



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 | Lat pull down | 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 | Chest press | 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

