

**SUPERHERO  SQUAD**

**BLOCK  
BUSTER**  
**3 DAY DB LEVEL ONE**

## **Blockbuster Base Level 1 Overload Structure**

Progressive overload is a crucial feature of successful training. This document is an overview of how to choose your weights and how to progress each week.

Progressive overload is a principle used in fitness training that involves a gradual increase in demands placed on the body in order to increase strength, endurance, and power.

The increased stress placed on the body is the key to triggering a response by the body, which then works to synthesize and strengthen the cells and tissues required so that it can meet these new demands being placed on it.

### **Week 1 - Testing**

In week 1 you have the goal of finding your max weight for the given reps. In order to do this safely and effectively you will be doing it on your last set of the movement to allow for suitable warm up.

How this looks.

4x8

Do 1-2 very light sets to start then move onto your 4 working sets.

Build up the weight gradually over the first 3 working sets.

Choose a weight you can do for 8 reps on the last set.

Your max weight in this situation is a weight you can lift with good form for that number of reps, aim for no less and the ability for no more.

Make a note of this number.

### **Week 2**

This week you will be using your 8 rep max for the last 2 sets.

Start with 1-2 light warm up sets

Working sets 1 and 2 will be to increase the weight gradually

Set 3 and 4 aim to use the same weight as testing in week 1.

You may not get both sets of a full 8 reps, and if you don't then don't worry. This will be part of the challenge in block 1.

### **Week 3**

Match week 2 and aim to get more reps

### **Week 4**

This week you will increase to 3 sets with the weight tested in week 1. If you are unable to reach 12 reps on every set don't worry, just aim to do as many as possible.

How this looks.

3x12

Do 1-2 very light sets to start then move onto your 4 working sets.

Build up the weight gradually over the first 2 working sets.

Choose a weight you can do for 12 reps on the last set.

Your max weight in this situation is a weight you can lift with good form for that number of reps, aim for no less and the ability for no more.

Make a note of this number.

### **Week 2**

This week you will be using your 8 rep max for the last 2 sets.

Start with 1-2 light warm up sets

Using working set 1 as further warm up building the weight up

Set 2 and 3 aim to use the same weight as testing in week 1.

You may not get both sets of a full 12 reps, and if you don't then don't worry. This will be part of the challenge in block 1.

### **Week 3**

Match week 2 and aim to get more reps

### **Week 4**

This week you will increase to a full 3 sets with the weight tested in week 1. If you are unable to reach 12 reps on every set don't worry, just aim to do as many as possible.

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell front squat	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Glute	High step up	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Dumbbell bench press	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
4	Set	Pull	Prone bench row	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
5	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Pull	Dumbbell single arm row	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
7	Set	Arms - Tricep	Narrow push ups	4x8	120	1010	8 Reps	8 Reps	8 Reps	8 Reps			
		Total time (s)	3406										
		Total time (min and sec)	56min46sec										

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	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Pull ups	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Push	Push ups	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Bodyweight row	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Dumbbell curls	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7	Set	Shoulders	Lateral raises	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	3042										
		Total time (min and sec)	50min42sec										

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	4x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Hamstring curl	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Legs - Quad	Dumbbell front squat	4x7	120	3010	7 Reps	7 Reps	7 Reps	7 Reps			
4	Set	Calfs	Standing calf raise	3x11	90	3010	11 Reps	11 Reps	11 Reps				
5	Set	Abs	Walking plank	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs - Rotational	Plate twist	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
		Total time (s)	2704										
		Total time (min and sec)	45min4sec										

How well did you train?



Training notes