



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.





Superset or Single	Set Type	Day	3	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	Seal Row	8x8	45	2010							
3	Set	Shoulders	Dumbbell shoulder press	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
4	Set	Pull	Dumbbell single arm row	4x12	45	2010	12 Reps	12 Reps	12 Reps	12 Reps			Take the rest between each side AND before starting the next exercise
5a	Superset	Arms - Tricep	Dumbbell skull crusher	4x12	45	2010	12 Reps	12 Reps	12 Reps	12 Reps			
5b	Superset	Push	Push ups	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
6a	Superset	Arms - Bicep	Incline dumbbell curls	4x12	45	2010	12 Reps	12 Reps	12 Reps	12 Reps			
6b	Superset	Arms - Bicep	Cross body curls	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
		Total time (s)	3688										
		Total time (min and sec)	61min28sec										

How well did you train?



Training notes

Superset or Single	Set Type	Day	4	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	8x8	45	2010							Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Romanian deadlift	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
3	Set	Legs - Quad	Dumbbell single leg glute bridge	4x8	50	3010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
4	Set	Legs - Quad	Dumbbell front squat	4x11	90	3010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Abs	Swiss ball roll outs	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
6	Set	Abs - Rotational	Plate twist	4x12	45	2010	12 Reps	12 Reps	12 Reps	12 Reps			Take the rest between each side AND before starting the next exercise

How well did you train?



Training notes