

# 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
1a	Dumbbell bench press	60	4x12							
1b	Single arm rows	60	4x12							Each side
2a	Dumbbell shoulder press	60	4x12							
2b	Body weight rows	60	4x12							
3a	Dumbbell clean and press	30	4x12							
3b	Dumbbell front squat	30	4x12							
3c	Push ups	60	4xmax reps							

# Weight Training Plan - Day 2

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
Pre	Calf raises	30	4x20							Bodyweight
1	Dumbbell front squat	120	4x12							
2	Bulgarian split squat	60	4x12							Each side
4	Lunges	30	3x15							Each side
5a	Body weight squats	30	3x15							
5b	Squat Thrusts	30	3x15							
5c	Sit ups	60	3x10							

# Weight Training Plan - Day 3

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1a	Single arm rows	60	4x12							
1b	Dumbbell incline bench	60	4x12							
2a	Dumbbell Bench Press	30	4x12							
2b	Lat pull down	90	4x12							
2a	Pushups	30	4x12							
3b	Bicep curls	30	4x12							
3c	Thruster	60	4x15							Squat + press