

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	Set 5		Notes
1	Deadlift	120	5x6							
2	Romanian deadlift	90	4x10							
3	Barbell shoulder press	60	4x8							
4	Seated dumbbell shoulder press	60	4x12							
5a	Lateral raise + Rear delt raise + Arnold Press	30	4x12+12+12							
5b	Roll outs	30	4x8							
5c	Hanging Knee Raise	60	4x12							

Weight Training Plan - Day 2

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set5		Notes
1a	Barbell bench press	60	5x6							
1b	Single arm rows	60	5x12							
2a	Dumbbell incline bench	30	4x10							
2b	Seated row	60	4x15							
3a	Dips + Med ball Push up	30	4x10+10							
3b	30sec negative chin + Incline dumbbell curls	60	4x30sec+12							4 seconds negative
5b	Sit ups	60	4x8							

Weight Training Plan - Day 3

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5		Notes
Pre	Calf raises	60	4x20							
1	Back squats	120	5x6							
2	Dumbbell front squats	60	4x10							
3	Bulgarian split squat	60	4x12							Each leg
4	Back extension/superman	60	4x10							
5	Roll outs	60	4x8							
6	Sit ups	60	4x10							

Weight Training Plan - Day 4

Number	Movement	Rest	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5		Notes
1a	Pull ups - Neutral grip	60	5xmax reps							
1b	Dumbbell incline bench	60	5x10							
2a	Flat dumbbell bench		4x12							
2b	Body weight rows	90	4x12							
3a	Tricep pushdown + Narrow push ups		4x10+10							
3b	Incline Dumbbell curls	90	4x10							
4	Babarbell curls (empty bar)	30	2xmax reps							