

# 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	Use Chart							Strong 6
2	Romanian deadlift	90	4x10							
3	Barbell shoulder press	90	5x6							
4	Cuban Press		50 Club							
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	Set 5		Notes
1a	Barbell bench press	60	Use Chart							Strong 6
1b	Single arm rows	60	6x12							
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

# 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	BB Back squats	120	Use Chart							Strong 6
2	BB Front Squat	90	4x12							
3	Leg Press	60	4x15							
4	Back extension/ superman	60	4x10							
5	Roll outs	60	4x8							
6	Hanging Knee Raises	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	Use Chart						Strong 6
1b	Dumbbell incline bench	60	6x6						
2a	Incline dumbbell bench		3x10+10+10						3 degree drop
2b	Single Arm Rows	90	3x10+10						Drop Set
3a	BW Skull Crusher + Narrow push ups		3x10+10						
3b	Incline Dumbbell curls	90	3x15						
4	Babarbell curls (empty bar)	30	2xmax reps						