

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<p>PRESS UPS (1 set x failure) 1 min rest</p> <p>BENCH PRESS (3 sets x 12 reps) 1 min rest</p> <p>DUMBBELL BENCH PRESS (DB) (3 x 10 reps) 1 min rest</p> <p>INCLINE DB Fly (4 x 20 reps) Superset w/</p> <p>PLATE PRESS (4 x 10 reps) 1 min rest</p> <p>CHEST PRESS Superset w/</p> <p>Press UPS (1 set x failure) 1 min rest</p> <p>Arm curl (3 x 12 reps) 30 sec rest</p> <p>Barbell Curls (4 x 7 reps) 30 sec rest</p>	<p>LEG EXTENSION (3 x 12 reps) 1 min rest</p> <p>LEG CURL (3 X 12 reps) 1 min rest</p> <p>SQUATS (4 X 10 reps) 1 min rest</p> <p>CALF RAISES (4 X 20 reps) 1 min rest</p> <p>HACK SQUAT (3 x 6 reps) 3 min rest</p> <p>SQUAT JUMPS (4 x 30 sec) 1 min rest</p> <p>CRUNCHES</p> <p>TOE TOUCHES</p> <p>PLANK</p> <p>V SITS (3 X 20 reps) 1 min rest</p>	<p>REST DAY (NO WEIGHTS)</p>	<p>SHOULDER PRESS (3 X 10 reps) 1 min rest</p> <p>LATERAL RAISE</p> <p>FRONT RAISE</p> <p>UPRIGHT ROW (back/back) (3 x 10 reps) 1 min rest</p> <p>REAR DELT MACHIENE (3 X 10 reps) 1 min</p> <p>DB SHOULDER PRESS (3 X 6 reps) 2 min rest</p> <p>SHRUGS (4 x 15 reps) 1 min</p>	<p>LAT PULLDOWN (3 x 10 reps) 1 min rest</p> <p>T BAR ROW (3 x 10 reps)</p> <p>STRAIGHT ARM PULLDOWN Superset w/</p> <p>FACE PULLIES (3 x 15 reps)</p> <p>SINGLE ARM PULLDOWN (3 x 10 reps) 1 min rest</p> <p>TRICEP ROPE EXTENSIIONS (3 x 12 reps) 1 min rest</p> <p>TRICEP DIPS (3 x 10 reps) 1 min rest</p> <p>TRICEP DB EXTENSION (2 X 10 reps) 1 min rest</p>	<p>ACTIVE REST (BRISK WALK)</p>	<p>REST DAY (NO WEIGHTS)</p>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	PRESS UPS (1 set x failure) 1 min rest BENCH PRESS (3 sets x 12 reps) 1 min rest DUMBBELL BENCH PRESS (DB) (3 x 10 reps) 1 min rest INCLINE DB Fly (4 x 20 reps) Superset w/ PLATE PRESS (4 x 10 reps) 1 min rest CHEST PRESS Superset w/ Press UPS (1 set x failure) 1 min rest Arm curl (3 x 12 reps) 30 sec rest Barbell Curls (4 x 7 reps) 30 sec rest	LEG EXTENSION (3 x 12 reps) 1 min rest LEG CURL (3 X 12 reps) 1 min rest SQUATS (4 X 10 reps) 1 min rest CALF RAISES (4 X 20 reps) 1 min rest HACK SQUAT (3 x 6 reps) 3 min rest SQUAT JUMPS (4 x 30 sec) 1 min rest CRUNCHES TOE TOUCHES PLANK V SITS (3 X 20 reps) 1 min rest	REST DAY (NO WEIGHTS)	SHOULDER PRESS (3 X 10 reps) 1 min rest LATERAL RAISE FRONT RAISE UPRIGHT ROW (back/back) (3 x 10 reps) 1 min rest REAR DELT MACHIENE (3 X 10 reps) 1 min DB SHOULDER PRESS (3 X 6 reps) 2 min rest SHRUGS (4 x 15 reps) 1 min	LAT PULLDOWN (3 x 10 reps) 1 min rest T BAR ROW (3 x 10 reps) STRAIGHT ARM PULLDOWN Superset w/ FACE PULLIES (3 x 15 reps) SINGLE ARM PULLDOWN (3 x 10 reps) 1 min rest TRICEP ROPE EXTENSIIONS (3 x 12 reps) 1 min rest TRICEP DIPS (3 x 10 reps) 1 min rest TRICEP DB EXTENSION (2 X 10 reps) 1 min rest	ACTIVE REST (BRISK WALK)	REST DAY (NO WEIGHTS)

