

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	Weighted Glute Bridge	60	5x8							
2	Dumbbell front squat		50 club							
3a	Dumbbell bench press + Push ups	60	4x10+10							
3b	Body weight rows	60	4xmax reps							
4a	Barbell Lunges		4x10							
4b	Barbell shoulder press		4x10							
4c	Barbell front squat		4x10							
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	5x6							
2	Bulgarian split squat	60	4x10							
3	Back extension/superman	60	4x10							
4	DB Front squat	90	2x60sec							
5a	Weighted lunges	30	4x12							Each side
5b	Ab wheel 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	5x max reps							
2a	Single arm rows	60	4x8+8							Drop set
2b	Dumbbell incline bench	60	4x10+10+10							3 degree drop
3a	Weighted Push ups		4x12							
3b	Bodyweight row - under bar	90	4x12							
4a	Dumbbell lunges		4x10							each side
4b	Dumbbell bent over row		4x15							
4c	Dumbbell squats		4x15							Each side
4d	Dumbbell clean and press	90	4x15							