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Review: Intro



Notes: When it comes to cardio, it's important to start your workout with a warm-up. This prepares your body for a workout by increasing blood flow to your muscles, improving flexibility and reducing the risk of injury.

Similarly, the same goes for a cooldown at the end of your workout. It is important to gradually lower your heart-rate as well as prevent blood pooling in your limbs which can lead to delayed onset muscle soreness (DOMS). This will promote muscle recovery.

When it comes to main cardio, make sure you do this at the end of the session so that it does not negatively impact your resistance performance.

## Cardio Options (Any Day)

	MACHINE	PROGRAMME	TIME	RESISTANCE	SPEED
1.	Treadmill	Incline Walking	15-20 mins	Your Choice	Your Choice

## Day 1

	EXERCISE	SETS	REPS	NOTES
1.	Chest Press Machine (M) <u>OR</u> Incline Smith Machine (M)	3	6-8	CPM - Use the horizontal handles, focus on getting the stretch at the bottom of the movement. Adjust Seat so handles are in line with chest. Adjust handle position if needed. <u>OR</u> ISM – Set bench to the second notch up. Wide hand position. Make sure the bar touches the top of your chest. Control the reps and breathe in at the top.
2.	Lat Pulldown (M)	3	8-10	Grab the bend of the bar. Stay straight at the top. Lean back slightly as you bring the bar to your chest. Control the weight.
3.	Leg Extension (M)	3	10-12	Make sure to extend your legs until they are parallel with the floor and control the weight all the way back down. Adjust the seat to a comfortable position.
4.	Alternating Lateral - Raises (F)	2	10-12	Grab two dumbbells with a neutral grip. We will alternate arms between reps. Raise one arm at a 45-degree angle and stop once parallel with the floor. Perform the same with the opposite arm. If your weaker side struggles, rest for 10-15 seconds before continuing.
5.	Tricep Pushdown (Rope) (M)	2	10-12	Use the cable machine with a rope attachment. Set cable to the highest setting. Keep elbows locked at your sides and push straight down. You can lean forward slightly while doing these.

(M = machine, F = free-weights)

## Day 2

	EXERCISE	SETS	REPS	NOTES
1.	Seated Row (M) <u>OR</u> Barbell Row (F)	3	6-8	SR - Set seat height to the highest. Maintain a neutral spine and set chest pad so that you can reach handles. Focus on pulling with your elbows and trying to squeeze your shoulder blades together. <u>OR</u> BBR – Grab the barbell just outside of your knees. Take two steps back. Lean over at a 45-degree angle. Drive your elbows up in a straight line and bring the bar to your stomach. Control back down. Make sure that your form isn't causing strain on lower back.
2.	Leg Curl (M)	3	10-12	Ensure the seat is far enough back so that your ankles are comfortably on the pads. Try and get your heels below the seat and control the weight as much as possible.
3.	Shoulder Press (M)	3	8-10	Adjust seat height so that handles are in line with shoulders. Try and use the horizontal handles to push arms above your head and control back down to shoulder height. Make sure your wrists are in a stable position
4.	DB Hammer Curl (F)	2	10-12	Use a neutral hand grip. Keep elbows locked in to the side. Bring weight up to your chest and control on the way down. Try not to swing your arms or lean back.
5.	Overhead Tricep Extensions (V-Bar) (M)	2	10-12	Set the cable to waist height. Use the V-bar and raise above and behind your head. Allow your triceps to stretch down behind your head before extending your arms straight in the air.

(M = machine, F = free-weights)

I would like you to stick to this plan for around a month, this should help us build a good foundation on your current abilities. We can then increase the intensity from there. Make sure to try and take a rest day between each session. As long as you alternate sessions, they can be completed as many times a week as you'd like, e.g between 2-4 times a week.

### Key Concepts:

Progressive Overload – This is the method of gradually increasing the intensity or difficulty of your workouts over time. This can be done increasing the number of set/reps or by adding more weight. That's why I have given you rep ranges. Once you hit the top end of the rep range, try and increase the weight slightly. E.g:

- Week 1 - Chest press 3 sets of 10 reps at 20kg
- Week 2 - Chest press 3 sets of 11 reps at 20kg
- Week 3 - Chest press 3 sets of 12 reps at 20kg
- Week 4 - Chest press 3 sets of 10 reps at 25kg

This allows for your body to become more efficient and improves strength, endurance and fitness over time. It is the most important aspect of any good training programme.

Time Under Tension – Remember to be in control of the weight at all times and maintain the 2 second concentric (up), 2 second eccentric (down) tempo as this will result in the most muscle growth.