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Week 3	PRESS UPS (1 set x AMRAP) 45 sec rest BENCH PRESS (3 sets x 12 reps) 45 sec rest DUMBBELL BENCH PRESS (DB) (3 x 10 reps) 45 sec rest INCLINE DB Fly (4 x 20 reps) Superset w/ PLATE PRESS (4 x 10 reps) 1 min rest CHEST PRESS Superset w/ Press UPS (1 set x AMRAP) 1 min rest Arm curl (3 x 12 reps) 30 sec rest Barbell Curls (4 x 7 reps) 30 sec rest CABLE CURLS (3 x 10 reps) 45 sec rest	LEG EXTENSION (3 x 12 reps) 45 sec rest LEG CURL (3 X 12 reps) 45 sec rest SQUATS (4 X 10 reps) 45 sec rest CALF RAISES (4 X 20 reps) 30 sec rest HACK SQUAT (3 x 6 reps) 2 min rest SQUAT JUMPS (4 x 30 sec) 45 sec rest CRUNCHES TOE TOUCHES PLANK V SITS (3 X 20 reps) 1 min rest JACK KIVES (3 x 20 reps) 45 sec rest	ASSISTED PULLUP (3 x 10 reps) 45 sec rest ASSISTED DIPS (3 x 10 reps) 45 sec rest SLED RUNS (2 x 4 runs 20kg) 1 min rest BATTLE ROPES (3 x 30 sec) 30 sec rest 10 MIN STRADY STATE CARDIO (equipment of your choice)	SHOULDER PRESS (3 X 10 reps) 1 min rest LATERAL RAISE FRONT RAISE UPRIGHT ROW (back/back) (3 x 10 reps) 45 sec rest REAR DELT MACHIENE (3 X 10 reps) 45 sec DB SHOULDER PRESS (3 X 6 reps) 2 min rest SHRUGS (4 x 15 reps) 45 sec CABLE FRONT RAISES (3 X 12 reps) 45 sec rest	LAT PULLDOWN (3 x 10 reps) 1 min rest T BAR ROW (3 x 10 reps) STRAIGHT ARM PULLDOWN Superset w/ FACE PULLIES (3 x 15 reps) 45 sec rest SINGLE ARM PULLDOWN (3 x 10 reps) 45 sec rest TRICEP ROPE EXTENSIIONS (3 x 12 reps) 45 sec rest TRICEP DIPS (3 x 10 reps) 1 min rest TRICEP DB EXTENSION (2 X 10 reps) 1 min rest	ACTIVE REST (BRISK WALK)	REST DAY (NO WEIGHTS)

