and prepared my body is to progress.

**Warm up set 1: 60kg x 8-10**

**Warm up set 2: 90kg x 5-6**

**Warm up set 3: 120kg x 2-3**

Following this, I begin my working sets. Compound exercises typically require 2-3 warm up sets, while others are usually good with 1-2 the further you get into the workout



# Video **FEEDBACK**

**Intensity is a byproduct of creating tension.**

When we are in a set, the brain and physical body is focused on the matter at hand, which is getting the weight from A to B.

Regardless of how hard we are trying to stay in good posture, use great form etc. unless we look back, it is very difficult to assess this 'in action', even if you have a mirror in front of you.

Videoring your sets can allow you to cast eyes over your technique when the mind is clear and you can see it without your brain overriding your conscious thought which goes something like 'f\*ck keeping my back straight, I NEED 10 REPS'

*'Muscles respond to tension'*

Whilst overload is a crucial component to booty and bicep gains, the more tension we can create (under heavy load) the more stimulus we create for growth. Take a step back, assess things regularly and continue to improve the way you lift and it will pay dividends.



# Using a SPOTTER

**Good spotters are few and far between.**

**'All you bro'**, they say while gasping, body trembling secretly panicking on the inside.

or there is always the **'happy helper'**, who wants to take the gains away from you by taking 50% of the load, having you hit your PB without a sweat for twice as many reps

We have all been there. Both ends probably.

But, in all seriousness, if you don't have a regular training partner or usual spotter in the gym, there is nothing to lose asking for a spot.

If you do, just give simple guidelines.

*'I want X amount of reps, can you stay with me, but don't take any of the load until I say. Once I do, just give me enough so I don't lose momentum'.*

This is a much better alternative to not trying that next weight as you progress through your programme.

There's no bigger honour than being 'chosen' for a spot, that's when you know you have made it...



# FREE workouts

Hopefully by now, I have provided you with enough value and knowledge to take your workouts to the next level.

BUT, incase I haven't. Here is an upper and lower body workout you can get busy with, implementing all your new tips and tracks.

## Upper body **WORKOUT**

Exercise	Sets/Reps <sup>t</sup>	Tempo	Rest
Seated cable fly	1x10-12   1x12-15	3011	90s
Low inc DB press	1x6-8   1x10-12	3011	90s
Deadstop BB row	1x6-8   1x10-12	3010	90s
Single arm DB row	3x8-10	3011	90s
DB shoulder press	3x10-12	3010	0s
Superset DB side raises	3x12-15	3010	90s
Barbell curls superset	3x8-10	3011	0s
Tricep dips	3x6-8	3011	90s



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## Lower body **WORKOUT**

Exercise	Sets/Reps	Tempo	Rest
Abductor machine	5x10-12	3011	60s
Barbell squats	1x6-8   2x10-12	3011	120s
Leg extension	2x10-12   15-20	3010	90s
Lying leg curls	3x15-20	3011	90s
Walking DB lunges	3x10-12	3010	90s
Adductor machine	5x8-10	3011	60s

There are many other factors to consider when getting the results you truly desire and this guide would start to get a little lengthy if I covered everything needed for a great transformation.

But, if you are serious about taking your physique to the next level then online coaching is for you, simply click the link below and let's get started on your journey.



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