

# Welcome to your weight training plan

## Warm up sets

Before doing any working sets, I suggest doing warm up sets. These are done by recreating the desired movement exactly with a light weight or no weight and progressively warming up so that when you start the working sets your muscles are ready to go. If your first movement is heavy squats for example, I would suggest doing 3-4 warm up sets, which progressively get heavier, until you reach your working set weight. During these warm up sets, I would generally aim for 8-12 reps of the movement.

When moving onto the next exercise, your body may already be warm but I suggest performing another warm up set, prior to the next working set, to ensure you are comfortable with the movement.

## Warming Up Drills

These can be found in the knowledge base within your account.

## Cooling Down

These can be found in the knowledge base within your account.

## Sets and reps

Sets and reps are shown next to your exercise. They tell you how many repetitions of the movement you will be doing and the sets shows how many times you will be doing this number of reps.

In this example you will be doing 10 reps of the movement 4 times. (4 x10)

## Supersets and circuits

On some of your plans you will have supersets and circuits.

- Supersets are groups or pairs of exercises.
- Supersets are shown as 1a, 1b, 2a, 2b etc. on the plans.
- When performing superset exercises, you should alternate between each movement i.e. 1a then 1b and repeat.
- The rest periods between each movement will also be shown on the plans.

# Weight Training Plan - Day 1

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1	Lunges	60	4x8							
2	Back Extensions	60	4x8							
3a	Barbell shoulder press	60	4x8							
3b	Single arm rows	60	4x12							Each side
4a	Lateral raise + rear delt raise	60	4x10+10							
4b	Push ups	60	4xmax reps							
4c	Swiss ball roll out	60	4x8							
4b	Barbell curls	90	4x20							
5	Sit ups	60	3x10							

# Weight Training Plan - Day 2

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5		Notes
Pre	Calf Raises	60	4x20							Bodyweight
1	Bulgarian Split Squat	120	5x8							
2	Weighted Lunges	60	5x10							
3	Leg Press	60	4x15							
4	Superman	60	4x8							
5	Swiss Ball Roll Out	60	4x8							

# Weight Training Plan - Day 3

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5		Notes
1	Pull Ups	120	4xmax reps							
2a	Body Weight Row	60	5x 10							
2b	Dumbbell Incline Bench	60	5x10							
3a	Flat Dumbbell Bench		4x12							
3b	Single Arm Row	90	4x12							
4a	Tricep Pushdowns + Push Ups		4x10+10							
4b	Barbell Curls	90	4x20							
5	Situps	60	3x10							