



SUPER8

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

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How to do the – 50 Club

You pick a weight you can lift 12 times for the first set.

You take it in turns to reach 50 reps in as many sets as it takes.

Your rest is while your partner works, and absolutely no more!! (or 35 second if you are training by yourself)

A few simple rules

You do your maximum number of reps on each set.

If you reach more than 12 on the first set, it only counts as 12 and you have to increase the weight.

If you don't reach 12 make slightly lighter of the next set.

The weight should never be decreased (apart from if set one doesn't reach 12) even if towards the end you are down to threes and fours.

PHASE - 3 Day Gym

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Leg press	8x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
2	Set	Legs - Glute	Single leg glute bridge	3x11	45	2010	11 Reps	11 Reps	11 Reps				Take the rest between each side AND before starting the next exercise
3	Set	Push	Barbell bench press	8x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
4	Set	Pull	Pivot barbell single arm row	4x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
5	Set	Shoulders	Dumbbell shoulder press	3x11	90	2010	11 Reps	11 Reps	11 Reps				
6	Set	Pull	incline prone row	3x11	90	2010	11 Reps	11 Reps	11 Reps				
7	Set	Arms - Tricep	Cable tricep pushdown - rope	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

50 Club	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	50 Club		3010							
2	Set	Pull	Lat pull down	50 Club		2010							
3	Set	Push	Pec dec	50 Club		2010							
4	Set	Pull	Inverted row	50 Club		2010							
5	Set	Arms - Tricep	Dumbbell skull crusher	50 Club		2010							
6	Set	Arms - Bicep	Preacher curls	50 Club		2010							
		Total time (s)	2732										
		Total time (min and sec)	45min32sec										

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 extension	50 Club		2010							
2	Set	Legs - Ham	Hamstring curl	50 Club		2010							
3a	Superset	Legs - Quad	Dumbbell front squat	50 Club		4010							
3b	Superset	Calfs	Standing calf raise	50 Club		3010							
4	Set	Abs	Ab wjheel roll outs	3x13	90	2010	13 Reps	13 Reps	13 Reps				
5	Set	Abs - Rotational	Cable russian twist	3x13	45	2010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
		Total time (s)	2732										
		Total time (min and sec)	45min32sec										

How well did you train?



Training notes

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Week 2

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PHASE - 3 Day DB

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Glute	Db split squat	8x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			Each side
2	Set	Legs - Quad	Single leg glute bridge	3x10	45	2010	10 Reps	10 Reps	10 Reps				Take the rest between each side AND before starting the next exercise
3	Set	Push	Dumbbell bench press	8x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
4	Set	Pull	Dumbbell single arm row	4x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
5	Set	Shoulders	Dumbbell arnold press	3x11	90	2010	11 Reps	11 Reps	11 Reps				
6	Set	Pull	Db renegade row	3x11	90	2010	11 Reps	11 Reps	11 Reps				Each side
7	Set	Arms - Tricep	Narrow push ups	4x9	90	4010	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	50 Club		3010							
2	Set	Pull	Incline db prone row	50 Club		2010							
3	Set	Shoulders	Dumbbell shoulder press	50 Club		2010							
4	Set	Pull	Db bent over row	50 Club		2010							
5	Set	Arms - Tricep	Dumbbell skull crusher	50 Club		2010							
6	Set	Arms - Bicep	Dumbbell zottman curls	50 Club		2020							
		Total time (s)	2732										
		Total time (min and sec)	45min32sec										

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	50 Club		2010							
2	Set	Legs - Ham	Dumbbell hamstring bridge	50 Club		2010							
3a	Superset	Legs - Quad	Dumbbell goblet squat	50 Club		4010							
3b	Superset	Calfs	Standing calf raise	50 Club		3010							
4	Set	Abs	Dumbbell crunches	3x13	90	2010	13 Reps	13 Reps	13 Reps				
5	Set	Abs - Rotational	Dumbbell russian twist	3x13	45	2010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
		Total time (s)	2732										
		Total time (min and sec)	45min32sec										

How well did you train?



Training notes

Blockbuster Base Level 2 Overload Structure

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4x8

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Week 2

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PHASE - 4 Day Gym

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1a	Superset	Push	Barbell bench press	8x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
1b	Superset	Pull	Pull ups	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2a	Superset	Shoulders	Dumbbell arnold press	8x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
2b	Superset	Pull	Seated machine row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3a	Superset	Arms - Tricep	Floor press	3x10	45	2010	10 Reps	10 Reps	10 Reps				
3b	Superset	Arms - Bicep	Db zottman curls	3x10	60	2010	10 Reps	10 Reps	10 Reps				
		Total time (s)	2205										
		Total time (min and sec)	36min45sec										

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	Barbell back squat	8x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps + 4			
2	Set	Legs - Quad	Single leg press	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			Each side
3	Set	Legs - Ham	Bb hamstring bridge	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			To bench
4	Set	Calfs	Standing calf raise	4x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Abs	Swiss ball roll outs	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs - Rotational	Russian twist	3x13	45	1010	13 Reps	13 Reps	13 Reps				Take the rest between each side AND before starting the next exercise
		Total time (s)	2592										
		Total time (min and sec)	43min12sec										

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	50 Club		3010							
2	Set	Pull	Lat pull down	50 Club		2010							
3	Set	Push	Chest press	50 Club		2010							
4	Set	Pull	Bodyweight row	50 Club		2010							
5	Set	Arms - Tricep	Narrow push ups	50 Club		2010							
6	Set	Arms - Bicep	Preacher curls	50 Club		2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2536										
		Total time (min and sec)	42min16sec										

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	Leg press	50 Club		2010							
2	Set	Legs - Ham	Hamstring curl	50 Club		2010							
3	Superset	Legs - Quad	Dumbbell front squat	50 Club		4010							
4	Superset	Calfs	Standing calf raise	50 Club		3010							
4	Set	Abs	Swiss ball roll outs	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	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)	2232										
		Total time (min and sec)	37min12sec										

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Training notes

Level 2 Overload Structure

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1a	Superset	Push	Dumbbell bench press	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			
1b	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
2a	Superset	Shoulders	Dumbbell shoulder press	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2b	Superset	Pull	Dumbbell chest supported bent over row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3a	Superset	Arms - Tricep	Floor press	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 Bulgarian split squat	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Quad	Dumbbell front squat	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Legs - Ham	Romanian deadlift	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	4x13	45	1010	13 Reps	13 Reps	13 Reps	13 Reps			Take the rest between each side AND before starting the next exercise
		Total time (s)	2960										
		Total time (min and sec)	49min20sec										

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	50 Club		3010							
2	Set	Pull	Pull Ups	50 Club		2010							
3	Set	Push	DB Chest press	50 Club		2010							
4	Set	Pull	Bodyweight row	50 Club		2010							
5	Set	Arms - Tricep	Narrow push ups	50 Club		2010							
6	Set	Arms - Bicep	Bicep curls	50 Club		2010							
		Total time (s)	2536										
		Total time (min and sec)	42min16sec										

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	50 Club		2010							
2	Set	Legs - Ham	Hamstring curl	50 Club		2010							
3	Superset	Legs - Quad	Dumbbell front squat	50 Club		4010							
4	Superset	Calfs	Standing calf raise	50 Club		3010							
5	Set	Abs	Swiss ball roll outs	50 Club		2010							
6	Set	Abs - Rotational	Plate twist	50 Club		2010							Take the rest between each side AND before starting the next exercise
		Total time (s)	2744										
		Total time (min and sec)	45min44sec										

How well did you train?



Training notes