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Week 4	PRESS UPS (1 set x AMRAP) 45 sec rest	LEG EXTENSION (3 x 12 reps)	ASSISTED PULLUP (3 x 10 reps)	SHOULDER PRESS (3 X 10 reps)	LAT PULLDOWN (3 x 10 reps)	ACTIVE REST (BRISK WALK)	REST DAY (NO WEIGHTS)
	BENCH PRESS (3 sets x 12 reps)	45 sec rest	45 sec rest	1 min rest	1 min rest		
	DUMBBELL BENCH PRESS (DB) (3 x 10 reps)	LEG CURL (3 X 12 reps)	ASSISTED DIPS (3 x 10 reps)	LATERAL RAISE	T BAR ROW (3 x 10 reps)		
	45 sec rest	45 sec rest	45 sec rest	FRONT RAISE	STRAIGHT ARM PULLDOWN		
	INCLINE DB Fly (4 x 20 reps)	SQUATS (4 X 10 reps)	SLED RUNS (2 x 4 runs 20kg)	UPRIGHT ROW (back/back)	PULLDOWN Superset w/		
	Superset w/	45 sec rest	1 min rest	(3 x 10 reps)	FACE PULLIES (3 x 15 reps)		
	PLATE PRESS (4 x 10 reps)	CALF RAISES (4 X 20 reps)	BATTLE ROPES (3 x 30 sec)	45 sec rest	45 sec rest		
1 min rest	30 sec rest	30 sec rest	REAR DELT MACHIENE (3 X 10 reps)	SINGLE ARM PULLDOWN (3 x 10 reps)			
CHEST PRESS Superset w/	HACK SQUAT (3 x 6 reps)	10 MIN STRADY STATE CARDIO (equipment of your choice)	45 sec	45 sec rest	TRICEP ROPE EXTENSIIONS (3 x 12 reps)		
Press UPS (1 set x AMRAP)	2 min rest		DB SHOULDER PRESS (3 X 6 reps)	45 sec rest	TRICEP DIPS (3 x 10 reps)		
1 min rest	SQUAT JUMPS (4 x 30 sec)		2 min rest	SHRUGS (4 x 15 reps)	1 min rest		
Arm curl (3 x 12 reps)	45 sec rest		SHRUGS (4 x 15 reps)	45 sec	TRICEP DB EXTENSION (2 X 10 reps)		
30 sec rest	CRUNCHES		45 sec	CABLE FRONT RAISES (3 X 12 reps)	1 min rest		
Barbell Curls (4 x 7 reps)	TOE TOUCHES		45 sec rest				
30 sec rest	PLANK						
CABLE CURLS (3 x 10 reps)	V SITS (3 X 20 reps)						
45 sec rest	1 min rest						
	JACK KIVES (3 x 20 reps)						
	45 sec rest						

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Week 5	PRESS UPS (1 set x AMRAP) 30 sec rest BENCH PRESS (3 sets x 12 reps) 30 sec rest DUMBBELL BENCH PRESS (DB) (3 x 10 reps) 30 sec rest INCLINE DB Fly (4 x 20 reps) Superset w/ PLATE PRESS (4 x 10 reps) 45 sec rest CHEST PRESS Superset w/ Press UPS (1 set x AMRAP) 30 sec rest Arm curl (3 x 12 reps) 30 sec rest Barbell Curls (4 x 7 reps) 30 sec rest CABLE CURLS (3 x 10 reps) 45 sec rest	LEG EXTENSION (3 x 12 reps) 30 sec rest LEG CURL (3 X 12 reps) 30 sec rest SQUATS (4 X 10 reps) 45 sec rest CALF RAISES (4 X 20 reps) 30 sec rest HACK SQUAT (3 x 6 reps) 2 min rest SQUAT JUMPS (4 x 30 sec) 30 sec rest CRUNCHES TOE TOUCHES PLANK V SITS (3 X 20 reps) 45 sec rest JACK KIVES (3 x 20 reps) 45 sec rest ROLL OUTS (2 x 10 reps) 30 sec rest	ASSISTED PULLUP (3 x 10 reps) 45 sec rest ASSISTED DIPS (3 x 10 reps) 45 sec rest PRESS UPS (1 x AMRAP) SLED RUNS (2 x 4 runs 20kg) 1 min rest BATTLE ROPES (3 x 30 sec) 30 sec rest 10 MIN STRADY STATE CARDIO (equipment of your choice)	SHOULDER PRESS (3 X 10 reps) 1 min rest LATERAL RAISE FRONT RAISE UPRIGHT ROW (back/back) (3 x 10 reps) 30 sec rest REAR DELT MACHIENE (3 X 10 reps) 30 sec DB SHOULDER PRESS (3 X 6 reps) 2 min rest SHRUGS (4 x 15 reps) 45 sec CABLE FRONT RAISES (3 X 12 reps) 45 sec rest	LAT PULLDOWN (3 x 10 reps) 1 min rest T BAR ROW STRAIGHT ARM PULLDOWN Superset w/ FACE PULLIES (3 x 15 reps) 45 sec rest SINGLE ARM PULLDOWN (3 x 10 reps) 45 sec rest TRICEP ROPE EXTENSIIONS (3 x 12 reps) 45 sec rest TRICEP DIPS (3 x 10 reps) 1 min rest TRICEP DB EXTENSION (2 X 10 reps) 1 min rest	ACTIVE REST (BRISK WALK)	REST DAY (NO WEIGHTS)

