



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
1a	Superset	Push	Dumbbell bench press	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			
1b	Superset	Pull	Seated machine row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2a	Superset	Shoulders	Dumbbell shoulder press	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2b	Superset	Pull	Dumbbell single arm row	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
3a	Superset	Push	Narrow Dumbbell bench press (weights touching)	4x12	45	2010	12 Reps	12 Reps	12 Reps	12 Reps			
3b	Superset	Arms - Bicep	Dumbbell curls	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
		Total time (s)	2412										
		Total time (min and sec)	40min12sec										

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	Legs - Quad	Dumbbell front squat	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Quad	Leg press	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Legs - Ham	Hamstring curl	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
4	Set	Calfs	Standing calf raise	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
5	Set	Abs	Swiss ball roll outs	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
6	Set	Abs - Rotational	Russian twist	4x12	45	1010	12 Reps	12 Reps	12 Reps	12 Reps			Take the rest between each side AND before starting the next exercise
		Total time (s)	2952										
		Total time (min and sec)	49min12sec										

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	Push	Dumbbell incline bench press	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Seal Row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Push	Push ups	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
4	Set	Pull	Bodyweight row	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
5	Set	Shoulders	Arnold press	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
6	Set	Arms - Bicep	Dumbbell curls	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
7	Set	Arms - Tricep	Tricep push down – rope	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
		Total time (s)	3512										
		Total time (min and sec)	58min32sec										

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 Bulgarian split squat	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	Glute bridge	4x12	90	2010	12 Reps	12 Reps	12 Reps	12 Reps			
3	Set	Legs - Quad	Leg Extension	4x8	100	3010	8 Reps	8 Reps	8 Reps	8 Reps			
4	Set	Calfs	Standing calf raise	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
		Total time (s)	3072										
		Total time (min and sec)	51min12sec										

How well did you train?



Training notes