



YOUR PLAN

WEEK ONE



Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Glute	Glute bridge	4x6	120	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Legs - Quad	Dumbbell reverse lunges	3x13	45	2010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
3	Set	Push	Dumbbell bench press	4x6	120	2010	6 Reps	6 Reps	6 Reps	6 Reps			
4	Set	Pull	Dumbbell single arm row	4x6	60	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
5	Set	Shoulders	Dumbbell shoulder press	3x13	90	2010	13 Reps	13 Reps	13 Reps				
6	Set	Pull	Bodyweight row	3x13	90	2010	13 Reps	13 Reps	13 Reps				
7	Set	Arms - Tricep	Dumbbell skull crusher	4x9	120	1010	9 Reps	9 Reps	9 Reps	9 Reps			
		Total time (s)	3441										
		Total time (min and sec)	57min21sec										

How well did you train?



Training notes

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	8x8	120	3010							
2	Set	Pull	Prone bench row	8x8	120	2010							
3	Set	Shoulders	Dumbbell shoulder press	3x13	90	2010	13 Reps	13 Reps	13 Reps				
4	Set	Pull	Dumbbell single arm row	3x13	45	2010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
5a	Superset	Arms - Tricep	Dumbbell skull crusher	3x13	45	2010	13 Reps	13 Reps	13 Reps				
5b	Superset	Push	Push ups	3x13	90	2010	13 Reps	13 Reps	13 Reps				
	Superset	Rest	60				#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	
5c	Superset	Arms - Bicep	Incline dumbbell curls	3x13	45	2010	13 Reps	13 Reps	13 Reps				
5d	Superset	Arms - Bicep	Cross body curls	3x13	90	2010	13 Reps	13 Reps	13 Reps				
	Superset	Rest	60				#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	
		Total time (s)	3236										
		Total time (min and sec)	53min56sec										

How well did you train?



Training notes

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	8x8	60	2010							Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Romanian deadlift	3x13	90	2010	13 Reps	13 Reps	13 Reps				
3a	Superset	Legs - Quad	Dumbbell reverse lunges	4x8	30	3010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
3b	Superset	Legs - Quad	Dumbbell front squat	3x12	90	3010	12 Reps	12 Reps	12 Reps				
	Superset	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat				
5	Set	Abs	Swiss ball roll outs	3x13	90	2010	13 Reps	13 Reps	13 Reps				
6	Set	Abs - Rotational	Plate twist	3x13	45	2010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
7	Set	Calfs	Standing calf raise	3x13	90	2010	13 Reps	13 Reps	13 Reps				

How well did you train?



Training notes