

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	Dumbbell shoulder press	90	5x6							
4	Dumbbell shoulder press	30	25+20 +15+10							25reps-30sec rest-20reps -30sec rest etc
5a	Lateral raise + Rear delt raise + Arnold Press	30	4x12+12+12							
5b	Dragon Flag	30	4x4							Each side
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	Use Chart							Hype
1b	Single arm rows	60	6x12							
2	Incline bench		Honest 8							
3	Seated row	60	5x15							
3a	Dips	30	6x8							
3b	Incline Dumbbell curls	60	6x8							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							Hype
2	BB Front Squat	90	4x12							
3	Leg Press	120	2x90sec							
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 + lat pull for 90	60	Use Chart						Hype
1b	Dumbbell incline bench	60	6x6						
2	Incline dumbbell bench	90	3x10+10+10						3 degree drop
3	Body weight row		50 Club						Drop Set
4a	Dips + BW Skull Crusher + Narrow push ups		4x10+10 +10						
4b	Overhand Narrow Chin negative + Zottman Curls	90	4x30sec +10						
5	Babarbell curls (empty bar)	30	2xmax reps						