

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	Dumbbell front squat	120	4x10							
2	Single arm rows	60	4x12							Each side
3a	Push ups + Dips	60	4x10+10							
3b	Body weight rows	60	4x12							
4a	DB front squat	15	4x12							
4b	Dumbbell clean and press	15	4x10							
4c	Lunges	15	4x12							Each side
4d	Burpees	60	4x10							No jump

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	4x8							
2	Bulgarian split squat	60	4x10							each side
3	Superman	60	4x10							
4	Weighted lunges	60	4x15							Each side
5a	bodyweight squats	30	4x12							
5b	Swiss ball roll outs	30	4x8							
5c	Sit ups	60	4x8							

Weight Training Plan - Day 3

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4			Notes
1	Pull ups	120	4xmax reps							
2a	Single arm rows	60	4x15							
2b	Dumbbell incline bench	60	4x10							
3a	Flat dumbbell bench		4x12							
3b	Bodyweight row - under bar	90	4x12							
4a	Walk out push ups	15	4x10							
4b	Bodyweight squats	15	4x15							
4c	Moutain climbers	15	4x15							Each side
4d	DB Clean and press	90	4x12							