



YOUR PLAN

Your guide non Percentage based

What weight should I lift?

What weight you lift is important to your results.

But it is also important that you build up gradually.

Week 1 and 2 are for you to get a feel for your movements and weight. Don't worry about pushing to your limits in these weeks. Start light with your first set and gradually increase. Make a note of the weight you are lifting each session.

Week 3 and 4 you will be aim to aim to increase the weight you were lifting in week 1 and 2. Your aim is to push your limits and to reach failure on or around the last rep of your last set.

Remember failure isn't being pinned by the bar, it's is when you cannot complete a full range rep with good form.

By week 5 you should have a good idea of the weight you need to be lifting.

The plan itself is designed to increase overload in a number of ways. So, if you stick with a weight now you can do for the designated number of sets and reps the plan will create progressive overload with sets, reps and other factors. If at any point you feel able to increase the load you are lifting the please do as this will also add to the overload effect.

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	Pull ups	4x6	120	2010	6 Reps	6 Reps	6 Reps	6 Reps			
5	Set	Shoulders	Dumbbell shoulder press	3x13	90	2010	13 Reps	13 Reps	13 Reps				
6	Set	Pull	Seated machine 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	45	3010							
2	Set	Pull	Lat pull down	8x8	45	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				
6a	Superset	Arms - Bicep	Incline dumbbell curls	3x13	45	2010	13 Reps	13 Reps	13 Reps				
6b	Superset	Arms - Bicep	Cross body curls	3x13	90	2010	13 Reps	13 Reps	13 Reps				
		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	Leg press	8x8	45	2010							
2	Set	Legs - Ham	Romanian deadlift	3x13	90	2010	13 Reps	13 Reps	13 Reps				
3a	Superset	Legs - Quad	Leg Extension	4x8	60	3010	8 Reps	8 Reps	8 Reps	8 Reps			
3b	Superset	Legs - Quad	Dumbbell front squat	3x12	90	3010	12 Reps	12 Reps	12 Reps				
4	Set	Abs	Swiss ball roll outs	3x13	90	2010	13 Reps	13 Reps	13 Reps				
5	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
6	Set	Calfs	Standing calf raise	3x13	90	2010	13 Reps	13 Reps	13 Reps				
		Total time (s)	2906										
		Total time (min and sec)	48min26sec										

How well did you train?



Training notes