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Week 6	PRESS UPS (1 set x AMRAP) 30 sec rest BENCH PRESS (3 sets x 12 reps) 30 sec rest DUMBBELL BENCH PRESS (DB) (3 x 10 reps) 30 sec rest INCLINE DB Fly (4 x 20 reps) Superset w/ PLATE PRESS (4 x 10 reps) 45 sec rest CHEST PRESS Superset w/ Press UPS (1 set x AMRAP) 30 sec rest Arm curl (3 x 12 reps) 30 sec rest Barbell Curls (4 x 7 reps) 30 sec rest CABLE CURLS (3 x 10 reps) 45 sec rest	LEG EXTENSION (3 x 12 reps) 30 sec rest LEG CURL (3 X 12 reps) 30 sec rest SQUATS (4 X 10 reps) 45 sec rest CALF RAISES (4 X 20 reps) 30 sec rest HACK SQUAT (3 x 6 reps) 2 min rest SQUAT JUMPS (4 x 30 sec) 30 sec rest CRUNCHES TOE TOUCHES PLANK V SITS (3 X 20 reps) 45 sec rest JACK KIVES (3 x 20 reps) 45 sec rest ROLL OUTS (2 x 10 reps) 30 sec rest	ASSISTED PULLUP (3 x 10 reps) 45 sec rest ASSISTED DIPS (3 x 10 reps) 45 sec rest PRESS UPS (1 x AMRAP) SLED RUNS (2 x 4 runs 20kg) 1 min rest BATTLE ROPES (3 x 30 sec) 30 sec rest 10 MIN STRADY STATE CARDIO (equipment of your choice) PLANK (2 x 30 sec) 20 sec rest	SHOULDER PRESS (3 X 10 reps) 1 min rest LATERAL RAISE FRONT RAISE UPRIGHT ROW (back/back) (3 x 10 reps) 30 sec rest REAR DELT MACHIENE (3 X 10 reps) 30 sec DB SHOULDER PRESS (3 X 6 reps) 2 min rest SHRUGS (4 x 15 reps) 30 sec CABLE FRONT RAISES (3 X 12 reps) 30 sec rest	LAT PULLDOWN (3 x 10 reps) 1 min rest T BAR ROW (3 x 10 reps) STRAIGHT ARM PULLDOWN Superset w/ FACE PULLIES (3 x 15 reps) 45 sec rest SINGLE ARM PULLDOWN (3 x 10 reps) 45 sec rest TRICEP ROPE EXTENSIIONS (3 x 12 reps) 45 sec rest TRICEP DIPS (3 x 10 reps) 1 min rest TRICEP DB EXTENSION (2 X 10 reps) 1 min rest	ACTIVE REST (BRISK WALK)	REST DAY (NO WEIGHTS)
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Every session should be started with a **warm up** which should last **approximately 10 min**. This can be done on any piece of cardio equipment of your choice, however I would recommend the **rower** as this targets all your major muscle groups and builds your **heart rate**

up to a suitable standard to par take in physical activity. This applies to a cool down which should last the same length and use this to reduce your heart rate.

AMRAP - As many reps as possible

You want to be working at about 60 - 70 % of 1RM (1 rep max) weeks 1- 3 and then increase the intensity to 70 - 80% on weeks 3-6

Drink 2-3 litres of water per day and stay hydrated.

This plan is focused on weight training and cardio should be in addition to this training plan.

Dynamic Warm up Stretches



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Static Cool Down Stretches

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