

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 x 10)

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	Single leg dumbbell glute bridge	90	4x8							
2	Romanian deadlifts	90	4x12							
3	Dumbbell arnold press	60	4x8							
4	Upright row and press	60	4x12							
5a	Front raise + Lateral raise + rear delt raise	60	4x10+10+10							
5b	Ab wheel roll out	60	4x8							

Weight Training Plan - Day 2

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1a	3 degree drops incline bench	60	4x8+8+8							3 sets back to back at 3 angles - steep to flat.
1b	Bent over row	60	4x8							
2a	Dumbbell flys	30	4x12							
2b	Single arm rows	60	4x20							
3a	Med ball push ups	30	4x15							
3b	Rear delt raise	60	4x15							
4a	Dips + Dumbbell skull crusher	30	3x12+12							
4b	Incline dumbbell curls + hammer curls	60	3x12+12							

Weight Training Plan - Day 3

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1	Lunges	120	5x8							
2	Dumbbell front squat	60	4x25							
3	Bulgarian split squat	60	4x20							
4	Single leg glute bridge	60	4x12							
5a	Ab wheel roll outs	30	4x8							
5b	Leg raises	30	4x10							
5c	Calf Raises	60	4x30							

Weight Training Plan - Day 4

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1a	Dumbbell bench press	60	4x8							
1b	Single arm rows	60	4x8							
2a	Dumbbell fly + Push up		4x12+12							
2b	Dumbbell upright rows	90	4x12							
3	Dumbbell shoulder press		50 club							
4	Bent over row		50 club							
5a	Dumbbell skull crusher + Narrow push ups		3x10+10							
5b	Dumbbell curls	90	3x60sec							