



**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

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.

### 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

## Overload Structure

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### Week 1 - Testing

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How this looks.

4x8

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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.

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### Week 3

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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.

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### Week 3

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### 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.

### 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 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

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.

### 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 - 4 Day Gym

[illegible]

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 | 12 Reps    |   |   |   |
|                    |          |                          |                     |             |      |       |         |         |         |            |   |   |   |
| 5                  | Set      | Abs                      | Lying leg raises    | 3x12        | 90   | 2010  | 12 Reps | 12 Reps | 12 Reps |            |   |   |   |
| 6                  | Set      | Abs - Rotational         | Cable 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 bench press         | 50 Club     |      | 3010  |   |   |   |   |   |   |       |
| 2                  | Set      | Pull                     | Lat pull down - wide         | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
| 3                  | Set      | Push                     | Pec deck machine             | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
| 4                  | Set      | Pull                     | Inverted row                 | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
| 5                  | Set      | Arms - Tricep            | Cable tricep pushdown - rope | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
| 6                  | Set      | Arms - Bicep             | Preacher curls               | 50 Club     |      | 2020  |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                              |             |      |       |   |   |   |   |   |   |       |
|                    |          | 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 extension         | 50 Club     |      | 2010  |         |         |         |   |   |   |   |
| 2                  | Set      | Legs - Ham               | Hamstring curl        | 50 Club     |      | 2010  |         |         |         |   |   |   |   |
|                    |          |                          |                       |             |      |       |         |         |         |   |   |   |   |
| 3                  | Superset | Legs - Quad              | Dumbbell goblet squat | 50 Club     |      | 4010  |         |         |         |   |   |   |   |
| 4                  | Superset | Calfs                    | Standing calf raise   | 50 Club     |      | 3010  |         |         |         |   |   |   |   |
|                    |          |                          |                       |             |      |       |         |         |         |   |   |   |   |
| 4                  | Set      | Abs                      | Ab wheel roll outs    | 3x12        | 90   | 2010  | 12 Reps | 12 Reps | 12 Reps |   |   |   |   |
| 5                  | Set      | Abs - Rotational         | Cable pallof press    | 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            |             |      |       |         |         |         |   |   |   |   |

How well did you train?



Training notes

## Level 2 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.

### 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 - 4 Day DB

| Superset or Single | Set Type | Day                      | 1                            | Sets x Reps | Rest | Tempo | 1       | 2       | 3       | 4          | 5 | 6 | Notes   |
|--------------------|----------|--------------------------|------------------------------|-------------|------|-------|---------|---------|---------|------------|---|---|---|
| 1a                 | Superset | Push                     | Dumbbell incline bench press | 8x8         | 50   | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps + 4 |   |   |   |
| 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 arnold press        | 8x8         | 50   | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps + 4 |   |   |   |
| 2b                 | Superset | Pull                     | Dumbbell renegade rows       | 4x8         | 100  | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps     |   |   | Each side   |
|                    |          |                          |                              |             |      |       |         |         |         |            |   |   |   |
| 3a                 | Superset | Arms - Tricep            | Db skull crushers            | 4x12        | 45   | 2010  | 12 Reps | 12 Reps | 12 Reps | 12 Reps    |   |   |   |
| 3b                 | Superset | Arms - Bicep             | Db hammer 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 | 8x8         | 50   | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps + 8 |        |   |   |
| 2                  | Set      | Legs - Quad              | Dumbbell goblet squat          | 5x8         | 60   | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps     | 8 Reps |   |   |
|                    |          |                          |                                |             |      |       |         |         |         |            |        |   |   |
| 3                  | Set      | Legs - Ham               | Db hamstring bridge            | 4x8         | 60   | 2010  | 8 Reps  | 8 Reps  | 8 Reps  | 8 Reps     |        |   |   |
| 4                  | Set      | Calfs                    | Standing calf raise            | 4x20        | 90   | 2010  | 20 Reps | 20 Reps | 20 Reps | 20 Reps    |        |   |   |
|                    |          |                          |                                |             |      |       |         |         |         |            |        |   |   |
| 5                  | Set      | Abs                      | Ab wheel roll outs             | 4x12        | 90   | 2010  | 12 Reps | 12 Reps | 12 Reps | 12 Reps    |        |   |   |
| 6                  | Set      | Abs - Rotational         | Dumbbell 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 bench press | 50 Club     |      | 3010  |   |   |   |   |   |   |       |
| 2                  | Set      | Pull                     | Pull Ups             | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
| 3                  | Set      | Push                     | DB floor flys        | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
| 4                  | Set      | Pull                     | Db bent over row     | 50 Club     |      | 2010  |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
| 5                  | Set      | Arms - Tricep            | Narrow push ups      | 50 Club     |      | 4010  |   |   |   |   |   |   |       |
| 6                  | Set      | Arms - Bicep             | Db zottman curls     | 50 Club     |      | 2020  |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          |                          |                      |             |      |       |   |   |   |   |   |   |       |
|                    |          | Total time (s)           | 2536                 |             |      |       |   |   |   |   |   |   |       |
|                    |          | Total time (min and sec) | 42min16sec           |             |      |       |   |   |   |   |   |   |       |

How well did you train?



Training notes

[illegible]

How well did you train?



## Training notes